



THE D CK

R E S T A U R A N T

Shelter Bay Marina, Panamá



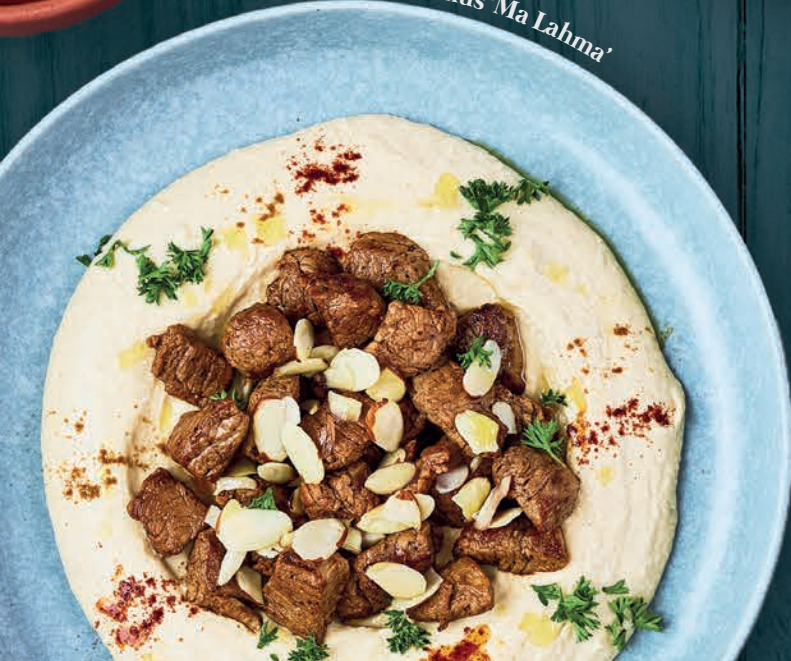
Fried Plantain Baskets



Traditional Sea Bass Ceviche



Nachos



Hummus 'Ma Lahma'



Wings

APPETIZERS

Captain's Seafood Platter

\$26

Lightly battered calamari rings, shrimps, fish sticks, baby squids, fried plantains and yucca, served with calypso and tartar sauce



Dockin' Shrimp Bites

\$12

Lightly battered, tossed in a chipotle mayonnaise

Nachos

Served with refried beans, pico de gallo, Cheddar cheese, guacamole, sour cream and jalapeños

Regular \$10

Chicken \$14

Beef \$16

Six Wings

\$11

Served with blue cheese dressing, celery, carrots, tossed in BBQ, Buffalo or hot sauce

Fried Plantain Baskets

\$15

Filled with roasted suckling pig and mojo

Fried Plantain

\$4

Yucca "al Mojo"

\$4

French Fries

\$4

Dockin' Chicken Bites

\$9

Lightly battered, tossed in a chipotle mayonnaise

Sir Henry Morgan's Calamari

\$11

Crispy calamari bites served with the house aioli and chipotle mayonnaise

Hummus 'Ma Lahma'

\$16

Middle Eastern style, served with grilled beef and pita bread



Sea Bass Ceviches

Served with crispy plantain chips

Traditional

\$11

Coconut Delight

\$11

Shrimp Cocktail

\$15

With rosé calypso sauce



Prices are subject to taxes



HAMBURGERS AND SANDWICHES

All sandwiches come with French fries and coleslaw

Hamburger

\$14

½ pound grilled beef patty with American cheese, crispy bacon, lettuce, tomatoes, red onions and mayonnaise

Double Veggie Burger

\$16

Two juicy 100% plant-based patties, with lettuce, tomatoes, red onions and the house mayonnaise



Club Sandwich

\$12

Ham, turkey, egg, bacon, cheese, lettuce, tomatoes, onions with mayonnaise

Chicken Wrap

\$12

Flour tortilla filled with a lightly battered chicken breast with BBQ sauce, tomatoes, lettuce and red onions

