

Seafood Saturday

11:00am to 10:00pm *lobster available in season only



SURF & TURF \$Market Price

Grilled Lobster Tail* OR Grilled Shrimp and Fire Seared Angus Ribeye, Mixed Vegetables. Your Choice of Potato: Stuffed Baked Potato or Garlic Mashed

FRESH CATCH YOUR WAY \$39

Local Whole Snapper, Grilled, Blackened, Steamed, Escoveitch or Creole, Island Rice, Sweet Plantain. Your choice of Coleslaw or Garden Salad

FILLET YOUR WAY \$39

[MAHI-MAHI, GROUPER OR SNAPPER]

Grilled, Jerk, or Blackened, Fruit Salsa, Island Rice. Your Choice of Coleslaw or Garden Salad

LOBSTER TAIL YOUR WAY \$Market Price

Jerk, Blackened, Cajun, or Grilled, Lemon Garlic Butter Sauce, Island Rice or Garlic Mashed Potato Your choice of: Garden Salad, Mixed Vegetables, or Coleslaw

CREOLE CONCH \$39

Tenderized Conch, Creole Sauce, White Rice, Your Choice Mixed Vegetables or Coleslaw

BIG MAMA'S CURRY \$ Market Price

Conch, Lobster, or Shrimp, Caribbean Curry, Fresh Herbs, Spices, Root Vegetables, Coconut Reduction, Scotch Bonnet Peppers, White Rice and Coleslaw

SWEET CHILI SALMON \$34

Atlantic Salmon, Egg Noodles, Boc-Choy, Onions, Peppers, Green Beans, Carrots, Stir Fry

CAICOS SALAD \$Market Price

Grilled Lobster or Shrimp, Crispy Romaine Lettuce, Avocado, Bermuda Onion, Tomato, Hard Boiled Egg, Ranch Dressing, Bacon Crumbles Upon Request

CAPRESE GROUPER \$39

Grouper Filet, Fresh Mozzarella, Tomato, Mashed Potato, Roasted Garlic Red Pepper Sauce, Sautéed Broccoli, Homemade Pesto Drizzle

-SALADS -

BAHAMIAN LOBSTER SALAD \$ Market Price

Poached Lobster, Tomato, Onion, Pepper, Lemon Juice, Tossed in Avocado Mayo

CLASSIC CAESAR SALAD \$18

Romaine Lettuce, Herbed Croutons, Shaved Parmesan Cheese, Creamy Garlic Dressing, and Bacon Crumbles Upon Request

Add Chicken \$7 Add Fish: \$9

Add Shrimp: \$12 Add Lobster: Market Price

CONCH CEVICHE \$18

Raw Marinated Caicos Conch, Citrus Dressing, Sweet Peppers, Habañero, Onion, Corn Tortilla Chips

ISLAND BISTRO \$19

Mixed Field Greens, Walnuts, Goat Cheese, Kalamata Olives, Sun Dried Tomatoes, Balsamic Vinaigrette.

Add Chicken \$7 Add Fish: \$9

Add Shrimp: \$12 Add Lobster: Market Price



-SOUP-

CONCH CHOWDER Cup \$11/Bowl \$18

Caicos Conch, Root Vegetables, Potatoes, Fresh Herbs, Cream, Fresh Bread

ISLAND STYLE CHICKEN & PUMPKIN SOUP

Cup \$10/Bowl \$16

Calabaza Pumpkin, Assorted Root Vegetables, All Spice, Potatoes, Dumplings, Scotch Bonnet Pepper, Scallion

CHILLED PRAWN & GAZPACHO SOUP

Cup \$10/Bowl \$16

Poached Citrus Scented Prawn, Cucumber, Sweet Peppers, Onion, E.V.O., Tomato-Garlic Broth, Crispy Tortilla

-APPETIZERS-

LOBSTER SPRING ROLLS \$23
VEGETABLE SPRING ROLLS \$16
*Crispy and Golden Brown, Stir Fry Vegetables,
Fresh Herbs, Sweet Chili Sauce*

