



Julienne Salad



Lox Benedict



Club Sandwich

Tad Pole Menu

Children under 10 years old

SIMPLE AS 123

2 eggs, potatoes and toast 6.75 | Add Cheese 1.00

LILLY PAD PANCAKE

1 lilly pad size pancake and 1 egg 6.00
Add chocolate chips or bananas 1.00 each

FROGGY FRENCH TOAST

3 slices of Frog Pond French toast and 1 egg 7.00

FROG FRESH FRUIT

Assorted fresh cut fruit 5.75

CHEESY TOAD TOAST

Grilled American cheese sandwich and potatoes 7.00

2PC CHICKEN TENDERS & FRIES 7.00

Salads

Salads are served with homemade banana-nut bread & your choice of French, thousand island, ranch, bleu cheese, honey mustard, raspberry vinaigrette, Greek dressing.

KELSEY'S FRUIT SALAD

Mixed greens, fresh fruit, feta cheese & pecans with raspberry vinaigrette
Add chicken 5.00 | Add shrimp 6.00

GREEK SALAD

Mixed greens, feta, potato salad, olives, onions & tomatoes 12.00

COBB SALAD

Mixed greens, tomatoes, turkey bacon, egg, bleu cheese & chives 14.50

CAESAR SALAD 9.00

With:
Chicken 14.00 | Shrimp 15.00

JULIENNE SALAD

Mixed greens, ham, turkey, Swiss & American cheese, tomato, cucumber, peppers, onions & hard-boiled egg 15.75

SALAD PLATTER

Mixed greens, tomato, cucumber, peppers, onions & hard-boiled eggs

With:

Chicken salad 12.50

Tuna salad 12.50

Krab* 14.50

*IMITATION KRAB MEAT
*LOX - SMOKED SALMON

Large Parties Subject to a 20% Gratuity

Lunch Menu Available Monday - Saturday 11AM - 2PM

Sandwiches



Sandwiches are served fully dressed on our specialty breads with choice of potato salad, homefries, or coleslaw, French fries or tator tots.
Fresh Fruit in place of potatoes 2.75



FROGGER

½ lb ground round, Swiss cheese, bacon, mushrooms and bleu cheese 14.50

GROUND ROUND 12.00

With:

Cheese 13.00

Bacon and cheese 14.00

PATTY MELT

Choose turkey, tuna or beef 13.50

CORNED BEEF

On rye bread 13.00

TUNA SALAD 12.00

CHICKEN OR BEEF QUESADILLA 13.00

Does not include side

TURKEY BREAST 11.00

CHICKEN SALAD 12.00

REUBEN

Choose corned beef or all turkey 13.75

Frogger



Beverages

Cappuccino 5.00
Substitute with Almond Milk +1.00

Coffee or Tea 4.00

Espresso 4.50

Iced Tea 3.00

Soft Drinks 3.50

Milk, Cranberry, Tomato, or Apple Juice 3.50

Lemonade 3.50

Fresh Squeezed Orange Juice 4.25

Carafe of Juice 8.00



A LITTLE OF THE FROG POND PHILOSOPHY

"Fast Food." Doesn't the term contradict itself? "Fast" means "to abstain from food."

"Food" means "nourishment." Therefore, "fast food" must mean to "abstain from nourishment."

We at The Frog Pond are strongly opposed to this idea since we first opened our doors in 1982. So if great food, friendly atmosphere, continued quality and incredible portions are what you're looking for, then welcome to The Frog Pond. You've come to the right place and we know you'll be glad you did.

Thank you for our continued success,
The Frog Pond



* The FDA advises consuming raw or undercooked meats, poultry, seafood or eggs increases your risk of foodborne illness.

Eggs & Omelettes

Served with choice of homefries, grits, or sliced tomatoes and mixed toast. Fresh fruit in place of side \$2.75

