

# LUNCH

“The best lunch, on the best beach in the world”

## -APPETIZERS-

**CONCH FRITTERS** \$22  
Caicos Conch, Sweet Peppers, Onions, Island Spices, Rémooulade Sauce

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

**CONCH FINGERS** \$24  
Breaded Caicos Conch, Rémooulade Sauce

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

**CHICKEN WINGS** \$21  
Breaded, Crisp Fried Chicken, Carrots, Celery  
Plain or Tossed in your choice of Sauce:  
Buffalo, Jamaican Jerk, BBQ, Lemon Pepper

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

**COCONUT SHRIMP** \$22  
Coconut Crusted Shrimp, Vegetable Slivers, Sweet Chili Sauce

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

**GARLIC SHRIMP SKEWER** \$22  
Garlic Butter Sautéed Shrimp, Vegetable Slivers, Sweet Chili Sauce

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

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

**CHIPS, SALSA & GUACAMOLE** \$19  
Fresh Corn Tortilla Chips, Homemade Salsa & Fresh Guacamole  
Add Queso \$7

**CHIPS & QUESO** \$15  
Fresh Corn Tortilla Chips & Homemade Queso  
Add Scoop Guacamole \$2 Add Side Guacamole \$5

**LOADED NACHOS** \$25  
Corn Tortilla Chips, Mexican Cheeses, Queso, Sliced Jalapeño,  
Shredded Lettuce, Diced Tomatoes, Sour Cream, Black Olives  
With Seasoned Beef or Grilled Chicken Add \$7

**BREAKFAST BURRITO & FRIES** \$18  
Flour Tortilla, Scrambled Egg, Tomato Salsa, Cheddar Cheese,  
Sour Cream  
Your Choice of: Bacon- Sausage- Ham- Turkey | Turkey Bacon Add \$2

**BREAKFAST TACOS & FRIES** \$18  
Two Flour Tortillas, Scrambled Egg, Diced Tomatoes, Mixed Cheese,  
Baja Sauce  
Your Choice of: Bacon- Sausage- Ham- Turkey | Turkey Bacon Add \$2



## -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, Marie- Rose Sauce

**LOBSTER TACOS** \$Market Price  
2 Soft Flour Tortilla, Cracked 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 Mash,  
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, Mahi-Mahi, Grouper or Snapper Filet Add \$12  
With Seasoned Beef or Grilled Chicken Add \$7

**TACO SALAD** \$22  
Crispy Tortilla, Romaine Lettuce, Cheddar Cheese, Taco Sauce,  
Sour Cream, Salsa, Guacamole

**ISLAND BISTRO** \$23  
Mixed Field Greens, Walnuts, Goat Cheese, Kalamata Olives,  
Sun Dried Tomatoes, Balsamic Vinaigrette

**CLASSIC CAESAR SALAD** \$22  
Romaine Lettuce, Herbed Croutons, Shaved Parmesan Cheese,  
Creamy Garlic Dressing, and Bacon Crumbles Upon Request

**THE WEDGE** \$20  
Iceberg Lettuce, Smoked Bacon, Raisins, Diced Tomato,  
Walnuts, Balsamic Vinaigrette, Blue Cheese Crumbles

**CHEF SALAD** \$23  
Romaine, Iceberg, Turkey, Ham, Cheddar Cheese, Cucumber,  
Cherry Tomato, Hard Boiled Egg, Herbed Croutons

**CONCH CEVICHE** \$22  
Raw Marinated Caicos Conch, Citrus Dressing, Onion,  
Sweet Peppers, Habañero, Corn Tortilla Chips

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





# LUNCH

## -BURGERS, WRAPS, & SANDWICHES-

Burger & sandwiches are topped with lettuce, tomato, onion and pickle.  
All Buns and Rolls are served warm and bakery fresh!  
Wraps served on a spinach tortilla.  
Burgers, sandwiches, and wraps are served with your choice of:  
shoestring fries, island rice, white rice, Caesar or garden salad

### CABANA BURGER \$24

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

### CHICKEN SANDWICH \$22

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

### CLUB SANDWICH \$22

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

### FISH SANDWICH \$24

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

### PHILLY CHEESESTEAK SANDWICH \$27

New York Strip, Onion and Bell Pepper Blend, Mixed Cheeses,  
Lightly Toasted Sub Bread

### STEAK TACOS \$25

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

### TACO SALAD WRAP \$20

Romaine Lettuce, Cheddar Cheese, Taco Sauce,  
Sour Cream, Salsa, and Guacamole  
Add Seasoned Beef or Grilled Chicken: \$7  
Add Swai, Mahi-Mahi, Grouper or Snapper Filet \$9

### CHICKEN FAJITA WRAP \$27 *new!*

Grilled Chicken Breast, Bell Peppers, Onion, Mozzarella Cheese,  
Salsa and Sour Cream

### CAESAR WRAP \$19

Romaine Lettuce, Classic Caesar Dressing, Parmesan Cheese,  
Diced Tomatoes  
Add Grilled Chicken: \$7 | Add Shrimp \$12  
Add Swai, Mahi-Mahi, Grouper or Snapper Filet \$9

### FISH WRAP \$23

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

### STEAK AND FRIES WRAP \$29 *new!*

Striploin Steak, Bell Peppers, Onion, Home Cut Fries,  
Mozzarella Cheese, Sweet Chili Drizzle

## -SOUPS- Cup \$11/Bowl \$18

### CHILLED PRAWN & GAZPACHO

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

### CONCH CHOWDER

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

### ISLAND STYLE CHICKEN & PUMPKIN

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

## -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 \$25

Battered, Fried, Swai Fish Fillets, Home Cut Fries, Coleslaw,  
Tartar Sauce, Lemon | With Grouper or Snapper Add \$9

### CABANA TACOS \$15

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 BOWL \$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

### TURTLE CHEESECAKE \$16

Creamy Cheesecake Filling, Caramel, Chocolate, and Pecans,  
Chocolate Cookie Crust



### KEY LIME PIE \$12

Key Lime Juice, Graham Cracker Crust,  
Topped with Whipped Cream, Lime Slice

### VANILLA SUNDAE \$11

2 Scoops Vanilla Ice Cream, Chocolate Sauce,  
Whipped Cream, Maraschino Cherry, Chopped Walnuts

**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 2025



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