

Smoothie Bowls

SNICKERS ACAI

Acai Base, Banana, Peanut Butter, Chocolate Chips, Caramel, Peanuts, Coconut Crunch

\$12.00

TROPICAL ACAI

Acai Base, Banana, Mango, Pineapple, Coconut Crunch

\$12.00

new BLUE LAGOON

Blue Spirulina Base, Banana, Strawberry, Cacao Nibs, Super Seeds, Coconut Crunch

\$11.00

new MANGO SUNRISE

Mango Base, Pomegranate, Mango, Coconut Crunch

\$12.00

new PINK DRAGON

Dragon Fruit Base, Blueberry, Banana, Chia Seeds, Coconut Crunch

\$11.00

new BUILD YOUR OWN BOWL

Choice Of Base

Acai, Blue Spirulina, Mango, Dragon Fruit

\$8.00

Choice Of Toppings

Mango | Blueberry | Pomegranate | Chocolate Chips | Almond Butter | Peanut Butter | Hemp Seeds | Banana | Strawberry | Pineapple | Cacao Nibs | Coconut Crunch | Peanuts | Caramel | Super Seeds | Chia Seeds

\$1.00 ea

in Breakfast Bites

Egg Style Available
Fried, Hard Boiled or Scrambled

new BREAKFAST BOWL

2 Eggs, Any Style

Homemade Baked Beans, Mushroom, Tomato, Avocado, Sweet Potato, Pickled Onion, Chipotle Sriracha Sauce

\$15.00

new HUEVOS BOWL

1 Egg, Any Style

Potato, Black Beans, Roasted Corn, Sweet Potato, Onion, Avocado, Shakshuka Sauce, Pico de Gallo, Micro Greens, Cashew Fresco

\$15.00

new RISE in WRAP

Scrambled Egg, Potato, Tomato, Onion, Spinach, Mushroom, Cashew Cheeze

\$13.00

HEARTY CHORIZO WRAP

Plant-Based Chorizo, Potato, Spinach, Tomato, Onion, Jalapeno, Cashew Cheeze

\$12.00

new in PANCAKES

Banana, Strawberry, Berry Compote, Coconut Crunch, Maple Syrup

\$13.00

Add Blueberries or Chocolate Chips [+ \$2]

Oats Of The Town

new ALMOND DREAM O.N. OATS

Almond Butter, Chia Seeds, Coconut Crunch

\$8.00

new MATCHA BERRY O.N. OATS

Matcha, Seasonal Berries, Strawberry Compote

\$8.00

FRUITY OATMEAL

Banana, Seasonal Berries, Agave, Coconut Crunch

\$8.00

new ISLAND CRUNCH OATMEAL

Banana, Agave, Coconut Crunch

\$7.00

in Toast We Trust

Served On Multigrain
Sourdough

Gluten Free
Bread Available

ADD ON | Egg [\$2.00] |
Plant Based Chorizo [\$5.00]

new EVERYTHING AVO

Smashed Avocado, Cherry Tomato, Pickled Onion, Cashew Fresco, Micro Greens, Hummus, Everything Bagel Spice

\$10.00

new SMASHED ROCKET

Smashed Avocado, Arugula, Oyster Mushroom, Pickled Onion, Cashew Fresco, Micro Greens, Hummus, Balsamic Reduction

\$10.00

new SWEET ESCAPE

Almond Butter, Banana, Strawberry, Chocolate Chips, Berry Compote

\$10.00

Bakers Selection

Please ask your server for information on gluten content 

Doughnut (Sugar)	\$3.00	Muffins	\$3.00
Doughnut (Flavoured)	\$4.00	Cookies	\$3.00
Cinnamon Twist	\$3.50	Vanilla Cruffin	\$5.25
Croissant (Plain)	\$4.50	Brownie	\$4.00
Croissant (Flavoured)	\$5.75	Banana Bread	\$3.00

in Cashew Cheesecake

\$8.00

Choice of Salted Caramel & Chocolate or Seasonal Berries

On The Side

Falafel	\$5.00
Plant Based Chorizo	\$5.00
Side Fruit	\$6.00
Multigrain Sourdough 	\$2.00
Gluten-Free Toast	\$2.00
Half Avocado	\$4.00
Egg (Fried, Hard Boiled or Scrambled)	\$2.00



Nut Allergy



Gluten Allergy

Allergy-friendly substitutions are available for many of our dishes. Please ask your server for details. Please advise your server of any allergies, as some ingredients may not be listed.

