

East Bay Resort South Caicos
Blu Bar & Grill Menu

Salads

Marinated Mushroom Salad (V,GF)	\$10.71
Lettuce, mushrooms, peppers, onions,	
Caesar Salad	\$12.50
Lettuce, Bacon, croutons, Parmesan cheese Caesar dressing	
East Bay Salad (V, GF)	\$15.18
Lettuce, tomato, red peppers, cucumbers & black olives, tossed in a lime and olive oil dressing	
Conch Ceviche Salad (GF)	\$16.96
Local conch, onion, peppers, Tomato & parsley	

Small Tapas Plates

Smoked Salmon Spring Rolls (4)	\$12.50
Smoked salmon, cream cheese and onion with a horseradish dipping sauce	
Cracked Conch	\$14.29
Cracked Local queen conch meat fried in house batter, served with tartar Sauce	
Fish Fingers	\$15.18
Served with tartar sauce	
Lemon Pepper Calamari	\$13.39
Calamari dusted in a lemon pepper coating and fried	
Lemon Pepper Conch	\$14.29
Cracked local conch dusted in a lemon pepper coating and fried	
Jerk Conch (GF)	\$13.39
Conch sautéed in Jerk sauce	
Jerk Calamari (GF)	\$13.39
Calamari sautéed in Jerk sauce	
Jerk Shrimp (GF)	\$14.29
4 Tiger shrimp sautéed in Jerk sauce	
Hot Pepper Calamari	\$14.29
Calamari sautéed in Chef Ian's hot pepper sauce served with bread for dipping	
Hot Pepper Shrimp	\$14.29
4 tiger shrimp sautéed in Chef Ian's hot pepper sauce served with bread for dipping	
Calamari Putanesca	\$16.07
Calamari sautéed in garlic butter with onion, tomato, red pepper, capers and olives served with bread for dipping	

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Fries with a twist

Begin with our fresh home cut fries tossed in our own signature French fry seasoning then venture out and try one of our flavored fries

Regular Fries (V)	\$5.36
Cajun Fries (V)	\$6.25
Chili powder Fries (V)	\$6.25
Lemon Pepper Fries (V)	\$6.25
Honey Mustard Fries (V)	\$7.14
Horseradish Fries (V)	\$7.14
Jerk Fries (V)	\$7.14
Chef Ian's homemade XXXXX F-----g Hot Fries (V)	\$8.04
Cheesy Fries (V) fries smothered in cheddar & mozzarella cheese	\$8.04

Build Your Own Mini Flatbread Pizza

Start with a basic margarita pizza and add toppings from the list below:

Margarita Pizza (V)	\$ 2.68
<i>Tomato Sauce & Mozzarella Cheese</i>	
<u>Basic Toppings</u>	\$0.89 per topping
Onions	
Red Peppers	
Diced Fresh Tomato	
Fresh mushrooms	
Kalamata olives	
Pepperoni	
<u>Deluxe Toppings</u>	\$1.79 per topping
Fresh Pineapple	
Ham	
Bacon	
Anchovies	
Capers	
Extra Cheese	

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Macaroni & Cheese

South Caicos Cheesy Mac & Cheese (V)	\$11.61
East Bay's creamy & cheesy baked mac and cheese with red peppers and onions	
Conch Mac & Cheese	\$18.75
Classic Mac & cheese with local conch added	
Jerk Chicken Mac & Cheese	\$19.64
Classic Mac & cheese with a 6oz Jerk chicken breast & jerk aioli added	
Shrimp Mac & Cheese	\$20.54
Classic Mac & cheese with 4 tiger shrimp added	

Soft Shell Tacos

3 soft flour tortillas filled with lettuce, tomato, peppers, & onions.

Served with your choice of one of the following: *Home cut French fries or Peas and rice*

Mushroom Taco (V)	\$16.96
Chilled marinated mushrooms with a honey Dijon dressing	
Jerk Chicken Taco	\$18.75
Grilled 6oz jerk chicken breast and Jerk aioli	
Chicken Taco	\$18.75
Grilled 6oz chicken breast and Caesar dressing	
Shrimp Taco	\$21.43
4 grilled shrimp with EBR cocktail sauce	
Grilled Fish Taco	\$24.11
4oz grilled Mahi Mahi fillet with tartar sauce	
Cajun Mahi Mahi Taco	\$25.00
4oz Cajun Mahi Mahi with a horseradish sauce	

