

We take your health seriously! Please be sure to say **GLUTEN FREE!**

Teasers

BAHAMIAN FISH CHOWDER[■]

An island-style favorite loaded with white fish, fire roasted tomatoes and potatoes.

Cup 6.99 Bowl 9.99

Raw Bar & Sushi

OYSTERS ON THE HALF SHELL*

Dozen fresh oysters raw or steamed. Served with cocktail sauce and horseradish. 24.99

GRILLED GARLIC PARM OYSTERS

Fresh oysters chargrilled in a garlic butter sauce topped with Parmesan cheese. 15.99

SPICY TUNA ROLL**

Fresh tuna mix, carrots, cucumber and cream cheese. Topped with spicy mayo, Sriracha and green onions. Served with GF soy sauce. 14.99

MEXICAN SHRIMP ROLL**

Grilled shrimp and avocado wrapped in soy paper. Topped with ahi tuna, fresh jalapeños and Sriracha. Served with GF soy sauce. 17.99

Coastal Greens & Bowls

HEARTY GARDEN SALAD

Garden salad topped with your choice of grilled or blackened mahi, shrimp or chicken. Served with oil & vinegar or balsamic vinaigrette – contains autolyzed yeast extract. 20.99

CAESAR SALAD

Classic Caesar with your choice of grilled or blackened mahi, shrimp or chicken, chopped romaine and Parmesan. 20.99

GALICHE'S POKE BOWL**

Straight from Wishbones in Playa Jaco. Sushi grade ahi tuna served with GF soy sauce and steamed spinach over sticky rice. Finished with diced avocados, green onions and sesame seeds. Pura Vida! 23.99

COSTA RICAN BOWL[■]

Sauteed peppers, onions, corn and jalapenos. Served on Costa Rica's signature blend of rice and beans, with pico, cheese, avocado and lime. 18.99 **Add smoked chicken for 2.99, seasoned shrimp for 3.99, or grilled steak for 5.99**

GF denotes Gluten Free. For marked items, see back for more details.

Handhelds

BEACH BURGER**

Our signature half-pound woodgrilled burger served with lettuce, tomato, onion, pickles and Shack sauce. 19.99

BURGER CLUB[■]**

Woodgrilled half-pound burger served with applewood-smoked bacon, ham, cheddar cheese, lettuce, tomato and mayo. 20.99

TROPICAL YARDBIRD

Woodgrilled chicken served with grilled pineapple, provolone, lettuce, tomato, and honey mustard. 19.99

WOODGRILLED FISH SANDWICH

Woodgrilled mahi served with cilantro lime cream, red pepper aioli, lettuce and tomato. 20.99

Mainland favorites

TURF N' SURF[■]

Fillet medallions topped with warm-water lobster meat in a garlic cream sauce. Served with mashed potatoes and grilled vegetables. 34.99

SKIRT STEAK

Woodgrilled skirt steak topped with our signature salsa verde, served with cilantro lime rice and grilled vegetables. 26.99

Saltwater & Shack fish

BEACH BOIL

Shrimp, snow crab legs, sausage, corn, onions and potatoes steamed with our house blend of seasonings. 34.99 **Double the shrimp or add an additional crab cluster for 8.99**

ROCK N' ROLL SHRIMP

Shrimp steamed with our house blend of seasonings. 28.99

COCONUT LIME MAHI

Lightly blackened mahi fillet with white rum and coconut cream sauce topped with pickled vegetables. Served with cilantro lime rice and grilled vegetables. 27.99

Side Items

GRILLED VEGETABLES 4.49

Mixed vegetables topped with garlic infused olive oil.

CILANTRO LIME RICE 4.49

SALAD 5.99

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



GLUTEN FREE

Gluten-Free meaning it 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 grains include, but are not limited to, barley, common wheat, rye, spelt, kamut, triticale, farina, vital gluten, semolina and malt vinegar.

While Salt Life Food Shack does not have a dedicated GF kitchen or GF area, we are 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, Balsamic Vinegar (Red Wine Vinegar, Grape Must), Extra Virgin Olive Oil, Distilled Vinegar, Salt, Contains less than 2% of Egg Yolks, Spices, Sugar, Garlic Juice, Caramel Color, Xanthan Gum, Roasted Garlic, Lemon Juice Concentrate, Yeast Extract, Dried Onion, White Wine, Calcium Disodium EDTA (Preservative), Citric Acid, Tartaric Acid, Natural Flavor, Disodium Guanylate, Disodium Inosinate.
CONTAINS: Egg.

CAESAR DRESSING

Soybean Oil, Water, Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Corn Sugar Vinegar, Apple Cider Vinegar, Egg Yolks, High Fructose Corn Syrup, Corn Syrup, Salt, Distilled Vinegar, Contains less than 2% of Dried Garlic, Anchovy Paste (Anchovies, Salt, Defatted Soy Flour, Water), Mustard Seed, Spice, Citric Acid, Lemon Juice Concentrate, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative) Calcium Disodium EDTA (to protect flavor), Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Cayenne Pepper, Sugar.
CONTAINS: Fish (Anchovy), Egg, Milk, Soy.

DETAILS

Prices are subject to change.

* 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 undercooked may significantly increase the risk associated with eating such foods in raw undercooked form.

■ Contains bacon.

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

BASES

Premium Chicken Base

SEASONING BLENDS & EXTRACTS

Cajun-Style Blackfish

Celery Salt

Chili Powder

Delaware Bay Seasoning

Garlic Salt

MSG

Poultry & Meat Rub²

Seasoning Salt

Sesame Seed Blend

²Contains one or more of the following FDA recognized allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacean, or Tree Nuts.

