According to legend, 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. Legend has it that tequila was discovered by an American mining engineer, Daniel de la Riva. He claimed to have first made the Piña Colada at the Caribe Hilton Hotel’s Beachcomber Bar in San Juan in 1954. The name Piña Colada literally means “strained pineapple”. This tropical classic is made with rum, pineapple juice puree a touch of agave nectar and garnish with a toasted slice of aggression. It is served in a copper mug. It became popular during the vodka craze in the United States during the 1950s. Frigate’s mixologist infuses the classic flavors of the strawberry daiquiri, make the perfect marriage to quench your thirst. $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 Hemingway, who used the name “Papa” as a nickname for our Frigate’s Papa’s Pilar Frozen Strawberry Daiquiri. Papa’s Pilar is a blend of smooth, sweet vanilla, honey and butterscotch that adds to the classic flavors of the strawberry daiquiri. $12.00

DOMESTIC BOTTLES

Budweiser (USA) 5.0%
Bud Light Lime (USA) 4.2%
Coors Light (USA) 4.2%
Michelob Ultra (USA) 4.2%
Miller Lite (USA) 4.2%

IMPORT BOTTLES

Amstel Light (Netherlands) 3.5%
Becks (Germany) Non Alcoholic
Corona Extra (Mexico) 4.6%
Corona Light (Mexico) 4.5%
Guinness Extra Stout (Ireland) 7.7%

CRAFT BEERS

Angry Orchard (USA) 5%
Dogfish Head 60 Minute IPA (USA) 6%
Dogfish Head 90 Minute IPA (USA) 9%
Samuel Adams (USA) 5.6%
Funky Buddha Hopgun (USA) 7.0%

DOMESTIC

Yuengling Lager (USA) 4.4%
Miller Lite (USA) 4.17%
Bud Light (USA) 4.2%

IMPORT

Corona Light (Mexico) 4.5%
Stella Artois (Belgium) 4.8% - 5.2%

CRAFT

Fat Tire (USA) 5.2%
Blue Moon (USA) 5.4%
Stone IPA (USA) 6.9%
Chancellor (USA) 5.3%

Ask About Our “Rotating Craft Tap”
Starters & Sharing

**Lamb Chop Lollipops**
Lamb Chops seared to perfection served with goat cheese medallions, 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

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

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 cucumbers, shaved onions and carrots served with your choice of dressings $9.99

TOP ITS!

- **Shrimp** $11.99
- **Chicken** $8.99
- **Salmon** $10.99
- **Mahi Mahi** $13.99

Sides - $4.50

- Friggin Potatoes
- Sweet Potato Fries
- Risotto Du Jour
- French Fries
- Vegetable Du Jour
- Pigeon Peas and Rice
- Steamed Asparagus
Lunch Bowls
(Not available after 4:00pm)
All served with a salad garnish

NEW ORLEANS JAMBALAya
Shrimp, Andouille sausage and chicken baked in Cajun rice served with garlic toast $17.99

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 $18.99

CLAM LINGUINE
Middle neck clams steeped in clam broth, garlic and herbs, served over linguine with garlic toast $18.99

SHRIMP SCAMPI
Four jumbo shrimp sautéed in a garlic wine scampi sauce served over linguine and tomatoes with garlic toast $16.99

CHICKEN PICATTA
Tenderized chicken breast sautéed with capers, shallots, white wine, and lemon butter sauce served over angel hair pasta tossed with fresh vegetables $14.99

BLACKENED CHICKEN MAC & CHEESE
Campanelle Pasta tossed with fresh spinach, sun dried tomatoes and our famous mac sauce topped with blackened chicken and truffle panko breadcrumbs $16.99

SEAFOOD RISOTTO
Shrimp, Scallops, Mussels, Calamari and Fresh Fish tossed in Parmesan Risotto $18.99

Handhelds
Handhelds served with French fries and available in a wrap

MACADAMIA & COCONUT GROPER 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 Bermudan onions $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 Bermudan onion on 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

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

$6.00 sharing charge (Matinee dining only) 4:30PM to 6:30PM • 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.