

Pub Snacks & Shares

“Local Chippy” Calamari

Tender rings of quick fried calamari,
spicy marinara sauce.
Good to share... or not! 16.⁷⁵

Bruschetta

Goat cheese, pesto, fresh tomato relish,
on baked ciabatta bread, balsamic
and extra virgin olive oil 14.⁷⁵

Sportsbar Nachos

Corn tortillas, 5 bean chili, shredded cheese,
peppers, onions, jalapenos, house
made salsa, sour cream 14.²⁵
...add pit smoked brisket or pulled pork 4.⁵⁵
...add a side of fresh guacamole 3.⁹⁵

Classic Buffalo Wings

Crispy skinned chicken wings & drumettes
tossed in house-blended hot sauce with
blue cheese dip and celery sticks 16

Soft German Style Pretzels

Grainy mustard and beer
cheese dipping sauces 11.²⁵

Deep Fried Pickles

Panko battered and deep fried spears,
served with ranch sauce for dipping 14

Bacon & Onion Dip

Bubbling cream cheese, onion chutney,
bacon crumbles and corn tortillas 13.⁵⁰

Seared Shrimp

Jumbo shrimp pan seared with a
lime sriracha white wine sauce,
toasted baguette 18

Dockyard Brewing Poutine

Steak cut fries topped with our house made
beer cheese sauce, mozzarella, gravy, and
your choice of Victualling Yard pit smoked
pulled pork or beef brisket 14

Red Onion Rings

Thick cut red onion rings, served with our
house made Frog and Onion dip 11.⁷⁵

SOUPS

Bermuda Fish Chowder

West end's BEST 10.⁷⁵

French Onion Soup

Crouton and Swiss cheese 9.⁷⁵

SALADS

Caesar Salad

Romaine lettuce, garlic croutons,
Parmesan 11.⁵⁰

Roasted Bermuda Beet Salad

Oven roasted beets, fresh arugula,
orange segments, crumbled goat
cheese, herb dressing 14.⁵⁰

House Made 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 Shepherd's Pie

100% seasoned ground lamb,
mixed vegetables, mashed
potato crust 24

Brisket Shepherd's Pie

Pit smoked brisket, mixed
vegetables, barbeque sauce,
mashed potato crust 21

Chicken Pot Pie

Fresh boneless chicken, mixed
vegetables, light cream sauce, puff
pastry topping 21.⁵⁰

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

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.

Pit Smoked St Louis Pork Ribs

Slow smoked for hours with Bermuda cedar and casuarina, finished with local loquat Carolina barbeque sauce, with fries and seasonal vegetables 29.⁵⁰

Flame Grilled Rockfish

Local when available, char grilled & served with coconut rice, seasonal vegetables and a wild foraged local loquat chutney 38

Cedar Plank Atlantic Salmon

Maple glazed & served with cajun butter, sautéed spinach, sweet corn and coconut rice 30

Creamy Garlic Seafood Pasta

Market seafood, white wine and garlic cream sauce, chopped parsley and fresh lemon 28

British Pub Curry

*Suresh's family recipes
(mild, medium, hot
...or Phil's Hot!)*

Masala

Ginger, garlic, tomato, onion, garam masala, cumin, coriander, mild chilli, turmeric, coconut touch of cream

or

Makhani

Ginger, garlic, tomato, cashew, green chilli, cumin, garam masala, cardamom, fenugreek, touch of cream

ADD PROTEIN

- ~ Vegetarian 22
- ~ Boneless Chicken 23
- ~ Boneless Lamb 25

*Served with basmati rice,
naan, and mango chutney*

Add a side of steamed mixed vegetables for only 5.⁹⁵

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 35th anniversary of doing business together.

Served with seasonal sautéed vegetables, and either: creamy mac n cheese ...or steak cut pub fries

12oz Succulent Ribeye

Served with au jus and Yorkshire pudding 42

16oz Fire Seared T-Bone Steak

Grilled exactly to your liking, with a classic poured to order peppercorn sauce 56

NOT INCLUDING 17% SERVICE

Famous Pub Fare

For over 30 years, the Frog and Onion has been serving Bermuda's favourite English Pub dishes and 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 cod, fried and served with chips, malt vinegar and tartar sauce 28

Smoked Brisket in a Yorkie

House smoked beef brisket, fresh Yorkshire pudding, buttered Peas and house gravy 25

Chef Martin's Cornish Pastie

Flake pastry stuffed with seasoned ground beef and vegetables, served with seasonal mixed salad or chips 21

Bangers n' Mash

Bermuda made Westover Farms pork sausages, mashed potatoes, fresh vegetables, sautéed onions and demi-glace 21

Frog and Onion Dinner Burger

Grass fed Wagyu beef patty, Swiss cheese, crisp bacon, fried onions 24
Served with onion soup or starter salad

Shrimp and Chips

Beer battered jumbo shrimp served with French fries and sweet sriracha dipping sauce 25

Vegetarian Jacketed Sweet Potato

Fresh avocado, mild salsa, black beans cheddar, sour cream, mixed green salad 21

Traditional Weekend Roast

39.⁹⁵

Only available on Saturdays and Sundays 'til gone!

Cooked medium rare, 10oz cut carved to order.

Oven Roasted Prime Rib of Beef

Served with Yorkshire pudding, market vegetables, mashed potatoes and au jus

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**House Made
Fresh Apple Crumble**
with maple whipped cream

Gift Shop



Pop-in and see our great selection of super quality tee shirts, hats, koozies and other souvenirs

to commemorate your visit to the Frog and Onion!