

Seafood Saturday

11:00am to 10:00pm



FRESH CATCH YOUR WAY \$41

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

FILLET YOUR WAY \$41

[MAHI-MAHI, GROUPEL OR SNAPPER]

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

CREOLE CONCH \$41

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 \$36

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

CAPRESE GROUPEL \$41

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

-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

Add Lobster: Market Price

CLASSIC CAESAR SALAD \$21

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

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.

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

-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 Potato

SEAFOOD SURF \$Market Price

Choice of two: Grilled Lobster Tail, Shrimp Skewer, Salmon Filet, Grouper Filet, Snapper Filet; Mixed Vegetables and Garlic Mashed Potato

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

-SOUP- Cup \$11/Bowl \$18

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

ISLAND STYLE CHICKEN & PUMPKIN SOUP

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

CHILLED PRAWN & GAZPACHO SOUP

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

-APPETIZERS-

VEGETABLE SPRING ROLLS \$19

Crispy and Golden Brown, Stir Fry Vegetables, Fresh Herbs, Sweet Chili Sauce

SALMON CAKES \$19

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

CONCH FRITTERS \$22

Sweet Peppers, Onions, Island Spices, Rémoulade Sauce

BUFFALO CHICKEN WINGS \$21

Breaded, Crisp Fried Chicken, Carrots, Celery, Tossed in Our Unique Hot Sauce or Jamaican Jerk Sauce

CONCH FINGERS \$22

Breaded Caicos Conch, Cocktail Sauce

COCONUT SHRIMP \$22

Coconut Crusted Shrimp, Slivered Vegetable Salad, Sweet Chili Sauce

GARLIC BUTTER SHRIMP SKEWER \$22

Garlic Butter Sautéed 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

CHIPS, SALSA & GUACAMOLE \$19

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

GROUPER FISH WRAP \$25

Sweet Corn, Romaine Lettuce, Swiss Cheese, Yum Yum Sauce

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

FISH SANDWICH Swai \$22

Grouper or Snapper Add \$9
Grilled OR Fried, Mayonnaise, Romaine Lettuce, Fresh Tomatoes, Red Onion, Fresh Baked Kaiser Roll
Add Cheese \$2 Add Bacon \$2

FISH & CHIPS \$24

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

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 Chicken or Beef: \$7
Add Swai Fish: \$9 (grill or fried)
Add Shrimp, Grouper or Snapper Filet Add \$12
Add Conch: \$Market Price

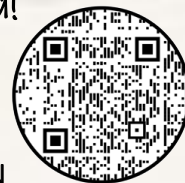
LINGUINE OR PENNE PASTA \$20

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
Add Seafood Variety \$19

Get connected!



SCAN FOR
WIFI CONNECTION



@tcicabanabar

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