

*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 MP

### CRISPY CALAMARI

Calamari lightly dusted in seasoned flour, flash fried to perfection then tossed with parmesan, sweet cherry peppers, served with marinara sauce 13

### CRACKED CONCH

Conch tenderized to perfection, flash fried and served with spicy remoulade sauce 17

### SMOKED FISH DIP

Mahi mahi dip served with carrots, celery, jalapeños, pepperoncini peppers and flatbreads 13

### HOUSE MADE GUACAMOLE

Fresh avocado, pico de gallo, served with freshly fried tortilla chips 10

### 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, also available chicken tender style 14

### \*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 23

## Soups

### CONCH CHOWDER

Bahamian style red chowder with vegetables, fresh herbs and potatoes  
Best served with a touch of sherry added (1.00) 8

### 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 13

### FRIGATE'S WEDGE SALAD

Iceberg wedge topped with bleu cheese crumbles, tomatoes, onions, bacon served with bleu cheese dressing and balsamic glaze 13

### NICE LITTLE BEET SALAD

House roasted fresh beets, tomatoes, shaved onions, bleu cheese crumbles topped with champagne vinaigrette 12

### \*CLASSIC CAESAR SALAD

Romaine hearts tossed in house made caesar dressing topped with parmesan cheese and croutons 11

### NICE LITTLE HOUSE SALAD

Mixed greens topped with cucumbers, shaved onions and carrots served with your choice of dressings 11

### 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 14

### TOP ITS!

SHRIMP 13 • CHICKEN 9 • \*SALMON 12 • MAHI MAHI 13

## Sides

FRIGATE'S POTATOES 5 • SWEET POTATO FRIES 4.5

RISOTTO DU JOUR 4.5 •  VEGETABLE DU JOUR 4.5 •  COLE SLAW 4.5

RICE DU JOUR 4.5 •  STEAMED ASPARAGUS 5 • FRENCH FRIES 4.5

CREAMED SPINACH 4.5 • HOUSE SALAD 4.5 • \*CAESAR SALAD 4.5

• 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 17

### MEDITERRANEAN BOWL

Shrimp and scallops sautéed in a spicy chilli garlic sauce with fresh spinach, tomatoes, and feta cheese served over angel hair pasta 17

### SHRIMP SCAMPI

Four jumbo shrimp sautéed in a garlic wine scampi sauce and tomatoes, served over linguine 16

### 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 15

### SEAFOOD RISOTTO

Shrimp, scallops, mussels, calamari and fresh fish tossed in parmesan risotto 18

### PORK ASADA BOWL

Mojo roasted pulled pork served over rice and topped with black beans, pico de gallo, sliced avocado, jalapeños, and queso blanco 15

## 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 14

### 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 14

### \*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 19

### LOBSTER ROLL

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

### JUMBO BLACKENED SHRIMP PANINI

Jumbo shrimp lightly blackened topped with pepperjack cheese, crumbled bacon, lettuce, tomato, onion and guacamole aioli on pressed panini bread 17

### 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 18

### \*CHEESEBURGER

Chargrilled 1/2lb certified angus beef served on a toasted brioche bun (add fried egg - 1.50) 13

### FISH TACOS

Two toasted flour tortillas filled with blackened mahi mahi, asian slaw, pico de gallo and spicy remoulade 16

### BLACKENED DOLPHIN REUBEN

Blackened mahi mahi served on toasted rye bread with swiss cheese, slaw and 1000 island dressing 16

## Desserts - 8

ZEPPLES (ITALIAN CHEESE DOUGHNUT) • KEY LIME PIE

MOLTEN LAVA CAKE WITH ICE CREAM • COCONUT CREAM PIE

## Beverages

FIJI WATER (1/2 LITER) 4.5

SAN PELLEGRINO (1/2 LITER) 4.5 (1 LITER) 7.5

MONSTER ENERGY DRINKS 4.5

\$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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**THE BUBBLES**

	GLASS	BOTTLE
Brut, Opera Prima Brut, Spain	8	28
Prosecco, Zonin, Italy (SPLIT)		9
Rose, Zonin, Italy (SPLIT)		9
Brut, Mumm Napa "Brut Prestige", CA		48
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, Starborough, New Zealand	10	36
Sauvignon Blanc, Kim Crawford, New Zealand	13	44
Pinot Grigio, Cavaliere D'Oro, Italy	9	32
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	13	44
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