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, GROUPER 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 GROUPER $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

-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

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SCAN FOR WIFI CONNECTION

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

@tcicabanabar