

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.

Specialty Drinks

PINEAPPLE MULE

New Amsterdam Pineapple Vodka
Pineapple Juice
Ginger Beer
Lime

BERRY MOJITO

New Amsterdam Red Berry Vodka
Limes
Mint Leaves
Strawberry Oasis Mix
Topped with Soda

FROZEN CREAMSICLE

New Amsterdam Vodka
Tang
Ice Cream Mix

FRIGATE'S SUNSET

Reposado Tequila
Triple Sec
Blood Orange mix
Splash OJ

WATERMELON REFRESHER

New Amsterdam Vodka
Watermelon
Pineapple
Fresh Lime

WHITE & RED SANGRIA

Bottle Beer

Budweiser
Bud Light
Michelob Ultra
Miller Lite
Corona Extra
Corona Light
Heineken
Heineken 0
Modelo
Modelo Negra

Draft Beer

Yuengling
Miller Lite
Frigate's Lager
Stella Artois
Funk Buddha Floridan Hefeweizen
Funky Budda Hop Gun
Sweet Water 420 Pale Ale
Ask about our rotating drafts

Adult Seltzer

White Claw: Mango • Black Cherry
High Noon: Pineapple • Watermelon • Grapefruit

Please ask your sever about our Rotating Draft Beer



 Gluten Free
 Gluten Free Optional

Starters & Sharing

LOBSTER MAC

A blend of lobster, three cheese cream sauce and topped with truffled panko bread crumbs 25

CRISPY CALAMARI

Calamari lightly dusted in seasoned flour, flash fried to perfection then tossed with parmesan, sweet cherry peppers, served with marinara sauce 17

FRIGATE'S SHRIMP

Tempura fried shrimp tossed in our sweet and spicy Thai sauce, dusted with sesame seeds and served with grilled pineapple 16

CRACKED CONCH

Conch tenderized to perfection, flash fried and served with spicy remoulade sauce 19

SMOKED FISH DIP

Mahi mahi dip served with carrots, celery, jalapeños, pepperoncini peppers and flatbreads 16

HOUSE MADE GUACAMOLE

Fresh avocado, pico de gallo, served with freshly fried tortilla chips 13

ROASTED BRUSSEL SPROUTS

Brussel sprouts roasted with seasonal squash, candied pecans, tossed in a spicy maple glaze, topped with crumbled goat cheese 13

FRIGATE'S (AWARD WINNING) CHICKEN WINGS

Traditional buffalo style or spicy sweet thai chili style, also available in chicken tender style 16

*BEEF CARPACCIO

Crudo shaved steak, field greens, capers, mustard aioli, parmesan, olive oil and flatbreads 17

*LAMB CHOP LOLLIPOPS

Lamb chops seared to perfection served with goat cheese medallion, fig preserve and fried spinach 23

TOMATO AND MOZZARELLA SALAD

Fresh mozzarella, heirloom tomatoes, fresh basil and balsamic glaze 14

Salads

(All Salads Available Classic or Chopped Style)

CUBAN AVOCADO SALAD

Fresh avocado, shaved onions, tomatoes, fresh cilantro and salad garni topped with a cilantro vinaigrette 13

FRIGATE'S WEDGE SALAD

Iceberg wedge topped with bleu cheese crumbles, tomatoes, onions, bacon served with bleu cheese dressing and balsamic glaze 14

NICE LITTLE BEET SALAD

House roasted fresh beets, tomatoes, shaved onions, bleu cheese crumbles topped with champagne vinaigrette 13

*CLASSIC CAESAR SALAD

Romaine hearts tossed in house made caesar dressing topped with parmesan cheese and croutons 12

NICE LITTLE HOUSE SALAD

Mixed greens topped with tomatoes, cucumbers, shaved onions and carrots served with your choice of dressing 12

SPINACH & GOAT CHEESE SALAD

Fresh spinach and goat cheese medallions with shaved fennel, crumbled bacon, grape tomatoes, bermuda onions and roasted macadamia nuts, tossed with a fig vinaigrette 14

Top Its!

SHRIMP 13 / CHICKEN 9

*SALMON 13 / MAHI MAHI 13

Soups

CONCH CHOWDER

Bahamian style red chowder with vegetables, fresh herbs and potatoes. Best served with a touch of sherry added (1.00) 9

FRIGATE'S ONION SOUP GRATINEE

Caramelized onions and stock topped with a french baguette crouton and creamy cheese toasted golden brown 8

CHEF'S SOUP DU JOUR Market Price

• 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.



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Signature Seafood Selections

FISH AND CHIPS

Classic beer battered North Atlantic Cod
served with fries, slaw and salad garni 23

MACADAMIA SNAPPER

Fresh snapper seared in macadamia nuts finished with
citrus beurre blanc wine sauce served with risotto and vegetables 34

***TAHINI GLAZED SALMON**

Salmon Filet chargrilled topped with a sesame-citrus glaze
served with rice and vegetables 24

PARMESAN & HERB ENCRUSTED GROUPEL

Parmesan & herb encrusted grouper fillet sautéed with tomato-caper relish
served over spinach risotto and a citrus beurre blanc wine sauce 34

PARGO FRITO

Whole flash fried snapper served with avocado-pico de gallo,
and black beans & rice 37

