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.

**Frigate's Paw-Paw Elixir**

(HISTORY OF THE Paw-Paw ELIXIR)

Munyon Island is located in the Lake Worth Lagoon Estuary in North Palm Beach, Florida (approx. 3/4 mile from where you sit right now). Today it is part of John D. MacArthur Beach State Park. Munyon Island was originally called Nauctsachoo by the Seminoles, which means Pelican Island.

In 1901 Dr. James M. Munyon purchased the Island and in 1903, Dr Munyon completed construction of the Hotel Hygeia. Named after the Greek goddess of Health, the five story, twenty-one room, eight bath hotel catered to ailing, wealthy Northerners who came to Palm Beach to recuperate on the tropical Island and drink of Dr. Munyon’s Paw-Paw Elixir, consisting primarily of fermented papaya juice, which he bottled on the island. Please give Frigate’s interpretation of the infamous Elixir a try. Just ask for a Friggint Paw Paw. One should cure all your ailments. $15.00

**Specialty Drinks**

**NOLLET’S SPA WATER**

Frigate’s prides itself for its tropical ambience. Cool summer breezes help to keep are patrons comfortable. For those patrons looking for an added sense of comfort and refreshment, try our “Nollet’s Gin Spa Water”. NOLLET’S Silver features fresh notes of Turkish rose, peach and raspberry. These botanicals were specially selected and are individually macerated and then distilled to give the gin its distinctive, all-natural flavor and aroma. Our mixologist, then combine Nollet’s Silver Gin, Elderflower Liqueur, muddle Basil and Cucumber, juice of fresh lime, a touch of Agave and topped with Club Soda. Served over ice. $12.00

**ISLAND COMPANY RUM MOJITO**

The Mojito was born in Cuba in 1586 by Sir Francis Drake. The founder of Island Company Rum, Spencer Antle, started Island Company Rum to create rum that was equally appealing to both men and women. The resulting ultra premium rum is incredibly smooth, in fact it’s simply the smoothest rum on the market. There is virtually no burn and it almost vanishes when mixed with any tropical cocktail. Frigate’s has taken advantage of Spencer’s ultra premium rum and featured it in Frigate’s Island Company Rum Mojito. It’s simply the smoothest. $12.00

**TITTO’S MOSCOW MULE**

A Moscow mule is a buck or mule cocktail made with vodka, ginger beer, and lime juice, garnished with a slice or wedge of lime. It is served in a copper mug. It became popular during the cold night in the San Francisco suburbs, and when Frank found his drink the next morning, it was frozen. He eased it out of the glass and, holding it by the stirrer, ate it. This is how the iconic frozen treat began and the creation of many generations. Today, Frigate’s has added and alcoholic twist to the iconic treat and it has become a Frigate’s Favorite! $12.00

**PAPA’S PILAR FROZEN STRAWBERRY DAIQUIRI**

Daiquiri is also the name of a beach and an iron mine in Cuba. The Daiquiri was invented by an American mining engineer, named Jennings Cox, who was in Cuba at the time of the Spanish-American War. The drink was made more popular after William A. Chanler, a US Congressman who purchased the Santiago iron mine in 1902, introduced the daiquiri to the clubs in New York City later that year. The drink was a favorite of many famous people including Ernest Hemmingway, who is the namesake for our Frigate’s Papa’s Pilar Frozen Strawberry Daiquiri.

Papa’s Pilar Blond Rum with sweet hints of vanilla, honey and butterscotch added to the classic flavors of the strawberry daiquiri, make the perfect marriage to quench your thirst. $12.00

**PAPA PILAR FROZEN PIÑA COLADA**

Two bartenders from Puerto Rico won a contest for the ownership of their national drink. Ramón “Monchito” Marrero Perez claims to have first made the Pina Colada at the Caribe Hilton Hotel’s Beachcomber Bar in San Juan in 1954. The name Pina Colada literally means "strained pineapple". This tropical classic is enhanced with the addition of Papa’s Pilar 24 Dark Rum. Try this refreshing concoction “It’s liquid Candy in a Glass”. $12.00

