

The Frigate bird is legendary to sport fishermen and its presence is an indicator to a bountiful catch, good times and success. After a long day, sea wary sportsmen return to their favorite speakeasy to enjoy refreshing beverages, great food, music and laughter while recounting their day's adventure. Many of these speakeasies became legendary in their own right. Frigate's Waterfront Bar & Grill is one of those gathering places, located on the water in beautiful Melbourne. Frigate's Waterfront Bar & Grill is the premier waterfront dining destination in Central Florida.

## Specialty Drinks

### FRIGATE'S SUNSET

El Charro Reposado Tequila  
Triple Sec  
Blood Orange mix  
Splash OJ

### BERRY MOJITO

New Amsterdam Red Berry  
Limes  
Mint Leaves  
Strawberry Oasis Mix  
Topped with Soda

### COCONUT BREEZE

Club Caribe Coconut Rum  
Blue Curacao  
Sour Mix  
Pineapple Juice  
Dark Myers

### WHITE SANGRIA

### RED SANGRIA

### SHIPWRECK

New Amsterdam Pineapple  
Banana  
Black Razzberry  
Pineapple  
Oj  
Splash Grenadine  
Float Myers

### CREAMSICLE

New Amsterdam Vodka  
Tang  
Ice Cream Mix

### SPA WATER

New Amsterdam Gin  
Elderflower  
Agave Syrup  
Basil Leaves  
Limes  
Lemons  
Cucumbers

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## Bottle Beer

Becks N/A

Bud Light

Coors Light

Corona

DogFish 90

Heineken

Kalik Gold

Miller Light

Ultra

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## Draft Beer

### FRIGATE'S LAGER

Bud Light

Dragon Point IPA

G13

Landshark


Shocktop

Stella

Ask about our 8 rotating taps.



## Starters & Sharing

 Gluten Free

 Gluten Free Optional

### LOBSTER MAC

A blend of lobster, three cheese cream sauce and topped with truffled panko bread crumbs 19

### CRISPY CALAMARI

Calamari lightly dusted in seasoned flour, flash fried to perfection then tossed with parmesan, sweet cherry peppers, served with marinara sauce 12

### CRACKED CONCH

Conch tenderized to perfection, flash fried and served with spicy remoulade sauce 15

### SMOKED FISH DIP

Mahi mahi dip served with carrots, celery, jalapeños, pepperoncini peppers and flatbreads 12

### HOUSE MADE GUACAMOLE

Fresh avocado, pico de gallo, served with freshly fried tortilla chips 9

### FRIGATE'S (AWARD WINNING) CHICKEN WINGS

Traditional buffalo style or spicy sweet thai chili style 13

### \*BEEF CARPACCIO

Shaved steak, field greens, capers, mustard aioli, parmesan, olive oil and flatbreads 17

### \*LAMB CHOP LOLLIPOPS

Lamb chops seared to perfection served with goat cheese medallion, fig preserve and fried spinach 21

## Soups

### CONCH CHOWDER

Bahamian style red chowder with vegetables, fresh herbs and potatoes  
Best served with a touch of sherry added (1.00) 7

### FRIGATE'S ONION SOUP GRATINEE

Caramelized onions and stock topped with a french baguette crouton  
and creamy cheese toasted golden brown 7

### CHEF'S SOUP DU JOUR

Market Price

## Salads

(All Salads Available Classic Chop Style)

### CUBAN AVOCADO SALAD

Fresh avocado, shaved onions, tomatoes, fresh cilantro and salad garni  
topped with a cilantro vinaigrette 12

### FRIGATE'S WEDGE SALAD

Iceberg wedge topped with bleu cheese crumbles, tomatoes, onions, bacon  
served with bleu cheese dressing and balsamic glaze 12

### NICE LITTLE BEET SALAD

House roasted fresh beets, tomatoes, shaved onions, bleu cheese crumbles  
topped with champagne vinaigrette 11

### \*CLASSIC CAESAR SALAD

Romaine hearts tossed in house made caesar dressing  
topped with parmesan cheese and croutons 10

### NICE LITTLE HOUSE SALAD

Mixed greens topped with cucumbers, shaved onions and carrots  
served with your choice of dressings 10

### SPINACH & GOAT CHEESE SALAD

Fresh spinach and goat cheese medallions with shaved fennel, crumbled bacon, grape tomatoes,  
bermuda onions and roasted macadamia nuts, tossed with a fig vinaigrette 13


### TOP ITS!

SHRIMP 12 • CHICKEN 8 • SALMON 12 • MAHI MAHI 12

## Sides

FRIGATE'S POTATOES 4 • SWEET POTATO FRIES 4

RISOTTO DU JOUR 4 •  VEGETABLE DU JOUR 4 •  COLE SLAW 4

RICE DU JOUR 4 •  STEAMED ASPARAGUS 4 • FRENCH FRIES 4

HOUSE SALAD 4 • \*CAESAR SALAD 4

• Consuming raw or undercooked meats, poultry, seafood, shellfish, oysters or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions including illness of the liver, stomach, and blood or have immune disorder. If unsure of the risk, consult a physician.



