

blue frog 蓝
bar & grill 蛙

brunch

周六、周日及法定节假日从上午10点至下午4点
特色早午餐包括一杯普通咖啡, 茶或软饮料
加10元升级普通咖啡为卡布基诺或咖啡拿铁

**Saturday, Sunday and public holidays
10 am to 4 pm**

**blue plate specials include a choice of one
regular coffee, tea, or soft drink**

**add 10 rmb to upgrade a regular
coffee to a cappuccino or latte**

菠菜水煮蛋

65

水煮鸡蛋菠菜配黑吐司，
淋荷兰汁，配早餐土豆

Eggs Florentine

poached eggs and spinach on
rye toast, topped with hollandaise
sauce, served with home fries



特色早午餐

Blue Plate Specials



火腿水煮蛋 80

烟熏火腿和水煮蛋加全麦面包，淋荷兰汁配早餐土豆

Eggs Benedict

shaved ham and poached eggs on rye toast, topped with hollandaise sauce, served with home fries



烟熏三文鱼蛋卷 85

鸡蛋卷包马苏里拉芝士，配上烟熏三文鱼，刁草酸奶汁和早餐土豆及全麦面包

Smoked Salmon Omelet

a 3-egg omelet stuffed with mozzarella cheese, topped with smoked salmon and dill sour cream, served with rye toast and home fries



经典蓝色早餐 90

煎双鸡蛋或炒鸡蛋，配香肠，培根，火腿，盘煎饼，全麦面包和早餐土豆

Big Blue Breakfast

two eggs, fried or scrambled, with sausage, bacon, ham, and pancakes, served with rye toast and home fries



法式吐司配浆果酱 65

自制新鲜玉桂法式吐司配浆果酱和烤核桃仁，鲜奶油，糖

French Toast with Mixed Berry Compote

home-style french toast topped with mixed berry compote, roasted walnuts, whipped cream and powdered sugar



希腊蛋卷 70

飞达芝士，松仁，黑橄榄，洋葱，蘑菇，番茄丁鸡蛋卷，配全麦面包和早餐土豆

Greek Omelet

a 3-egg omelet stuffed with feta cheese, pine nuts, black olives, onions, mushrooms, and diced tomatoes, served with rye toast and home fries



经典自制盘煎饼配糖油 65

四片自制盘煎饼配自制糖油

Pancakes & Syrup

four homemade pancakes served with our own syrup

牛排配蛋

110

扒进口肉眼牛排配煎双鸡蛋或炒鸡蛋，另配全麦面包和早餐土豆

Grilled Steak & Eggs

grilled imported rib-eye steak with two eggs, fried or scrambled, served with rye toast and home fries





蓝蛙早餐卷 1 burrito 50
2 burritos 70

面饼裹炒鸡蛋和烟熏火腿，配酸奶油和番茄沙沙，早餐土豆

Breakfast Burrito

scrambled eggs and smoked ham wrapped in a flour tortilla, topped with sour cream and tomato salsa, served with home fries



煎蛋配熏肉 60

煎双鸡蛋或炒鸡蛋，任选培根，火腿或香肠，另配全麦面包和早餐土豆

2 Egg Breakfast

two eggs, fried or scrambled, with your choice of bacon, ham, or sausage, served with rye toast and home fries



墨西哥早餐卷 1 burrito 50
2 burritos 70

面饼裹炒鸡蛋和辣牛肉酱，配酸奶油和番茄沙沙，早餐土豆

Mexican Breakfast Burrito

scrambled eggs and beef chili wrapped in a flour tortilla, topped with sour cream and tomato salsa, served with home fries

配餐

Sides

白吐司面包或全麦面包 toast, white or rye 10
炒菠菜 sautéed spinach 15
两个鸡蛋，煎或炒 two eggs, fried or scrambled 10

两片培根 two strips of bacon 10
两根早餐香肠 two sausage links 20
两片火腿 two slices of ham 20

炒蘑菇 sautéed mushrooms 15
黄油蔬菜 buttered vegetables 15
新鲜水果沙拉 fresh fruit salad 40

开胃菜 Appetizers



玉米脆饼配番茄沙沙 45

玉米脆饼配大碗番茄沙沙
Corn Chips & Salsa
a basket of crisp tortilla chips and a bowl of salsa



墨西哥芝士烤脆饼 80

玉米脆饼配辣牛肉酱和
马苏里拉芝士, 撒黑橄榄, 生菜,
牛油果酱, 番茄沙沙和酸奶油
Nachos
tortilla chips topped with
beef chili, melted mozzarella
cheese, black olives, lettuce,
guacamole, tomato salsa,
and sour cream



