



ALLERGEN GUIDE

Printed information is valid: February 3, 2025

The information here details which menu items contain the most common allergens based on the information provided by our suppliers. We work to keep this information as up-to-date as possible, and suggest you confirm that the allergen guide used is the most current version available. Because all of our dishes are prepared-to-order, our normal kitchen operations may involve shared cooking and preparation areas. Therefore, we cannot guarantee that any menu item can be completely free of allergens. Items cooked on our grill or in our fryer present a special risk for cross-contamination, so we've clearly identified those for you. Unless noted, menu items include all fixed sides and sauces.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-866-475-5666.

KEY TO THIS GUIDE	PREPARATION		COMMON ALLERGENS										
Y Menu Item Contains this Specific Allergen (includes all cooking sauces, condiments and fixed accompaniments)	Fried (in Soybean Oil)	Grilled	Peanuts	Tree Nuts	Soy	Eggs	Dairy	Wheat	Gluten	Fish	Molluscan Shellfish	Crustacean Shellfish	Sesame Seeds
* Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.													
APPETIZERS													
Beef Empanadas	▼				Y		Y	Y	Y				
Creamy Spinach and Artichoke Dip	▼				Y		Y						
Yuca Cheese Sticks	▼				Y	Y	Y	Y	Y				
Chicken Tostones	▼				Y		Y						
Whole Jamaican Jerk Wings	▼				Y			Y	Y				
Classic Chicken Wings (choice of sauce not included)	▼												
Spicy Habanero BBQ with Seasoned Sour Cream					Y		Y						
Classic Buffalo with Blue Cheese Dressing					Y	Y	Y						
Tuna Tostada Stack	▼				Y	Y		Y	Y	Y			Y
Crab and Three Cheese Dip	▼					Y	Y	Y	Y	Y		Y	
Crispy Conch Fritters	▼					Y	Y	Y	Y		Y		
Coconut Shrimp	▼			Y	Y	Y		Y	Y			Y	
Skillet-Simmered Jerk Shrimp							Y	Y	Y			Y	
Firecracker Shrimp	▼					Y	Y	Y	Y			Y	
SOUP & SALAD													
Bahamian Seafood Chowder					Y		Y	Y	Y		Y	Y	
Cuban Black Bean Soup					Y	Y	Y						
House Salad with Island Vinaigrette							Y	Y	Y				
LIGHT & BREEZY SALADS													
Ahi Tuna Tango Salad	▼			Y	Y					Y			Y
Salmon Tostada Salad	▼	▼					Y			Y			
Chicken Tostada Salad	▼	▼					Y						
Island Grille Steak Salad		▼				Y	Y						
Tropical Chicken Salad		▼		Y			Y	Y	Y				
Tropical Salad Vegetarian				Y			Y	Y	Y				
Cabana Crunch Chicken Salad	▼	▼	Y	Y	Y		Y	Y	Y				Y
HANDHELDS & COMBOS (side choice NOT included)													
Blackened Mahi Tacos		▼				Y		Y	Y	Y			
Coconut Shrimp Tacos	▼	▼		Y	Y	Y		Y	Y			Y	
Black Bean & Guacamole Tacos Vegetarian		▼			Y			Y	Y				
Honey Butter Crispy Chicken Sandwich	▼					Y	Y	Y	Y				
Cuban Sandwich							Y	Y	Y				
Half Cuban Sandwich							Y	Y	Y				
Black Bean BBQ Burger Vegetarian					Y	Y	Y	Y	Y				
Applewood Bacon & Cheddar Burger		▼				Y	Y	Y	Y				

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Grilled Burger (choice of cheese not included)		▼				Y	Y	Y	Y				
American							Y						
Cheddar							Y						
Swiss							Y						
Pepper-Jack							Y						
Goat Cheese							Y						
Coconut Shrimp Combo	▼			Y	Y	Y		Y	Y			Y	
Beef Empanada Combo	▼				Y		Y	Y	Y				
ISLAND PASTAS													
Jerk Chicken Pasta		▼					Y	Y	Y				
Jerk Shrimp Pasta					Y		Y	Y	Y			Y	
Lobster and Shrimp Linguine	▼				Y		Y	Y	Y	Y		Y	
SEASIDE													
Island Snapper					Y		Y			Y			
Jerk Mahi Mahi					Y		Y			Y			
Tequila Sunburn Glazed Salmon (side choices not included)										Y			
Grilled Salmon (side choices not included)		▼					Y			Y			
Classic Lemon Butter (topping only)							Y						
Shrimp Pineapple Bowl					Y			Y	Y			Y	Y
Seafood Paella					Y		Y			Y	Y	Y	
Coconut Shrimp	▼			Y	Y	Y	Y	Y	Y			Y	
FROM THE MAINLAND													
Jamaican Curry Pork Chop		▼					Y						
Baby Back Ribs	▼	▼			Y					Y			
Filet and Yuca Frites	▼	▼					Y						
Filet Mignon and Coconut Shrimp	▼	▼		Y	Y	Y	Y	Y	Y			Y	
Skirt Steak Churrasco	▼	▼			Y		Y						
Stuffed Plantain Bowl	▼				Y	Y	Y	Y	Y				
Black Bean Stuffed Plantain Bowl Vegetarian	▼				Y		Y						
Grilled Chicken with Cilantro-Crema		▼			Y	Y	Y						
Chicken Pineapple Bowl					Y			Y	Y				Y
Crispy Chicken & Johnny Cakes	▼						Y	Y	Y				
Jamaican Jerk Chicken					Y		Y						
KID'S MENU													
(side choice NOT included)													
Bowtie Mac & Cheese (includes fresh fruit)							Y	Y	Y				
Grilled Chicken Breast (includes fresh fruit)		▼					Y						
Crispy Chicken Fingers (includes fresh fruit)	▼							Y	Y				
Burger Sliders (includes fresh fruit)		▼					Y	Y	Y				
SIDES													
Yellow Rice					Y								
Black Beans & Yellow Rice					Y		Y						
Mashed Potatoes					Y		Y						
Cinnamon Mashed Sweet Potatoes							Y						
French Fries	▼												
Yuca Frites	▼						Y						
Green Beans													
Broccoli							Y						
Fresh Fruit with Mango Sorbet													

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THE SWEET LIFE													
Rebecca's Key Lime Pie						Y	Y	Y	Y				
Chocolate Island				Y	Y	Y	Y	Y	Y				
Flaming Pineapple Butter Cake					Y	Y	Y	Y	Y				
GLUTEN SENSITIVE (GS) SALADS													
GS House Salad with Island Vinaigrette													
GS Tropical Chicken Salad		▼		Y			Y						
GS Tropical Salad Vegetarian				Y			Y						
GS Ahi Tuna Tango Salad				Y	Y					Y			Y
GS Cabana Crunch Chicken Salad				Y	Y		Y						Y
GS Chicken Tostada Salad		▼					Y						
GS Salmon Tostada Salad		▼					Y			Y			
GS Island Grille Steak Salad		▼					Y						
GLUTEN SENSITIVE (GS) ENTREES													
GS Jamaican Curry Pork Chop							Y						
GS Baby Back Ribs		▼			Y		Y			Y			
GS Grilled Salmon with Lemon Butter		▼					Y			Y			
GS Tequila Sunburn Glazed Salmon		▼								Y			
GS Seafood Paella					Y		Y			Y	Y	Y	
GS Island Snapper					Y		Y			Y			
GS Jerk Mahi Mahi					Y		Y			Y			
GLUTEN SENSITIVE (GS) DESSERT													
GS Fresh Fruit with Mango Sorbet													