



The Frob Kitchen & Eatery

DINNER MENU

STARTERS

CHEF'S SOUP OF THE DAY 8

ask the server for details

CHEF'S SALAD OF THE DAY 15

ask the server for details

FRENCH ONION SOUP 13

slow cooked and caramelized onion in house-made veal broth, sherry, gratinee with a mix of Gruyere and Emmental cheese

HUMMUS & PITA 13

roasted red pepper hummus and grilled pita bread

SPICY NOODLE BOWL PHO STYLE 22

spicy broth flavored with star anise, cinnamon stick, fennel seed, fresh ginger, coriander, rice noodle, pea shoot, bok choy, carrot julienne and Thai basil

*choice of beef, shrimp or tofu

BEEF TARTARE 23

classic French style, shallots, gherkins, capers, lemon zest, parsley, little spiciness, Dijon mustard, and olive oil. Served with multigrain crostini and brandy whipped cream

TUNA POKE STYLE 26

tuna loin diced and marinated with Asian flavor, avocado, roasted red peppers and green onions. Served with wonton chips

VIETNAMESE FRESH SPRING ROLLS 25

rice paper roll, vermicelli, cucumber strings, daikon, shrimp, mint and cilantro. Served with peanut dipping sauce.

CLASSIC CEASAR 15

crispy romaine, house-made dressing, parmesan cheese, croutons, lemon wedge and bacon bits

MAINS

RICOTTA RAVIOLI 35

duck confit, green onions, cream demi-glaze and orange reduction

BAKED SEAFOOD 39

scallop, shrimp, white wine, mushroom and leek cream sauce topped with mashed potato with a cheese gratin of Gruyere and Emmental

MONKFISH TAIL 34

wrapped in prosciutto, tomato and roasted red pepper coulis

ARCTIC CHAR 38

herbs and crab butter crust and grilled sliced almonds

CHICKEN SKEWER 25

marinated chicken thighs, red onion, pepper and mushroom

MIXED GRILL 37

beef tenderloin 4oz, marinated chicken thigh and grilled smoked bacon

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MAINS

BEEF BAVETTE

8oz marinated beef bavette grilled to your liking, served with sweet potatoe fries and Madagascar peppercorn mayo

34

OXTAIL

slowed braised in demi-glaze, tomato and honey

29

HONEY GARLIC PORK BABY BACK RIBS

marinated for 24 hours and slowly braised

28

1/2

38

FULL

FROBURGER

fresh ground black Angus chuck, pear and jalapeno BBQ sauce, smoked Gouda, bacon, mushrooms and traditional condiments

23

PIZZA

SWEET PORK RIB

pulled baby back rib, spinach, onion, mushroom, banana peppers, fresh goat cheese and mozzarella

SM

23

LG

34

ULTIMATE 5 CHEESE

monterey jack, cheddar, smoked Gouda, parmesan and blue cheese

SM

19

LG

28

ITALIAN

capicollo, Italian sausage, prosciutto, roma tomato, onion, roasted red peppers, mozzarella and parmesan cheese

SM

24

LG

35

VEGETARIAN

spinach, Roma tomato, yellow zucchini, marinated artichokes, bell peppers, broccoli, red onion, sliced black olives and mozzarella

SM

20

LG

31

QUEBECOISE

pepperoni, mushrooms, ground beef, bacon, mozzarella, Monterey Jack and cheddar

SM

20

LG

30

HAWAIIAN DELUXE

ham, pineapple, bacon, banana peppers and mozzarella

SM

17

LG

26

GARLIC CHEESE FINGERS

garlic butter, mozzarella served with donair sauce

SM

16

LG

25

ESCARGOT

escargot, garlic butter, spinach, mushrooms, sliced onion and mozzarella

SM

17

LG

26



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SIDES

LOADED BAKED POTATO	5
ROASTED GARLIC MASHED POTATO	5
HOUSE-MADE FRIES	5
BLACK PEPPER ORZO	4
STEAMED RICE	3
RISOTTO OF THE DAY	7
MAPLE GLAZED BABY CARROTS	6
SAUTEED ZUCCHINI	6
STEAMED BROCCOLI	6
SIDE CAESAR SALAD	5
SIDE GREENS	5