Entrée Salads

Chicken Caesar Salad	\$19.64
Caesar salad topped with a grilled 6oz chicken breast. (Jerk, Cajun, or plain)	
Shrimp Caesar Salad:	\$22.32
Caesar salad topped with 4 grilled shrimp EBR cocktail sauce	
Steak Caesar Salad:	\$22.32
Caesar salad topped with 8oz grilled striploin steak	
East Bay Chicken Salad (GF)	\$21.43
East bay salad topped with a grilled 6oz chicken breast. (Jerk, Cajun, or plain)	
East Bay Shrimp Salad (GF)	\$25.00
East bay salad with 4 grilled shrimp & EBR cocktail sauce	
East Bay Steak Salad (GF)	\$25.00
East bay salad topped with 8oz grilled striploin steak	

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Wings & Fingers

Local Fried Chicken	\$11.61
8 pieces of Caribbean style fried chicken	
Chicken Fingers (4 pieces per order)	\$12.50
Breaded and fried, then tossed in your choice of sauce or spice mix served with ranch dressing and carrot sticks	
Chicken Wings	\$13.39
8 wings <i>Marinated in a house spice blend, fried with no coating till crispy then tossed in your choice of sauce or spice mix served with ranch dressing and carrot sticks</i>	

Sauce Options

<u>Mild:</u>	BBQ Lime Sauce, Honey Mustard Sauce, Horseradish Sauce
<u>Medium:</u>	Sweet Chili, Cajun spice dry rub, Lemon Pepper Dry Rub
<u>Hot:</u>	Louisiana Hot Sauce, Jerk Sauce
<u>Very Hot:</u>	Cayenne & Chili pepper dry rub
<u>Over The Top Hot:</u>	Chef Ian's homemade XXXXX F-----g Hot Sauce

Sandwiches

All sandwiches served on choice of white or whole-wheat bread plain or toasted

Cheese & Tomato Sandwich American cheese slices, tomato & mayo	\$ 7.14
Ham & Cheese Sandwich Ham, American cheese slice, lettuce, tomato & mayo	\$ 8.04
CLT Sandwich quick pickled Cucumbers, lettuce, tomato and mayo	\$ 8.93
BLT Sandwich bacon, lettuce, tomato & mayo	\$12.50
Triple Decker Club Sandwich Grilled chicken breast, bacon, lettuce, tomato & mayo	\$19.64

Pasta Small Portions

Fettuccini with Butter (V) Fettuccini pasta tossed in butter.	\$ 7.04
Fettuccine Alfredo (V)	\$ 9.82
Fettuccini pasta tossed in Alfredo cream sauce, sprinkled with parsley & parmesan cheese.	
Fettuccine Pomodoro (V)	\$ 9.82
Fettuccini pasta tossed in tomato sauce, sprinkled with parsley & parmesan cheese.	
Spaghetti with Meatballs	\$10.71
Spaghetti tossed in tomato sauce, with 3 meatballs, sprinkled with parsley & parmesan cheese.	

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Pasta Large Portions

Conch Spaghetti Marinara Conch sautéed in garlic butter with spaghetti then tossed in a tomato cream sauce with Parmesan cheese and parsley	\$19.64
Chicken Fettuccini Alfredo 6oz chicken breast, tossed in Alfredo sauce <i>with fettuccini</i> pasta sprinkled parsley & parmesan cheese	\$25.00
Shrimp Pasta Marinara 4 Tiger shrimp, sautéed in garlic butter tossed in a tomato cream sauce, with fettuccini pasta, sprinkled with parsley & parmesan cheese	\$27.68

Burgers & Hot Dogs

Served on a toasted Bun and garnished with mayo, lettuce, tomato, onion and pickles. Served with fresh home cut French fries tossed in our signature seasoning.

Substitute fries with a side salad for an extra \$ 5.00

Beach Burger: 8oz angus beef chuck burger	\$16.96
Cheese Burger: Topped with American cheese slice	\$17.86
Pepper Crusted Burger: Coated with course ground black pepper	\$17.86
Cajun Burger: Coated with Cajun spice	\$17.86
Jerk Burger: Topped with homemade jerk sauce and drizzled with jerk aioli	\$18.75
Bacon Cheese Burger: Topped with American cheese & bacon.	\$19.64
XXXX F----ing Hot Burger: with Chef Ian's XXXXX hot pepper sauce.	\$19.64
Mushroom Sandwich: (V) Warm marinated mushrooms with honey mustard sauce	\$17.86
Steak Sandwich: grilled 5oz top sirloin steak (plain, Cajun, Jerk)	\$19.64
Chicken Sandwich: Grilled 6oz chicken breast (plain, Cajun, Jerk)	\$16.96
Grilled Fish Sandwich: 4oz Grilled Mahi Mahi filet with tartar sauce	\$19.64
Classic Hot Dog & Fries: Grilled All Beef Angus Hot Dog with pickle slices	\$10.71