Wraps and Sandys

Gluten Free
Options Available

Add A Mixed Green Salad
Or 8oz Soup For \$4.00

new

MBLT

Multigrain Sourdough, Mushroom Bacon, Romaine, Tomato, Avocado, Vegan Mayo

\$14.00

new

EGG SANDY

Multigrain Sourdough, Sriracha, Vegan Mayo, Dill, Romaine, Tomato, Red Onion

\$10.00

BBQ BURRITO WRAP

Whole Wheat Wrap, Black Bean, Tomato, Mushroom, Sweet Potato, Avocado, Onion, Brown Rice, BBQ Chipotle Dressing

\$12.00

FALAFEL WRAP

Whole Wheat Wrap, Chickpea Falafel, Mixed Greens, Tomato, Pickled Onion, Cucumber, Tahini Dressing

\$12.00

BLACK BEAN AVOCADO WRAP

Whole Wheat Wrap, Bell Pepper, Tomato, Mushroom, Onion, Cashew Cheeze, Cilantro Lime Dressing

\$12.00

JERK MUSHROOM WRAP

Whole Wheat Wrap, Kale, Romaine, Cashew Parmesan Cheeze, Avocado, Jerk Mayo

\$12.00

Lighter

ADD ON | Falafel [\$5.00] | Plant Based Chorizo [\$5.00] | Half Avocado [\$4.00] | Sourdough [\$2.00] | Egg [\$2.00]

new

SESAME GINGER CRUNCH

Romaine, Cabbage, Carrot, Chickpea, Peanut, Edamame, Scallion, Cilantro, Ginger Sesame Dressing

\$15.00

new

TROPICAL POPPY

Kale, Arugula, Blueberry, Mango, Pomegranate, Mixed Nuts, Poppyseed Dressing

\$15.00

new

in COBB SALAD

Romaine, Oyster Mushroom, Tomato, Avocado, Edamame, Roasted Corn, Cashew Fresco, Egg, House Ranch Dressing

\$16.00

THAI CRUNCH

Kale, Spinach, Mixed Greens, Bell Pepper, Avocado, Sweet Potato, Red Cabbage, Chickpea, Quinoa, Mixed Nuts, Spicy Peanut Dressing

\$16.00

new

ITALIAN PASTA SALAD

Whole Wheat Fusilli Pasta, Romaine, Tomato, Edamame, Oyster Mushroom, Roasted Corn, Red Onion, Cashew Fresco, Italian Dressing

\$16.00

new

ARUGULA GLOW

Choice of Hummus - Classic or Beet
Quinoa, Arugula, Sweet Potato, Avocado, Pomegranate, Pickled Onion, Tahini Dressing

\$15.00

Soups

8oz \$5.00 | 12oz \$7.00 | 16oz \$10.00 | 32oz \$16.00
Add Bread \$2.00 | Gluten Free or Sourdough

SOUP OF THE DAY

Ask Your Server For The Delicious Details

CREAMY PUMPKIN

TOMATO LENTIL

Ask About Our Daily Special

Our chefs chance to create and your chance to try something new!

WiFi: Island Naturals Guest | Password: healthyating

A 15% Gratuity will be added to your bill.

Bowls

Served with your choice of Brown Rice, Quinoa, Mexican Rice or Rice Noodles

JERK MUSHROOM BOWL

Caribbean Slaw, Roasted Corn, Mango, Cilantro, Pico De Gallo, Lime, Cilantro Lime Dressing

\$15.00

new

GOLDEN CAULIFLOWER

Carrot, Red Cabbage, Edamame, Scallion, Sesame Seeds, Stirfry Sauce

\$15.00

new

PANCIT BOWL

Oyster Mushroom, Carrot, Cabbage, Bell Pepper, Snow Peas, Celery, Onion, Stir Fry Noodles

\$14.00

GREEN COCONUT CURRY

Mushroom, Bell Pepper, Zucchini, Carrot, Red Cabbage, Onion, Mixed Nuts

\$15.00

FALAFEL BOWL

Chickpea Falafel, Avocado, Tomato, Pickled Onion, Cucumber, Cilantro, Black Bean, Tahini Dressing

\$15.00

PAD THAI

Zucchini, Carrot, Bell Pepper, Peanut, Chickpea, Cilantro, Scallion, Lime

\$15.00

ZEN BUDDHA

Beet Hummus, Avocado, Red Cabbage, Broccoli, Sweet Potato, Tomato, Sesame Seeds, Greek Dressing

\$15.00

GREEK BUDDHA

Hummus, Avocado, Tomato, Cucumber, Chickpea, Spinach, Quinoa, Parsley, Sesame Seeds, Greek Dressing

\$15.00

new

TACO BOWL

Walnut Taco Meat, Mexican Rice, Pico De Gallo, Roasted Corn, Smashed Avocado, Pickled Onion, Cilantro, BBO

\$15.00

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