

Appetizers

- Conch Fritters...\$12
- Conch or Fish Bites \$18
- Chicken Tenders...\$16
- Wings...\$14

-fried or grilled(bbq sauce)

Sampler... \$29 Conch fritters, Fish Bites, Chicken Tenders OR wings (fried or grilled)no substitutes

Soup and Salads

- House Salad.....\$15
- Chef Salad.....\$16
- Beet Salad*\$ 16
- Caesar Salad.....\$16

Add: Grilled Fish (\$9), Grilled Chicken (\$6) , Grilled Shrimp (\$9), Lobster Tail (20)

Conch Salad*.....\$ 16

Burgers & Sandwiches

- Add bacon \$2 -Add cheese \$2

-Add Fries \$5 Add Sweet Potato Fries \$5

Frigate Burger...\$18

- 1/2lb of Certified Angus Beef sautéed mushrooms bacon onion cheese .
- Hamburger \$15 -Cheeseburger \$17 - Bacon cheeseburger \$18

Club Sandwich...\$16

- Bacon, ham, turkey, cheddar, lettuce & tomato.

Vegan Club Sandwich.....\$16

Grilled Chicken Sandwich...\$16

- Lettuce Tomato & onions.

Cracked Conch Sandwich...\$18

- Lightly Fried Lettuce Tomato & onions.

Beverages

Soda...\$3 Juice...\$3 Evian \$4/7

Local Beer...\$5 San Pelligrino Juices \$4

Stella...\$7

Import/IPA \$8 San Pelligrino Water \$4/\$7

Guinness \$7 Bottled Water...\$2

Wine...\$9 Tropical Drink..\$12

Mixed Drink..\$10 Specialty Drink...\$14

Dessert- Tirimsu 10 -Chocolate Carmel Torte - 8



FRIGATES BAR & GRILL

242-334-2778

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www.frigatesbarandgrill.com

Lunch

Classics -served w/fries

-add sweet potato fries \$3 -add salad \$2

Cracked Conch...\$25* -

Fried tender and golden brown.

Grilled Fish or Fingers...\$25*

- grilled or lightly fried and battered to perfection

Fried or Grilled Shrimp...\$25*

- grilled to perfection or golden fried shrimp.

Seafood Lover's Delight...\$39*

- Cracked conch, fish fingers and fried OR grilled shrimp

Bahamian Lobster Tail...\$MKT

- grilled or cracked. Served with lemon butter sauce.

Dockside Dishes

Your choice of one (except for pastas): fries or salad.

Grilled Chicken Breast....\$19

- Plump chicken breast grilled to perfection. Hint of BBQ Sauce

NY Strip Steak\$36

-12 oz Grilled your way

Fettucinne w/ Garlic or Cream Sauce....\$18

- Add: lobster tail (\$20) shrimp (\$9) , chicken (\$5) veggies (4)

Surf and Turf Kabob....\$39* -

ny strip, shrimp

Fisherman's Platter.....\$51*

- Half lobster tail, shrimp, cracked conch and Grouper

Visa Mastercard American Express Discover Accepted

*limited daily supply. Please let us know of any allergies. Consume raw products at your own risk. Gratuity Included.