



# FRIGATES BAR & GRILL

242-334-2778 or 242-829-0257

## Appetizers

Conch Fritters...\$14

Conch Bites...\$ 20

Fish Bites...\$ 20

Chicken Tenders...\$16

Chicken Wings... \$16 -  
grilled or fried

### Nightly Featured

Appetizer. ...\$20 -please ask server

### Sampler... \$38

*Conch fritters, Fish Bites, Chicken Tenders or wings. Serves 3-4 guest.*

## Beverages

Beer- 7-10     IPA/Select Beer- 9/10

Wine- Glass 12

Wine- Bottle 42 -65

Santa Margheritta-Bottle     65  
Whispering Angel

Mixed Drinks - 10 - 18

Tropical Drinks - 14     Specialty Drinks - 12  
Island Favorites

Fruit Juices - 3

Fruit Punch- 5     Bottled Water - 3

Soda- 3     San Pelligrino Water - 5/8

San Pelligrino Fruit Juices - 5

Dessert

# Dinner

## Frigates Classics

*Includes: salad vegetables, starch*

Cracked Conch...\$43\*

-Fried tender and golden brown.

Grilled Fish..\$43\*

Fish Fingers...\$43\*

- Lightly fried and battered to perfection

Bahamian Lobster Tail...MARKET

- grilled or cracked. Served with lemon butter sauce.

Fish and Shrimp...\$43\*

- Grilled or fried fish and scrumptious shrimp.

Surf and Turf Kabob...\$43 \*

- ny strip, shrimp

Fisherman's Platter...\$73\*

- 1/2 Lobster tail, shrimp cracked conch and Fish  
- grilled or fried except (conch lightly fried)

Shrimp Scampi.....\$38\*

Fettucinne w/ Garlic or Cream Sauce...\$22

- Add: lobster (mkt) shrimp (\$12), conch (\$12) chicken (\$6)  
veggies (\$4). garlic bread.(\$3\*)

NY Strip Steak.....\$43

USDA choice 12-oz New York strip steak, seasoned and fire-grilled just the way you like it. Topped with maître d' butter.

Rib Eye .....\$58

- USDA certified angus 14-oz Rib Eye steak, seasoned and fire-grilled just the way you like it. Topped with maître d' butter.

*Visa Mastercard American Express Discover Accepted  
\*limited daily supply. Please let us know of any allergies. Consume raw products at your own risk. 20% Gratuity Included*