

Seafood Saturday

11:00am to 10:00pm



FRESH CATCH YOUR WAY \$41

Local Whole Snapper, Grilled, Blackened, Steamed, Escoveitch or Creole, Island Rice, Sweet Plantain
Your choice of Coleslaw or Garden Salad

FILLET YOUR WAY \$41

[MAHI-MAHI, GROUPEL OR SNAPPER]

Grilled, Jerk, or Blackened, Fruit Salsa, Island Rice
Your Choice of Coleslaw or Garden Salad

CREOLE CONCH \$41

Tenderized Conch, Creole Sauce, White Rice
Your Choice 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 and Coleslaw

SWEET CHILI SALMON \$36

Atlantic Salmon, Noodles, Boc-Choy, Onions, Peppers, Green Beans, Carrots, Stir Fry

CAPRESE GROUPEL \$41

Grouper Filet, Fresh Mozzarella, Tomato, Garlic Mashed Potato, Roasted Garlic Red Pepper Sauce, Sautéed Broccoli, Homemade Pesto Drizzle

-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

Add Lobster: Market Price

CLASSIC CAESAR SALAD \$21

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

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

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



-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

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

CONCH CHOWDER *Caicos Conch, Root Vegetables, Potatoes, Fresh Herbs, Cream, Fresh Bread*

ISLAND STYLE CHICKEN & PUMPKIN SOUP

Calabaza Pumpkin, Assorted Root Vegetables, All Spice, Potatoes, Dumplings, Scotch Bonnet Pepper, Scallion

CHILLED PRAWN & GAZPACHO SOUP

Poached Citrus Scented Prawn, Cucumber, Sweet Peppers, Onion, E.V.O., Tomato-Garlic Broth, Crispy Tortilla

-APPETIZERS-

VEGETABLE SPRING ROLLS \$19

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

SALMON CAKES \$19

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

CONCH FRITTERS \$22

Sweet Peppers, Onions, Island Spices, Rémooulade Sauce

CHICKEN WINGS \$21

Breaded, Crisp Fried Chicken, Carrots, Celery Plain or Tossed in your choice of Sauce: Buffalo, Jamaican Jerk, BBQ, Lemon Pepper

CONCH FINGERS \$22

Breaded Caicos Conch, Rémooulade Sauce

COCONUT SHRIMP \$22

Coconut Crusted Shrimp, Slivered Vegetables, Sweet Chili Sauce

GARLIC BUTTER SHRIMP SKEWER \$22

Garlic Butter Sautéed Shrimp, Slivered Vegetables, 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*

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*

-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

CONCH BURGER \$25

Local Ground Conch, Grilled or Fried

GROUPEL FISH WRAP \$25

Sweet Corn, Romaine Lettuce, Swiss Cheese, Yum Yum Sauce

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

FISH SANDWICH Swai \$22

*Grouper or Snapper Add \$9
Grilled OR Fried, Mayonnaise, Romaine Lettuce, Fresh Tomatoes, Red Onion, Fresh Baked Kaiser Roll
Add Cheese \$2 Add Bacon \$2*

FISH & CHIPS \$24

*Battered, Fried, Swai Fillets, Home Cut Fries, Coleslaw, Tartar Sauce, Lemon
With Grouper or Snapper Add \$9*

CHICKEN FINGERS & FRIES \$18

BIG SOUTH ISLAND TACO \$13

*2 Soft Flour Tortilla, Shredded Lettuce, Diced Tomatoes, Mixed Cheeses, Diced Onions & Peppers, Pico de Gallo, Baja Sauce, Sour Cream, Salsa
Add Guacamole \$2 Add Chicken or Beef: \$7
Add Swai Fish: \$9 (grill or fried)
Add Shrimp, Grouper or Snapper Filet: \$12
Add Conch: \$Market Price*

LINGUINE OR PENNE PASTA \$20

*White Wine Garlic Cream OR
Roasted Garlic Red Pepper Tomato Sauce, Fresh Herbs, Aged Parmesan, Garlic Bread
Add Veggie: \$5 Add Shrimp: \$12
Add Chicken: \$7 Add Salmon: \$15
Add Conch or Lobster: \$Market Price
Add Seafood Variety: \$19*

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