

## **APPETIZERS**

**ONION RINGS - A loaded basket of lightly beer battered Vidalia onions**  
\$8

**CONCH FRITTERS - Slivers of conch, peppers, and onions in a spicy light cornmeal fritter with the perfect sauce.** \$9

**JEFF'S ALMOST FAMOUS HOT WINGS - 8 Buffalo style wings covered with my unique hot sauce, and served with blue cheese and carrot sticks.**  
\$9

**JAH-MAKE-AH-ME CRAZY WINGS - Spicy chicken drummets Jamaican jerk style served with a dollop of Ranch dressing and carrots.**  
\$9

**CONCH FINGERS - It's hard to believe that a Conch has fingers, but they look just like chicken fingers.....just tasty fresh conch instead.**  
\$10

**BEACHSIDE SLIDERS – The only place you will get Grouper sliders is at The Cabana Bar...also available in the beef burger version. Four sliders**  
\$11

**CHIPS & SALSA – Fresh corn tortilla chips with simply the best salsa.**  
\$6

## **SALADS**

**CONCH SALAD - Really more of a ceviche, this is fresh conch in a tangy light lime marinade with green, red, and scotch bonnet peppers. A true island delight!**  
\$12

**TACO SALAD – A crispy flour tortilla bowl and lively tossed romaine salad served south of the border style with zesty dressing, crispy tortilla strips, fresh salsa, sour cream, cheese and beef or chicken.** \$14

**ISLAND BISTRO** - Island grown greens, walnuts, goat cheese, cool mandarin oranges and sun-dried tomato liven this salad up.

**\$14**

**THE WEDGE** - A fresh cool salad named after the famous California surf spot. Simply put, it is a cool wedge of iceberg lettuce with our balsamic vinegar, blue cheese crumbles, raisins, walnuts and a cilantro chop. Cool and Sassy!

**\$11**

**GARDEN SALAD** - A side salad of mixed greens, carrot, tomato, and cucumber.

**\$8**

## **BEACHSIDE BURGERS & SANDWICHES**

All our burger entrees come with lettuce, tomato, onion, pickle and your choice of

French fries, rice, or garden salad on a bakery fresh bun. Add cheese \$1.00

**CABANA BURGER** - A fresh CAB prime burger on a warm bun. **\$11**

**CHICKEN BREAST BURGER** - Grilled tender breast filet. **\$12**

**OCEAN BURGER** - Grilled fish of the day, and tartar sauce.

**\$15**

**BLACK BEAN BURGER** - Vegetarian black bean patty with Quinoa salad.

**\$12**

**THE "OC" SANDWICH** - A good after beach combo of chicken breast, bacon, American or provolone cheese, lettuce and tomato on wheat bread .

**\$14**

**PROVO CHEESE STEAK** - Some lost Philly resident dropped off this recipe of Chopped steak, American cheese, and grilled onion on a Hoagie. Thanks Rocky!!

**\$14**

**SLICED CHICKEN AND PEAR HOAGIE** - Warm sliced chicken filet nestled in a soft hoagie bun with melted American cheese, vinaigrette marinated pears,

and mixed roasted vegetables. A fresh garden salad is on the side. \$14

## **WORLD FAMOUS PIZZA**

The first person to serve pizza on Provo, Jeff's formula for a great pie lives on. All ten-inch pizzas include our signature sauce, mozzarella cheese, and semi-crispy crust.

CHEESE     \$12

PEPPERONI     \$14

VEGETARIAN - Mushroom, onion, peppers, sun dried tomato, and cilantro if you please.

\$15

CHICKEN - Grilled chicken, sun-dried tomato, goat cheese, with a garlic basil pesto base.

\$16

MEXICAN - Onions, refried beans, ground beef or chicken, jalapeno, cilantro, cheddar

and topped with cool lettuce. I think a cold Corona is in order!

\$16

CABANA- Pepperoni, peppers, mushrooms and onions. Delicioso!

