

The Frigate bird is legendary to sport fishermen and it's 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 North Palm Beach. Frigate's Waterfront Bar & Grill is the premier waterfront dining destination in South Florida.

Specialty Drinks

FRIGATE'S PAW-PAW RUM BUCKET 16

Club Caribe Silver Rum, Club Caribe Gold Rum, Club Caribe Coconut Rum, Amaretto, orange juice, pineapple juice. pina colada mix and a dark rum floater

PINEAPPLE MULE 10

New Amsterdam Pineapple Vodka, pineapple juice, ginger beer and lime

VODKA COCONUT MOJITO 10

New Amsterdam Coconut Vodka, Coco Lopez, lime, Mint leaves and topped with soda water

DEEP BLUE LEMONADE 10

New Amsterdam Vodka, Blue Curacao, simple syrup, muddled lemons and topped with soda water

FROZEN CREAMSICLE 14

Just like your favorite past time ice cream except with New Amsterdam Vodka

RED SANGRIA 8

Bottle Beer

Budweiser
Bud Light
Michelob Ultra
Miller Lite
Coors Light
Corona Extra
Corona Light
Heineken
Becks Non-Alcohol

Draft Beer

Yuengling
Miller Lite
Frigate's Lager
Stella Artois
Sailfish Brewing
Tag & Release Amber Ale
Funky Buddha Floridan Hefeweizen
Funky Buddha Hop Gun IPA
Sweet Water Brewing 420 Pale Ale

Adult Seltzer

White Claw: Mango
White Claw: Black Cherry
Funky Buddha: Mango Guava

Please ask your sever about our Rotating Draft Beer



 Gluten Free
 Gluten Free Optional

Starters & Sharing

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

ROASTED BRUSSEL SPROUTS

Brussel sprouts roasted with seasonal squash, candied pecans, tossed in a spicy maple glaze, topped with crumbled goat cheese 10

FRIGATE'S (AWARD WINNING) CHICKEN WINGS

Traditional buffalo style or spicy sweet thai chili style 12

*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 tomatoes, cucumbers, shaved onions and carrots served with your choice of dressing 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 9

SALMON 12

MAHI MAHI 12

• 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.



 Gluten Free
 Gluten Free Optional

Signature Seafood Selections

HOG FISH FRIGATE'S STYLE

Sautéed hogfish in a white wine and lemon butter sauce topped with jumbo crab meat served with rice and vegetables 30

MACADAMIA YELLOWTAIL SNAPPER

Fresh yellowtail snapper seared in macadamia nuts finished with citrus beurre blanc wine sauce served with rice and vegetables 29

TAHINI GLAZED ARCTIC SALMON

Salmon fillet chargrilled topped with a sesame-citrus glaze served with rice and vegetables 21

PARMESAN & HERB ENCRUSTED GROUPER

Parmesan & herb encrusted grouper fillet sautéed with tomato-caper relish served over spinach risotto and a citrus beurre blanc 29

PARGO FRITO

Whole flash fried snapper served with avocado-pico de gallo, and black beans & rice 24

SWEET POTATO SEARED MAHI MAHI

Mahi mahi fillet served with rice and a salad garni, topped with mango salsa and citrus beurre blanc sauce 24

\$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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Chargrilled Signature Selections

*(All Of Our Steaks Are
Certified Choice Bone In Cuts)*

All Steaks served with seasonal Vegetables

FRIGATE'S CLASSIC BONE IN FILET MIGNON

12oz Bone-in beef tenderloin char seared in our signature seasoning and served with house au jus served over our potato du jour 52

TOMAHAWK FOR TWO

32oz Bone-in tomahawk ribeye steak char seared to perfection served over risotto with house au jus 65

STEAK HOUSE BONE IN STRIP STEAK

16oz Bone-in new york strip steak char seared in our signature seasoning with house au jus served over our potato du jour 43

SURF ADD ON'S

Six Chargrilled Jumbo Shrimp 12

Six Ounce Lobster Tail -Market Price

Big Bowls

NEW ORLEANS JAMBALAYA

Shrimp, andouille sausage and chicken baked in cajun rice, topped with grilled lobster tail 30

MEDITERRANEAN BOWL

Shrimp and scallops sautéed in a spicy chilli garlic sauce with fresh spinach, tomatoes, and feta cheese served over angel hair pasta 26

SHRIMP SCAMPI

Six jumbo shrimp sautéed in a garlic wine scampi sauce served over linguine with garlic toast 19

CHICKEN MARSALA

Tenderized chicken breast sautéed in a wild mushroom marsala wine sauce and served over pappardelle pasta 19

BLACKENED CHICKEN MAC & CHEESE

Campanelle pasta tossed with fresh spinach, sundried tomatoes and our famous mac sauce topped with blackened chicken and truffled panko breadcrumbs 20

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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 a toasted ciabatta bread 13

MACADAMIA & COCONUT GROUPER SANDWICH

(Voted one of the best sandwiches in South Florida)

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

Sides

FRIGATES'S POTATOES 4.5

SWEET POTATO FRIES 4.5

RISOTTO DU JOUR 4.5

 VEGETABLE DU JOUR 4.5

RICE DU JOUR 4.5

 STEAMED ASPARAGUS 4.5

FRENCH FRIES 4.5

 COLE SLAW 4.5

CREAMED SPINACH 4.5

HOUSE SALAD 4.5

*CAESAR SALAD 4.5

Desserts

8

ZEPPLES

(ITALIAN CHEESE DOUGHNUT)

KEY LIME PIE

MOLTEN LAVA CAKE WITH ICE CREAM

COCONUT CREAM PIE

Beverages

SODAS 3.5

REGULAR OR SWEET

ICED TEA 3.5

COFFEE 3.5

HOT TEA 3.5

FIJI WATER (1/2 LITER) 4.5

SAN PELLEGRINO

(1/2 LITER) 4.5 (1 LITER) 8

MONSTER ENERGY DRINKS 4

Wine Menu

THE BUBBLES

	GLASS	BOTTLE
Brut, Opera Prima Brut, Spain	8	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, 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