APPETIZERS

- CONCH FRITTERS $22
  Caicos Conch, Sweet Peppers, Onions, Island Spices, Remoulade Sauce

- SLIDERS $22
  Beef OR Fish Sliders, Dill Pickle, Cherry Tomato, Sesame Seed Buns
  Add Cheese $2   Add Bacon $2

- CONCH FINGERS $22
  Breaded Caicos Conch, Cocktail Sauce

- BISTRO FLATBREAD $24
  Goat Cheese, Kalamata Olives, Sundried Tomatoes, Red Onion   Add Chicken $7

- MARGHERITA FLATBREAD $22
  Basil Pesto, Mozzarella Cheese, Fresh Tomatoes, Caicos Sea Salt   Add Chicken $7

- BUFFALO CHICKEN WINGS $21
  Breaded, Crisp Fried Chicken, Carrots, Celery, Tossed in Our Unique Hot Sauce or Jamaican Jerk Sauce

- VEGETABLE SPRING ROLLS $19
  Crispy and Golden Brown, Stir Fry Vegetables, Fresh Herbs, Sweet Chili Sauce

- CHIPS, SALSA & GUACAMOLE $19
  Fresh Corn Tortilla Chips, Homemade Salsa, Fresh Guacamole

- COCONUT SHRIMP $22
  Coconut Crusted Shrimp, Silvered Vegetable Salad, Sweet Chili Sauce

- QUESADILLA $18
  Mixed Cheeses, Crispy Flour Tortilla, Diced Onions & Peppers, Salsa, Guacamole, Sour Cream
  Add Swai Fish: $9   Add Chicken or Beef: $7
  Add Shrimp, Grouper or Snapper Filet Add $12

- GARLIC SHRIMP SKEWER $22
  Garlic Butter Sautéed Shrimp, Silvered Vegetable Salad, Sweet Chili Sauce

- SALMON CAKES $19
  Fresh Alaskan Salmon, Fresh Herbs, Spices, Vegetable Slivers, Pan-Fried with Virgin Olive Oil, Avocado Tartar Sauce

- ASIAN LETTUCE WRAPS $22
  Sautéed Chicken Breast, Hoisin Sauce, Ginger, Roasted Peanuts, Thai Chili, Served In Lettuce Cups

- SOUPS - Cup $11/Bowl $18

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

- CONCH CHOWDER
  Caicos Conch, Root Vegetables, Potatoes, Fresh Herbs, Cream, Fresh Bread

- ISLAND STYLE CHICKEN & PUMPKIN
  Calabaza Pumpkin, Assorted Root Vegetables, All Spice, Potatoes, Dumplings, Scotch Bonnet Pepper, Scallion

LUNCH

-APPETIZERS-

- CONCH FRITTERS $22
  Caicos Conch, Sweet Peppers, Onions, Island Spices, Remoulade Sauce

- SLIDERS $22
  Beef OR Fish Sliders, Dill Pickle, Cherry Tomato, Sesame Seed Buns
  Add Cheese $2   Add Bacon $2

- CONCH FINGERS $22
  Breaded Caicos Conch, Cocktail Sauce

- BISTRO FLATBREAD $24
  Goat Cheese, Kalamata Olives, Sundried Tomatoes, Red Onion   Add Chicken $7

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  Basil Pesto, Mozzarella Cheese, Fresh Tomatoes, Caicos Sea Salt   Add Chicken $7

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- VEGETABLE SPRING ROLLS $19
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- CHIPS, SALSA & GUACAMOLE $19
  Fresh Corn Tortilla Chips, Homemade Salsa, Fresh Guacamole

- COCONUT SHRIMP $22
  Coconut Crusted Shrimp, Silvered Vegetable Salad, Sweet Chili Sauce

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  Mixed Cheeses, Crispy Flour Tortilla, Diced Onions & Peppers, Salsa, Guacamole, Sour Cream
  Add Swai Fish: $9   Add Chicken or Beef: $7
  Add Shrimp, Grouper or Snapper Filet Add $12

- GARLIC SHRIMP SKEWER $22
  Garlic Butter Sautéed Shrimp, Silvered Vegetable Salad, Sweet Chili Sauce

- SALMON CAKES $19
  Fresh Alaskan Salmon, Fresh Herbs, Spices, Vegetable Slivers, Pan-Fried with Virgin Olive Oil, Avocado Tartar Sauce

- ASIAN LETTUCE WRAPS $22
  Sautéed Chicken Breast, Hoisin Sauce, Ginger, Roasted Peanuts, Thai Chili, Served In Lettuce Cups

- SOUPS - Cup $11/Bowl $18

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

- CONCH CHOWDER
  Caicos Conch, Root Vegetables, Potatoes, Fresh Herbs, Cream, Fresh Bread

- ISLAND STYLE CHICKEN & PUMPKIN
  Calabaza Pumpkin, Assorted Root Vegetables, All Spice, Potatoes, Dumplings, Scotch Bonnet Pepper, Scallion

“THE BEST LUNCH, ON THE BEST BEACH IN THE WORLD”

-LOBSTER-

- SEASON OPEN AUGUST 1 TO MARCH 31
  *IN SEASON ONLY*

- LOBSTER SPRING ROLLS $23
  Crispy and Golden Brown, Stir Fry Vegetables, Fresh Herbs, Sweet Chili Sauce

