



Shareables

Hearty Plates

VEGETABLE GYOZA  **\$16.00**
Sesame Ginger Slaw, Chili Oil, Ponzu Sauce

LETTUCE WRAPS  **\$16.00**
Choice Of Chicken Or Mushroom
Bell Pepper, Carrot, Onion, Ginger Sesame Sauce, Cilantro, Peanut, Crispy Sweet Potato

TUNA POKE NACHOS  **\$20.00**
Crispy Wontons, Avocado, Jalapeno, Radish, Wakame, Togarashi, Teriyaki & Sriracha Aioli
Sub Watermelon 'Tuna' [\$16.00]

SMOKED MUSHROOM BRISKET NACHOS  **\$18.00**
Corn Chips, Roasted Corn, Pico De Gallo, Smoked Tomato Aioli, Nacho Cheeze Sauce, Jalapeño

in **CEVICHE** **\$21.00**
Fresh Catch, Leche De Tigre, Chili, Avocado, Bell Pepper, Red Onion, Orange Spiced Sweet Potato, Cancha, Aji, Cilantro, Spiced Plantain Chips

FIRECRACKER CAULIFLOWER **\$9.00**
Crispy Cauliflower, Firecracker Sauce, Sesame Seeds

JERK CHICKEN EMPANADAS  **\$10.00**
Corn, Bell Peppers, Onion, Cilantro Lime Aioli

Light Bites

new **ZUCCHINI CHIPS** **\$7.00**
Zucchini, Salt, Herb & Garlic Aioli

ARUGULA SALAD  **\$7.00**
Spinach, Cashew Parmesan Cheeze, Toasted Almonds, House Vinaigrette

new **CRISPY HERB POTATOES** **\$8.00**
Blackened Spice, Pickled Onion, Pickles, Capers, Garlic, Chimichurri, Dill

SESAME BROCCOLI **\$7.00**
Sesame Seeds, Garlic, Scallion Oil, Sesame Ginger Dressing

CRISPY BRUSSELS **\$7.00**
Balsamic Glaze

FRESH TOMATO SALAD **\$8.00**
Pickled Onion, Sherry Vinegar, Cilantro

Lighter

ADD ON | Grilled Chicken Breast [\$8.00]
Blackened Chicken Thigh [\$7.00]
Blackened Mahi [\$10.00] | Soft Boiled Egg [\$2.00]

new **PAPAYA CRUNCH SALAD**  **\$15.00**
Green Papaya, Carrot, Cabbage, Tomato, Cucumber, Crispy Sweet Potato, Crispy Shallots, Cilantro, Basil, Peanuts, Rice Noodles, Tamarind Lime Ponzu

SWEET & SPICY THAI SALAD  **\$15.00**
Mixed Greens, Candied Nuts, Bell Pepper, Carrot, Roasted Sweet Potato, Cabbage, Mango, Pineapple, Crispy Chickpea, Spicy Peanut Dressing

NOURISH BOWL  **\$16.00**
Roasted Pumpkin Mousse, Roasted Broccoli, Quinoa, Mixed Greens, Watermelon Radish, Pomegranate Seeds, Balsamic Drizzle, *in* House Vinaigrette, Served With A Soft Boiled Egg

new *in* **COBB SALAD**  **\$20.00**
Shredded Chicken, Turkey Bacon, Lettuce, Cherry Tomato, Cucumber, Avocado, Cashew Fresco, *in* House Ranch, Served With A Soft Boiled Egg

HERB & HARVEST SALAD **\$14.00**
Arugula, Pickled Onion, Roasted Broccoli & Cauliflower, Bell Pepper, Pumpkin, Sweet Potato, Crispy Chickpea, Basil & Dill Tahini Dressing

AVOCADO SMASH TOAST  **\$15.00**
Cherry Tomato, Arugula, Sherry Vinegar, Pickled Onion, Everything Bagel Spice, Hummus, Scallion Cashew Cream Cheeze

new **EGG BOMBA TOAST**  **\$15.00**
Shredded Hard Boiled Egg, Sautéed Spinach, Sun-Dried Tomato, Spicy Bomba Sauce, Scallions

Tacos

Gluten-Free
Option Available

new **CHIMICHURRI CHICKEN**  **\$16.00**
Flour Tortilla, Smashed Avo, Cabbage, Lettuce, Roasted Corn, Pico De Gallo, Chimichurri, Cilantro Lime Aioli

JERK CHICKEN  **\$16.00**
Flour Tortilla, Smashed Avo, Lettuce, Mango Pico De Gallo, Cilantro Lime Aioli

GRILLED MAHI  **\$17.00**
Flour Tortilla, Blackened Mahi, Smashed Avo, Escovitch, Sriracha Aioli, Mango Pico De Gallo

new **PIRI PIRI LENTIL TOFU**  **\$15.00**
Flour Tortilla, Smashed Avo, Lettuce, Cabbage, Mango Pico De Gallo, Pickled Onion, Piri Piri Sauce

WiFi: Island Naturals Guest | Password: healthyeating

 Nut Allergy  Gluten Allergy | Allergy-friendly substitutions are available for many of our drinks. Please ask your server for details. Please advise your server of any allergies, as some ingredients may not be listed. A 15% Gratuity will be added to your bill.