竹篮辣鸡翅 6 wings 50 10 wings 75

香辣鸡翅
配甜辣酱和蓝芝士酱
Spicy Chicken Wings
a basket of spicy and crispy
chicken wings with a side of
blue cheese dressing and a
sweet chili sauce



辣牛肉酱芝士薯条 65

薯条配辣牛肉酱和芝士
Chili Cheese Fries
french fries smothered with
beef chili and melted cheese



香脆鱿鱼圈 75

香脆鱿鱼圈配自制
墨西哥辣味蛋黄酱
Fried Calamari
fried calamari served with
homemade jalapeno mayo dip



薯条 45

香脆薯条
French Fries
a basket of crispy
french fries



番薯条 45

香脆番薯条
Sweet Potato Fries
a basket of crispy
sweet potato fries

迷你汉堡

推荐和你的朋友分享!

Sliders

great for sharing!



牛肉 4 sliders 85

扒进口迷你牛肉饼
配车达芝士, 炒洋葱和酸黄瓜

Beef

grilled imported mini beef
patties with cheddar cheese,
pan-fried onions, and pickles



印第安鸡肉 4 sliders 85

扒印第安鸡腿肉, 配香菜和芒果酱

Tandoori Chicken

grilled tandoori chicken thigh
with cilantro and a mango
chutney glaze



铁板三文鱼 4 sliders 95

扒进口三文鱼配芥末酱

Teppanyaki Salmon

teppanyaki salmon with
a caper mustard sauce



大虾汉堡
配鸡尾酒汁 4 sliders 90

盘煎香脆芝麻大虾配上鳄梨,
罗马生菜和自制鸡尾酒汁

Prawn Cocktail

prawns pan-fried with sesame
coating with avocado, lettuce
and home-made cocktail sauce

特式沙拉

所有沙拉均可作为主菜,

可选配一些更多的配菜

Big Blue Salads

our big blue salads are served as a main
course, make it your own by adding:

烤鸡胸 30

grilled chicken breast

烟熏三文鱼 50

smoked salmon

烤牛排 70

grilled steak



新鲜什锦田园沙拉 60

爽脆什锦生菜, 樱桃番茄, 黄瓜,
荷兰豆, 红菜头, 甜玉米, 烤南瓜和
葵花籽仁, 自选蓝芝士汁, 油醋汁,
千岛汁或奶油汁

Fresh Garden Salad

mixed greens tossed with
cherry tomatoes, cucumber,
sweet snow peas, beetroot,
corn, roasted pumpkin, and
sunflower seeds, with a choice
of blue cheese, vinaigrette, 1000
island, or creamy ranch dressing



凯撒沙拉配蒜蓉面包 65

罗马生菜, 自制凯撒汁,
和帕玛森芝士片

Frog Caesar Salad

romaine lettuce tossed in
our caesar dressing, topped
with parmesan shavings,
served with garlic bread

汉堡

所有的牛肉饼都是用百分之百进口牛肉做成的, 煎至五分熟或以上, 配生菜, 番茄, 酸黄瓜和洋葱, 所有汉堡均配薯条. 加5元可将薯条换成番薯条

Burgers

our burgers are made with 100% imported beef, grilled medium or above. all burgers come with lettuce, tomatoes, pickles, and onions, served alongside french fries. swap 'em out for sweet potato fries for 5 rmb more



蓝蛙经典汉堡 75

让我们起步的经典蓝蛙汉堡包

the blue frog

the original blue frog burger that got us started



墨西哥牛肉辣酱汉堡 85

配辣牛肉酱, 番茄沙沙和酸奶油

the Mexican

topped with beef chili, tomato salsa, and sour cream



蓝芝士汉堡 85

配浓香蓝芝士

the Blue Cheese

smothered in warm blue cheese sauce



蒙大拿洲烧烤汉堡 90

蒙大拿洲汉堡包配洋葱圈, 车达芝士, 培根, 烧烤酱

the Montana

a Montana mouthful of onion rings, cheddar cheese, bacon, and bbq sauce



卡真鱼汉堡 95

炸卡真粉腌制的大比目鱼柳，配玉米蛋黄酱，瑞士芝士和汉堡面包

the Cajun Fish

fried halibut seasoned with Cajun spices topped with mayonnaise and Swiss cheese served on a sesame bun



香辣鸡腿汉堡包 85

无骨辣鸡腿配全麦面包，烤洋葱和芝麻菜

the Spicy Chicken

grilled boneless spicy chicken thigh topped with sautéed onions and arugula on a whole wheat bun



帕尔玛火腿芝麻菜汉堡 90

生菜，烤洋葱，樱桃番茄，牛肉饼，必然芝士，芝麻菜配芝麻面包

the Parma Ham, Arugula and Brie

with lettuce, grilled onions, cherry tomatoes, brie cheese, arugula, Parma ham on a sesame bun



