

## APPETIZERS

**Frogstone "Ribbets"...** "mini" ribs smoked and tossed with our spicy Calypso or BBQ sauce...10<sup>1/4</sup>

**Muscle Beach...**tender mussels rolled in cream, garlic, dill and freshly grated parmesan...10<sup>1/2</sup>

**The Boneyard...**a stack of little bite-size ribs with cracked black pepper, sea salt and smoked paprika aoli...9<sup>1/2</sup>

**Chicken Strips & Triple Dips...**tender chicken tenderloins breaded & ready to take on our 3 unique dips...9<sup>1/2</sup> Add fries, Caesar, or tossed salad...2<sup>1/2</sup>

**Froghouse Dunker...**this is a hot and bubblin' cauldron of cheesy creationism with sundried tomatoes, button mushrooms and asiago cheese. Served with seasoned pita sticks...8<sup>1/2</sup>

**Thai Tigers...**grilled tiger prawns with toasted sesame seeds and our wicked spicy Thai peanut sauce...9<sup>3/4</sup>

**Greek Bread...**black olives, feta, onions and tomatoes all baked into fresh bread, served with homemade tzatziki for dipping...8

**Smoked Salmon Dunker...**smoked salmon, spinach, green onions and dill mixed into a creamy dip, topped with mozza and baked in the forno oven. Served with pita bread...9



## BRICK OVEN PIZZA

**Rolled thin and baked crispy in our forno oven.**

**Toscano...**spicy chorizo sausage, roasted peppers, button and portabella mushrooms, mozza, jack, parmesan and fresh tomatoes...13<sup>1/2</sup>

**Hawaiian...**our brick oven makes this classic pizza the best it can be. Pineapple, smoked ham, jack and mozza cheese...13<sup>1/2</sup>

**Thai Chicken...**slow roasted chicken with red and green peppers, onions, julienned carrots, peanut sauce, fresh cilantro, jalapeño jack and mozzarella cheeses...13<sup>1/2</sup>

**Pizzatarian...**mushrooms, roasted red peppers, sundried tomatoes, onions, black olives, pineapple, and 5 kinds of cheese...13<sup>1/2</sup>

## RIBS

**We rub in our spices then slow smoke these bad boys for 5 hours.**

**Canadian Heavyback Pork Ribs...**choose from either our BBQ sauce or our spicy Calypso marinade to make them so good you will remember why you're not a vegetarian...24 Half rack...18

**Calypso Ribbits...**a pile of meaty 'mini ribs' brushed with our Calypso marinade...18

## SOUP & SALAD

**Served with fresh focaccia bread**

**Smoked Chicken Caesar Salad...**a grand Caesar salad with crisp romaine, fresh parmesan, tender smoked chicken chunks and homemade croutons...12<sup>1/4</sup>

**Chicken Thai Noodle Salad...**rice noodles, snow peas, cucumbers, green onions, carrots, fresh cilantro and crisp romaine tossed in our spicy Thai peanut sauce with big chicken chunks...12<sup>1/2</sup>

**Avocado and Smoked Salmon...**with a blend of romaine and fresh spinach leaves, carrots, grape tomatoes and sprouts. Served with extra-virgin olive oil and aged balsamic vinegar...12<sup>1/2</sup>

**Cranberry Mango Salad...**dried mango and cranberries, carrots, cucumbers, snow peas, grape tomatoes, lettuce and spinach mixed in a creamy poppyseed dressing...12

**Homemade Soup of the Day...**always something creative...5<sup>1/2</sup>

**Starter Caesar Salad...**with freshly grated parmesan...6<sup>1/2</sup>

## BURGERS

**Choose from our huge chopped-steak burger, chicken breast or veggie burger.**

**Served with your choice of soup, battered fries, tossed or caesar salad.**

**Froghouse Burger...**bacon, cheddar, lettuce, tomato, mustard, mayo and roasted pepper mayo...11<sup>1/4</sup>

**Southwestern...**fresh avocado slices, bacon, lettuce, tomatoes, sautéed onions and jack cheese...12

**Jamaican...**roasted peppers, sautéed onions and cheddar combined with our spicy jerk sauce make this a burger to remember mah...11<sup>1/2</sup>

