

FRO ZAY

14 N 18th Street | Richmond, VA 23223

Main Course.

Served with two sides

*Excluding Cajun Pastas



Chef's Catch 28

Pan-seared Salmon stuffed with crab
Add: Shrimp +7

Crab Stuffed Shrimp 32

Big Ash Shrimp stuffed with crab and
topped with a turkey bacon cream sauce

Cajun Pasta 15

Cajun Parmesan alfredo sauce
Add: Chicken 6 | Shrimp 7 | Salmon 8

Ribeye* 26

16 oz hand cut ribeye
Add: Shrimp +7

Lamb Chops* 30

Half rack topped with balsamic glaze
Add: Half rack +16 | Shrimp +7

Jerk Pasta 15

Spicy jerk parmesan alfredo sauce
Add: Chicken 6 | Shrimp 7 | Salmon 8

Whole Red Snapper 26

your choice of oven roasted or fried
choose: honey jerk or lemon pepper

Appetizer.

Fried Plantains	6
Tempura Shrimp	14
Big Ash Shrimp	16
Spinach Dip	12
Fried Calamari	12
Mini Crab Cakes	16
Signature Wings	13
sweet whiskey, honey jerk, Hennessy, lemon pepper, Buffalo, old bay, bbq	



Side.

French Fries
Asparagus
Broccoli
Mashed Potatoes
Macaroni & Cheese
Cornbread

Dessert.

Red Velvet Cake
Bourbon Bread Pudding
Carrot Cake

18% Gratuity is added to every order.

Consuming raw or undercooked meats, poultry, seafood, shellfish,
or eggs may increase your risk of foodborne illness.