

LUNCH

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

-APPETIZERS-

CONCH FRITTERS \$22

*Caicos Conch, Sweet Peppers, Onions,
Island Spices, Rémoulade Sauce*

SLIDERS \$22

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

CONCH FINGERS \$22

Breaded Caicos Conch, Cocktail Sauce

BISTRO FLATBREAD \$24

*Goat Cheese, Kalamata Olives, Sundried
Tomatoes, Red Onion Add Chicken \$7*

MARGHERITA FLATBREAD \$22

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

BUFFALO CHICKEN WINGS \$21

*Breaded, Crisp Fried Chicken, Carrots, Celery,
Tossed in Our Unique Hot Sauce or Jamaican
Jerk Sauce*

VEGETABLE SPRING ROLLS \$19

*Crispy and Golden Brown, Stir Fry Vegetables,
Fresh Herbs, Sweet Chili Sauce*

CHIPS, SALSA & GUACAMOLE \$19

*Fresh Corn Tortilla Chips, Homemade Salsa,
Fresh Guacamole*

COCONUT SHRIMP \$22

*Coconut Crusted 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*

GARLIC SHRIMP SKEWER \$22

*Garlic Butter Sautéed Shrimp, Slivered
Vegetable Salad, Sweet Chili Sauce*

SALMON CAKES \$19

*Fresh Alaskan Salmon, Fresh Herbs, Spices,
Vegetable Slivers, Pan-Fried with Virgin Olive Oil,
Avocado Tartar Sauce*

ASIAN LETTUCE WRAPS \$22

*Sautéed Chicken Breast, Hoisin Sauce, Ginger,
Roasted Peanuts, Thai Chili, Served In Lettuce
Cups*

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

CHILLED PRAWN & GAZPACHO

*Poached Citrus Scented Prawn, Cucumber,
Sweet Peppers, Onion, E.V.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,
All Spice, Potatoes, Dumplings, Scotch Bonnet
Pepper, Scallion*

-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*

SEAFOOD SURF \$Market Price

*Choice of two: Grilled Lobster Tail, Shrimp Skewer,
Salmon Filet, Grouper Filet, Snapper Filet;
Mixed Vegetables and Garlic Mashed*

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*

-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

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*

CLASSIC CAESAR SALAD \$21

*Romaine Lettuce, Herbed Croutons, Shaved Parmesan Cheese,
Creamy Garlic Dressing, and Bacon Crumbles Upon Request*

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*

LUNCH

-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. Burgers, sandwiches, and wraps are served with your choice of:
home cut fries, island rice, white rice, Caesar or garden salad

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

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

CLUB SANDWICH \$20

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

FISH SANDWICH \$22

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

STEAK TACOS \$25

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

TACO SALAD WRAP \$18

Romaine Lettuce, Cheddar Cheese, Taco Sauce,
Sour Cream, Salsa, Guacamole.
Add Seasoned Beef or Grilled Chicken: \$7
Add Swai Fish \$9
With Grouper or Snapper Add \$9

CHICKEN CAESAR WRAP \$19

Grilled Chicken Breast, Romaine Lettuce,
Classic Caesar Dressing, Parmesan Cheese,
Diced Tomatoes

FISH WRAP \$22

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

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

-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 \$24

Turks Head Beer Batter Swai Fish Fillets,
Home Cut Fries, Coleslaw, Tartar Sauce, Lemon
With Grouper or Snapper Add \$9

CABANA TACOS \$13

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 PLATE \$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

VANILLA SUNDAE \$11

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

KEY LIME PIE \$12

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

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

Get connected!



SCAN FOR
WIFI CONNECTION



  @tcicabanabar