鲁本汉堡 85

配脆培根，瑞士芝士，酸菜，千岛沙拉酱

the Rueben

layered with crispy bacon, swiss cheese, and sauerkraut, served with 1000 island dressing



澳大利亚汉堡 85

配煎鸡蛋，红菜头，酸黄瓜，培根和车打芝士

the Aussie

layers of fried egg, beetroot, dill pickles, bacon, and cheddar cheese



烧烤蘑菇汉堡 85

炒蘑菇和瑞士芝士配全麦面包

the Mushroom and Swiss

covered with sautéed mushrooms and swiss cheese on a whole wheat bun



香蔬汉堡 75

鸡豆饼配扒蔬菜

the Veggie

a chickpea patty topped with grilled vegetables and hummus

额外的配料

Additional Toppings

煎蛋	10	瑞士芝士	10
fried egg		swiss cheese	
车达芝士	10	辣味杰克芝士	10
cheddar cheese		hot pepper jack cheese	
培根	10	必然芝士	15
bacon		brie cheese	
辣牛肉酱	10	牛油果	20
beef chili		avocado	
		蓝芝士	20
		blue cheese	

三明治

所有的三明治都配有薯条
加5元可将薯条换成番薯条

Sandwiches

our sandwiches are served with french fries. swap 'em out for sweet potato fries for 5 rmb more

古巴三明治

85

脆培根, 烟熏火腿片, 车达芝士,
酸黄瓜, 芥末蛋黄酱配法式面包

Cuban Sandwich

crispy bacon, shredded smoked pork, cheddar cheese, and pickles, with mustard mayo dressing on a baguette



培根生菜番茄三明治 55

培根, 生菜和番茄配
蛋黄酱, 白吐司, 或另加5元配煎蛋

BLT Sandwich

bacon, lettuce, and tomatoes with mayo on white toast, add an egg for 5 rmb more



蓝蛙经典总汇三明治 75

扒鸡肉, 培根, 生菜, 番茄,
煎鸡蛋配白吐司

blue frog Club

grilled chicken, bacon, lettuce, tomatoes, and fried egg on white toast

意面 Pasta

海鲜意大利面

115

盘煎虾仁, 三文鱼, 蛤蜊和澳带, 炒意大利面和香草酱, 配樱桃番茄干和帕马森芝士片

Seafood Pasta

pan-fried shrimp, salmon, clams, and scallops in a fresh herb pasta sauce, garnished with cherry tomatoes and parmesan shavings



奶油三文鱼 蘑菇意大利面

90

意大利面配新鲜三文鱼, 蘑菇, 洋葱和奶油汁

Salmon Mushroom Pasta

penne tossed with fresh salmon, mushrooms and onions in a cream sauce



鸡肉番茄沙沙意大利面

85

意大利面拌炒卡真鸡肉, 车达芝士, 腰豆, 番茄沙沙酱

Firecracker Pasta

penne tossed with cajun chicken, cheddar cheese, kidney beans and tomato salsa sauce



烩牛肉丸蘑菇意大利面

90

意大利面拌炒自制牛肉丸, 蘑菇和红椒番茄酱配帕马森芝士和罗勒

Meatball Spaghetti

spaghetti tossed with mushrooms and homemade meatballs, in a fresh chili tomato sauce, topped with parmesan cheese and freshly chopped sweet basil



奶油培根刀 豆意大利面

85

烟熏培根, 刀豆, 意大利面拌炒淡奶油芝士酱

Bacon & Green Bean Pasta

smoked bacon and green beans in a light creamy cheese sauce



罗勒香肠意大利面

85

煎香肠拌炒罗勒, 意大利面和奶油番茄汁

Spicy Sausage & Basil Pasta

grilled sausage tossed with basil and penne in a creamy tomato sauce



甜点

所有甜品都源自我们主厨的秘制配方!

Desserts

from our chef's homemade recipies

芒果奶油冻

35

自制意式芒果奶油布丁

Mango Panna Cotta

homemade creamy Italian pudding
lightly flavored with mango



巧克力蛋糕

40

自制特色新鲜烘焙的黑巧克力蛋糕

Chocolate Cake

our very own freshly-baked
dark chocolate cake



纽约芝士蛋糕

45

纽约芝士蛋糕配鲜奶油

New York Cheesecake

creamy homemade cheesecake
served with whipped cream



巧克力球

3pcs 35
5pcs 50

配鲜奶油和薄荷叶

Chocolate Truffles

served with whipped cream



巧克力布朗泥

small 40
large 50

蓝蛙热巧克力核桃布朗泥,
配冰淇淋球和巧克力酱

Chocolate Brownie

blue frog's chocolate walnut
brownie served warm,
with a scoop of ice cream
and chocolate sauce