**SUERTE HABANERO PEACH MARGARITA**

Legend has it that tequila was discovered by luck. Well actually it was by a rabbit. Or rather by the farmer's wife who noticed the rabbit getting tipsy on fermented agave. Suerte means luck in Spanish. Frigate’s has added a spicy twist to their famous margarita, the “Suerte Habanero Peach Margarita” Made from 100% Tahona crushed blue Agave, Suerte Reposado is aged in charred white American oak whiskey barrels for 7 months. This magnificent spirit highlights the master distillers craft by exhibiting a perfect balance of resting time, oak and pure Agave. With a robust bouquet of aromas, subtle plum, butterscotch, and oak notes. Suerte Reposado is nothing short of liquid bliss! Frigate’s mixologist infuse the tequila with habanero peppers and combine with fresh lime, peach juice puree a touch of agave nector and garnish with a toasted slice of habanero pepper. A spicy and refreshing delight! $12.00
Starters & Sharing

**Lamb Chop Lollipops**
Lamb chops seared to perfection served with goat cheese medallion, fig preserve and fried spinach $20.99

**Lobster Mac & Cheese**
A blend of lobster, three cheeses, garlic cream sauce, topped with truffled panko bread crumbs $18.99

**House Made Guacamole**
Fresh avocado, cilantro, tomato and lime, served with tri-colored chips $9.99

**Smoked Fish Dip**
Mahi Mahi dip served with carrots, celery, jalapeños, pepperoncini peppers and flat breads $12.99

**Cracked Conch**
Conch tenderized to perfection, flash fried and served with spicy remoulade sauce $17.99

**Crispy Calamari**
Calamari lightly dusted in seasoned flour, flash fried to perfection then tossed with parmesan, parsley and sweet cherry peppers, served with marinara sauce $13.99

**Frigate’s (award winning) Chicken Wings**
Traditional Buffalo Style or Spicy Sweet Thai Chili Style $12.99

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 $14.99

**Friggin Wedge Salad**
Iceberg wedge topped with bleu cheese crumbles, tomatoes, onions, bacon served with bleu cheese dressing and balsamic glaze. $12.99

**Nice Little Beet Salad**
House roasted fresh beets, tomatoes, shaved onions, bleu cheese crumbles topped with champagne vinaigrette. $12.99

**Spinach & Goat Cheese Salad**
Fresh Spinach and goat cheese with shaved fennel, crumbled bacon, grape tomatoes, Bermuda onions and roasted macadamia nuts, tossed with a fig vinaigrette $14.99

**Classic Caesar Salad**
Romaine Hearts tossed in house made Caesar dressing topped with parmesan cheese and croutons $9.99

**Nice Little House Salad**
Mixed greens topped with tomatoes, cucumbers, shaved onions and carrots served with your choice of dressing $9.99

Soups

**Conch Chowder**
Bahamian style red chowder with vegetables, fresh herbs and potatoes. Best served with a touch of sherry added ($1.00) $8.99

**Frigate’s Onion Soup Gratinee**
Caramelized onions and stock topped with a French baguette crouton and creamy cheese toasted golden brown $8.99

**Chef’s Soup Du Jour**
$8.99

Top Its!

**Shrimp** $11.99
**Chicken** $8.99
**Mahi Mahi** $13.99
**Salmon** $10.99
Market Seafood Selections

All Market Items Subject To Availability
(All Market Priced)

HOG FISH
GROUPER
YELLOW TAIL SNAPPER
LOBSTER TAILS
SCOTTISH SALMON
MAHI MAHI
JUMBO SHRIMP

MARKET SELECTIONS INCLUDE:

Cooking Method Choice
Grilled - Blackened - Broiled
Sautéed - Flash Fried - Francaise

Sauce or Topping Choice
Mango Salsa & Sweet Soy Glaze
Citrus Beurre Blanc
Picatta Sauce
Scampi Sauce

