

## Pub Starters & Shares

### **"Local Chippy" Calamari**

Tender rings of quick fried calamari,  
spicy marinara sauce 13.<sup>95</sup>

### **Red Onion Rings**

Thick cut red onion rings, & Bermuda  
Jam Guys' Storm Surge dip 9.<sup>50</sup>

### **Bruschetta**

Goat cheese, pesto, tomato relish, baked  
on ciabatta bread, balsamic & e.v.o.o. 11.<sup>95</sup>

### **Frog Nachos**

Tortillas, chopped brisket chili, cheddar  
cheese, diced tomatoes & peppers, sliced  
jalapeños, fresh salsa, sour cream 11.<sup>50</sup>  
*add a side of fresh guacamole . . . 2.<sup>95</sup>*

### **Frog's Buffalo Wings**

Crispy skinned chicken wings & drum-  
ettes tossed in house-blended hot sauce,  
blue cheese dip, celery sticks 12.<sup>95</sup>

### **Soft German Style Pretzels**

Grainy mustard and beer cheese  
dipping sauces 9.<sup>95</sup>

### **Oven Baked Tattie Skins**

Chopped brisket, sausage, bacon, smoked  
cheddar, sour cream baked on russet  
potato skins 12.<sup>95</sup>

### **Deep Fried Pickles**

Panko battered and deep fried, served  
with ranch sauce for dipping 10.<sup>95</sup>

### **Stuffed Mushrooms**

Garlic and herb stuffing, baked and  
topped with parmesan cheese 11.<sup>95</sup>

### **Sausage Rolls**

Puff pastry stuffed with pork sausage,  
oven baked, served with branston  
pickle and mustard 12.<sup>95</sup>

## Soups

### **Bermuda Fish Chowder**

Made with Goslings Black Seal rum and  
sherry peppers 8.<sup>50</sup>

### **French Onion Soup 8.<sup>50</sup>**

Crouton and Swiss cheese

### **Chef's Daily Soup**

With the freshest ingredients 8.<sup>50</sup>

## Salads

### **Caesar Salad**

Romaine, garlic croutons, Parmesan 10.<sup>25</sup>

### **Mixed Green Salad**

Seasonal lettuce, tomatoes, cucumber  
and onion served with balsamic  
vinaigrette 10.<sup>25</sup>

### **Greek Salad**

Bell peppers, cucumber, feta cheese,  
cherry tomatoes, fresh oregano, lemon  
dressing 11.<sup>95</sup>

*Add grilled chicken, shrimp or steak 7.<sup>00</sup>*



### **Southwest Chicken Salad**

Spice rubbed grilled chicken, black  
beans, corn, tomatoes, scallion, tortilla  
strips, jack cheese, avocado chipotle  
dressing 15.<sup>95</sup>

### **Blackened Wahoo Salad**

Romaine lettuce, avocado, fresh fruit,  
toasted almonds, cucumbers, ginger  
sweet chili dressing 19.<sup>95</sup>

### **House Smoked Rockfish Cakes & Salad**

Cajun spiced, mixed greens and  
house dressing, sherry  
peppers infused tartar 15.<sup>95</sup>

# Pub Grub

*For over 20 years, the Frog & Onion has been serving Bermuda's favourite English Pub dishes and pies.*

## **St. David's Lager Fish & Chips**

Authentic beer battered grouper, crisp fried, with chips, malt vinegar and tartar sauce 23.<sup>95</sup>

## **Smoked Brisket in a Yorkie**

cooked in our wood fired smoker for 10 hours, stuffed in Yorkshire pudding, buttered peas, house gravy 22.<sup>95</sup>

## **North Rock Cornish Pastie**

Homemade Cornish Pastie, stuffed with ground beef and vegetables, with seasonal mixed salad or chips \$17.<sup>95</sup>

## **Bangers & Mash**

Bermuda made Westover Farms pork sausages, mashed potatoes, vegetables, sautéed onions, demi-glace \$18.<sup>95</sup>

## **Chicken Balti Curry**

slow cooked in Chef Chitibabu's authentic curry sauce, jasmine rice, poppadom and mango chutney 19.<sup>95</sup>