Sides

Mashed Potatoes (V, GF)	\$ 4.46
Coconut Peas and Rice (V, GF)	\$ 4.46
Grilled Zucchini (V, GF)	\$ 5.36
Grilled Tomato (V, GF)	\$ 5.36
Caesar Salad	\$ 8.04
East Bay Salad (V, GF)	\$10.71

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Entrées

Served with your choice of one side:

Home cut fries, mashed potatoes, peas and rice, baked potato, grilled zucchini, grilled tomato.

Substitute above side with a side salad for an extra \$5.00

Lemon Garlic Shrimp (GF)	\$26.79
8 tiger shrimp sautéed in lemon garlic butter	
Lemon Dill Baked Fish Filet (GF)	\$31.25
10oz grouper filet topped with a lemon dill aioli and baked	
Grilled Fish Filet (GF)	\$31.25
10oz grilled grouper filet (plain, Cajun, Blackened)	
Jamaican Style Jerk Chicken (GF)	\$14.29
Chicken leg quarter marinated in jerk sauce, and slow Roasted, with jerk aioli	
6oz Grilled Chicken Breast (GF) (Cajun, jerk or plain)	\$16.96
8oz Striploin Steak (GF)	\$19.64
10oz Top Sirloin Steak (GF)	\$31.25
8oz Tenderloin Steak (GF)	\$32.14
Lamb Porterhouse Chops (2 x 8oz) (GF)	\$45.54

Sauces

Jerk Aioli (V, GF)	\$ 1.79
Lime BBQ Sauce (GF)	\$ 1.79
Horseradish Aioli (V, GF)	\$ 2.68
Ian's XXXXX hot Sauce (V, GF)	\$ 3.57
Jerk Sauce (GF)	\$3.57
Lemon Garlic Butter (V, GF)	\$ 3.57

Items Available To Add

1 Slice American cheese	\$0.89
4 Slices tomato	\$4.75
Shredded Cheddar cheese	\$ 1.79
Shredded Mozzarella Cheese	\$1.79
2 slices Bacon	\$ 3.57
4 Grilled Shrimp	\$12.50

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Desserts

Waffle	\$8.93
A hot waffle topped with Whipped cream & choc syrup served with syrup	
Warm Chocolate Walnut Brownie	\$8.93
A warm chocolate walnut brownie topped with whipped cream And chocolate syrup	
Chocolate Chip Cheesecake (GF)	\$8.93
A crust-less baked cheesecake, with whipped cream	
White Chocolate Mint Mousse (GF)	\$8.93

Cold Beverages

SODA/POP 20oz Bottle coke, diet coke, sprite, ginger ale, ginger beer	\$ 3.57
Soda/Pop 12oz Cans (tonic water, club soda)	\$ 2.68
TC Water (500ML)	\$ 1.79
TC Water (1L)	\$ 3.57
San Pellegrino Sparkling (500 MI)	\$ 3.57
San Benedetto Still Water (1l)	\$ 7.14
San Pellegrino Sparkling (1 L)	\$ 8.04

Hot Beverages

Tea (English Breakfast, Earl Grey, Green or Chamomile)	\$ 3.57
Fresh Mint Tea	\$ 4.46
French Roast Regular Coffee	\$ 3.57
Espresso	\$ 4.46
Double Espresso	\$ 7.14
Cappuccino	\$ 5.36
Café Latte	\$ 5.36

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Cognac 1oz

Hennessy VS	\$ 7.14
Hennessy VSOP	\$ 8.93
Remy martin VSOP	\$12.50
Hennessy XO	\$28.57

Liqueurs 2oz

Sambuca	\$ 9.82
Khalúa	\$ 9.82
Bailey's	\$ 9.82
Midori	\$ 9.82
Bailey's	\$ 9.82
Cedilla Acai Liquer	\$ 9.82
Tia Maria	\$ 9.82
Di Saronno	\$10.71
Aperol	\$11.61
Jägermeister	\$11.61
Frangelico	\$12.50
Chambord	\$12.50
Cointreau	\$12.50
Grand Marnier	\$12.50
Leblon Cachaca	\$12.50
Benedictine	\$13.39
Kappa Pisco	\$13.39
Vieux Carre Absinthe	\$14.29
Boulard Calvados Vsop	\$15.18
Canton	\$16.96

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