

SALTMILLS CAFE & DINER

Open Monday to Saturday serving from 7:30am to 9:30pm - Sunday Brunch served 8:30am to 3:00pm

LUNCH AND DINNER Menu

Served from 11:00am - onwards

V Vegetarian GF Gluten Free

SALADS & APPETISERS

GF (no crostini) Caesar Salad \$9

Add: Chicken \$5 Shrimp \$8

GF Warm Steak Salad \$15

Angus beef pan seared with mushrooms, garlic confit, scallions, roasted peanuts & cherry tomatoes served on a bed of mixed greens & with spicy lime vinaigrette.

V Veggie & Feta Lasagna Salad \$11

Charred peppers, grilled zucchini, roasted tomato, mixed greens, fresh herbs, lasagna noodles, roasted garlic oil & balsamic essence.

V GF Rabbit Food \$8

Mixed greens, cherry tomato, cucumber, walnuts & raisins mixed with strawberry vinaigrette. Add: cheese \$2

Caribbean Chicken Salad \$11

Jerk seasoned Chicken tossed with mixed greens, cornbread croutons, slivered carrots, avocado-lime dressing, grape tomatoes and topped with pineapple salsa.

Conch Fritters \$9

TCI delicacy served with chipotle mayo.

GF Award Winning Caicos Conch Chowder \$7

Chicken Wings and Fries Six - \$12 Nine - \$14

Choose mild, medium, hot or suicide.

SANDWICHES

Served with fries or salad. It's your call!

Club Sandwich \$14

Open Tuna Melt \$9

Caicos Lobster Pita \$18

Hillbilly BBQ Pork Sandwich \$12

V Veggie Wrap \$13

Chicken Wrap \$13

The Real Philly Cheesesteak \$15

BURGERS

All served with fries

Classic Burger \$9

Add: American, Swiss, cheddar, Provolone, sautéed onion, mushrooms, bacon, roasted peppers. \$1 each

Sliders \$13

Three all beef patties with onions, served on buns with a slice of dill pickle.

My Island Burger \$14

Ground beef marinated in Thai chili sauce topped with grilled ham, pineapple relish, fried plantain, Swiss cheese, cilantro, tomato and Bermuda onion.

Tex-Mex Burger \$14

Beef patty topped with guacamole, jalapenos, lettuce, tomato, salsa and Monterey Jack cheese.

PIZZA

V Basic Cheese Pizza 10" - \$9 12" - \$13

Pepperoni 10" - \$11 12" - \$15

White Pizza 10" - \$12 12" - \$16

V Vegetarian Delight 10" - \$13 12" - \$17

Meat Lovers 10" - \$12 12" - \$16

PASTA

V Mediterranean Pasta \$10

Penne pasta, charred sweet peppers, zucchini, black olives, pesto sauce, feta cheese & red onion.
Add: grilled chicken \$3

Diner Meaty Legend \$15

Spaghetti Bolognese - sausage, ham, roasted chicken and aged parmesan.

V Spaghetti Alfredo \$10

Traditional Alfredo sauce. Add: Shrimp \$8 Chicken \$3

MAINS

Served with two sides

GF Bangers & Mash \$12

Three hearty bangers with creamy mash, sautéed onion & field mushrooms, soaked in a thick red wine gravy. Oh so English...

Fish 'n Chips \$11

Turks Head Beer battered fish with potato wedges, tartare sauce and lemon.

V GF Buddha Bowl \$12

Grilled red pepper, walnuts, charred zucchini, roasted sweet potato, caramelised onion, broccoli (for the Canadians), Moroccan lemon, served over brown rice with Thai peanut sauce. Add: Chicken \$2 Shrimp \$5

V Goat Cheese Pita \$13

Fire toasted pita bread topped with roasted garlic, tomatoes, red onion, herbs and goat cheese accompanied by a garden salad.

Grouper \$19

Blacken it, grill it, & plate it. It's that easy. You do however, have to decide between white rice & veggies or fries & salad. Tomato salsa along for the ride!

DESSERTS

All freshly prepared by our Baker

Pecan Pie \$4

Sky High Carrot Cake \$6

Key Lime Pie \$5

Lemon-Vanilla Cheesecake \$5

Chocolate Brownie \$5

Ice Cream \$5