## **Frog & Onion Burger**

Handmade pattie of Black Angus beef with our secret spice blend, Swiss cheese, crisp bacon, fried onions \$16.<sup>95</sup>

## **Toad in a Hole**

Westover Farms sausage baked in Yorkshire pudding, with rosemary onion gravy and buttered peas \$19.<sup>95</sup>

# 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.<sup>95</sup>

## **House Smoked Chicken & Local Shiitake Pot Pie**

smoked chicken, "Berm Fresh" shiitake mushrooms, mixed vegetables, wheat beer gravy, biscuit crust 19.<sup>95</sup>

## **Bacon, Beef & Cheese Pot Pie**

Chunky bacon, ground beef, mixed cheese, gravy, biscuit crust 19.<sup>95</sup>

## **Curried Rockfish Pie**

Mild curry spiced black grouper, local vegetables, mashed potato crust 20.<sup>95</sup>

## **Beef Short Rib & Black**

## **Anchor Porter Pot Pie**

Braised short rib, potato, mushrooms, carrots, peas, biscuit crust 19.<sup>95</sup>

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

## **Traditional Weekend Roast**

*available on Friday, Saturday Sundays*

### **Oven Roasted Prime Rib of Beef**

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

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### **House Made Fresh Apple Pie**

with maple whipped cream

27.95

## Chef's Specialties

*A little more Gastro and a little less Pub,  
we feel these dishes perfectly match  
our candlelit ambience at dinner*

### Flame Grilled Rockfish

char grilled & served with risotto,  
roasted local vegetables & a tropical  
fruit salsa \$27.<sup>95</sup>

### Sausage, Apple & Leek Egg Pie

*(some call it quiche)*

Westover Farms bangers, roasted apples  
and sautéed leeks, baked and served  
with chips and veggies \$21.<sup>95</sup>

### Cedar Plank Atlantic Salmon

Oven baked & served with sautéed  
spinach, sweet corn & a lemon beurre  
blanc \$24.<sup>95</sup>

### Oven Roasted Half Chicken

fresh herb and butter basted,  
sauteed mushrooms, mushy peas,  
chicken jus \$24.<sup>95</sup>

## The Butcher's Block

*We use cuts of Certified Angus Beef®, hand  
selected by our New York butcher, with  
whom we just celebrated our 28<sup>th</sup> year of  
doing business together.*

*With seasonal sautéed vegetables, & either:*

*\*Double baked russet potato\**

*\*steak cut pub fries\**

### 8oz Beef Tenderloin \$32.<sup>95</sup>

green peppercorn demi-glace

### 10 oz New York Strip \$32.<sup>95</sup>

Brandy mushroom cream sauce

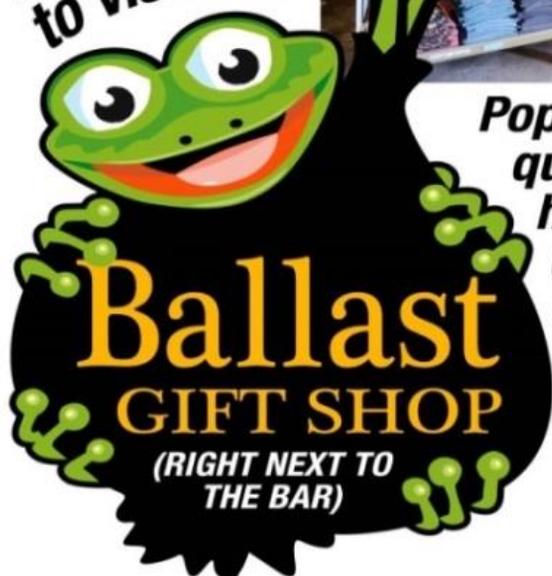
### Porter and Cheddar Meatloaf

ground lamb & beef season with  
cheddar, herbs, wrapped in bacon and  
baked. Glazed with brown sugar and  
our own porter \$24.<sup>95</sup>

### Four Hour Pork Ribs

Half rack of slow basted pork ribs, BBQ  
sauce, colcannon mash & veggies \$21.<sup>95</sup>

*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!*