ISLAND NATURALS THE GROVE

Breakfast Menu

Address: The Grove
Phone: (345) 516 7300
Cuisine: Healthy Breakfast, Lunch & Dinner

Served until 11:00 AM on weekdays and until 11:30 AM on weekends.

Delivery terms: Delivery available exclusively via Bento

Delivery times: See Bento app for delivery times.

BREAKFAST CLASSICS

Warrior Acai V — **CI$12**

Granola, banana, peanut butter, chocolate chips, blueberry, granola, super seeds

Glow Up Acai V — **CI$12**

Pomegranate, banana, mango, pineapple, coconut crunch

Beach Please Oatmeal V — **CI$9**

Coconut milk, banana, seasonal berries, chia seeds, berry compote

Island French Toast V — **CI$15**

Choice of rum caramel or berry blast, gluten-free bread, coconut crunch, cinnamon sugar, seasonal berries, powdered sugar

Oat Buttermilk Pancakes V — **CI$13**

With maple syrup, powdered sugar, berry compote, seasonal berries. Add blueberries or chocolate chips (+CI$2.00)

ORIGINAL PLATES

Shakshuka V — **CI$15**

2 poached eggs, spiced tomato sauce, sun-dried tomato, bell pepper, onion, chickpea, cilantro, served with grilled sourdough

Skillet Scramble V **CI$15**

2 eggs, any style, smashed fingerling, in-seasoning, mushroom, bell pepper, onion, spinach, cherry tomato, cashew parmesan cheeze

Huevos Tostadas V **CI$15**

2 fried eggs, corn tortillas, spiced tomato sauce, avocado, cilantro, cashew fresco, pickled onion

Rise' n Wrap V **CI$13**

Whole wheat wrap, scrambled egg, potato, tomato, onion, spinach, mushroom, scallion cashew cream cheeze

Power Wrap V **CI$14**

Whole wheat wrap, egg white, sun-dried tomato, spinach, mushroom, quinoa, smoked tomato aioli, scallion cashew cream cheeze, in-seasoning, good t'ings sauce

Brekkie Sandwich V **CI$15**

Toasted sourdough, fried eggs, sautéed mushroom, caramelized onion, tomato, arugula, pickle, smoked tomato aioli, good t'ings sauce

TOASTS OF THE TOWN

Protein Charge V **CI$16**

Smashed avocado, sautéed spinach, sun-dried tomato, egg white, turkey bacon, smoked tomato aioli, cashew romesco

Avocado Smash V **CI$15**

Cherry tomato, arugula, sherry vinegar, pickled onion, everything bagel spice, hummus, scallion cashew cream cheeze

Egg Bomba V **CI$15**

Shredded hard-boiled egg, sautéed spinach, sun-dried tomato, spicy bomba sauce, scallions

In Benny V **CI$17**

2 poached eggs, smashed avocado, garlic, callaloo, spinach, onion, hollandaise, crispy shallots, in-seasoning

BUILD YOUR OWN

Organic, Free-Range 3 Egg Omelette V **CI$16**

Served with grilled sourdough. Bell pepper, mushroom, onion, green onion, spinach, sun-dried tomato, jalapeño, turkey bacon, chicken sausage, plant-based sausage, green pesto, spiced tomato sauce

Breakfast Plate **CI$16**

2 eggs, served with grilled sourdough. Choice of two sides: pancakes, sautéed mushroom, fruit bowl, breakfast potatoes, tomato salad, arugula salad, sesame avocado, plant-based sausage, turkey bacon, chicken sausage

ON THE SIDE

Turkey Bacon **CI$4**

Plant-Based Sausage v **CI$5**

Crispy Breakfast Potatoes v **CI$7**

With in-ketchup.

Sautéed Mushrooms v **CI$6**

Tomato Salad v **CI$8**

Side Fruit v **CI$6**

Sourdough or Gluten-Free Toast v **CI$2**

Half Sesame Avocado v **CI$4.5**

Egg, Any Style v **CI$2**

Last updated: Thu 18 Dec, 2025