inBowls

ADD ON | Grilled Chicken Breast
[\$8.00] | Blackened Chicken Thigh
[\$7.00] | Blackened Mahi [\$10.00] |
Soft Boiled Egg [\$2.00]

new	CHARGRILLED CHICKEN SKEWER	\$18.00
	Grilled Chicken Skewers, Red Onion, Bell Pepper, Zucchini, Mixed Greens, Cherry Tomato, Cashew Fresco, Fingerling Potato, Brown Rice, <i>in</i> House Balsamic Vinaigrette	
new	STEW CHICKEN	\$18.00
	Chicken Thigh, Caribbean Stew Sauce, Coleslaw, Rice 'N Beans, Spiced Plantain Chips	
	PEAK PERFORMANCE	\$17.00
	Grilled Chicken Breast, Avocado, Roasted Corn, Tomato Salad, <i>in</i> House Ranch, Brown Jasmine Rice	
	PAD THAI	\$15.00
	Carrot, Bell Pepper, Onion, Chickpea, Peanut, Green Onion, Cilantro, Lime, Pad Thai Sauce, Rice Noodles	
	TUNA POKE	\$22.00
	Carrot, Cucumber, Mango, Wakame, Radish, Nori, Sesame Ginger Sauce, Sushi Rice, Sriracha Aioli, Sambal <i>Sub Watermelon 'Tuna' [\$18.00]</i>	
	JERK IT UP	\$17.00
	Jerk Chicken Thigh, Caribbean Slaw, Roasted Corn, Mango Pico De Gallo, Cilantro, Rice 'N Beans, Lime	
new	POLPETTE PESTO BOWL	\$21.00
	Pesto Chicken Meatballs, Kale, Orzo, Turkey Bacon, Cherry Tomatoes, Watermelon Radish, Pine Nuts, Crispy Chickpeas, Crispy Shallots, Parmesan Cashew Cheeze, <i>in</i> Caesar Dressing	
new	TIKKA MASALA	\$16/18/22
	<i>Choice of Cauliflower, Chicken Thigh or Mahi</i> Masala Sauce. Carrot Pickle. Raita. Brown Rice	

Soups

8oz for \$6.00
12oz for \$8.00

SOUP OF THE DAY

Ask Your Server For The Delicious Details

CARIBBEAN CHICKEN SOUP

Add A Slice Of Sourdough Or Gluten-Free Bread **[\$2.00]**

Dessert

new	<i>in</i> CASHEW CHEESECAKE	\$10.00
	<i>Choice Of Guava Pomegranate Or Seasonal Berries</i>	
new	CHOCOLATE FUDGE CAKE	\$10.00
	Chocolate Shavings, Malden Salt, Strawberry Compote	
	<i>in</i> AFFOGATO	\$9.00
	Island Naturals' Exclusive Coffee Espresso, Plant Based Vanilla Gelato, Dark Chocolate	

Sandwiches

Gluten-Free
Options Available

new	SOUTH CAROLINA BBQ CHICKEN	\$16.00
	Toasted Sourdough, Apple & Fennel Slaw, Pickle, Lettuce, Vegan Mayo, Mustard, South Carolina BBQ Sauce	
	BLACKENED CHICKEN THIGH	\$16.00
	Toasted Sourdough, Tomato, Pickle, Smoked Tomato Aioli, Slaw, Sriracha Aioli, Scallion Cashew Cream Cheeze	
new	CRISPY EGGPLANT	\$15.00
	Italian Roll, Eggplant, Arugula, Pine Nuts, Pesto Scallion Cashew Cream Cheeze, Balsamic Vinegar, Marinara	
	CAYMAN CLUB	\$16.00
	Whole Wheat Wrap, Grilled Chicken Breast, Turkey Bacon, Smashed Avocado, Caribbean Slaw, Mango Pico De Gallo, <i>in</i> House Ranch	
	BLACKENED MAHI	\$18.00
	Whole Wheat Wrap, Arugula, Smashed Avocado, Tomato, Pickle, Cilantro Lime Aioli	
new	BANH MI	\$16.00
	Italian Roll, Pulled Chicken, Carrot, Cucumber, Watermelon Radish, Cilantro, Garlic, Scallion Oil	

new Crafted Combo | \$15.00

Pick any half sandwich & add one from the following selection - fresh salad, side or 8oz soup

Kale Caesar | Papaya Crunch | Arugula | Fresh Tomato

Crispy Brussels | Sesame Broccoli | Zucchini Chips | Herb Potatoes

Soup of the Day | Caribbean Chicken Soup

Add Ons

Soft or Hard Boiled Egg	\$2.00
Grilled Chicken Breast	\$8.00
Blackened Chicken Thigh	\$7.00
Blackened Mahi	\$10.00
Plant-Based Sausage	\$5.00
Turkey Bacon	\$4.00
Half Sesame Avocado	\$4.50

ROBERT BROWNIE JR	\$10.00
Sweet Potato Brownie, Almond Butter, Caramel, Plant-Based Vanilla Gelato, Powdered Sugar	
ESPRESSO MARTINI	\$14.00
Prairie Vodka, Licor 43, Simple Syrup, Coconut Cream, Cocoa Powder, Salt <i>Also Available As A Mocktail [\$9.00]</i>	
PLANT-BASED VANILLA GELATO	\$6.00

