

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

Teasers

BAHAMIAN FISH CHOWDER

CUP 5.99 BOWL 8.99

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

EDAMAME 8.99

Sautéed and seasoned with sea salt.

Rawbar

OYSTERS ON THE HALF SHELL* 20.99

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

GRILLED GARLIC PARM OYSTERS 13.99

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

Sushi

TUNA ROLL** 11.49

Tuna, avocado and cucumber. Wrapped in nori and plated with wasabi cream.

MEXICAN SHRIMP ROLL** 13.49

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 14.99

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 14.99

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

Salt Water

ROCK N' ROLL CRAB 26.99

Crab steamed with our house blend of seasonings.

ROCK N'ROLL SHRIMP 19.99

Shrimp steamed with our house blend of seasonings.

Shack fish

CHILI LIME MAHI 19.99

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** 18.99

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** 12.49

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

BURGER CLUB** 13.49

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

TROPICAL YARDBIRD 12.49

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

WOODGRILLED FISH SANDWICH 14.49

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

Mainland

SKIRT STEAK 17.99

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

Side Items

GRILLED VEGETABLES 2.99

Topped with garlic infused olive oil.

SALAD 4.99

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

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



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 and 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 garlic¹, garlic, lemon juice concentrate, spice, garlic¹ xanthan gum, sodium benzoate, potassium sorbate and calcium disodium EDTA (preservatives), egg yolk, distilled vinegar, autolyzed yeast extract, onion¹, natural and artificial flavors, citric acid, disodium guanylate, disodium inosinate.

¹Dried.

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.

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 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.
- ◆ Contains walnuts.
- ✂ 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.

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.

