



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 five 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

“Local Chippy” Calamari

Tender rings of quick fried calamari, spicy marinara sauce. Good to share... or not! **15**

Red Onion Rings

Thick cut red onion rings, served with our friends’ Bermuda Jam Storm Surge dip **10**

Bruschetta

Goat cheese, pesto, tomato relish, on baked ciabatta bread, balsamic and extra virgin olive oil **13**

Frog Nachos

Corn tortillas, 5 bean chili, shredded cheddar cheese, house made salsa, sour cream **13.⁵⁰**
top with shredded pit smoked beef brisket... 3.⁹⁹
add a side of fresh guacamole... 2.⁹⁹

Frog’s Buffalo Wings

Crispy skinned chicken wings & drumettes tossed in house-blended hot sauce with blue cheese dip & celery sticks **14.⁵⁰**

Soft German Style Pretzels

Grainy mustard and beer cheese dipping sauces **10**

Deep Fried Pickles

Panko battered & deep fried spears, served with ranch sauce for dipping **13**

Buffalo Chicken Dip

Pulled roast chicken, Buffalo hot sauce, bubbling cheese and corn tortillas **13.⁵⁰**

Pan-fried Fish Cake

Smoked haddock and curry spice, pan fried & served with a local loquat chutney **13.⁷⁵**

Seared Shrimp

Jumbo shrimp pan seared and tossed with a srirachi honey lime sauce, served with toasted baguette **15**

SOUPS

Bermuda Fish Chowder

Brimming with market fish chunks, made with Goslings Black Seal rum and sherry peppers **9.⁵⁰**

French Onion Soup

Crouton and Swiss cheese **9.²⁵**

Chef Martin’s Daily Soup

Created daily with the freshest ingredients **9**

SALADS

Caesar Salad

Romaine, garlic croutons, Parmesan **11**

Roasted Bermuda Beet Salad

Oven roasted beets, fresh arugula, orange segments, pickled carrots, crumbled goat cheese **14**

Add fresh grilled chicken, shrimp or steak 7.⁹⁹

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Southwest Chicken Salad

Spice rubbed grilled chicken, black beans, corn, tomatoes, scallion, tortilla strips, jack cheese, avocado chipotle dressing **17.²⁵**

Blackened Wahoo Salad

Romaine lettuce, avocado, fresh fruit, toasted almonds, cucumbers, ginger sweet chili dressing **21**

Caribbean Shrimp Salad

Pineapples, orange segments, dried cranberries, green onion, bell peppers, cilantro, honey lime dressing **21**

PUB GRUB

For over 25 years, the Frog and Onion has been serving Bermuda's favourite English Pub dishes & pies.

Order with one of our artisanal micro brewed draft ales for a true taste of an old style pub experience.

St. David's Lager Fish & Chips

Authentically prepared with English beer battered grouper, fried and served with chips, malt vinegar and tartar sauce **26**

Smoked Brisket in a Yorkie

House smoked beef brisket, fresh Yorkshire pudding, buttered peas and house gravy **24**

Chef Martin's Cornish Pastie

Flake pastry stuffed with seasoned ground beef and vegetables, served with seasonal mixed salad or chips **19**

Bangers & Mash

Bermuda made Westover Farms pork sausages, mashed potatoes, fresh vegetables, sautéed onions and demi-glace **19.50**

Chicken Balti Curry

Chicken and fresh vegetables slow cooked in an authentic curry sauce with rice, served with poppadom and mango chutney **21.50**

Frog & Onion Burger

Grass fed Wagyu beef patty, Swiss cheese, crisp bacon, fried onions **18**

Corned Beef & Potato Pastie

Housemade corned beef, short pastry, sautéed vegetables, sauerkraut, grainy mustard **21**

House Made Pub Pies

We are quite proud of our pie reputation and think you will understand why they take a little longer to bring to you. We bake each one to order.

Authentic Cottage Pie (also called Shepherd's Pie)

Seasoned ground lamb, mixed vegetables, mashed potato crust **20.50**

Chicken Pot Pie

Fresh boneless chicken, mixed vegetables, light cream sauce, biscuit crust **21**

Lobster Turnover Pie

Lobster chunks, mushrooms, carrots, onions, brandy cream sauce, pastry envelope **27.50**

Curried Chicken Pie

Braised chicken thighs, veggies, potatoes, spicy house curry sauce, puff pastry crust **21**

Beef Brisket & Black Anchor Porter Pot Pie

Pit smoked beef brisket, potato, mushrooms, carrots, peas, biscuit crust **21**

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

Traditional Sunday Roast

30

(ONLY AVAILABLE ON SUNDAYS)

Oven Roasted Prime Rib of Beef

Served with Yorkshire pudding, market vegetables, mashed potatoes and au jus

House Made Fresh Apple Crumble

with maple whipped cream

Chef's Specialties

The dishes below are ones our chefs lavish a little more than the usual TLC on, and we feel perfectly match our warm candlelit ambience at dinner.

Flame Grilled Rockfish

Char grilled and served with coconut rice, local vegetables & a local loquat chutney **31**

Cedar Plank Atlantic Salmon

Maple glazed & served with sautéed spinach, sweet corn & a lemon caper butter sauce **29**

Victualling Yard Pork Ribs

1/2 rack of slow basted St. Louis pork ribs, smoked out back, house barbeque sauce, mashed potatoes & steamed veggies **23**

Fire Grilled Double Lamb T-Bone

Marinated in local rosemary, served with pearl barley, sauteed vegetables and mint demi glace **30**

Vegetarian Strudel

Hearty mix of roasted squash, fresh sage, creamy goat's cheese, baked in puff pastry, served with Provencal sauce **23**

The Butcher's Block

We use choice cuts of Certified Angus Beef®, hand selected by our New York butcher, with whom we just celebrated our 33rd anniversary of doing business together.

8oz Beef Tenderloin

HP sauce demi glace **34**

British Style Roast Beef Dinner **31**

10oz New York Strip
Smoked onion cream sauce **33**

*Served with seasonal sautéed vegetables, and either:
Smoked cheddar croquette potatoes
or
Steak cut pub fries*



Pop-in and see our great selection of super-quality tee shirts, hats, koozies and other souvenirs to commemorate your visit to the Frog & Onion.