

-APPETIZERS-

CONCH FRITTERS \$16

Caicos Conch, Sweet Peppers, Onions, Island Spices,
Rum Scented Marie-Rose Sauce

SLIDERS \$16

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

CONCH FINGERS \$16

Breaded Caicos Conch, Cocktail Sauce

BISTRO FLATBREAD \$17

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

MARGHERITA FLATBREAD \$16

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

BUFFALO CHICKEN WINGS \$15

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

VEGETABLE SPRING ROLLS \$12

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

CHIPS, SALSA & GUACAMOLE \$12

Fresh Corn Tortilla Chips, Homemade Salsa,
Fresh Guacamole

COCONUT SHRIMP \$17

Coconut Crusted Shrimp, Slivered Vegetable Salad,
Sweet Chili Sauce



LUNCH

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

QUESADILLA \$13

Mixed Cheeses, Crispy Flour Tortilla, House Salsa,
Guacamole, Sour Cream
Add Chicken: \$7 Add Fish: \$9

SALMON CAKES \$13

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

ASIAN LETTUCE WRAPS \$14

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

-SOUPS-

CHILLED PRAWN & GAZPACHO SOUP

Cup \$9/Bowl \$15

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

CONCH CHOWDER

Cup \$9/Bowl \$15

Caicos Conch, Root Vegetables, Potatoes,
Fresh Herbs, Cream, Fresh Bread

ISLAND STYLE CHICKEN & PUMPKIN SOUP

Cup \$9/Bowl \$15

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

-SALADS-

*Dressing Choices: Ranch, Blue Cheese, Honey Mustard,
Homemade Lemon Thyme, Balsamic*

TACO SALAD \$16

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

ISLAND BISTRO \$17

Mixed Field Greens, Walnuts, Goat Cheese, Kalamata
Olives, Sun Dried Tomatoes, Balsamic Vinaigrette
Add Chicken \$7 Add Fish: \$9 Add Shrimp: \$12

CONCH CEVICHE \$15

Raw Marinated Caicos Conch, Citrus Dressing,
Sweet Peppers, Habañero, Onion, Corn Tortilla Chips

CLASSIC CAESAR SALAD \$16

Romaine Lettuce, Herbed Croutons, Shaved Parmesan
Cheese, Creamy Garlic Dressing, and Bacon Crumbles
Upon Request
Add Chicken \$7 Add Fish: \$9 Add Shrimp: \$12

THE WEDGE \$14

Iceberg Lettuce, Smoked Bacon, Raisins, Diced Tomato,
Walnuts, Cilantro, Balsamic Vinaigrette, Blue Cheese
Crumbles

No outside food or drink allowed.
\$15 Corkage Fee for all outside wine.
We reserve the right to refuse service to anyone.
Automatic 15% gratuity added to parties 6 or more.

All credit card transactions are processed under "RCO, Ltd"



Thank you
April 2021

-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 \$19

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 \$16

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

CLUB SANDWICH \$17

Grilled Chicken, Deli Turkey, Smoked Bacon, Fresh Tomato,
Crisp Lettuce, Honey Mustard, Mayonnaise, Ciabatta Bread

FISH SANDWICH \$18

Pan Seared OR Battered Filet, Tartar Sauce, Fresh Tomatoes,
Romaine Lettuce, Red Onion, Sesame Seed Bun

STEAK TACOS \$19

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

TACO SALAD WRAP \$14

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

CHICKEN CAESAR WRAP \$17

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

FISH WRAP \$18

Blackened Fish, Baja Sauce, Tomato Salsa,
Mixed Greens, Swiss Cheese, Bermuda Onion



-LARGER LUNCH-

GROUPEUR YOUR WAY \$34

Grilled, Jerked, Blackened or Pan Seared,
Island Rice, House Salad, Tropical Fruit Salsa

CHICKEN FINGERS \$16

Crispy Battered Chicken Breast, Home Cut Fries,
Coleslaw

FISH & CHIPS \$19

Turks Head Beer Batter, Home Cut Fries, Coleslaw,
Tartar Sauce, Lemon

CABANA TACOS \$11

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 Fish: \$9 (grill or fried)

CHICKEN CURRY \$24

Braised Chicken, West Indian Curry Sauce, Steamed
White Rice, Fire Toasted Lentil Cracker, Mango Chutney

CERTIFIED ANGUS STRIPLOIN & FRIES \$35

Fire Seared 12oz Angus Striploin, Home Cut Fries,
Coleslaw

THREE BEAN AND VEGETABLE CURRY \$23

Red Kidney, Black Bean, Garbanzo, Medley of Fresh
Vegetables, Light Curry-Coconut Broth, Steamed White
Rice, Mango Chutney, Toasted Lentil Cracker

LUNCH



-SWEET TREATS-

FRUIT PLATE \$13

Variety of Fresh Fruit with Vanilla Yogurt

BROOKIE \$12

Brownie, Chocolate Chip Cookie Creation,
Vanilla Ice Cream Scoop, Chocolate Sauce Drizzle,
Whipped Cream, Maraschino Cherry

VANILLA SUNDAE \$10

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

KEY LIME PIE \$10

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



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