



The Frob Kitchen & Eatery

LUNCH 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, gratin of Gruyere and Emmental cheese

CLASSIC CEASAR 15

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

SANDWICH CORNER

PULLED PORK STACK 23

braised pork shoulder in house-made BBQ sauce, served on a brioche bun with coleslaw

PHILLY CHEESE STEAK 25

beef strips sauteed with red onion and bell peppers, spicy mayo, Provolone cheese, served on an oven baked ciabatta bun

SHRIMP SALAD CROISSANT 27

daily baked croissant, shredded lettuce and delicious shrimp salad made with peppers, green onions and fresh herbs

CLUBHOUSE 25

choice of white, wheat or rye, layered with bacon, old cheddar cheese, grilled chicken breast, lettuce and tomato

FROBURGER 25

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

*all sandwiches are served with choice of fries, sweet potato fries or onion rings

*upgrade to a green or Caesar salad for \$3

PASTA & BOWLS

RED THAI CURRY 26

a mix of red onion, bell peppers, carrot, mini corn, broccoli, kale and tofu in our delicious red curry Thai sauce on jasmine rice

PAD THAI 28

ginger, garlic, sambal, fish sauce, bamboo shoots, water chestnuts, green onions, rice noodles, soy-honey candied almonds and fresh cilantro

Add:
Beef, Shrimp or Tofu



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PENNE ALL'ARRABBIATA 27

julienne vegetables, Italian sausage in slightly spicy tomato sauce served with garlic bread

LINGUINI CARBONARA 26

pancetta in a garlic cream sauce, parmesan cheese served with garlic bread

BUTTER CHICHEN 27

diced chicken marinated in plain yogurt, spices and cilantro, house-made slightly sweet and spicy butter chicken sauce served over basmati rice with naan bread

MAINS

**ARCTIC CHAR
FISH & CHIPS** 35

three pieces of Arctic Char in crispy beer batter, lemon aioli, served with house-made Cajun flavored chips

BEEF BAVETTE 39

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

STAFF MEAL OF THE DAY Market Price

ask server for details.