SWEET POTATO SEARED MAHI MAHI

Mahi mahi fillet served with rice and a salad garni, topped with
mango salsa and citrus beurre blanc sauce 28

*No separate checks on parties of 8 or more • 20% gratuity added to parties of 8 or more
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Chargrilled Signature Selections

(All Of Our Steaks Are Certified Choice Bone In Cuts)

All Steaks served with seasonal Vegetables

 ***FRIGATE'S CLASSIC BONE IN FILET MIGNON**

12oz Bone-in beef tenderloin char seared in our signature seasoning and served with house au jus served over our potato du jour 59

 ***TOMAHAWK FOR TWO**

32oz Bone-in tomahawk ribeye steak char seared to perfection served over risotto with house au jus 73

 ***STEAK HOUSE BONE IN STRIP STEAK**

16oz Bone-in new york strip steak char seared in our signature seasoning with house au jus served over our potato du jour 44

 **SURF ADD ON'S**

Six Chargrilled Jumbo Shrimp 13

Six Ounce Lobster Tail MP

Big Bowls

NEW ORLEANS JAMBALAYA

Shrimp, andouille sausage and chicken baked in cajun rice 27

 **SPICY MEDITERRANEAN**

Shrimp and scallops sauteéd in a spicy chili garlic sauce with fresh spinach, tomatoes, and feta cheese served over angel hair pasta 30

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 24

PORK ASADA

Mojo roasted pulled pork served over rice and black beans topped with pico de gallo, sliced avocado, fried jalapeños, queso blanco and corn chips 23

CHICKEN CARIBE

Caribbean sauteed chicken with peppers, pineapples and onions with rice and plantain chips topped with toasted coconut flakes and green onion 23

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Handhelds

Handhelds served with french fries and available in a wrap

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 17

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 17

MACADAMIA & 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 21

LOBSTER ROLL

Cold-water lobster meat with old bay seasoning, celery, onions and light mayo on a new england style bun 25

JUMBO BLACKENED SHRIMP PANINI

Jumbo shrimp lightly blackened topped with pepperjack cheese, crumbled bacon, lettuce, tomato, onion and guacamole aioli on pressed panini bread 19

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 19

*WAGYU BEEF CHEESEBURGER

1/2 lb Wagyu beef patty served on a brioche bun (add Fried Egg - 1.50) 21

FISH TACOS

Two toasted flour tortillas filled with blackened mahi mahi, asian slaw, pico de gallo and spicy remoulade 19

BLACKENED DOLPHIN REUBEN

Blackened mahi mahi served on toasted rye bread with swiss cheese, slaw and 1000 island dressing 19

Sides

FRIGATES'S POTATOES 5

SWEET POTATO FRIES 5

RISOTTO DU JOUR 5

 VEGETABLE DU JOUR 5

RICE DU JOUR 4.5

 STEAMED ASPARAGUS 5

FRENCH FRIES 4.5

 COLE SLAW 4.5

CREAMED SPINACH 5

HOUSE SALAD 4.5

*CAESAR SALAD 4.5

Desserts

ZEPPLES 10

(ITALIAN CHEESE DOUGHNUT)

KEY LIME PIE 9

 FLOURLESS CHOCOLATE CAKE 9

MOLTEN LAVA CAKE WITH ICE CREAM 9

SALTED CARAMEL CHEESECAKE 9

COCONUT CREAM PIE 9

BROWNIE A LA MODE 9

Beverages

FIJI WATER (1/2 LITER) 4.5

SAN PELLEGRINO (1/2 LITER) 5 (1 LITER) 8.5

MONSTER ENERGY DRINKS 4.5

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THE BUBBLES

	GLASS	BOTTLE
Prosecco, Zonin, Italy (SPLIT)		9
Rose, Zonin, Italy (SPLIT)		9
House Champagne		28
Champagne, Veuve Clicquot "Yellow Label, France (375ml)		52
Champagne, Veuve Clicquot "Yellow Label", France		94
Champagne, Dom Perignon, France		225

ROSE WINE

Rose, Prophecy, California	9	32
Rose, Whispering Angel "Cote de Provence", France	15	55

WHITE WINE

Sauvignon Blanc, Starborough, New Zealand	10	36
Sauvignon Blanc, Kim Crawford, New Zealand	13	44
Pinot Grigio, Coposaldo, Italy	8	28
Pinot Grigio, Maso Canali, Italy	11	38
Pinot Grigio, Santa Margherita, Italy	15	56
Chardonnay, Maddalena, Monterey	9	32
Chardonnay, Kendall Jackson "Vinter's Reserve", CA	11	36
Chardonnay, Sonoma-Cutrer, Russian River Ranches, CA	15	55
Chardonnay, Cakebread Cellars, Napa Valley, CA		70

RED WINE

Malbec, Alamos, Mendoza, Argentina	8	28
Pinot Noir, Cartlidge and Browne, North Coast	9	32
Pinot Noir, La Crema, Monterey County, CA	13	44
Cabernet Sauvignon, Upper Cut, CA	11	38
Cabernet Sauvignon, BR Cohn Silver, CA	13	47
Cabernet Sauvignon, Black Stallion, CA	20	75

GREAT WINES FOR 99

Cabernet Sauvignon, Silver Oak, Alexander Valley		99
Cabernet Sauvignon, Cakebread, Napa		99
Pinot Noir, Archery Summit, Dundee Hills AVA		99