Veggie Wrap

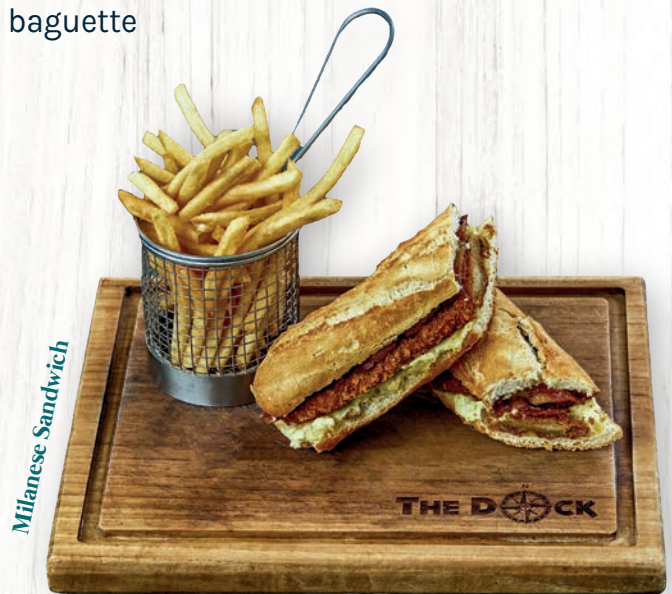
\$9

Flour tortilla filled with zucchini, bell peppers, grilled mushrooms, feta cheese and hummus

Milanese Sandwich

\$12

Breaded pork tenderloin, mashed potatoes, bacon and Dijon mustard on a crusty baguette



Quesadillas

Flour tortillas filled with Cheddar cheese, guacamole and pico de gallo on the side

Regular

\$10

Chicken +\$2

Shrimp +\$6



Prices are subject to taxes



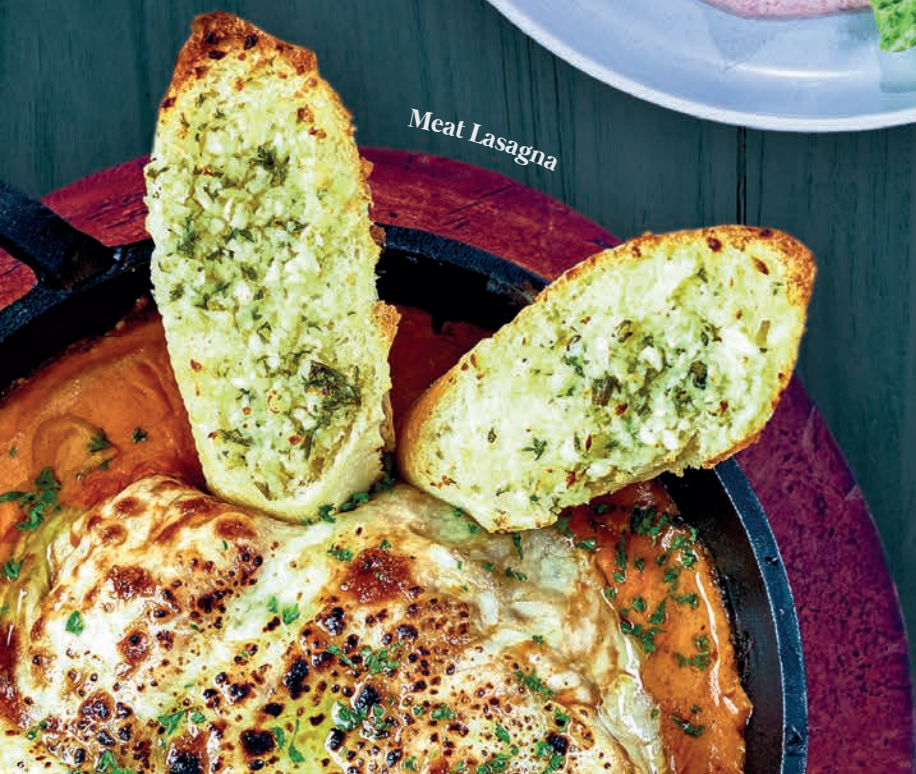
Pepperoni Pizza



Caesar Salad



Mediterranean Salad



Meat Lasagna



Spaghetti with Meatballs

SALADS

Caesar Salad

Romain lettuce, cherry tomatoes, Parmesan cheese and garlic bread

Regular **\$10** **Add chicken breast** **\$12**

Add shrimps **\$17** **Add salmon** **\$17**

Mediterranean Salad

\$10

Cucumbers, tomatoes, fennel, red onions and feta cheese over a Kalamata olive tzatziki



