



**If you are on a meal plan, you have a choice of soup or salad, main course (including specials and catch of the day), dessert and a non-alcoholic beverage

Soup

Soup of the Day

7

Chef Mike's seasonal soup, made with local ingredients. Please ask your server for today's selection.

Appetizers

House salad and caesar salad may be chosen as a side or a full meal.

House Salad    **6 (side)/ 11 (meal)**
Please ask your server for today's selection.

Frederick's Caesar **7 (side)/ 12 (meal)**
Fresh crisp romaine, bacon, seasoned croutons and parmesan shards tossed in Frederick's popular caesar dressing

Charcuterie Board **18**
An assortment of cured meats, fine cheeses, house made olives and red pepper jelly. Served with crustinis. Perfect for sharing!

Polenta Fries   **7**
Creamy polenta chilled, cut into fries then deep fried golden brown. Served with garlic parmesan dip.

Grilled Calamari  **11**
Served with a Pico de Gallo and chipotle lime aioli

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Vegetarian



Gluten Free



Dairy Free



Entrées

Entrées (excluding pastas), are served with seasonal vegetables and your choice of: local wild rice pilaf, garlic red skin mashed potato, oven roasted mini potatoes or home cut French fries.

Ribs  **19 (half)/26 (full)**

Beachwood smoked baby back ribs finished with house made maple chipolote barbeque sauce

Chicken Marsala **23**

Pan roasted chicken topped with a mushroom marsala sauce

Sous Vide Flank Steak  **29**

Flank steak Sous Vide to medium and topped with a Japanese Steak Sauce

9oz Striploin   **30**

Ontario beef, extra aged for tenderness. Grilled to your liking and topped with a beef demi glaze

Catch of the Day **Market**

Ask server for details

Mushroom and Chicken Penne **22**

Grilled chicken breast served on top of penne pasta with sherry infused cream sauce & mushrooms

Burger of the Day **Market**

Ask server for details.

Vegetarian Pasta  **18**

Fettuccini noodles tossed with spinach, grape tomatoes, and black olives with basil pesto, finished with queso fresco cheese.

Duck   **22**

Confit duck leg, finished with a balsamic berry preserve

Meat Doneness Description - RARE - Very red, cool centre. MEDIUM RARE - Red, warm centre. MEDIUM - Pink centre. MEDIUM WELL - Slightly pink centre. WELL - Broiled throughout, no pink.



Children's Entrées

Entrées are served with seasonal vegetables and your choice of:
French fries, garlic red skin mashed potato or oven roasted mini potatoes, excluding fettuccini
and individual pizza.

Fred's House Burger **15**

House made 7 oz all beef burger topped with cheddar.

Fettuccini **12**

Tossed in a creamy alfredo sauce or house made tomato sauce

Individual Pizza **12**

Topped with tomato sauce and cheese with your choice of pepperoni or vegetable.

Chicken Fingers **12**

All white boneless breasts breaded and deep fried

Dessert

Daily Specials **7**

Ask your server about our daily homemade dessert selection

Ice Cream Sundae **4**

Menus are subject to change without notice ~ All prices are plus HST

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