“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’ famous Bermuda Jam Storm Surge dip 10

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

Frog Nachos
Corn tortillas, house 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 and celery sticks 14.50

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

Deep Fried Pickles
Panko battered and 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

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

NOT INCLUDING 17% SERVICE
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’s Daily Soup
Created daily with the freshest ingredients 9

SALADS

Caesar Salad
Romaine lettuce, 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

Weekend Breakfast
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 19.75

Traditional Bermudian Nosh
Classic Codfish & Potatoes, with banana, avocado, hard-boiled egg, tomato sauce & toast 20

NOT INCLUDING 17% SERVICE
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 20.50

**Chicken Pot Pie**  
Fresh boneless chicken, mixed vegetables, Light cream sauce, biscuit 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

**House Specialties**

**Flame Grilled Rockfish**  
Char grilled and simply served with coconut basmati rice, fresh vegetables and a local loquat chutney 31

**Open Faced Steak Sandwich**  
New York Strip, buttered baguette, house made beer cheese, mushrooms, onions, fries and salad 21.50
PUB GRUB

For over 25 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 red grouper, crisp fried, with chips, malt vinegar and tartar sauce  

26

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

19

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

19.50

Frog & Onion’s
Traditional Ploughman’s Lunch
House made mini pork pie, cheddar & stilton cheeses, apples, pickled onion, carrots, Branston pickle, sliced French baguette  

19.25

Smoked Brisket
in a Yorkie
Slow cooked 10 hours in our Bermuda wood smoke pit, stuffed in Yorkshire pudding, buttered peas, gravy  

24

Chicken Balti Curry
Slow cooked in Chef Chitibabu’s authentic curry sauce, jasmine rice, poppadom & mango chutney  

21.50

NOT INCLUDING 17% SERVICE
Burgers & Sandwiches

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

Frog & Onion Burger
Swiss cheese, crisp bacon, fried onions 18

Derek’s Burger
Creamy beer cheese, red onion ring, bacon 17.75

Beef Brisket Sliders
Slow smoked for hours in our Victualling Yard pit barbeque, fried onions, house espresso bbq sauce 17.50

Barbeque Chicken Sandwich
Char grilled breast, Carolina barbeque sauce, rum onions, mozzarella cheese 17.25

Blackened Turkey BLT
Fresh turkey breast, bacon, lettuce, tomato, mayonnaise, on a French baguette 17.25

Fire Grilled Local Fish Sandwich
Olive oil and herb marinated fresh fish, Bermuda Storm Surge jam, lettuce & tomato, sesame bun 19.25

House Smoked Pulled Pork
Pit smoked, fried onions, pickled cabbage, bbq sauce 16.50

Cajun Wahoo Tacos
Banana pineapple salsa, shredded cabbage, thousand island mayo 18

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