

East Bay Resort – South Caicos

Dinner Menu

Starters

Caesar Salad	\$10.50
<i>Lettuce, Bacon, garlic croutons, Parmesan in homemade dressing</i>	
East Bay Salad (V, GF)	\$12.75
<i>Lettuce, tomato, cucumber, peppers, green onions, black olives, tossed in a lime and Olive oil dressing</i>	
Calamari Putanesca (GF)	\$12.00
<i>Calamari sautéed in garlic butter with olives, onion, and red pepper</i>	
Conch Ceviche (GF)	\$15.50
<i>Local conch, onion, peppers, cucumber, cilantro served in conch shell</i>	
Conch Fritters	\$13.00
<i>Local conch with onions, peppers, tomato house spice mix & batter. Served with cocktail sauce</i>	
Lobster Spring rolls (Seasonal)	\$13.50
<i>Local spiny lobster mixed with cheese served with a Sweet Chili dipping sauce</i>	
Lobster Cocktail (GF) (Seasonal)	\$19.00
<i>Half a Cold poached Local spiny lobster drizzled with a spicy cocktail sauce</i>	

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Soup

Lobster Bisque (Seasonal) \$16.00

Creamy Lobster Soup

Corn & Conch Chowder \$7.50

A thick and creamy conch, potato and corn chowder

Sri Lankan Curries

All our curries start with a flavourful and spicy Sri Lankan curry sauce, to which we will add your choice of protein or vegetable. Curries are served with steamed turmeric rice.

Vegetables (V, GF) \$23.00

Chicken Breast (GF) \$23.00

Beef (GF) \$23.00

Conch (GF) \$25.00

Catch of the Day (GF) \$27.00

6 Tiger shrimps (GF) \$29.00

8oz Lobster (GF) (seasonal) \$30.00

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Pastas

Pasta choices: Penne, Fettuccini or Spaghetti

Gluten Free Pasta (linguini or spaghetti) is available on request for an additional cost of \$7.50

Pasta with Butter (V)	Small \$6.95	Large \$12.50
Pasta Pomodoro Tomato Sauce, parsley & parmesan cheese	Small \$7.00	Large \$13.00
Pasta with Meatballs Tomato Sauce and meatballs	Small \$9.95	Large \$18.00
Pasta Carbonara <i>Bacon, Parsley, White Wine, Cream Sauce, egg yolk</i>	Small \$11.25	Large \$20.50
Pasta Prima Vera (V) <i>Tomato Sauce, garlic and roasted vegetable</i>	Small \$11.50	Large \$21.50
Pasta Pollo Prima Vera (V) <i>Tomato Sauce, garlic chicken and roasted vegetable</i>	Small \$14 .50	Large \$23.75
Shrimp Pasta Alfredo (V) <i>Cream, parmesan cheese, parsley and shrimp</i>	Small \$15.50	Large \$25.50
Lobster Pasta Marinara (Seasonal) <i>Lobster in a creamy tomato sauce</i>		\$32.50

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Fish

Entrees are served with a Bouquet of Vegetables and the specified starch side. An alternate side can be substituted for an additional cost of \$3.00

South Caicos Snapper Filet (GF) \$26.75
(Grilled, Steamed, Cajun or Fried)

6oz snapper filet, served with a bouquet of vegetables and coconut Rice & Peas

South Caicos Grouper Filet (GF) (Seasonal) \$26.75
(Grilled, Steamed, Cajun or Fried)

6oz Grouper filet, served with a bouquet of vegetables and coconut Rice & Peas

Sesame Crusted Tuna (GF) \$38.75

A 10oz Tuna steak coated with black sesame seed and grilled to med-Rare, served with A Cilantro Coconut Aioli, a bouquet of vegetables and coconut rice and peas

Grilled Lobster with Garlic Butter (GF) (Seasonal) \$39.00

12-16oz Local spiny lobster served with a bouquet of vegetables and coconut rice and peas

