



FRIGATES BAR & GRILL

242-334-2778 or 242-829-0257

Appetizers

Conch Fritters...\$14

Conch Bites...\$ 16

Fish Bites...\$ 16

Chicken Tenders...\$16

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

Nightly Featured Appetizer....\$18

-please ask server

Sampler... \$29

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 - 55

Santa Margheritta-Bottle 55

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 - 4

Dinner

Frigates Classics

Includes: salad vegetables, starch and dessert.

Cracked Conch...\$36*-

Fried tender and golden brown.

Grilled Fish..\$34*

Fish Fingers...\$34*

- Lightly fried and battered to perfection

Pan Seared Scallops.....\$44*

Bahamian Lobster Tail...MARKET

- grilled or cracked. Served with lemon butter sauce.

Fish and Shrimp...\$38*

- Grilled or fried fish and scrumptious shrimp.

Surf and Turf Kabob...\$38 *

- ny strip, shrimp

Fisherman's Platter...\$58*

- 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. 18% Gratuity Included 20% 6 or more*