

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 Melbourne. Frigate's Waterfront Bar & Grill is the premier waterfront dining destination in Central Florida.

## Specialty Drinks

### PINEAPPLE MULE

New Amsterdam Pineapple Vodka  
Pineapple Juice  
Ginger Beer  
Lime

### FRIGATE'S SUNSET

Reposado Tequila  
Triple Sec  
Blood Orange mix  
Splash OJ

### BERRY MOJITO

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

### WATERMELON REFRESHER

New Amsterdam Vodka  
Watermelon  
Pineapple  
Fresh Lime

### FROZEN CREAMSICLE

New Amsterdam Vodka  
Tang  
Ice Cream Mix

### WHITE & RED SANGRIA

## Bottle Beer

<b>Bud Light</b>	<b>Corona Light</b>	<b>Miller Light</b>	<b>Stella</b>
<b>Coors Light</b>	<b>Heineken</b>	<b>Modelo</b>	<b>Stella NA</b>
<b>Corona</b>	<b>Michelob Ultra</b>	<b>Modelo Negra</b>	

## Draft Beer

<b>Bud Light</b>	<b>Michelob Ultra</b>	<b>Stella</b>
<b>Frigate's Lager</b>	<b>G13</b>	<b>Mango Cart</b>
<b>Dragon Point</b>	<b>Landshark</b>	<b>Pineapple Caribe</b>
<b>Kona Big Wave</b>	<b>Shock Top</b>	

Ask about our 4 rotating taps.

## Adult Seltzer

High Noon: Mango • Lime • Watermelon • Pineapple • Black Cherry • Grapefruit



 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 16

### 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 18

### SMOKED FISH DIP

Mahi mahi dip served with carrots, celery, jalapeños, pepperoncini peppers and flatbreads 15

### 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 12

### FRIGATE'S (AWARD WINNING) CHICKEN WINGS

Traditional buffalo style or spicy sweet thai chili style, also available in chicken tender style 15

### \*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

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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 saucee served with risotto and vegetables 33

### **\*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 33

### **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 26

*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 26

### **SPICY MEDITERRANEAN**

Shrimp and scallops sauteéd in a spicy chili garlic sauce with fresh spinach, tomatoes, and feta cheese served over angel hair pasta 29

### **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 23

### **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 21

### **CHICKEN CARIBE**

Caribbean sauteed chicken with peppers, pineapples and onions with rice and plantain chips topped with toasted coconut flakes and green onion 21

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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 16

### 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 16

### 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 20

### 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 18

### 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 18

### \*WAGYU BEEF CHEESEBURGER

1/2 lb Wagyu beef patty served on a brioche bun (add Fried Egg - 1.50) 20

### FISH TACOS

Two toasted flour tortillas filled with blackened mahi mahi, asian slaw, pico de gallo and spicy remoulade 18

### BLACKENED DOLPHIN REUBEN

Blackened mahi mahi served on toasted rye bread with swiss cheese, slaw and 1000 island dressing 18

## 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 8.5

 FLOURLESS

CHOCOLATE CAKE 8.5

MOLTEN LAVA CAKE WITH ICE CREAM 8.5

SALTED CARAMEL CHEESECAKE 8.5

COCONUT CREAM PIE 8.5

BROWNIE A LA MODE 8.5

## Beverages

FIJI WATER (1/2 LITER) 4.5

SAN PELLEGRINO (1/2 LITER) 4.5 (1 LITER) 8

RED BULL ENERGY DRINKS 4

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## THE BUBBLES

	GLASS	BOTTLE
Prosecco, Zonin, Italy (SPLIT)		9
Rose, Zonin, Italy (SPLIT)		9
Champagne, JP Chenet (SPLIT)		9
House Champagne		28
Champagne, JP Chenet, France		32
Champagne, Veuve Clicquot "Yellow Label, France (375ml)		52
Champagne, Veuve Clicquot "Yellow Label", France		94

## 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	12	42
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
Moscato, CK Mondavi, California	8	28

## 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