Lunch

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

Cabana BEACH BAR & GRILL

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

QUESADILLA $20
Mixed cheeses, crispy flour tortilla,
onside salsa, guacamole, sour cream
Add Swai fish +$10 | Add chicken or beef +$8
Add shrimp, mahi-mahi, grouper or snapper fillet +$13

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 $19
Fresh corn tortilla chips, homemade salsa, fresh guacamole
Add queso +$7

CHIPS & QUESO $18
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
Add seasoned beef or grilled chicken +$8

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

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, mahi-mahi, 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!

@tcicabanabar

Burgers & Sandwiches

CABANA BURGER $26
Flame-broiled Angus beef, fresh-baked Kaiser roll, crisp lettuce, tomato, red onion, pickle
Add cheese +$2 | Add bacon +$2 | Add fried egg +$4
Add mushrooms +$1 | Add sautéed or crispy onions +$1

CHICKEN SANDWICH $25
Grilled or fried chicken breast, mayonnaise, red onion, romaine lettuce, tomato, fresh-baked Kaiser roll
Add cheese +$2 | Add bacon +$2

CLUB SANDWICH $26
Deli turkey, smoked bacon, American cheese, tomato, crisp lettuce, honey mustard, mayonnaise, fresh-sliced toast
Add chicken breast +$8

FISH SANDWICH $28
Pan-seared or battered Swai fillet, tartar sauce, red onion, tomato, romaine lettuce, sesame seed bun
Substitute grouper or snapper fillet +$10

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:
French fries, tortilla chips & salsa,
Island rice, white rice, Caesar or garden salad
Substitute sweet potato fries +$2

Wraps

PHILLY CHEESESTEAK WRAP $29 —NEW—
New York strip, onions, bell peppers, mixed cheeses

TACO SALAD WRAP $24
Romaine lettuce, cheddar cheese, taco sauce, sour cream, salsa, guacamole
Add seasoned beef or grilled chicken +$8
Add Swai, mahi-mahi, grouper or snapper fillet +$13

CHICKEN FAJITA WRAP $29
Grilled chicken breast, bell peppers, onions, mozzarella cheese, salsa, sour cream

CAESAR WRAP $25
Romaine lettuce, classic Caesar dressing, Parmesan cheese, diced tomatoes
Add grilled chicken +$8 | Add shrimp +$13
Add Swai, mahi-mahi, grouper or snapper fillet +$13

FISH WRAP $25
Blackened Swai, Baja sauce, tomato salsa, mixed greens, Swiss cheese, Bermuda onion
Substitute mahi-mahi, grouper or snapper fillet +$10

RANCHERO WRAP $29 —NEW—
Crispy fried chicken, lettuce, tomato, ranch dressing, avocado mayo
Substitute crispy fried mahi-mahi, grouper or snapper fillet +$10

BREAKFAST BURRITO & FRIES $20
Flour tortilla, scrambled egg, tomato salsa, cheddar cheese, sour cream, served with French fries
Choice of bacon, sausage, ham or turkey
Turkey bacon +$2

Lobster

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

LOBSTER SPRING ROLLS $23
Crispy spring rolls, stir-fried vegetables, fresh herbs, sweet chili sauce

LOBSTER QUESADILLA Market Price
Lobster, mixed cheeses, crispy flour tortilla, diced onions and peppers, onside salsa, guacamole, sour cream

LOBSTER TACOS Market Price
Two soft flour tortillas, cracked lobster, shredded lettuce, diced tomatoes, mixed cheeses, diced onions and 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 potatoes
Choice of garden salad, mixed vegetables or coleslaw

Larger Lunch

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

STEAK TACOS $27
Sweet chili-teriyaki marinated steak, stir-fried vegetables, mixed cheeses, diced tomatoes, shredded lettuce, Baja sauce | *Your choice of side*

CHICKEN FINGERS $20
Crispy battered chicken breast, home-cut fries, coleslaw

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

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

CABANA TACOS $19
Soft flour tortillas, shredded lettuce, diced tomatoes, mixed cheeses, Baja sauce, onside sour cream, salsa
Add guacamole +$2 | Add chicken or beef +$8
Add Swai +$10 (grilled or fried)
Add grouper, snapper, mahi-mahi fillet +$13

CURRY CHICKEN $31
Braised chicken breast, West Indian curry sauce, steamed white rice
Choice of coleslaw or garden salad

FAJITA BOWL $31 —NEW—
Cilantro-lime rice, black beans, corn, shredded lettuce, mixed cheese, tomato & cucumber salsa, drizzle with chipotle sauce
Served with tortilla chips
Add chicken or beef +$8 | Add shrimp or steak +$13