**Mushroom Madness...**a combination of button and portabella mushrooms topped with jack cheese, lettuce and tomato...11<sup>1/2</sup>

## MEXICAN

**Made the way all Mexican food should be- with fresh guacamole prepared right at your table!**

**Lime Fajitas...**red and green peppers, onions, warm flour tortillas, cheddar, salsa and sour cream Chicken...16<sup>1/2</sup> Prawn...17 Veggie...14<sup>1/2</sup>

**Brick Oven Quesadilla...**not for those with dainty appetites. Spiced beef or chicken, onions, tomatoes, pepper jack and cheddar. Baked piping hot and served with salsa and sour cream...15<sup>1/2</sup> Veggie...14

**Mini-Quessy...**for smaller appetites. Beef or chicken quesadilla with Caesar salad...13Veggie...12

**We believe in "homemade". Our signature sauces, dressings and breads are made fresh everyday.**

## SANDWICHES & BLANKETS

**Created on our homemade focaccia bread. Served with your choice of soup, battered fries, tossed or Caesar Salad.**

**Big Bird...**slow smoked chicken with bacon, cheddar and tomatoes. Baking it open faced in our brick oven makes it more than just a sandwich!...11

**Seafood Melt Down...**served open faced with house smoked salmon, grilled shrimp, green onions, tomatoes, avocado slices and jack and mozza cheese...11<sup>3/4</sup>

**Hot Vegetarian...**served open faced with button and portabella mushrooms, cucumbers, roasted red peppers, asiago cheese and cheddar. Topped with fresh avocado slices...11<sup>1/2</sup>

**Texas Refrigerator...**this is Todd's favorite! It has smoked chicken, ham, bacon, lettuce, tomato, roasted pepper mayo, mozzarella, jack and cheddar cheese...12

**Jerk Chicken Blanket...**this one started the 'blanket' craze. Oven roasted chicken chunks in a spicy Jamaican jerk sauce with pan seared peppers, onions and pepper jack cheese...11<sup>1/2</sup>

**Clubhouse Blanket...**smoked chicken, ham, bacon, lettuce, tomato, honey mustard and cheddar...12<sup>1/2</sup>

## PASTA & STIRFRY

**Served with fresh focaccia bread**

**4 Cheese with Smoked Chicken...**4 cheeses blended into our homemade alfredo sauce, then tossed with chunks of our tender chicken atop penne noodles...14

**Linguini Pescatori...**tender mussels, shrimp, tiger prawns and scallops adorn this seafood lover's daydream. Choose from alfredo, rosé or tomato basil sauce...16

**Smoked Salmon with Dill...**cherry-smoked salmon with spinach leaves, capers and sundried tomatoes tossed with linguini noodles and your choice of alfredo, rosé or tomato basil sauce...15<sup>1/2</sup>

**Italian Rustica...**spicy chorizo sausage gives this pasta a little kick. Includes roasted peppers, button and portabella mushrooms in our tomato basil sauce...15

**Cashew Stirfry...**tender chicken with peppers, onions, celery, sprouts and roasted cashews, served on your choice of rice pilaf or rice noodles...15 Shrimp...16

**'Spicy' Pineapple Stirfry...**healthy never tasted so good! Peppers, mushrooms, snow peas, onions, celery, sprouts, tomatoes and pineapple all tossed with our spicy-sweet stirfry sauce and served on your choice of rice pilaf or rice noodles...14 Add chicken or shrimp...3

Any pasta or stirfry dish served as a smaller portion 2.00 less.



## "STERLING SILVER" STEAKS

Sterling Silver beef is hand-selected from the top 12% of all Canadian beef. Served with seasonal veggies and choice of our famous brick oven mashed potatoes, wild rice pilaf or battered fries.

**Sterling Silver Froghouse Steak**...our 7oz Sterling Silver signature cut steak...18

**Sterling Silver Top Sirloin**...always one of the most flavourful steaks and Sterling Silver makes it tender like butter. Choose an addition and have a steak to remember. 8oz...20 10 oz...24

**Sterling Silver 12 oz. New York**...the king of steaks, king sized. This is the steak to choose when you really want to treat yourself, celebrate, or just show off...29

**Prawn Skewer**...4 tiger prawns packed on a skewer and grilled with lemon pepper and butter...5

**Bacon and Mushrooms**...braised in brandy sauce...4

**Sautéed Mushrooms**...sautéed button and portabella mushrooms...3

## CHICKEN & SEAFOOD

Served with seasonal veggies and choice of our famous brick oven mashed potatoes, wild rice pilaf or battered fries.