Side Salad
House or Caesar

Choice of one Side Dish
Friggin Potatoes
Sweet Potato Fries
Creamed Spinach
Vegetable Du Jour
French Fries
Pigeon Peas and Rice
Risotto Du Jour
Steamed Asparagus (Add $1.50)
Broccoli Rabe (Add $1.50)

Signature Seafood Selections

HOG FISH FRIGATE’S STYLE
Sautéed hogfish in a white wine and lemon butter sauce topped with jumbo lump crabmeat served with rice and vegetables $34.99

MACADAMIA YELLOW TAIL SNAPPER
Fresh Yellow Tail Snapper seared in macadamia nuts finished with citrus beurre blanc wine sauce served with rice and vegetables $32.99

TAHINI GLAZED SCOTTISH SALMON
Salmon fillet chargrilled topped with a sesame-citrus glaze served with rice and vegetables $29.99

PARMESAN & HERB ENCRUSTED GROPER
Parmesan & herb encrusted grouper filet sautéed with tomato-caper relish served over risotto with a lime beurre blanc and steamed spinach $34.99

$6.00 sharing charge (Matinee dining only) 4:30PM to 6:00PM
No separate checks on parties of 8 or more • 20% gratuity added to parties of 8 or more

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.
Big Bowls

**NEW ORLEANS JAMBALAYA**  
Shrimp, Andouille sausage and chicken baked in Cajun rice, topped with grilled lobster tail and garlic toast $32.99

**MEDITERRANEAN BOWL**  
Shrimp and Scallops sautéed in a chili garlic sauce with fresh spinach, tomatoes, and feta cheese served over angel hair pasta with garlic toast $29.99

**CLAM LINGUINE**  
Middleneck clams steeped in clam broth, garlic and herbs served over linguine with garlic toast $23.99

**SHRIMP SCAMPI**  
Six jumbo shrimp sautéed in a garlic wine scampi sauce served over linguine with garlic toast $23.99

**CHICKEN PICATTA**  
Tenderized chicken breast sautéed with capers, shallots, white wine and lemon butter sauce served over angel hair pasta tossed with fresh vegetables $22.99

**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 $21.99

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Handhelds
Handhelds served with French fries and available in a wrap

**Handgirl & 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 $18.99

**Fish Tacos**
Two toasted flour tortillas filled with blackened mahi mahi, Asian slaw, pico de gallo and spicy remoulade $16.99

**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 $15.99

**Lobster Roll**
Cold-water lobster meat with old bay seasoning, celery and onions on a New England style bun $20.99

**Blackened Dolphin Reuben**
Blackened mahi mahi served on toasted rye bread with swiss cheese, slaw and 1000 island dressing. $17.99

**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 $17.99

**Cheeseburger**
Chargrilled 1/2lb certified Angus beef served on a toasted brioche bun (add Fried Egg - $1.50) $13.99

**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 $15.99

**Jumbo Blackened Shrimp Panini**
Jumbo Shrimp lightly blackened topped with pepperjack cheese, crumbled bacon, lettuce, tomato, onion and guacamole aioli on pressed Panini bread $18.99

**Sides**
$5.99

**Friggin Potatoes**
**Sweet Potato Fries**
**Risotto Du Jour**
**French Fries**
**Vegetable Du Jour**
**Pigeon Peas and Rice**
**Steamed Asparagus**
**Side Salad (add $1.50)**
**Side Caesar (add $1.50)**

**Desserts**
$8.99

**Zeppoles**
(italian cheese doughnut)

**Key Lime Pie**

**Molten Lava Cake with Ice Cream**

**Coconut Cream Pie**

**Beverages**

**Sodas $3.50**
**Regular, Sweet, or Flavored Iced Tea $3.50**
**Coffee $3.50**
**Hot Tea $3.50**
**Fiji Water (1/2 Liter) $4.50**
**San Pellegrino (1/2 Liter) $4.50 (1 Liter) $7.50**
**Monster Energy Drinks $4.50**