Large Grilled Lobster with Garlic Butter (GF) (Seasonal) \$54.95

18-24oz Local spiny lobster (check with server for availability) served with a bouquet of vegetables and coconut rice and peas

Seafood Platter \$45.00

8oz grilled lobster, Red Snapper Fillet and cracked conch, served with Coconut rice and peas, bouquet of vegetables, tartar sauce & Garlic Butter

“Your” Catch of the Day (Grilled, Steamed or Fried) \$17.50

Bring the kitchen your cleaned catch of the day 2 hours prior to your dinner And our chefs will prepare it for you and serve it with coconut rice & peas and a Bouquet of vegetables. Price is per person

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Meat & Poultry

Entrees are served with a Bouquet of Vegetables and the specified starch side. An alternate side can be substituted for an additional cost of \$3.00

Jamaican Jerk Chicken \$16.95

Chicken Leg quarter marinated for 48 hours in East Bays own Jerk Sauce.
Served with coconut rice & peas, a bouquet of vegetable and jerk aioli

Mushroom Chicken \$23.50

Grilled Chicken breast topped with a creamy balsamic, mushroom sauce.
Served with fruity couscous and a bouquet of vegetables

8oz Striploin Steak \$26.75

A Grilled 8oz Striploin steak topped with crispy fried onions and served with roasted garlic smashed potatoes and a cheesy grilled tomato

8oz Beef Tenderloin \$39.00

Black Angus Beef tenderloin topped with crispy fried onions and served with roasted garlic smashed potatoes and a cheesy grilled tomato

12oz Beef Rib Eye Steak \$42.50

A boneless ribeye steak grilled to perfection and topped with crispy fried onions and served with roasted garlic smashed potatoes and a cheesy grilled tomato

Lemon Garlic Lamb Chops \$39.95

*3 Lamb chops marinated in a lemon herb marinade then grilled to perfection
Served with a cheesy grilled tomato and fruity couscous*

Surf and Turf \$45.00

8oz Beef Tenderloin with cracked conch, 3 grilled shrimps, served with a bouquet of Vegetables, coconut rice and peas, tartar sauce & Garlic Butter

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Side Dishes

Coconut Peas & Rice (V, GF)	\$4.00
Smashed Potatoes (V, GF)	\$4.00
Cheesy Grilled Tomato (V, GF)	\$4.00
Bouquet of Vegetable (V, GF)	\$4.00
French Fries	\$4.00
White Rice (V, GF)	\$4.00
Fruity Couscous (V)	\$4.00
Side Caesar Salad	\$6.50
Side East Bay Salad	\$7.75

Sauces

BBQ Sauce	\$1.95
Sriracha Hot Sauce	\$1.95
XXXXXXX FH Hot Sauce	\$1.95
Jerk Aioil	\$1.95
Caper & Olive Aioli	\$3.50
Satay Sauce	\$3.50

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For Special Occasions

24 Hour Advance Reservations Required

Middle Eastern Lamb Rack (for two) \$90.00

Lamb rack seasoned with a Middle Eastern spice blend then crusted with a Dijon lime and garlic streusel Served with cheesy grilled tomatoes, bouquet of vegetables and fruity couscous

Chateaubriand (for Two) \$110.00

Beef tenderloin with grilled tomato, Grilled Portabella mushroom, Bouquet of Vegetables, truffle salt & olive oil crusted baked potato, Served with béarnaise sauce

Fish Extravaganza (for Two) \$120.00

Grilled Grouper Filet, Baked Snapper Fillet, Cajun Mahi Mahi, Sesame Crusted Tuna, Bouquet of vegetables, Coconut rice and peas, Cilantro & Coconut Aioli,

Shellfish Extravaganza (for Two) (Seasonal) \$130.00

Grilled spiny lobster, sautéed garlic shrimp, grilled shrimp, cracked conch, conch fritters, conch ceviche, Bouquet of vegetables, rice and peas, cocktail sauce, tartar sauce and garlic butter