

# THE BLUE FROG GRILL



Lunch served  
11am – 2:30 pm  
Mon – Sat

101 W. Austin  
Downtown Marshall  
903-923-9500

Dinner served  
5pm – 8:00 pm  
Mon – Wed  
9pm / Thurs - Sat.

RESTAURANT & CATERING

## STARTERS

**JEKYLL ISLE CRAB CAKES** sweet, jumbo-lump crab, intensely-flavored, red claw meat & herbs Pressed into cakes, sautéed & served on crisp organic baby greens with remoulade

Small (1 crab cake) 8.00 Regular (3 crab cakes) 14.00  
(Add a crab cake – 3.00 each)

**BLUE FROG FRIES** Fry decadence, without cholesterol guilt.

Fresh, sliced, russet potatoes OR sweet potato fries\* (\*Atkins & Sugar Busters friendly\*)

Small 3.00 Regular 7.00

**SWEET POTATO CHIPS** single sweet potato sliced into thin chips and topped with balsamic & sea salt.

Small 3.00 Regular 7.00

**Egg Rolls** Two traditional Pork / Vegetable egg roll served with a sweet, Thai Chili Sauce 6.95

## SOUP & SALAD

Tomato Basil or Soup of the Day

Cup 3.25 Bowl 6.00

**House Salad** a blend of seven organic, baby greens with cucumbers, sweet, Texas 1015 onion, diced, roma tomatoes and golden raisins

Side Salad 5.50 Entrée Salad 8.00

add grilled chicken for 3.00 or add a 4 oz sliced filet (Tenderloin Salad) for 6.00



**Chef Salad** turkey, ham, eggs, cheese 12.50

**Traditional Cobb Salad** Chicken, bleu cheese, avocado, bacon, & boiled egg, chopped romaine, cobb dressing 14.95

**Fruit Salad** Freshly cut/sliced in season fruits

Side 3.00 Entree Portion 9.00

## SANDWICHES

Stand Alone Sandwiches

add fruit, sweet chips or fries for 3.00

Classic Bacon Lettuce & Tomato 7.75

Turkey & Cheddar 7.75

Chicken Salad Jo Anne 7.75

CALIFORNIA CLUB 9.75

Turkey Breast, Thick Cut Bacon, Lettuce, Tomato, Avocado, honey mustard on wheat, with sweet chips

RUEBEN shaved corned beef, aged swiss chz,

krispy kraut, Russian dressing, with fries 9.75

\*HALF & HALF\*

your choice of two

cup soup, side salad, 1/2 sandwich 8.25

## BURGERS, ETC.

we serve only certified angus beef



**THE AMERICAN** 1/3 pound beef on a bun with lettuce, tomato, mustard & mayo. 5.75

Add cheese, bacon, chili, peppers, marinated onion .25each

**AMERICAN COMBO** with fries & a drink 8.25

**BIG AMERICAN BURGER**, 2 patties with cheese served with fries & drink 9.99

**CLASSIC PATTY MELT**, grilled onions, aged Swiss, sourdough bread, with fries 12.00

**SLIDERS & Fries** 2 beef and 1 chicken 'baby burger' 9.99

**FILET ON A BUN** 4 oz filet, caramelized onions on sourdough bread, with fries 12.00

**CFS Sandwich** with fries 8.25

**Monday – Friday 11AM 2:30 THE DAILY BLUE PLATE 8.25 includes drink**

**THE blue frog GRILL – like us on facebook**

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## ENTREES

**CHICKEN VEGGIE WRAP** our black bean, corn salsa with grilled chicken, avocado, lettuce, tomato served with fresh fruit **12.50**

**CHICKEN FRIED STEAK** served with bfg fries and cream gravy **9.00**

**FRIED SHRIMP & FRIES** White Panko-Breaded Shrimp with the bfg fries **7.99**

**FRIED CATFISH** Texas Catfish fillets, house cut and battered French fries & cole slaw **12.00**

**6oz AHI YELLOWFIN TUNA** grilled medium rare served with lemon butter, starch & vegetable **14.95**

**CHICKEN & WAFFLES** fried chicken strips on a Belgium Waffle (butter & maple syrup) **9.99**

**PASTA BOWL** penne, chicken & broccoli **12.95**

**\*CHICKEN\* Tuscan or Marsala** an Airline Breast pan seared, seasoned and oven finished **17.00\***

**\* THE HOUSE RIBEYE \*** 12-14 oz grilled to perfection & served with our port wine demi glace **20.95\*** (add 3 shrimp St. Charles 12.00)



**\* HOUSE FILET \*** 8 oz market price\* (add 3 shrimp St. Charles 12.00)

All of our steaks are cut in house - when ordered

**\* SHRIMP fettuccini ST. CHARLES\*** Half Dozen (16/20 ct) Gulf Shrimp served in Chef Giuseppe Brucia's Classic Sauce of cream, green onion, mushrooms & brandy over fettuccine  
Regular **22.00\*** Half order **\$14.95\***  
(try the St. Charles Sauce with 3 shrimp over any entree item for 12.00)

**CATCH OF THE DAY** served dinner only fresh fish - market price

*\* Preparation and cooking time on these (\*) items is longer than our sandwiches - but well worth the wait! \**

## PLANT STRONG / VEGAN SELECTIONS

Sweet Spinach Salad with Cracked Black Pepper, chick peas **8.25**

The Chief's Salad, organic greens, red onion, walnuts, mandarin oranges, veggies **12.00**

Black Bean Burger - "the best in the Region" **8.25**

Black Bean Veggie Wrap, black bean/corn salsa, avocado, lettuce, tomato, onion **9.00**

Grilled Veggie Lettuce Wrap w/ grilled avocado **11.00**

Meat(less)Loaf **9.00**

## CHILDREN - under 12 please

Hotdog served with fries **6.50**

Sliders – 2 baby burgers served with fries **6.50**

4 oz Filet

served with starch & veg of the day **12.99**



Chicken Strips n' Fries **6.50**

Mac n Cheese **4.00**

Grilled PBJ served with fruit **6.50**

Grilled Cheese served with fruit **6.50**

## DESSERT

Buttermilk Chocolate Cake **4.50**

and ..... changes daily – selections will be presented at the table

## DRINKS

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**Coke, Diet Coke, Sprite, Rootbeer, Lite Lemonade, Mr. Pibb 1.79**  
**Tea, Sweet Tea 1.79 Peach Mango Tea 2.25**  
**Latte Or Cappuccino 3.25**