



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^{.50}

Bruschetta

Crusty garlic brushed ciabatta topped
With tomato relish, feta, pesto and
extra virgin olive oil (V) 15^{.50}

Sportsbar Nachos

Corn tortillas, 5 bean chilli, shredded
cheese, peppers, onions, jalapenos,
salsa, sour cream 15^{.75}

...add pit smoked brisket or pulled pork 6^{.95}

...add a side of fresh guacamole 4^{.50}

Buffalo Wings & Drums

Tossed in our own hot sauce,
blue cheese dip 17^{.95}

Crispy Fried Baby Gherkins

(Pickles to our American friends!)

Cajun ranch dipping sauce (V) 15^{.25}

Soft German Style Pretzels

Grain mustard and beer
cheese dipping sauces (V) 12^{.65}

Spicy Sautéed Shrimp

Jumbo shrimp, cooked with white wine,
lemon, honey and Sriracha 19^{.75}

Red Onion Rings

Thick cut and battered, served with garlic mayo
and sweet chili dipping sauces (V) 13^{.25}

Jonny's Lentil Hummus

Spiced walnuts, toasted ciabatta, extra
virgin olive oil drizzle (Ve) 13^{.25}

Frog Poutine

French fries, cheese sauce and gravy (V) 15

...add pit smoked brisket or pulled pork 6^{.75}

NOT INCLUDING 18% SERVICE CHARGE

SOUPS

Bermuda Fish Chowder

West End's BEST! 11^{.75}

French Onion Soup

Topped with Swiss cheese crouton 12^{.25}

Fresh Salads

Tomato Salad

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

Caesar Salad

Crisp romaine, garlic croutons, Parmesan (V) 13^{.75}

Oven Roasted Beets

Baby arugula, sea salt, olive oil, Parmesan,
lemon for squeezing (V) 13^{.95}

...add fresh grilled chicken 10^{.50}

...shrimp 12 ...or steak 12 ...to any salad

Frog & Onion Cobb

Grilled chicken, bacon, sweetcorn, boiled eggs,
tomatoes, avocado, mixed greens,
Chef's dressing 24^{.75}

Blackened Wahoo Salad

Romaine lettuce, avocado, fresh fruit,
toasted almonds, cucumbers,
ginger sweet chili dressing 25^{.95}

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 29^{.75}

4 hr Hoisin Pork Ribs

Fries, Caesar salad 29^{.75}

NOT INCLUDING 18% SERVICE CHARGE

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 26.²⁵

Chicken Pot Pie

Boneless chicken & mixed vegetables in a light cream sauce topped with flaky puff pastry 24.⁵⁰

Brisket Cottage Pie

Victualling Yard pit smoked brisket & vegetables, barbecue sauce under a buttery mashed potato crust 25.⁵⁰

Steak 'n' Stout

Tender beef slowly braised with mushrooms in a rich gravy made with Dockyard Brewing Co. stout, topped with flaky puff pastry 26.⁷⁵

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

Makhani

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

ADD PROTEIN:

Vegetarian 23.⁷⁵ Boneless Chicken 25.⁹⁵
or Boneless Lamb 28

Served with basmati rice, naan, and mango chutney
Add a side of steamed mixed vegetables for only 7.⁷⁵

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^{.75}

Frog & Onion's Cornish Pasty

Flaky puff pastry filled with seasoned ground beef and vegetables, served with mixed salad or chips 27^{.75}

Traditional Ploughman's Lunch

Crusty bread, British cold pork pie, boiled egg, mature English cheddar, apple, tomato, Branston pickle 25^{.75}

Suresh's Vegetable Cutlets

Oven roasted Sri Lankan style mixed vegetable patty, served with garlic spinach and cashew curry sauce (Ve) 25^{.50}

Banger's 'n' Mash

Bermuda made Westover Farm's pork sausages, bacon fat mashed potatoes, onion gravy and crispy onions 26

Chefs Specialties

Flame Grilled Rockfish

(Local when available)

Jerk spices, chunky roast pineapple salsa, smashed avocado, mango sour cream 39

Nate's Chicken Penne Pasta

White wine, garlic, creamy tomato sauce, broccoli and fresh lemon 26^{.50}

Pan-Roasted Atlantic Salmon

With baby shrimp, tomatoes, garlic, olives & capers, crème fraiche and a hint of chilli 37^{.95}

NOT INCLUDING 18% SERVICE CHARGE

Burgers & Sandwiches

Served in onion buns with side salad or fries.

Frog & Onion Burger

Beef patty, Swiss cheese, crispy bacon, crispy onions 20^{.50}

I.E.D. Burger

Beef patty, pickled jalapenos, habanero cheese, candied bacon, roasted red pepper mayo, Sriracha 21^{.50}

The Babe

Victualling Yard pit smoked pulled pork, bacon jam, grilled onions, HP mayo 21^{.75}

Local Fish Sandwich

Light crispy tempura batter, toasted raisin bun, coleslaw, chunky tartare sauce, lemon, optional hot sauce 22^{.75}

Le Coq Sportif

Grilled chicken, garlicky 'slaw, crispy onions, Swiss cheese, Cajun mayo 20^{.25}

Turkey BLT

Stacked 'n' packed with roast turkey, bacon, lettuce, tomato, mayonnaise, crusty baguette 19^{.25}

Impossible® Burger

Plant based patty, sweet 'n' tangy onion relish, avocado (Ve) 24^{.50}

Traditional Weekend Roast

*Only available on Saturdays 42^{.50}
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

NOT INCLUDING 18% SERVICE CHARGE