

Appetizers

Conch Fritters...\$12
Conch or Fish Bites \$16
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.....\$12
Chef Salad.....\$14
Beet Salad*.....\$ 14
Caesar Salad.....\$14

*Add: Grilled Fish (\$8), Grilled Chicken (\$6),
Grilled Shrimp (\$8), Lobster Tail (mkt)*

Conch Salad*.....\$ 16

Burgers & Sandwiches

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

-Add Fries \$4 Add Sweet Potato Fries \$5

Frigate Burger...\$16

- 1/2lb of Certified Angus Beef sautéed mushrooms bacon
onion cheese .
- Hamburger \$14 -Cheeseburger \$16 - 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...\$16

- Lightly Fried Lettuce Tomato & onions.

Beverages

Soda...\$2 Juice...\$3 Evian \$4/7

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

Stella...\$6 San Pelligrino Water \$4/\$7

Import/IPA \$8 Bottled Water...\$2

Guinness \$6 Tropical Drink..\$12

Wine...\$9
Mixed Drink..\$10 Specialty Drink...\$14



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www.frigatesbarandgrill.com

Lunch

Classics -served w/fries -add sweet potato fries \$3

Cracked Conch...\$24* -
Fried tender and golden brown.

Grilled Fish or Fingers...\$23*
- grilled or lightly fried and battered to perfection

Fried or Grilled Shrimp...\$23*
- grilled to perfection or golden fried shrimp.

Seafood Lover's Delight...\$38*
- 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\$34
- 12 oz Grilled your way

Fettuccine w/ Garlic or Cream Sauce....\$18
- Add: lobster tail (\$mkt) shrimp (\$8), chicken (\$5) and/or veggies (\$4).

Surf and Turf Kabob....\$38* -
ny strip, shrimp

Fisherman's Platter.....\$48*
- 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.*