



## Our Proud History

**The Frog & Onion Pub was created and opened in 1992 by a Bermudian (“Onion”) and a Frenchman (“Frog”), and is now part of Island Restaurant Group, operators of six great restaurants throughout Bermuda.**

**The historic building that houses our authentic British pub is a Cooperage, which was completed in 1853 after the war of 1812. A Cooperage is a workshop that built, repaired or dismantled barrels, casks and kegs.**

**The provisioning of wooden ships during the days of sail required that almost all provisions be packaged in barrels or casks so they could be man-handled, loaded and stored in the cargo areas of the ship. Empty water casks needed to be taken ashore in ships' boats for refilling at the watering place.**

**The Cooperage space and adjacent Victualling Yard were converted to five storehouses in the 1940s and due to its most recent repurposing as the Frog & Onion Pub and in a separate storehouse, the Dockyard Brewing Co., so continues in the victualling business.**

# Pub Snacks & Shares

## Crispy Calamari

Classic marinara sauce & lemon to squeeze.  
Good to share... or not! DF 18.<sup>50</sup>

## Bruschetta

Crusty garlic brushed ciabatta  
topped with tomato relish, feta, pesto and  
extra virgin olive oil (V) 15.<sup>50</sup>

## Sportsbar Nachos

Corn tortillas, 5 bean chilli, shredded  
cheese, peppers, onions, jalapenos,  
salsa, sour cream 15.<sup>75</sup>  
...add pit smoked brisket or pulled pork 6.<sup>95</sup>  
...add a side of fresh guacamole 4.<sup>50</sup>

## Buffalo Wings & Drums

Tossed in our own hot sauce,  
blue cheese dip 17.<sup>95</sup>

## Crispy Fried Baby Gherkins

*(Pickles to our American friends!)*  
Cajun ranch dipping sauce (V) 15.<sup>25</sup>

## Soft German Style Pretzels

Grain mustard and beer  
cheese dipping sauces (V) 12.<sup>65</sup>

## Spicy Sautéed Shrimp

Jumbo shrimp, cooked with white wine,  
lemon, honey and Sriracha 19.<sup>75</sup>

## Red Onion Rings

Thick cut and battered, served with garlic mayo  
and sweet chili dipping sauces (V) 13.<sup>25</sup>

## Jonny's Lentil Hummus

Spiced walnuts, toasted ciabatta, extra  
virgin olive oil drizzle (Ve) 13.<sup>25</sup>

## Frog Poutine

French fries, cheese sauce and gravy (V) 15  
...add pit smoked brisket or pulled pork 6.<sup>75</sup>

# SOUPS

## Bermuda Fish Chowder

West End's BEST! 11.<sup>75</sup>

## French Onion Soup

Topped with Swiss cheese  
crouton 12.<sup>25</sup>

# Chef's Specialties

## Flame Grilled Rockfish

*(local when available)*

Jerk spices, chunky roast  
pineapple salsa, smashed  
avocado, mango  
sour cream 39.<sup>95</sup>

## Nate's Chicken Penne Pasta

White wine, garlic, creamy  
tomato sauce, broccoli  
and fresh lemon 27.<sup>50</sup>

## Classic Chicken Kiev

Breaded & baked chicken breast  
filled with garlic/parsley  
butter served with salad  
or French fries 31.<sup>50</sup>

## Pan-Roasted Atlantic Salmon

With baby shrimp, tomatoes,  
garlic, olives & capers, crème  
fraiche and a hint of chilli 37.<sup>95</sup>

## Grilled Lamb Cutlets

Roasted garlic mash, sautéed  
vegetables, caramelized onion  
mint jus 45

## Fresh Salads

### Tomato Salad

With cucumber, feta,  
chickpeas and pesto (V) 14

### Caesar Salad

Crisp romaine, garlic croutons,  
Parmesan (V) 13.<sup>95</sup>

### Oven Roasted Beets

Baby arugula, sea salt, olive oil  
Parmesan, lemon for squeezing (V) 13.<sup>95</sup>

## Frog's Pub Pies

*Made from scratch, they may take a  
little longer to bring to you, as we  
bake each one to order.*

### Shepherd's Pie

Ground lamb simmered in a  
rich gravy, under a buttery  
mashed potato crust 26.<sup>95</sup>

### Chicken Pot Pie

Boneless chicken & mixed vegetables  
in a light cream sauce topped with  
flaky puff pastry 24.<sup>95</sup>

### Brisket Cottage Pie

Victualling Yard pit smoked brisket &  
vegetables, barbecue sauce under a  
buttery mashed potato crust 25.<sup>95</sup>

### Steak 'n' Stout

Tender beef slowly braised with  
mushrooms in a rich gravy made with  
Dockyard Brewing Co. stout, topped  
with flaky puff pastry 26.<sup>95</sup>

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

## British Pub Curry

*(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 23.<sup>75</sup>

~ Boneless Chicken 25.<sup>95</sup>

~ Boneless Lamb 28

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

Add a side of steamed mixed  
vegetables for only 7.<sup>75</sup>

## The Butcher's Block

### 14oz Succulent Ribeye

Served with au jus  
and Yorkshire pudding 46

With seasonal sautéed vegetables,  
and either: roasted garlic mash  
...or steak cut pub fries

NOT INCLUDING 18% SERVICE CHARGE

## Hearty Pub Grub

### Fish & Chips

Atlantic cod coated in light crisp batter made with our home brewed Trunk Island Ale, peas & chunky tartare sauce 30.<sup>75</sup>

### Frog & Onion's Cornish Pasty

Flaky puff pastry filled with seasoned ground beef and vegetables, served with mixed salad or chips 27.<sup>75</sup>

### Suresh's Vegetable Cutlets

Oven roasted Sri Lankan style mixed vegetable patty, served with garlic spinach and cashew curry sauce (Ve) 25.<sup>50</sup>

### Banger's 'n' Mash

Bermuda made Westover Farm's pork sausages, bacon fat mashed potatoes, onion gravy and crispy onions 27

### Frog & Onion Dinner Burger

Beef patty, brioche bun, Swiss cheese, crispy bacon, crispy onions and side salad or fries  
*...includes a small Caesar salad or bowl of Bermuda fish chowder to start* 26.<sup>75</sup>

### Blackened Wahoo Salad

Romaine lettuce, avocado, fresh fruit, toasted almonds, cucumbers, ginger sweet chili dressing 27

## Smokin' Specialties

*From our very own pit, parked out back in the Victualling Yard!*

### 8 hr Beef Brisket

Stacked inside Yorkshire pudding, with onion gravy, peas, side horseradish 30.<sup>75</sup>

### 4 hr Hoisin Pork Ribs

Fries, Caesar salad 30.<sup>75</sup>

## Traditional Weekend Roast

42.<sup>95</sup>

*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

...

### Baked Apple & Berry Crumble

Hot Devon Custard

## 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!*

NOT INCLUDING 18% SERVICE CHARGE