**Lemon Pepper Tiger Prawns**...skewered and hot off the barbie. Sprinkled with our blend of lemon pepper and spices. Served with more lemon and butter on a bed of rice...18

**Honey Ginger-Glazed Salmon Medley**...8oz wild salmon fillet marinated in our honey ginger sauce, topped with tiger prawns and scallops...22

**Brandied-Candied Salmon**...a sweet brandy marinade-infused wild salmon fillet with capers and cream cheese...19

**Mexican Firebird**...a pair of blackened and corn flour-coated chicken breasts, finished in our forno oven with tomatoes, black olives, green onions, jalapeños, avocado slices, jalapeño jack and cheddar...19½

**Hunter's Chicken**...try 2 chicken breasts topped with sautéed mushrooms, jack cheese and hollandaise. Truly a feast after a long day of chicken huntin'...18½

**BREAKFAST** Served from 9:00-3:00 Saturdays and Sundays

## BENEDICTS

**Eggs Benedict**...we start with homemade focaccia bread, then add smoked ham, 2 poached eggs and top it off with hollandaise...10

**Eggs Frogstone**...smoked bacon and grilled tomatoes on fresh focaccia topped with hollandaise...10½

**Southwestern Scrambled Bene**...bacon, caramelized onions, jack cheese and 2 scrambled eggs topped with avocados and our hollandaise...10¾

## BREAKFAST FAVOURITES

**Big Breakfast**...why not have a bit of everything! 3 eggs, 3 strips of bacon, 3 slices of ham, 2 slices of French toast and hashbrowns...13

**Breakfast Bird**...inspired by our top-selling sandwich. 2 scrambled eggs with smoked ham, tomatoes, cheddar and our red pepper mayo all piled on homemade focaccia then sizzled in the forno oven...10¼

**San Andreas Burrito**...this is an earthshaking combination! 3 eggs, Pepper jack cheese, onions, spiced beef and peppers all tucked into a sundried tomato tortilla and served with hashbrowns...10½

**Bacon or Ham and Eggs**...your choice of smoked ham or bacon with 2 eggs flipped any way you like, Frogstone hashbrowns and choice of toast...10

**Zeus Scramble**...feta cheese, black olives, tomatoes, fresh spinach and green onions scrambled with 3 eggs and served with hashbrowns...10½

**Richard's Scramble**...mushrooms and bacon sautéed, then scrambled with 3 eggs, topped with cheddar. Served with hashbrowns and choice of toast...10

**Spiced Grapefruit**...a split pink grapefruit sprinkled with cinnamon-spiced sugar and caramelized in our brick oven. Served with 2 scrambled eggs, your choice of toast and coffee or tea...10

## FRIITTATAS

(What omelets want to be when they grow up!) Served with Frogstone Hashbrowns and choice of toast.

**Ham & Cheese**...smoked ham, mozza & cheddar cheeses...11

**Ranchero**...spiced beef, tomatoes, Pepper jack and cheddar, onions and yes - jalapeños baby! ...11

**California Veggie**...tomatoes, mushrooms, red and green peppers, olives and onions topped with feta and jack cheeses...11

**The 'Michelangelo'**...spicy chorizo sausage, red and green peppers, green onions, asiago and mozza cheeses. A real work of art...11

## FRENCH TOAST

**French Toast "Mixer"**...2 slices of French toast with 2 eggs and 2 strips of bacon...9½

**Pan-Seared Apples**...3 Texas slices with fresh apples, butter and cinnamon, cooked to order...10

**Blueberry Mango**...find your thrills with this amazing combination of blueberries sautéed in exotic mango puree atop 3 Texas slices...10¼

**Spiced Strawberry**...3 Texas slices covered with spiced strawberries then topped with cream cheese and whipped cream...10¼

**We blend our own spices, make our own marinades and even bake our own croutons!**



Hop on in!

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