Cabana BEACH BAR & GRILL

Dinner

"Enjoy amazing sunsets on the best beach in the world"

Appetizers

CONCH FRITTERS $24
Caicos conch, sweet peppers, onions, island spices, rémoulade sauce

SLIDERS $24
Beef or Swai fish sliders, dill pickle, cherry tomato, sesame seed buns *Add cheese +$2 | Add bacon +$2*
Substitute grouper or snapper fillet +$10

CONCH FINGERS $26
Breaded Caicos conch, rémoulade sauce

CHICKEN WINGS $23
Crispy breaded chicken, carrots, celery
Plain or tossed: Buffalo, Jamaican jerk or BBQ

VEGETABLE SPRING ROLLS $22
Crispy spring rolls, stir-fried vegetables, fresh herbs, sweet chili sauce

COCONUT SHRIMP $24
Coconut-crusted shrimp, vegetable slivers, sweet chili sauce

GARLIC SHRIMP SKEWER $24
Garlic butter sautéed shrimp, vegetable slivers, sweet chili sauce

SALMON CAKES $22
Fresh Alaskan salmon, herbs and spices, deep fried, vegetable slivers, avocado tartar sauce

ASIAN LETTUCE WRAPS $24
Sautéed chicken breast, hoisin sauce, ginger, roasted peanuts, Thai chili, lettuce cups

CHIPS, SALSA & GUACAMOLE $29
Fresh corn tortilla chips, homemade salsa, guacamole
Add queso +$7

CHIPS & QUESO $18
Fresh corn tortilla chips, homemade queso
Add scoop guacamole +$2
Add side guacamole +$5

Flatbreads

SEAFOOD FLATBREAD $31
Seafood trio, roasted garlic, red pepper tomato sauce, mozzarella, homemade pesto drizzle

MEAT LOVERS FLATBREAD $27 —NEW—
Ground beef, sausage, bacon, mozzarella, basil, fresh tomatoes

MARGHERITA FLATBREAD $24
Basil pesto, mozzarella, fresh tomatoes, Caicos sea salt *Add chicken +$8*

Soups Cup $12/Bowl $19

CHILLED PRAWN & GAZPACHO
Poached citrus-scented prawn, cucumber, sweet peppers, onion, E.V.O.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, allspice, potatoes, dumplings, Scotch bonnet pepper, scallion

Salads

Dressing Choices: Ranch, blue cheese, honey mustard, balsamic

Add Swai fish +$10
Add shrimp or mahi-mahi +$13
Add grouper or snapper fillet +$13
Add seasoned beef or grilled chicken +$8

TACO SALAD $24
Crispy tortilla, romaine lettuce, cheddar cheese, taco sauce, sour cream, salsa, guacamole

ISLAND BISTRO $24
Mixed field greens, walnuts, goat cheese, Kalamata olives, sun-dried tomatoes, balsamic vinaigrette

CLASSIC CAESAR SALAD $24
Romaine lettuce, herbed croutons, shaved Parmesan, creamy garlic dressing
Bacon crumbles upon request

THE WEDGE $22
Iceberg lettuce, smoked bacon, raisins, diced tomato, walnuts, balsamic vinaigrette, blue cheese crumbles

HOUSE SALAD $18 —NEW—
Iceberg lettuce, cherry tomato, cucumber, carrot, bell peppers, red onion

CONCH CEVICHE $24
Raw marinated Caicos conch, citrus dressing, sweet peppers, habañero, onion, 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!

Entrées

GROUPER YOUR WAY $44
Grilled, blackened, jerked or pan-seared,
island rice, house salad, tropical fruit salsa

FISH & CHIPS $27
Battered fried Swai fillets, home-cut fries,
coleslaw, tartar sauce, lemon
Substitute grouper, snapper or mahi-mahi +$10

CERTIFIED ANGUS RIBEYE $68
Fire-seared 12 oz Angus ribeye, roasted garlic mashed potatoes, fresh vegetables, woodland mushroom sauce

CURRY CHICKEN $31
Braised chicken, West Indian curry sauce, mango chutney, steamed white rice, fire-toasted lentil cracker

SUPREME CHICKEN BREAST $31
Marinated chicken breast, jasmine rice, woodland mushroom sauce, sautéed vegetables

CABANA BURGER $26
Flame-broiled Angus beef, fresh-baked roll,
crisp lettuce, tomato, red onion, pickle
Add cheese +$2 | Add bacon +$2
Add sautéed onion +$1 | Add mushrooms +$1

FRESH ATLANTIC SALMON $39
Grilled or sesame-crusted, jasmine rice, fresh vegetables, garlic-ginger glaze

ENCRUSTED GROUPER $44
Coconut- or almond-crusted grouper, island rice, sautéed vegetables, light coconut reduction

LINGUINE OR PENNE PASTA $22
White wine garlic cream or roasted garlic red pepper tomato sauce, fresh herbs, aged Parmesan,
garlic bread
Add vegetables +$5 | Add chicken +$8
Add shrimp +$13 | Add salmon +$15
Add seafood variety +$19

Cabana BEACH BAR & GRILL

Sunsets taste better here!

Ask about our
Candlelight Beach Dinner!



No modifications on entrées below, please.

THREE BEAN & VEGETABLE CURRY* $28
Red kidney beans, black beans, garbanzo beans, fresh vegetables, light curry-coconut broth, steamed white rice, mango chutney, toasted lentil cracker

ENCRUSTED PAN-SEARED LAMB CHOPS* $45
Garlic- and herb-encrusted pan-seared lamb chops, creamy mashed potatoes, roasted asparagus, pan gravy

CAPRESE GROUPER* $44
Pan-seared grouper, mozzarella, roasted tomato, mashed potatoes, sautéed broccoli, roasted red pepper sauce, homemade pesto drizzle

SNAPPER DE CREOLE* $44
Grilled or fried snapper fillet, jasmine rice, sautéed vegetables, island-style Creole sauce

SALMON* $42 —NEW—
Grilled Alaskan salmon fillet, creamy coconut reduction, mashed potatoes, sautéed vegetables

Lobster

SEASON OPEN AUGUST 1 TO MARCH 31
IN SEASON ONLY
$Market Price

LOBSTER SPRING ROLLS
Crispy spring rolls, stir-fried vegetables,
fresh herbs, sweet chili sauce

LOBSTER TAIL YOUR WAY
Jerk, blackened, Cajun or grilled,
lemon garlic butter sauce, mixed vegetables
island rice or garlic mashed potatoes

SURF & TURF
Grilled lobster tail, fire-seared Angus ribeye,
mixed vegetables, garlic mashed potatoes

SEAFOOD SURF
Choice of two: grilled lobster tail, shrimp skewer, salmon, grouper or snapper fillet,
mixed vegetables, garlic mashed potatoes

@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 2026