Spaghetti Aglio e Olio with Shrimps

Pasta

\$14

Spaghetti with your choice of:

Bolognese sauce

Alfredo sauce with chicken

Aglio e olio with shrimps

Meatballs

Meat Lasagna

\$14

Layers of ground beef, mozzarella, and our homemade roasted tomato sauce

Veggie Lasagna

\$12

A hearty mix of roasted eggplant, zucchini, mozzarella and our signature roasted tomato sauce

Caribbean Salad with Salmon

\$17

Lettuce, avocado, pineapple and red onion, with salmon bites and a passion fruit vinaigrette



Caribbean Salad with Salmon

Pizza



12"

\$12

Pepperoni

Meat lovers

Hawaiian

Vegetarian

Ham

Seafood +\$2

Seafood Pizza



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Tulemasi



Whole Fried Fish



Whole Lobster



Fish Tacos

HOUSE SPECIALTIES

Seafood

\$23

Sea Bass Fillet Salmon Fillet Prawns Octopus Whole Lobster + \$3

Prepared in garlic, curry and coconut or lemon-herb butter sauce
Served with a garden salad

Select a side dish:

Steamed white rice, coconut rice, fried plantains , yucca “al mojo” or French fries

Sir Francis Fish and Chips

\$21

Sea bass strips lightly battered and deep fried in a Panama beer tempura, served with alioli, French fries and coleslaw



Fish Tacos

\$19

Lightly battered sea bass fillet over coleslaw and a sweet chili sauce, served on flour tortillas

Mussels in the Shell

\$19

With chistorras and pork rind bits in a tomato, beer, fresh herb and olive oil sauce, served with garlic bread



Whole Fried Fish

\$22

Served with fried plantain and a garden salad

A lo Macho

\$26

Whole fried fish in a tomato and sautéed shrimp sofrito, served with steamed white rice and a garden salad



Big Bowl Soups (32 Oz)

Tulemasi

\$12

The authentic seafood soup from Guna Yala, made with sea bass fillet, mussels, shrimp, green plantains, yam, yucca and coconut milk

Sancocho

\$9

Hearty Panamanian chicken soup served with yam root, corn on the cob and steamed white rice

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Beef Tenderloin Fajitas

MEATS

Beef Tenderloin

\$23

In a creamy three pepper sauce, topped with fresh vegetables over mashed potatoes

8 oz Imported Skirt Steak

\$29

Served with mashed potatoes, corn on the cob and mixed vegetables

Afro-Antillean Heritage

\$16

Panamanian curry with chicken and coconut milk, accompanied by steamed white rice

Fajitas

Served with refried beans, guacamole, pico de gallo, jalapeños, vegetables and flour tortillas

Chicken breast

\$16

Beef tenderloin

\$19

Surf and Turf

\$23



Caribbean Pork Ribs

\$23

Tender pork ribs, glazed with our sugarcane and papaya BBQ sauce, served with French fries and corn on the cob

DESSERT

Raspado

\$7

Shaved ice with condensed & malted milk and your choice of syrup: red berries or passion fruit

Cheesecake

\$9

With strawberry coulis and whipped cream

Caribbean Custard

\$8

Prepared with fresh coconut

Ice Cream Cup

\$6

Chocolate or vanilla ice cream topped with chocolate syrup and whipped cream

Warm Apple Pie

\$8

With vanilla ice cream

Chocolate Brownie Sandwich

\$9

Chocolate fudge brownies filled with vanilla ice cream, served with chocolate syrup and whipped cream



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THE DOCK

R E S T A U R A N T

Shelter Bay Marina, Panamá

www.thedockrestaurant.com

