



# FRIGATES BAR & GRILL

242-334-2778 or 242-829-0257

## Appetizers

Conch Fritters...\$14

Conch Bites...\$ 18

Fish Bites...\$ 18

Chicken Tenders...\$16

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

Nightly Featured Appetizer....\$18

-please ask server

Sampler... \$33

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

## Beverages

Beer- 5/6      IPA/Select Beer- 7/8

Wine- Glass      9

Wine- Bottle      30 -65

Santa Margheritta-Bottle      65

Whispering Angel

Mixed Drinks - 10 - 14

Tropical Drinks - 12      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      Chocolate Cake 8 Tiramisu 10

# Dinner

## Frigates Classics

*Includes: salad vegetables, starch*

Cracked Conch...\$36\*-

Fried tender and golden brown.

Grilled Fish..\$36\*

Fish Fingers...\$36\*

- Lightly fried and battered to perfection

Pan Seared Scallops.....\$48\*

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...\$63\*

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

Shrimp Scampi.....\$33\*

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

- Add: lobster (mkt) shrimp (\$8), conch (\$8) chicken (\$6)  
veggies (\$4). garlic bread.(\$3\*)

Chicken Cordon Bleu...\$29\*

- breast w/cheese, lightly breaded gently fried to perfection

NY Strip Steak.....\$39

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

Rib Eye .....\$58

- USDA certified angus 18-oz Rib Eye steak, seasoned and fire-grilled just the way you like it. Topped with maitre 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*