

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

Teasers

BAHAMIAN FISH CHOWDER
CUP 6.99 BOWL 9.99

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

EDAMAME 10.99

Sautéed and seasoned with sea salt.

Rawbar

OYSTERS ON THE HALF SHELL* 24.99

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

GRILLED GARLIC PARM OYSTERS 15.99

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

Sushi

SPICY TUNA ROLL 13.99**

Fresh tuna mix rolled with carrots, cucumber and cream cheese. Served over wasabi cream, topped with Sriracha. Served with GF soy sauce.

MEXICAN SHRIMP ROLL 16.99**

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

Coastal Greens

HEARTY GARDEN SALAD 19.99

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.

CAESAR SALAD 19.99

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

Salt Water

BEACH BOIL 30.99

Shrimp, snow crab legs, sausage, corn, onions and potatoes steamed with our house blend of seasonings.

Double the shrimp or add an additional crab cluster for 8.99.

ROCK N'ROLL SHRIMP 28.99

Shrimp steamed with our house blend of seasonings.

Shack fish

CHILI LIME MAHI 24.99

Lightly blackened mahi fillet with white rum and coconut cream sauce topped with chili lime tomatillo salsa. Served with grilled vegetables.

Bowls

CALICHE'S POKE BOWL 21.99**

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!

Hand Helds

BEACH BURGER 16.99**

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

BURGER CLUB* 17.99**

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

TROPICAL YARDBIRD 16.99

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

WOODGRILLED FISH SANDWICH 17.99

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

Mainland

SKIRT STEAK 23.99

Woodgrilled skirt steak topped with our signature salsa verde, served with your choice of grilled veggies or sticky rice.

Side Items

GRILLED VEGETABLES 4.49

Topped with garlic infused olive oil.

SALAD 5.99

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

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



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.

