

Appetizers

- Conch Fritters...\$12
- Conch or Fish Bites \$20
- Chicken Tenders...\$16
- Wings...\$16

-fried or grilled(bbq sauce)

Sampler... \$33 *Conch fritters, Fish Bites, Chicken Tenders OR wings (fried or grilled)no substitutes*

Soup and Salads

Chef Salad.....\$18

Beet Salad*.....\$ 18

Caesar Salad.....\$18

Add: Grilled Fish (\$12), Grilled Chicken (\$8) , Grilled Shrimp (\$12), Lobster Tail (20)

Conch Salad*.....\$ 16

Burgers & Sandwiches

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

-Add Fries \$6Add Sweet Potato Fries \$7

Frigate Burger...\$19

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

Club Sandwich...\$18

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

Vegan Club Sandwich.....\$18

Grilled Chicken Sandwich...\$20

- Lettuce Tomato & onions.

Cracked Conch Sandwich...\$20

- Lightly Fried Lettuce Tomato & onions.

Beverages

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

Local Beer...\$7 San Pelligrino Juices \$5

Import \$8-\$9 San Pelligrino Water \$4-\$10

Wine...\$11 Bottled Water...\$2

Tropical Drink..\$13

Mixed Drink..\$10 Specialty Drink...\$15 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 salad \$5

Cracked Conch...\$29* -
Fried tender and golden brown.

Grilled Fish or Fingers...\$29*
- grilled or lightly fried and battered to perfection

Fried or Grilled Shrimp...\$29*
- grilled to perfection or golden fried shrimp.

Seafood Lover's Delight...\$43*
- 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....\$27
- Plump chicken breast grilled to perfection. Hint of BBQ Sauce

NY Strip Steak\$43
-12 oz Grilled your way

Fettucinne w/ Garlic or Cream Sauce....\$18 -
Add: lobster tail (\$20) shrimp (\$12) , chicken (\$8) veggies
(5)

Surf and Turf Kabob....\$43* -
ny strip, shrimp

Fisherman's Platter.....\$63*
- 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.