



Julienne Salad



Lox Benedict



Club Sandwich

Tad Pole Menu

Children under 10 years old

SIMPLE AS 123

2 eggs, potatoes and toast 7.25 | Add Cheese 1.00

LILLY PAD PANCAKE

1 lilly pad size pancake and 1 egg 7.00
Add chocolate chips or bananas 1.00 each

FROGGY FRENCH TOAST

3 slices of Frog Pond French toast and 1 egg 8.00

FROG FRESH FRUIT

Assorted fresh cut fruit 5.75

CHEESY TOAD TOAST

Grilled American cheese sandwich and potatoes 6.50

2PC CHICKEN TENDERS & FRIES 8.00

Salads

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

FROG FRUIT SALAD 12.00

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 15.50

CAESAR SALAD 10.00

With:
Chicken 14.00 | Shrimp 15.00

JULIENNE SALAD

Mixed greens, ham, turkey, Swiss & American cheese, tomato, cucumber, peppers, onions & hard-boiled egg 16.50

SALAD PLATTER

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

With:

Chicken salad 13.50

Tuna salad 13.50

Krab* 15.50

*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 15.50

GROUND ROUND 13.00

With:

Cheese 14.00

Bacon and cheese 15.00

PATTY MELT

Choose turkey, tuna or beef 13.50

CORNED BEEF

On rye bread 14.00

TUNA SALAD 13.00

CHICKEN OR BEEF QUESADILLA 14.00

Does not include side

TURKEY BREAST 12.00

CHICKEN SALAD 13.00

REUBEN

Choose corned beef or all turkey 14.50

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

Orange Juice 4.25

(Not Concentrate)

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

Because of increases in food and labor costs, certain menu items may have increased in price. There is a fee for plastic cutlery for dine in service.



* 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 11.00

CHEESE OMELETTE

Choose Swiss, cheddar, American or Jack 13.50

WESTERN OMELETTE

Ham, peppers and onions 16.50

FRESH MUSHROOMS & CHEESE OMELETTE 13.50

BACON OMELETTE 15.00
With cheese 15.50

SPINACH OMELETTE 13.00
With cheese 14.00

With mushrooms and cheese 15.50

With bacon and cheese 16.00

With Italian sausage and cheese 16.50

NEPTUNE OMELETTE

Spinach, krab* & cheddar cheese 17.00

HAM OMELETTE 15.50

With cheese 16.00

HANGOVER OMELETTE

Peppers, onions, bacon and cheddar cheese 16.50

MONTE CRISTO OMELETTE

Ham, turkey and Swiss cheese 16.50

SPANISH OMELETTE

Salsa, mushrooms, green peppers, onions and tomatoes 15.00

KRAB* & CREAM CHEESE OMELETTE 16.50

JACQUE COUSTEAU OMELETTE

Mushrooms, krab* & cheddar cheese 17.00

KEY WEST OMELETTE

Bananas, cream cheese, cottage cheese and cinnamon sugar 14.00

ROAST BEEF OMELETTE

Shaved roast beef, onions, mushrooms and Jack cheese 16.75

MEAT LOVERS OMELETTE

Ham, bacon, sausage and cheese 17.00

CLUB OMELETTE

Ham, bacon, turkey, Jack and cheddar cheeses 16.50

VEGETABLE OMELETTE

Market fresh vegetables 14.50
With cheese 15.50

***LOX OMELETTE**

Lox* (salmon), cream cheese, onions, tomatoes and capers 17.25

***IMITATION KRAB MEAT**

***LOX - SMOKED SALMON**



Banana Foster Waffle



Jacque Cousteau Omelette



Cinnamon Roll French Toast

Belgium Waffle

Served with butter and syrup

PLAIN 10.50 | **APPLE** 12.25

PEACH 12.25 | **PECAN** 12.00

BACON WAFFLE 12.00

SAUSAGE WAFFLE 12.00

GEORGIA WAFFLE 13.50

BANANA FOSTER 13.50

Quiche

Served with homefries & fresh fruit

FROG POND

QUICHE LORRAINE 14.00

BROCCOLI & HAM 14.00

SPINACH & CHEESE 14.00

Frittatas

ITALIAN SAUSAGE

With onions, cheese, potatoes and tomatoes 17.00

BACON, HAM, SAUSAGE OR TURKEY

With onions, cheese, potatoes and tomatoes 17.00

VEGETABLE

With cheese, potatoes and market fresh vegetables 16.00

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 BOWL WITH BANANA BREAD 11.00

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) 5.25 | (2) 7.50

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 14.50

MOCK BENEDICT

Poached eggs, turkey, English muffin and Hollandaise* sauce 14.50

EGGS FLORENTINE

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

KRAB* MEAT BENEDICT

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

FROG BENEDICT

Poached eggs, Canadian bacon, mushrooms, Swiss cheese, English muffin and Hollandaise* sauce 15.50

VEGETABLE BENEDICT

Poached eggs, mushrooms, tomatoes, English muffin and Hollandaise* sauce 13.25

***LOX BENEDICT**

Poached eggs, Lox*, grilled bagel, tomatoes, onions, capers and Hollandaise* sauce 17.00

BACON BENEDICT

Poached eggs, bacon, English muffin and Hollandaise* sauce 14.50

NEPTUNE BENEDICT

Poached eggs, spinach, krab*, English muffin and Hollandaise* sauce 15.50

JACQUE COUSTEAU BENEDICT

Poached eggs, krab*, mushrooms, English muffin and Hollandaise* sauce 15.50

CHICKEN OR STEAK BENEDICT 16.50

*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 13.00

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 15.00



Fresh Fruit Crepe

French Toast

Crepes

FRESH FRUIT CREPES 12.25

FRESH FRUIT BLINTZ

With cheese filling 13.25
Served cold

Etcetera

CORNED BEEF HASH, HOMEFRIES, EGGS & TOAST 14.25

TWO EGGS, TOAST & HOMEFRIES 8.50

ITALIAN SAUSAGE, HOMEFRIES, 2 EGGS & TOAST 13.50

FRENCH TOAST

Served with butter and syrup 11.50

CINNAMON ROLL FRENCH TOAST 12.50

BISCUITS, GRAVY, EGGS & HOMEFRIES 13.25

PANCAKES (3)

Served with butter and syrup 11.50

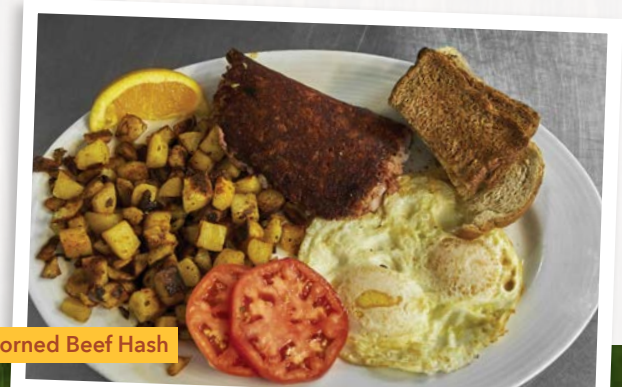
***LOX & BAGEL** 17.50

½ LB GROUND ROUND, EGGS, HOMEFRIES & TOAST 14.00

STEAK, EGGS, HOMEFRIES & TOAST 20.00



Eggs in a Pan



Corned Beef Hash