

TEASERS

SHACK FRIES 5.49

French fries seasoned and served with Costa Rican dippin' sauce.

BAHAMIAN CONCH CHOWDER CUP 4.99 BOWL 7.99

An island-style favorite.

RAW BAR

OYSTERS ON THE HALF SHELL* 14.99

Dozen oysters raw or steamed. Served with cocktail sauce and horseradish.

GRILLED GARLIC PARM OYSTERS * 10.99

½ Dozen fresh select oysters chargrilled in a garlic butter sauce topped with Parmesan cheese.

EDAMAME*** 5.99

Sautéed and seasoned with sea salt.

SUSHI

TUNA ROLL** 9.49

Tuna, avocado and cucumber plated with GF soy sauce, ginger and wasabi paste.

MEXICAN SHRIMP ROLL** 11.49

Grilled shrimp and avocado wrapped in soy paper and sushi rice. Topped with sliced ahi tuna, fresh jalapeños, Sriracha and wasabi fish eggs. Served with GF soy sauce.

COASTAL GREENS

HEARTY GARDEN SALAD 13.99

Garden salad topped with your choice of grilled or blackened mahi, salmon or chicken served with oil & vinegar or balsamic vinaigrette – contains autolyzed yeast extract.

CAESAR SALAD 13.99

Traditional Caesar salad topped with your choice of grilled or blackened mahi, salmon or chicken.

SALT WATER FAVORITES

ROCK N' ROLL CRAB 18.99

Crab steamed with our house blend of seasonings.

ROCK N'ROLL SHRIMP 16.99

Shrimp steamed with our house blend of seasonings.

GF denotes Gluten Free

For marked items above, see back for more details.

FRESH FISH

GF CATCH OF THE DAY 17.99

Grilled or blackened, served with your choice of grilled veggies or sticky rice.

BOWLS

CALICHE'S POKE BOWL** 16.99

Straight from Wishbones in Playa Jaco — fresh tuna served with GF soy sauce and steamed spinach over sticky rice. Finished with diced avocados, green onions and sesame seeds. Pura Vida!

HAND HELDS

BEACH BURGER** 7.99

Our signature woodgrilled burger served with lettuce, tomato, onion, pickle and Shack sauce.

BURGER CLUB** 8.99

Applewood-smoked bacon, ham, cheddar cheese, lettuce, tomato and mayo.

TROPICAL YARDBIRD 8.99

Woodgrilled chicken breast topped with grilled pineapple and provolone. Drizzled with honey mustard and served with lettuce and tomato.

WOODGRILLED FISH SANDWICH 9.49

Woodgrilled mahi garnished with cilantro lime and red pepper aioli with lettuce and tomato.

PORTABELLA VEGGIE SANDWICH 8.99

Grilled portabella mushroom, red peppers, onions and melted Havarti cheese with cilantro pesto and red pepper aioli.

MAINLAND FAVORITES

SKIRT STEAK 16.49

Woodgrilled skirt steak served with your choice of side salad, veggies or sticky rice.

PORT & STARBOARD

GRILLED VEGETABLES 2.99

Topped with garlic infused olive oil.

SHACK FRIES 2.49

Single serving.

SALAD 3.49

House salad with your choice of oil & vinegar, Caesar dressing, or balsamic vinaigrette – contains autolyzed yeast extract.



GLUTEN FREE

Gluten-Free meaning does not contain an ingredient that is a prohibited grain or derived from a prohibited grain and that has not been processed to remove gluten. Prohibited grain such as, but not limited to, barley, common wheat, rye, spelt, kamut, triticale, farina, vital gluten, semolina & malt vinegar.

Salt Life Food Shack, Inc. is aware of the severe reaction some people may have to allergens contained in certain foods. We take strict measures to reduce the risk of cross contamination through Hazard Analysis Critical Control Points (HACCP), Good Manufacturing Practices (GMP's), employee training and appropriate allergen control practices and labeling. The information provided is subject to change without notice.

DRESSING

BALSAMIC VINAIGRETTE

Water, soybean, oil, imported balsamic vinegar (wine vinegar, grape must), corn, sugar vinegar, sugar, garlic juice, salt, contains less than 1.5% of extra virgin olive oil, roasted garlic*, garlic, lemon juice concentrate, spice, garlic* xanthan gum, sodium benzoate, potassium sorbate and calcium disodium EDTA (preservatives), egg yolk, distilled vinegar, autolyzed yeast extract, onion*, natural and artificial flavors, citric acid, disodium guanylate, disodium inosinate.

*Dried.

CONTAINS: Egg.

CAESAR DRESSING

Water, vegetable oil (soybean and/or canola), vinegar, romano cheese (pasteurized milk, cheese cultures, salt, enzymes), sugar, egg yolk, salt, modified food starch, contains less than 2% of: garlic, spices, anchovies (fish), potassium sorbate and calcium disodium EDTA as preservatives, polysorbate 60, dextrose, xanthan gum, lactic acid, maltodextrin, glucono delta lactone, caramel color, natural flavor, onion

BASES

Premium Chicken Base

SEASONING BLENDS & EXTRACTS

Cajun-Style Blackfish

Celery Salt

Chili Powder

Delaware Bay Seasoning

Garlic Salt

MSG

*Poultry & Meat Rub

Seasoning Salt

Sesame Seed Blend

*Contains one or more of the following FDA recognized allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacean, or Tree Nuts.

DETAILS

- * There is a risk associated with consuming raw oysters. If you have a chronic illness of the liver, stomach or blood, or have immune disorders, you are at greater risk for serious illness from raw oysters and should eat oysters fully cooked. If unsure of your risk, consult a physician.
- ** Consumption of tuna, grouper, salmon or hamburger that is raw or under cooked may significantly increase the risk associated with eating such foods in raw under cooked form.
- *** Product was manufactured at a factory that may also process wheat.
- Contains almonds.
- Any items that require batter and fry may use gluten free flour or rice flour.

All dry seasonings used on food listed on this gluten free menu are certified gluten free seasonings from R.L. Schreiber

