

THE COVE | AT SAILROCK RESORT

CASUAL BEACHFRONT DINING | LUNCH MENU

SMALL BITES

- TZATZIKI DIP** 14
Creamy Cucumber and Yogurt Sauce, Berbère Spiced Pita Bread Chips, Garlic Oil
- CORN TORTILLA CHIPS** 14
Served with tomato salsa, guacamole and sour cream
- JERK CHICKEN WINGS** *gf* 19
This amazing flavor is a perfect balance of sweet, sour, salty, and spicy, served with crudites, seasoned fries, and tartar sauce

SANDWICH & WRAPS

sandwiches and wraps are served with choice of fries or green salad and coleslaw

- CHICKEN QUESADILLA** 20
well-marinated chicken, melted cheese, in a JUMBO tortilla, jazzed with pico de gallo sauce, grilled peppers, onion and sour cream
- CRUNCHY WRAP** 20
filled with grilled chicken or fish fillet, corn chips, chipotle sauce, cheddar cheese, lettuce and cucumber
- CUBAN SANDWICH** 22
layered with two kinds of pork, loads of melted swiss cheese, pickles, and mustard. Toasted in butter and pressed to perfection, the ultimate sandwich for pork lovers.

SALADS

add chicken 8 | add shrimp 10

- MIXED GREENS AND CITRUS SALAD** *gf* 18
Tangy-fresh, citrus supreme with beets, dried cranberry and honey-ginger drizzle
- CLASSIC CAESAR** *gf* 16
With homemade anchovies dressing, focaccia-garlic crouton and parmesan cheese
- THAI CHICKEN SALAD** *gf* 20
Grilled Tender chicken slices, with fresh herbs, lettuce, tomatoes, cucumber and a zingy dressing makes this Thai salad delicious and healthy topping with chili flakes

ISLAND ICONIC PLATES

- CHEF'S CATCH OF THE DAY** 38
Marinated – grilled local fish, peas & rice, served with side salad, fresh lemon, & butter-garlic sauce
- CAICOS QUEEN CONCH**
- CRACKED 18
conch meat is breaded and fried, crispy and tender, with our house tartar sauce and mixed greens salad
- FRITTERS 16
small bites of local conch meat, fried in a savory batter with a combination of peppery seasonings and vegetables served with side salad and calypso sauce
- SALAD *gf* 15
conch meat marinated in lemon juice, with bell peppers, scotch bonnet, onion, cilantro and cherry tomatoes served with corn tortilla chips
- LOCAL FISH CEVICHE** *gf* 16
Light and citric, with cucumber, onion, tomato, habanero and cilantro, served with tortilla chips

 indicates healthier choice *gf* indicates gluten free option

*Kindly alert your server if you have any special dietary needs
Special Orders will be accommodated within 45 minutes. A 10% Service Charge an 12%
Government Tax and Facilities fee 9.25% will be added to your check.*

COVE SPECIALS

TACOS "BAJA"	24
<i>Soft tortilla, grilled local fish, fresh cabbage, carrot julienne, "Baja" sauce, pico de gallo and lemon wedge</i>	
FISH & CHIPS	28
<i>Beer tempura battered local fish, seasoned fries, house tartar sauce and fresh lemon wedges</i>	
SEAFOOD or CHICKEN PASTA	26 24
<i>Chef pasta selection tossed in our creamy homemade alfredo sauce along with sautéed shrimp, squid and scallops OR grilled chicken served with parmesan cheese</i>	
BBQ PORK BURRITO	22
<i>Marinated pork loin, refried beans, melted cheese, lettuce, pico de gallo, served with house salad</i>	

FROM OUR PIZZAIOLO

PIZZA MARGHERITA	23
<i>Fresh mozzarella, vine tomato sauce and basil pesto</i>	
JERK CHICKEN PIZZA	23
<i>Jamaican spiced chicken, mixed cheese, grilled pineapple, green onion & habanero sauce</i>	
SEAFOOD HOUSE PIZZA	25
<i>Sauteed Shrimp, squid and scallops in Cajun spice with sliced onion, and melted mozzarella</i>	
CLASSIC PIZZA FLAVORS	22
<i>PEPPERONI, VEGGIE (bell peppers, onion, olives & mushroom) , HAWAIIAN (ham, pineapple), 4 FORMAGGI (Cheddar, fresh mozzarella, swiss cheese, gouda)</i>	

DESSERT

DOUBLE CHOCOLATE CAKE	16
<i>Smooth double chocolate cake, served with berries</i>	
CHEESECAKE	16
ICECREAM VARIETIES	4
<i>Per scoop</i>	

BURGER BAR

PROTEINS	
<i>house blend sirloin angus beef 8oz</i>	gf 22
<i>char-grilled chicken breast</i>	gf 18
<i>blackened local fish</i>	gf 28
<i>Vegetarian burger</i>	gf 17

TOPPINGS & CHEESES TO CHOOSE

Cheddar or Swiss,

WITH A CHOICE OF:

jalapeño, guacamole, applewood bacon

our burgers are served on a sesame bun with lettuce, tomato, pickles, choice of fries

OR add green salad 4 | coleslaw 4 |

***Gluten free bread available – kindly ask your server**

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Independently minded