

Pub Snacks & Shares

"Local Chippy" Calamari

Tender rings of quick fried calamari,
spicy marinara sauce **14.⁹⁹**

Red Onion Rings

Thick cut red onion rings, served with our
friends' Bermuda Jam Storm Surge dip **9.⁹⁹**

Bruschetta

Goat cheese, pesto, tomato relish, oven baked
on ciabatta bread, balsamic and extra virgin
olive oil **11.⁹⁹**

Frog Nachos

Corn tortillas, house smoked brisket, cheddar
cheese, house made salsa, sour cream **11.⁹⁹**
add a side of fresh guacamole . . . 2.⁹⁹

Frog's Buffalo Wings

Crispy skinned chicken wings & drumettes
tossed in house-blended hot sauce with blue
cheese dip and celery sticks **13.⁴⁹**

Soft German Style Pretzels

Grainy mustard and beer cheese dipping
sauces **9.⁹⁹**

Oven Baked Tattie Skins

House smoked pulled pork, beer cheese, pico
de gallo baked on russet potato skins **13.⁴⁹**

Deep Fried Pickles

Panko battered and deep fried, served
with ranch sauce for dipping **10.⁹⁹**

Lamb Pies

Sweet curry spiced lamb, tomatoes and
raisins baked in pastry and served with
yogurt dip **13.⁹⁹**

Seared Shrimp

Jumbo shrimp pan seared and tossed with a
srirachi honey lime sauce, served with
toasted baguette **14.⁹⁹**

Soups

Bermuda Fish Chowder

Made with Goslings Black Seal rum
and sherry peppers **8.⁹⁹**

French Onion Soup

Crouton and Swiss cheese **8.⁹⁹**

Chef's Daily Soup

Created daily with the freshest
ingredients **8.⁴⁹**

Salads

Caesar Salad

Romaine, garlic croutons, Parmesan **10.⁹⁹**

Waldorf Salad

Crisp apples, celery, grapes, toasted walnuts,
rosemary mayonnaise dressing,
romaine leaves **12.⁹⁹**

Chopped Salad

Romaine leaves, diced tomato, green onion,
red cabbage, macaroni, blue cheese,
balsamic dressing **11.⁹⁹**

Add grilled chicken, shrimp or steak 7.⁹⁹

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Southwest Chicken Salad

Spice rubbed grilled chicken, black beans,
corn, tomatoes, scallion, tortilla strips, jack
cheese, avocado chipotle dressing **16.⁹⁹**

Blackened Wahoo Salad

Romaine lettuce, avocado, fresh fruit, toasted
almonds, cucumbers, ginger sweet chili
dressing **19.⁹⁹**

Oriental Chicken Salad

Panko and sesame fried chicken, red and
green cabbage, cucumber, romaine, crisp
noodles, soy dijonaise dressing **15.⁹⁹**

Pub Grub

For over 20 years, the Frog and Onion has been serving Bermuda's favourite English Pub dishes and pies. Order with one of our artisanal micro brewed draft ales for a true taste of an old style pub experience.

St. David's Lager Fish & Chips

Authentically prepared with English beer battered grouper, fried and served with chips, malt vinegar and tartar sauce 24.⁹⁹

Brisket in a Yorkie

House smoked beef brisket, fresh Yorkshire pudding, buttered peas and house gravy 22.⁹⁹

North Rock Cornish Pastie

Homemade Cornish Pastie, made with ground beef, vegetables and herbs, served with seasonal mixed salad or chips 17.⁹⁹

Bangers & Mash

Bermuda made Westover Farms pork sausages, mashed potatoes, fresh vegetables, sautéed onions and demi-glace 18.⁹⁹

Chicken Balti Curry

Chicken and fresh vegetables slow cooked in an authentic curry sauce with rice, served with poppadom and mango chutney 19.⁹⁹

Frog and Onion Burger

Handmade Black Angus Beef pattie, Swiss cheese, crisp bacon, fried onions 16.⁹⁹

Beef Suet Pudding

Steamed moist suet pudding stuffed with ground beef and potatoes over onion gravy and served with sautéed vegetables 19.⁹⁹

House Made Pub Pies

We are quite proud of our pie reputation and think you will understand why they take a little longer to bring to you. We bake each one to order.

Authentic Cottage Pie

(also called Shepherd's Pie)

Seasoned ground lamb, mixed vegetables, mashed potato crust 19.⁹⁹

Chicken and Leek Pot Pie

Fresh boneless chicken, leeks, vegetables, wheat beer gravy, biscuit crust 19.⁹⁹

Steak and Kidney Pot Pie

Cubes of beef, beef kidney, Dockyard Porter gravy, biscuit crust 20.⁴⁹

Smoked Haddock Pie

Smoked haddock, potatoes, peas, carrots, corn and topped with short crust 20.⁹⁹

Beef Short Rib &

Black Anchor Porter Pot Pie

Braised short rib, potato, mushrooms, carrots, peas, biscuit crust 20.⁴⁹

All our pies are served with fresh vegetables, seasonal salad or chips

Traditional Sunday Roast

only available on Sundays for just 27.99

Oven Roasted Prime Rib of Beef

Served with Yorkshire pudding, market vegetables, mashed potatoes and au jus

House Made Fresh Apple Pie

with maple whipped cream

Chef's Specialties

The dishes below are ones our chefs lavish a little more than the usual TLC on, and we feel perfectly match our candlelit ambience at dinner.

Flame Grilled Rockfish

char grilled & served with risotto, buttered local vegetables & a tropical fruit salsa \$28.⁹⁹

Cedar Plank Atlantic Salmon

Maple glazed & served with sautéed spinach, sweet corn & a lemon beurre blanc \$24.⁹⁹

Four Hour Pork Ribs

1/2 rack of slow basted St. Louis pork ribs, house barbeque sauce, colcannon mashed potatoes & steamed veggies \$21.⁹⁹

Pit Smoked Teriyaki Chicken

Soy & brown sugar marinated, house smoked in our Victualling Yard pit, buttered peas, chips, glazed with a soy-sweet chili bbq sauce 22.⁴⁹

Martin's Classic Pub Mixed Grill

Grilled lamb chop, Westover Farms sausage, NY strip steak, served with red onion rings, sauteed mushrooms, grilled tomato and Black Anchor porter gravy 29.⁹⁹

Hearty Vegetable Stew

Local vegetables stewed in a smoked paprika broth with quinoa and chickpeas, topped with a lemon sour cream (*vegetarian*) 21.⁹⁹

The Butcher's Block

We use choice cuts of Certified Angus Beef®, hand selected by our New York butcher, with whom we just celebrated our 30th anniversary of doing business together. With seasonal sautéed vegetables, & either:

Double baked russet potato

steak cut pub fries

8oz Beef Tenderloin 32.⁹⁹

green peppercorn demi-glace

British Style

Roast Beef Dinner

2.⁹⁹ per ounce *9oz minimum

Oven roasted prime rib, cut to your specifications, with au jus and Yorkshire pudding

10oz New York Strip 32.⁹⁹

Brandy mushroom cream sauce



Don't forget to visit our

Pop in and see our quality tee shirts, hats, koozies and other souvenirs commemorating your visit to the Frog & Onion Pub!

Ballast
GIFT SHOP
(RIGHT NEXT TO THE BAR)