SALMON CAKES \$16
*Fresh Alaskan Salmon, Fresh Herbs, Spices,
Vegetable Slivers, Pan-Fried with Virgin Olive Oil,
Avocado Tartar Sauce*

CONCH FRITTERS \$19
LOBSTER FRITTERS \$25
*Sweet Peppers, Onions, Island Spices,
Rémoulade Sauce*

BUFFALO CHICKEN WINGS \$19
*Breaded, Crisp Fried Chicken, Carrots, Celery,
Tossed in Our Unique Hot Sauce or
Jamaican Jerk Sauce*

CONCH FINGERS \$19
Breaded Caicos Conch, Cocktail Sauce

COCONUT SHRIMP \$19
*Coconut Crusted Shrimp, Slivered Vegetable Salad,
Sweet Chili Sauce*

GARLIC BUTTER SHRIMP SKEWER \$19
*Garlic Butter Sautéed Shrimp, Slivered Vegetable
Salad, Sweet Chili Sauce*

QUESADILLA \$15
*Mixed Cheeses, Crispy Flour Tortilla, Diced Onions
& Peppers, Salsa, Guacamole, Sour Cream*
Add Grouper or Snapper: \$9
Add Chicken or Beef: \$7
Add Shrimp: \$12
Add Conch or Lobster: \$Market Price

CHIPS, SALSA & GUACAMOLE \$15
*Fresh Corn Tortilla Chips, Homemade Salsa,
Fresh Guacamole*



-BURGERS, WRAPS, & SANDWICHES-

*All burger & sandwich entrées are served on a warm bakery fresh bun
topped with lettuce, tomato, onion and pickle.*

All wraps served on a spinach tortilla.

*Burger, sandwich, and wraps are served with your choice of
home cut fries, island rice, white rice, Caesar or garden salad*

CONCH BURGER \$25
Local Ground Conch, Grilled or Fried

GROUPE FISH WRAP \$25
*Sweet Corn, Romaine Lettuce, Swiss Cheese,
Yum Yum Sauce*

NORTH CAICOS LOBSTER BURRITO \$27
*Cracked Lobster, Black Beans, Rice, Mixed Cheese,
Guacamole, Salsa, Lettuce, Bambara Scented
Marie- Rose Sauce*

CABANA BURGER \$21
*Flame Broiled Angus Beef, Fresh Baked Kaiser Roll,
Crisp Lettuce, Fresh Tomato, Red Onion, Pickle*
Add Cheese \$2 Add Bacon \$2
Add Mushroom \$1 Add Sautéed Onion \$1
Add Fried Egg \$2 Add Crispy Onion Strings \$1

CHICKEN SANDWICH \$19
FISH SANDWICH Swai \$20 Grouper \$25
*Grilled OR Fried, Mayonnaise,
Romaine Lettuce, Fresh Tomatoes, Red Onion,
Fresh Baked Kaiser Roll*
Add Cheese \$2 Add Bacon \$2

FISH & CHIPS \$21
CHICKEN FINGERS & FRIES \$18

BIG SOUTH ISLAND TACO \$13
*2 Soft Flour Tortilla, Shredded Lettuce, Diced Tomatoes,
Mixed Cheeses, Diced Onions & Peppers, Pico de Gallo,
Baja Sauce, Sour Cream, Salsa. Add Guacamole \$2*
Add Grouper or Snapper: \$9
Add Chicken or Beef: \$7
Add Shrimp: \$12
Add Conch or Lobster: \$Market Price

LINGUINE OR PENNE PASTA \$20
White Wine Garlic Cream OR
*Roasted Garlic Red Pepper Tomato Sauce,
Fresh Herbs, Aged Parmesan, Garlic Bread*
Add Veggie: \$5 Add Shrimp: \$12
Add Chicken: \$7 Add Salmon: \$15
Add Conch or Lobster: \$Market Price

All items are subject to 12% government tax, and 10% Service Charge

Service Charge is distributed among all staff. If you choose to tip above your bill, it will go directly to your server

No outside food or drink allowed, \$15 Corkage Fee for all outside wine

We reserve the right to refuse service to anyone.

(649) 946-5880 Thank you Cabana Bar - October 2022



@tcicabanabar