

Pub Starters & Shares

"Local Chippy" Calamari

Tender rings of quick fried calamari,
spicy marinara sauce 14.⁵⁰

Red Onion Rings

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

Bruschetta

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

Frog Nachos

Corn tortillas, house smoked brisket, shredded
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 lettuce, garlic croutons, Parmesan 10.⁹⁹

Waldorf Salad

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

Chopped Salad

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

Add fresh grilled chicken, shrimp or steak 7.⁹⁹



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

House Made Pies

Proud of our pub pie reputation, we think you will understand why our authentic pot pies 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, sliced leeks, mixed vegetables,
wheat beer gravy, flaky biscuit crust 19.⁹⁹

Steak and Kidney Pot Pie

Hours braised beef & beef kidney, Dockyard Brewing
Co. Porter gravy, flaky biscuit crust 20.⁴⁹

Smoked Haddock Pie

Lightly smoked haddock, potatoes, peas, carrots, corn,
Whale of a Wheat gravy, topped with short crust 20.⁹⁹

Beef Short Rib & Black Anchor Porter Pot Pie

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

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

House Specialties

Flame Grilled Local Fish

char grilled and simply served with basmati rice,
fresh vegetables and a tropical fruit salsa M/P

Pub Style Steak & Chips

10 oz. char grilled New York strip, with French fries,
sautéed broccoli, brandy peppercorn sauce 29.⁹⁹

Four Hour Smoked Pork Ribs

1/2 rack, bbq sauce, colcannon mash, 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 20.⁴⁹

Pub Grub

For over 20 years, the Frog and Onion has been serving Bermuda's favourite and award winning classic English Pub dishes

St. David's Lager Fish & Chips

Authentic beer battered grouper, crisp fried, with chips, malt vinegar and tartar sauce 24.⁵⁰

North Rock Cornish Pastie

Flake pastry stuffed with seasoned ground beef & vegetables, with seasonal mixed salad or chips 17.⁹⁹

Bangers & Mash

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

Frog & Onion's Traditional Ploughman's Lunch

House made mini pork pie, cheddar & stilton cheeses, apples, pickled onion, carrots, Branston pickle, sliced French baguette 18.⁹⁹

Smoked Brisket in a Yorkie

Slow cooked in our Bermuda wood fired smoke pit for 10 hours, stuffed in Yorkshire pudding, buttered peas, house gravy 22.⁹⁹

Chicken Balti Curry

slow cooked in Chef Chitibabu's authentic curry sauce, jasmine rice, poppadom and mango chutney 19.⁹⁹

Weekend Breakfast 19.⁴⁹

Available all day Saturday & Sunday

Traditional English Nosh

2 eggs sunny side up, Westover Farm local sausages, 2 bacon strips, grilled tomato, black pudding & toast

-or-

Traditional Bermudian Nosh

Classic Codfish & Potatoes, with banana, avocado, hard-boiled egg, tomato sauce & toast

Burgers & Sandwiches

Our Grass Fed beef burgers are hand crafted in house, simply seasoned and char grilled to order.

Frog & Onion Burger

Swiss cheese, crisp bacon, fried onions 16.⁹⁹

Derek's Burger

creamy beer cheese, garlic mushrooms, crisp bacon 16.⁴⁹

Brewmaster's Burger

Cheddar cheese, horseradish mayo, bbq sauce, fried pickles, crisp bacon 17.²⁵

Barbeque Chicken Sandwich

Char grilled breast, Carolina barbeque sauce, rum onions, mozzarella cheese 15.⁹⁹

Blackened Turkey BLT

Fresh turkey breast, bacon, lettuce, tomato, mayonnaise, on a French baguette 15.⁹⁹

Fire Grilled Local Fish Sandwich

Olive oil and herb marinated fresh fish, Bermuda Storm Surge jam, lettuce & tomato, sesame bun 18.⁹⁹

House Smoked Pork Tacos

10 hr smoked, tortillas, mango salsa, sour cream 15.⁴⁹

Coronation Street Chicken Sandwich

oven roasted cubed chicken breast, curried mayonnaise, mango chutney, toasted bun 14.⁹⁹



Don't forget to visit our



Ballast
GIFT SHOP
(RIGHT NEXT TO THE BAR)

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