

# LUNCH

*"The best lunch,  
on the best beach in the world"*

## -APPETIZERS-

### CONCH FRITTERS \$22

*Caicos Conch, Sweet Peppers, Onions,  
Island Spices, Rémoulade 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, Slivered 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, Slivered  
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*

## -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, Habañero, 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

### CHICKEN SANDWICH \$20

Grilled OR Fried Chicken Breast, Mayonnaise,  
Romaine Lettuce, Fresh Tomatoes, Red Onion,  
Fresh Baked Kaiser Roll  
Add Cheese \$2 Add Bacon \$2

### CLUB SANDWICH \$20

Deli Turkey, Smoked Bacon, American Cheese,  
Fresh Tomato, Crisp Lettuce, Honey Mustard, Mayonnaise,  
Fresh Sliced Toast Add Chicken Breast: \$7

### FISH SANDWICH \$22

Pan Seared OR Battered Swai Filet, Tartar Sauce,  
Fresh Tomatoes, Romaine Lettuce, Red Onion,  
Sesame Seed Bun  
With Grouper or Snapper Add \$9

### STEAK TACOS \$25

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

### 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

### 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

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

## -LARGER LUNCH-

### GROUPEL 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 & CHIPS \$24

Turks Head Beer Batter Swai Fish Fillets,  
Home Cut Fries, Coleslaw, Tartar Sauce, Lemon  
With Grouper or Snapper Add \$9

### CABANA TACOS \$13

Soft Flour Tortilla OR Hard Corn Shell,  
Shredded Lettuce, Diced Tomatoes, Mixed Cheeses,  
Baja Sauce, Sour Cream, Salsa  
Add Guacamole \$2 Add Chicken or Beef: \$7  
Add Swai Fish: \$9 (grill or fried)  
Add Grouper or Snapper Filet \$12

### 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

Get connected!



SCAN FOR  
WIFI CONNECTION



  @tcicabanabar