Our Proud History

The Frog & Onion Pub was created and opened in 1992 by a Bermudian (“Onion”) and a Frenchman (“Frog”), and is now part of Island Restaurant Group, operators of five great restaurants throughout Bermuda.

The historic building that houses our authentic British pub is a Cooperage, which was completed in 1853 after the war of 1812. A Cooperage is a workshop that built, repaired or dismantled barrels, casks and kegs.

The provisioning of wooden ships during the days of sail required that almost all provisions be packaged in barrels or casks so they could be man-handled, loaded and stored in the cargo areas of the ship. Empty water casks needed to be taken ashore in ships’ boats for refilling at the watering place.

The Cooperage space and adjacent Victualling Yard were converted to five storehouses in the 1940s and due to its most recent repurposing as the Frog & Onion Pub and in a separate storehouse, the Dockyard Brewing Co., so continues in the victualling business.
Pub Snacks & Shares

“Local Chippy” Calamari
Tender rings of quick fried calamari, spicy marinara sauce. Good to share… or not! 15

Red Onion Rings
Thick cut red onion rings, served with our friends’ Bermuda Jam Storm Surge dip 10

Bruschetta
Goat cheese, pesto, tomato relish, on baked ciabatta bread, balsamic and extra virgin olive oil 13

Frog Nachos
Corn tortillas, 5 bean chili, shredded cheddar cheese, house made salsa, sour cream 13.50
top with shredded pit smoked beef brisket… 3.99
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 & celery sticks 14.50

Soft German Style Pretzels
Grainy mustard and beer cheese dipping sauces 10

Deep Fried Pickles
Panko battered & deep fried spears, served with ranch sauce for dipping 13

Buffalo Chicken Dip
Pulled roast chicken, Buffalo hot sauce, bubbling cheese and corn tortillas 13.50

Pan-fried Fish Cake
Smoked haddock and curry spice, pan fried & served with a local loquat chutney 13.75

Seared Shrimp
Jumbo shrimp pan seared and tossed with a srirachi honey lime sauce, served with toasted baguette 15

SOUPS

Bermuda Fish Chowder
Brimming with market fish chunks, made with Goslings Black Seal rum and sherry peppers 9.50

French Onion Soup
Crouton and Swiss cheese 9.25

Chef Martin’s Daily Soup
Created daily with the freshest ingredients 9

SALADS

Caesar Salad
Romaine, garlic croutons, Parmesan 11

Roasted Bermuda Beet Salad
Oven roasted beets, fresh arugula, orange segments, pickled carrots, crumbled goat cheese 14

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 17.25

Blackened Wahoo Salad
Romaine lettuce, avocado, fresh fruit, toasted almonds, cucumbers, ginger sweet chili dressing 21

Caribbean Shrimp Salad
Pineapples, orange segments, dried cranberries, green onion, bell peppers, cilantro, honey lime dressing 21

NOT INCLUDING 17% SERVICE
PUB GRUB

For over 25 years, the Frog and Onion has been serving Bermuda’s favourite English Pub dishes & 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 26

Smoked Brisket in a Yorkie
House smoked beef brisket, fresh Yorkshire pudding, buttered peas and house gravy 24

Chef Martin’s Cornish Pastie
Flake pastry stuffed with seasoned ground beef and vegetables, served with seasonal mixed salad or chips 19

Bangers & Mash
Bermuda made Westover Farms pork sausages, mashed potatoes, fresh vegetables, sautéed onions and demi-glace 19.50

Chicken Balti Curry
Chicken and fresh vegetables slow cooked in an authentic curry sauce with rice, served with poppadom and mango chutney 21.50

Frog & Onion Burger
Grass fed Wagyu beef patty, Swiss cheese, crisp bacon, fried onions 18

Corned Beef & Potato Pastie
Housemade corned beef, short pastry, sautéed vegetables, sauerkraut, grainy mustard 21

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 20.50

Chicken Pot Pie
Fresh boneless chicken, mixed vegetables, light cream sauce, biscuit crust 21

Lobster Turnover Pie
Lobster chunks, mushrooms, carrots, onions, brandy cream sauce, pastry envelope 27.50

Curried Chicken Pie
Braised chicken thighs, veggies, potatoes, spicy house curry sauce, puff pastry crust 21

Beef Brisket & Black Anchor Porter Pot Pie
Pit smoked beef brisket, potato, mushrooms, carrots, peas, biscuit crust 21

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

Traditional Sunday Roast

30
(ONLY AVAILABLE ON SUNDAYS)

Oven Roasted Prime Rib of Beef
Served with Yorkshire pudding, market vegetables, mashed potatoes and au jus

House Made Fresh Apple Crumble
with maple whipped cream

NOT INCLUDING 17% SERVICE
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 warm candlelit ambience at dinner.

Flame Grilled Rockfish
Char grilled and served with coconut rice, local vegetables & a local loquat chutney  31

Cedar Plank Atlantic Salmon
Maple glazed & served with sautéed spinach, sweet corn & a lemon caper butter sauce  29

Victualling Yard Pork Ribs
1/2 rack of slow basted St. Louis pork ribs, smoked out back, house barbeque sauce, mashed potatoes & steamed veggies  23

Fire Grilled Double Lamb T-Bone
Marinated in local rosemary, served with pearl barley, sauteed vegetables and mint demi glace  30

Vegetarian Strudel
Hearty mix of roasted squash, fresh sage, creamy goat’s cheese, baked in puff pastry, served with Provencal sauce  23

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 33rd anniversary of doing business together.

8oz Beef Tenderloin
HP sauce demi glace  34

British Style Roast Beef Dinner  31

10oz New York Strip
Smoked onion cream sauce  33

Served with seasonal sautéed vegetables, and either:
Smoked cheddar croquette potatoes
Steak cut pub fries

Pop-in and see our great selection of super-quality tee shirts, hats, koozies and other souvenirs to commemorate your visit to the Frog & Onion.

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