## Lunch Bowls

(Not available after 4:00pm)

 Gluten Free

 Gluten Free Optional

All served with a salad and garlic bread

### NEW ORLEANS JAMBALAYA

Shrimp, andouille sausage and chicken baked in cajun rice 16

### MEDITERRANEAN BOWL

Shrimp and scallops sautéed in a spicy chilli garlic sauce with fresh spinach, tomatoes, and feta cheese served over angel hair pasta 16

### SHRIMP SCAMPI

Four jumbo shrimp sautéed in a garlic wine scampi sauce and tomatoes, served over linguine 15

### CHICKEN MARSALA

Tenderized chicken breast sautéed in a wild mushroom marsala wine sauce and served over pappardelle pasta 14

### BLACKENED CHICKEN MAC & CHEESE

Campanelle pasta tossed with fresh spinach, sun dried tomatoes and our famous mac sauce topped with blackened chicken and truffled panko breadcrumbs 14

### SEAFOOD RISOTTO

Shrimp, scallops, mussels, calamari and fresh fish tossed in parmesan risotto 17

## Handhelds

Handhelds served with French fries and available in a wrap

### FRIGATE'S BUFFALO CHICKEN SANDWICH

Tenderized chicken breast flash fried tossed in buffalo sauce topped with bacon and bleu cheese crumbles served on a toasted brioche bun 13

### BLACKENED CHICKEN & BRIE

Tenderized chicken breast prepared the way you like it (grilled, blackened, bronzed or fried) with mango chutney, brie cheese and bermuda onion on toasted ciabatta bread 13

### \*BISTRO STEAK SANDWICH

Tenderloin of beef with arugula, caramelized onions, horseradish sauce and au jus served on a toasted baguette 21

### MACADAMIA & COCONUT GROUPER SANDWICH

(Voted One Of The Best Sandwiches In South Florida)

Grouper fillet encrusted with macadamia and coconut flash fried & served with mango chutney on a brioche bun with lettuce, tomato and bermuda onions 17

### LOBSTER ROLL

Cold-water lobster meat with old bay seasoning, celery, onions and light mayo on a new england style bun 20

### JUMBO BLACKENED SHRIMP PANINI

Jumbo shrimp lightly blackened topped with pepperjack cheese, crumbled bacon, lettuce, tomatoe, onion and guacamole aioli on pressed panini bread 16

### FRESH CATCH OF THE DAY

Fresh catch delivered daily prepared the way you like it (grilled, blackened, bronzed or fried) on a toasted brioche bun 15

### CHEESEBURGER

Chargrilled 1/2lb certified angus beef served on a toasted brioche bun (add fried egg - 1.50) 12

### FISH TACOS

Two toasted flour tortillas filled with blackened mahi mahi, asian slaw, pico de gallo and spicy remoulade 15

### BLACKENED DOLPHIN REUBEN

Blackened mahi mahi served on toasted rye bread with swiss cheese, slaw and 1000 island dressing 15

## Desserts - 8

ZEPPLES (ITALIAN CHEESE DOUGHNUT) • KEY LIME PIE

MOLTEN LAVA CAKE WITH ICE CREAM • COCONUT CREAM PIE

## Beverages

SODAS 3 • REGULAR OR SWEET ICED TEA 3

COFFEE 3 • HOT TEA 3 • FIJI WATER (1/2 LITER) 4.5

SAN PELLEGRINO (1/2 LITER) 4.5 (1 LITER) 7.5 • RED BULL ENERGY DRINKS 3.5

\$6.00 sharing charge (Matinee dining only) Monday-Thursday 4:00PM to 5:30PM • No separate checks on parties of 8 or more • 20% gratuity added to parties of 8 or more  
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## Wine Menu



### THE BUBBLES

	GLASS	BOTTLE
Brut, Opera Prima Brut, Spain		28
Prosecco, Zonin, Italy (SPLIT)		9
Rose, Zonin, Italy (SPLIT)		9
Champagne, JP Chenet (SPLIT)		9
JP Chenet Rose (SPLIT)		9
JP Chenet Rose		32
Rose, Le Grand Courtage Brut, France		38
Brut, Mumm Napa "Brut Prestige", CA		48
Champagne, JP Chenet, France		32
Champagne, Veuve Clicquot "Yellow Label, France (375ml)		52
Champagne, Veuve Clicquot "Yellow Label", France		94
Champagne, Dom Perignon, France		225

### ROSE WINE

Rose, Prophecy "Cote De Provence", France	9	32
Rose, Whispering Angel, Napa Valley, CA	13	44

### WHITE WINE

Sauvignon Blanc, La Playa, Chile	8	28
Sauvignon Blanc, Starborough, New Zealand	10	36
Sauvignon Blanc, Kim Crawford, New Zealand	12	42
Pinot Grigio, Cavaliere D'Oro, Italy	8	28
Pinot Grigio, Maso Canali, Italy	11	38
Pinot Grigio, Santa Margherita, Italy	N/A	56
Chardonnay, Chateau St. Jean, North Coast, CA	8	28
Chardonnay, Kendall Jackson "Avant Un-Oaked", CA	10	36
Chardonnay, Sonoma-Cutrer, Russian River Ranches, CA	N/A	56
Chardonnay, Cakebread Cellars, Napa Valley, CA	N/A	79

### RED WINE

Malbec, Proemio, Mendoza, Argentina	8	28
Pinot Noir, Chateau Sauverain, CA	8	28
Pinot Noir, Mac Murray, Central Coast, CA	10	36
Pinot Noir, La Crema, Monterey County, CA	12	42
Cabernet, La Playa, Chile	8	28
Cabernet, Upper Cut, CA	10	36
Cabernet, Orin Swift Palermo, Napa Valley, CA	N/A	82
Cabernet, Cakebread Cellars, Napa Valley, CA	N/A	115

WE PROUDLY SERVE HOUSE WINE FROM CANYON WINERY IN CALIFORNIA 7 per glass

Pinot Grigio, Chardonnay, Merlot, Cabernet Sauvignon