Seafood Saturday

11:00am to 10:00pm

Cabana Beach Bar & Grill

- SEAFOOD SPECIALS -

FRESH CATCH YOUR WAY $44
Local whole snapper, fried, grilled, blackened, steamed, escoveitch or Creole, island rice, sweet plantain
Choice of coleslaw or garden salad

FILLET YOUR WAY $44
Mahi-mahi, grouper or snapper
Grilled, jerk or blackened, fruit salsa, island rice
Choice of coleslaw or garden salad

CREOLE CONCH $43
Tenderized conch, Creole sauce, white rice
Choice of mixed vegetables or coleslaw

BIG MAMA'S CURRY Market Price
Conch, lobster or shrimp, Caribbean curry, spices, fresh herbs, root vegetables, coconut reduction, Scotch bonnet peppers, white rice.
Choice of coleslaw or garden salad

SWEET CHILI SALMON $39
Atlantic salmon, noodles, bok choy, onions, peppers, green beans, carrots, sweet chili stir-fry

SEAFOOD PASTA $42 —NEW—
Penne pasta, seafood variety, white wine garlic cream or roasted garlic red pepper tomato sauce, fresh herbs, aged Parmesan, garlic bread

CAPRESE GROUPER* $44
Grouper fillet, fresh mozzarella, tomato, garlic mashed potatoes, roasted garlic red pepper sauce, sautéed broccoli, homemade pesto drizzle
**no modifications please*

- 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

Lobster



SEASON OPEN AUGUST 1 TO MARCH 31
IN SEASON ONLY

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, 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
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

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

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

BAHAMIAN LOBSTER SALAD Market Price
Poached lobster, tomato, onion, pepper, lemon juice, tossed in avocado mayo

- SOUP - Cup $12/Bowl $19

CONCH CHOWDER
Caicos conch, root vegetables, potatoes, fresh herbs, cream, fresh bread

ISLAND STYLE CHICKEN & PUMPKIN SOUP
Calabaza pumpkin, assorted root vegetables, allspice, potatoes, dumplings, Scotch bonnet pepper, scallion

CHILLED PRAWN & GAZPACHO SOUP
Poached citrus-scented prawn, cucumber, sweet peppers, onion, E.V.O.O., tomato-garlic broth, crispy tortilla

-APPETIZERS-

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

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

CONCH FRITTERS $24
Sweet peppers, onions, island spices, rémoulade sauce

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

CONCH FINGERS $26
Breaded Caicos conch, rémoulade sauce

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

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

QUESADILLA $20
Mixed cheeses, crispy flour tortilla, onside salsa, guacamole, sour cream
Add Swai fish +$9 | Add chicken or beef +$7
Add shrimp, mahi-mahi, grouper or snapper fillet +$12

CHIPS, SALSA & GUACAMOLE $19
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

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

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

CONCH BURGER $29
Local ground conch, grilled or fried

GROUPER FISH WRAP $32
Grouper, sweet corn, romaine lettuce, Swiss cheese, Yum Yum sauce

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 +$2
Add mushrooms +$1 | Add sautéed or crispy onions +$1

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

FISH SANDWICH $28
Swai, grilled or fried, mayonnaise, romaine lettuce, tomato, red onion, fresh-baked Kaiser roll
Substitute grouper, snapper, or mahi-mahi +$9
Add cheese +$2 | Add bacon +$2

FISH & CHIPS $27
Battered fried Swai fillets, home-cut fries, coleslaw, tartar sauce, lemon
Substitute grouper, snapper, or mahi-mahi +$9

CHICKEN FINGERS & FRIES $20

BIG SOUTH ISLAND TACOS $19
Two soft flour tortillas, shredded lettuce, diced tomatoes, mixed cheeses, diced onions and peppers, pico de gallo, Baja sauce, onside sour cream & salsa
Add guacamole +$2 | Add chicken or beef +$8
Add Swai +$10 (grilled or fried)
Add shrimp, grouper or snapper fillet +$13
Add conch — Market Price

Cabana BEACH BAR & GRILL

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