

LUNCH

-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 \$22

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, 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

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



-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 \$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

CHEF SALAD \$22

Romaine, Iceberg, Turkey, Ham, Cheddar Cheese, Cucumber, Cherry Tomato, Hard Boiled Egg, Herbed Croutons

CONCH CEVICHE \$20

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:
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, Red Onion,
Romaine Lettuce, Fresh Tomatoes, 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, Red Onion,
Fresh Tomatoes, Romaine Lettuce, Sesame Seed Bun
With Grouper or Snapper Add \$9

PHILLY CHEESESTEAK SANDWICH \$25

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 \$18

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

CAESAR WRAP \$17

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

FISH WRAP \$22

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

-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 \$24

Battered, Fried, 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 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



Get connected!



SCAN FOR
WIFI CONNECTION



@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 2024