PLAIN OMELETTE 10.00

CHEESE OMELETTE

Choose Swiss, cheddar, American or Jack 11.00

WESTERN OMELETTE

Ham, peppers and onions 13.25

FRESH MUSHROOMS & CHEESE OMELETTE 12.00

BACON OMELETTE 13.00
With cheese 13.50

SPINACH OMELETTE 12.00
With cheese 13.00

With mushrooms and cheese 13.50

With bacon and cheese 14.00

With Italian sausage and cheese 14.50

NEPTUNE OMELETTE

Spinach, krab* & cheddar cheese 14.75

HAM OMELETTE 11.75

With cheese 12.75

HANGOVER OMELETTE

Peppers, onions, bacon and cheddar cheese 14.25

MONTE CRISTO OMELETTE

Ham, turkey and Swiss cheese 14.25

SPANISH OMELETTE

Salsa, mushrooms, green peppers, onions and tomatoes 13.50

KRAB* & CREAM CHEESE OMELETTE 14.50

JACQUE COUSTEAU OMELETTE

Mushrooms, krab* & cheddar cheese 14.75

KEY WEST OMELETTE

Bananas, cream cheese, cottage cheese and cinnamon sugar 12.75

ROAST BEEF OMELETTE

Shaved roast beef, onions, mushrooms and Jack cheese 14.50

MEAT LOVERS OMELETTE

Ham, bacon, sausage and cheese 14.75

CLUB OMELETTE

Ham, bacon, turkey, Jack and cheddar cheeses 14.50

VEGETABLE OMELETTE

Market fresh vegetables 12.50
With cheese 13.50

***LOX OMELETTE**

Lox* (salmon), cream cheese, onions, tomatoes and capers 16.25

***IMITATION KRAB MEAT**

***LOX - SMOKED SALMON**



Banana Foster Waffle



Jacque Cousteau Omelette



Cinnamon Roll French Toast

Belgium Waffle

Served with butter and syrup

PLAIN 10.00 | **APPLE** 11.50

PEACH 11.50 | **PECAN** 11.50

BACON WAFFLE 11.25

SAUSAGE WAFFLE 11.25

GEORGIA WAFFLE 12.50

BANANA FOSTER 12.50

Quiche

Served with homefries & fresh fruit

FROG POND QUICHE LORRAINE 13.00

BROCCOLI & HAM 13.00

SPINACH & CHEESE 13.00

Frittatas

ITALIAN SAUSAGE

With onions, cheese, potatoes and tomatoes 14.75

BACON, HAM, SAUSAGE OR TURKEY

With onions, cheese, potatoes and tomatoes 14.25

VEGETABLE

With cheese, potatoes and market fresh vegetables 13.75

EXTRAS

SMALL FRUIT 5.75

SUNFLOWER POTATOES 5.50

COLESLAW 3.00

FROGGY GRITS 4.00 | **GRITS** 3.00

BACON 4.75 | **SAUSAGE** 4.75

ITALIAN SAUSAGE 5.75

HAM OR TURKEY STEAK 5.25

HASH 7.00

GRANOLA PLATE WITH BANANA BREAD 10.00

OATMEAL 6.00

BAGEL & CREAM CHEESE 4.75

MUFFIN OR BAGEL 3.75 | **TOAST** 2.50

POTATO SALAD 3.00

HOMEFRIES 3.50

BISCUITS & GRAVY
(1) 5.00 | (2) 7.25

All fresh fruit served per market availability. | 2.55 charge for sharing orders. | Please! No Substitutions.

Benedicts

Served with one side. Substitute fresh fruit \$2.75

EGGS BENEDICT

Poached eggs, Canadian bacon, English muffin and Hollandaise* sauce 13.50

MOCK BENEDICT

Poached eggs, turkey, English muffin and Hollandaise* sauce 13.50

EGGS FLORENTINE

Poached eggs, spinach, English muffin, bacon and Hollandaise* sauce 13.75

KRAB* MEAT BENEDICT

Poached eggs, krab*, English muffin and Hollandaise* sauce 13.75

FROG BENEDICT

Poached eggs, Canadian bacon, mushrooms, Swiss cheese, English muffin and Hollandaise* sauce 14.50

VEGETABLE BENEDICT

Poached eggs, mushrooms, tomatoes, English muffin and Hollandaise* sauce 12.25

***LOX BENEDICT**

Poached eggs, Lox*, grilled bagel, tomatoes, onions, capers and Hollandaise* sauce 15.75

BACON BENEDICT

Poached eggs, bacon, English muffin and Hollandaise* sauce 13.75

NEPTUNE BENEDICT

Poached eggs, spinach, krab*, English muffin and Hollandaise* sauce 14.50

JACQUE COUSTEAU BENEDICT

Poached eggs, krab*, mushrooms, English muffin and Hollandaise* sauce 14.50

CHICKEN OR STEAK BENEDICT 14.25

*IMITATION KRAB MEAT *LOX - SMOKED SALMON

THE "POND"

Small juice & coffee, two eggs, homefries, grits, tomato slices, or a pancake (no toast) & choice of meat 12.00

EGGS IN A PAN

Market fresh vegetables, cheddar cheese, potatoes, with mixed toast and eggs. Served with your choice of bacon, ham, sausage or turkey 14.00



Fresh Fruit Crepe

French Toast

Crepes

FRESH FRUIT CREPES 11.50

FRESH FRUIT BLINTZ

With cheese filling 12.25
Served cold

Etcetera

CORNED BEEF HASH, HOMEFRIES, EGGS & TOAST 13.25

TWO EGGS, TOAST & HOMEFRIES 7.95

ITALIAN SAUSAGE, HOMEFRIES, 2 EGGS & TOAST 12.50

FRENCH TOAST

Served with butter and syrup 10.25

CINNAMON ROLL FRENCH TOAST 11.50

BISCUITS, GRAVY, EGGS & HOMEFRIES 12.25

PANCAKES (3)

Served with butter and syrup 10.25

***LOX & BAGEL** 16.25

½ LB GROUND ROUND, EGGS, HOMEFRIES & TOAST 13.00

STEAK, EGGS, HOMEFRIES & TOAST 18.50



Eggs in a Pan



Corned Beef Hash