- LOBSTER QUESADILLA $Market Price
  Mixed Cheeses, Crispy Flour Tortilla, Diced Onions & Peppers, Salsa, Guacamole, Sour Cream

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

- LOBSTER TACOS $Market Price
  2 Soft Flour Tortilla, Lobster, Shredded Lettuce, Diced Tomatoes, Mixed Cheeses, Diced Onions & Peppers, Pico de Gallo, Baja Sauce

- 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

- SURF & TURF $Market Price
  Grilled Lobster Tail and Fire Seared Angus Ribeye; Mixed Vegetables and Garlic Mashed

- SEAFOOD SURF $Market Price
  Choice of two: Grilled Lobster Tail, Shrimp Skewer, Salmon Filet, Grouper Filet, Snapper Filet; Mixed Vegetables and Garlic Mashed

- CAICOS SALAD $Market Price
  Grilled Lobster, Crispy Romaine Lettuce, Avocado, Bermuda Onion, Tomato, Hard Boiled Egg, Ranch Dressing

- BAHAMIAN LOBSTER SALAD $Market Price
  Poached Lobster, Tomato, Onion, Pepper, Lemon Juice, Tossed in Avocado Mayo

-SALADS-

- Dressing Choices: Ranch, Blue Cheese, Honey Mustard, Balsamic
  With Swai Fish Add $9
  With Shrimp, Grouper or Snapper Filet Add $12
  With Seasoned Beef or Grilled Chicken Add $7

- TACO SALAD $21
  Crispy Tortilla, Romaine Lettuce, Cheddar Cheese, Taco Sauce, Sour Cream, Salsa, Guacamole

- ISLAND BISTRO $22
  Mixed Field Greens, Walnuts, Goat Cheese, Kalamata Olives, Sun Dried Tomatoes, Balsamic Vinaigrette

- CLASSIC CAESAR SALAD $21
  Romaine Lettuce, Herbed Croutons, Shaved Parmesan Cheese, Creamy Garlic Dressing, and Bacon Crumbles Upon Request

- THE WEDGE $19
  Iceberg Lettuce, Smoked Bacon, Raisins, Diced Tomato, Walnuts, Balsamic Vinaigrette, Blue Cheese Crumbles

- CONCH CEVICHE $20
  Raw Marinated Caicos Conch, Citrus Dressing, Sweet Peppers, Habanero, Onion, Corn Tortilla Chips
LUNCH
-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. Burgers, sandwiches, and wraps are served with your choice of: home cut fries, island rice, white rice, Caesar or garden salad

CABANA BURGER $23
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

STEAK TACOS $25
Sweet Chili-Teriyaki Marinade, Stir Fried Vegetables, Mix Cheeses, Diced Tomatoes, Shredded Lettuce, Baja Sauce

BROOKIE $13
Brownie, Chocolate Chip Cookie Creation, Vanilla Ice Cream Scoop, Chocolate Sauce Drizzle, Whipped Cream, Maraschino Cherry

TACO SALAD WRAP $18
Romaine Lettuce, Cheddar Cheese, Taco Sauce, Sour Cream, Salsa, Guacamole.
Add Seasoned Beef or Grilled Chicken: $7
Add Swai Fish $9
With Grouper or Snapper Add $9

VANILLA SUNDAE $11
2 Scoops Vanilla Ice Cream, Chocolate Sauce, Whipped Cream, Maraschino Cherry, Chopped Walnuts

CHICKEN CAESAR WRAP $19
Grilled Chicken Breast, Romaine Lettuce, Classic Caesar Dressing, Parmesan Cheese, Diced Tomatoes

FISH WRAP $22
Blackened Swai Fish, Baja Sauce, Tomato Salsa, Mixed Greens, Swiss Cheese, Bermuda Onion
With Grouper or Snapper Add $9

- LARGER LUNCH -

GROUPER YOUR WAY $41
Grilled, Jerked, Blackened or Pan Seared, Island Rice, House Salad, Tropical Fruit Salsa

CHICKEN FINGERS $18
Crispy Battered Chicken Breast, Home Cut Fries, Coleslaw

THREE BEAN AND VEGETABLE CURRY $26
Red Kidney, Black Bean, Garbanzo, Medley of Fresh Vegetables, Light Curry-Coconut Broth, Steamed White Rice, Mango Chutney, Toasted Lentil Cracker

FISH searching...

CURRY CHICKEN $29
Braised Chicken Breast, West Indian Curry Sauce, Steamed White Rice
Your Choice of: Coleslaw or Garden Salad

- SWEET TREATS -

FRUIT PLATE $17
Variety of Fresh Fruit with Vanilla Yogurt

BROOKIE $13
Brownie, Chocolate Chip Cookie Creation, Vanilla Ice Cream Scoop, Chocolate Sauce Drizzle, Whipped Cream, Maraschino Cherry

VANILLA SUNDAE $11
2 Scoops Vanilla Ice Cream, Chocolate Sauce, Whipped Cream, Maraschino Cherry, Chopped Walnuts

KEY LIME PIE $12
Key Lime Juice, Graham Cracker Crust, Topped with Whipped Cream, Lime Slice

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 2023

If you have a food allergy or special dietary requirement please inform your server prior to placing your order so we can best accommodate you!