\$15

HAWAIIAN VOLCANO – Thin sliced ham, Pineapple, diced jalapeno peppers.

\$15

BUILD YOUR OWN - Put what you like on a cheese pizza, each topping:

\$1.50

## **WRAPS**

Choose a Spinach or flour tortilla wrap.

VEGGIE - Sautéed vegetables with lots of melted Provolone cheese.

\$11

**CHICKEN CAESAR – Romaine, Caesar and grilled chicken strips.**

\$12

**GRILLED FISH - Our fish of the day in a mix of greens, romaine and veggies.  
Want the fish fried? Just ask your server.**

\$14

**CABANA - Lots of grilled chicken mixed and sautéed in with a veggie medley. \$14**

## **ENTREES**

**FISH & CHIPS – Fresh fish filet grilled or lightly battered with crispy fries  
and served with vinegar or tartar sauce.**

\$15

**CABANA FISH TACOS – Famous the world over, these two crunchy corn  
tortillas are packed with fried or grilled fish, lettuce, guacamole, cheese,  
our delicious salsa and topped with cilantro. Served with a garden salad.**

\$14

**CRACKED CONCH - Island comfort food at it's best. Tenderized fresh conch  
filet coated with a crispy breading and served with fries or peas & rice.**

\$14

**GRILLED FISH OF THE DAY – Grilled, Blackened, or fried and served with  
rice, fries, or quinoa salad and sautéed veggies.**

\$19

**SHRIMP AND VEGGIE GRILL- Sautéed peppers, mushroom, onion, and carrots  
With tender garlic shrimp served with rice, quinoa, or garden salad.**

\$17

Substitute Chicken \$15

Substitute Lobster \$21

**LOBSTER SALAD- A cool mix of crisp veggies and light lemon sauce in an  
edible bowl. \$18**

**GRILLED LOBSTER TAIL-** A fresh full split tail grilled to perfection, with rice Quinoa or garden salad. \$24

## **MONDAY**

**CABANA BEACH ORIENTATION-** Get a good start on your beach time with Daiquiri's, Colada's, Fresh Lobster or Conch and live Island music.

## **WEDNESDAY**

**"WE ARE SMOKIN!"-** Jeff spends the day with the smoker preparing items like Mango smoked snapper, Juicy ribs, and Apple smoke chicken. Not to be missed!

## **FRIDAY**

Choose fish, chicken or steak and it will be cooked to your liking right before your eyes while Marley music plays into the sunset. A casual way to lead into a fun Friday night.

## **FOOD FOR THE LITTLE SURFERS**

MINI BURGERS AND FRIES	\$7
PASTA AND TOMATO SUACE OR BUTTER	\$7
CHEESE PIZZA (one half our regular pizza)	\$8
CHICKEN FINGERS & FRIES	\$8

## **YOUR JUST DESSERTS**

HOT FUDGE SUNDAY	\$6
CAICOS KEY LIME PIE	\$8
TWO SCOOPS CHOCOLATE OR VANILA ICE CREAM	\$5
FRESH BAKED BROWNIE	
Just the brownie	\$4
With Hot Fudge	\$7
With Hot Fudge and Ice Cream Choice	\$8

## **LEGAL MUMBO JUMBO**

**OCEAN CLUB POOLS AND BEACH CHAIRS ARE FOR HOTEL GUESTS ONLY!!**

**As usual, there is a 15% gratuity added to each bill on parties of six or more.**

**If you are loud, obnoxious, or otherwise unpleasant you will be asked to leave.**

**Discounts do not apply on kids meals or beverages during happy hour.**

**STRAWS & PLASTIC – This beach is rated best in the world by trip advisor 2011. Straws are only given when requested. Take out boxes come with a \$1.00 charge per box, all proceeds donated to Beach Clean Up.**

**THANK YOU FOR YOUR BUSINESS, WE APPRECIATE IT!**