



Lunch Menu

Soup

Soup of the Day

7

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

Salad

Veggies and Dip



6

An assortment of fresh veggies with ranch dip

House Salad

6 / 11

Please ask your server for today's selection.

Frederick's Caesar

7 / 12

Fresh crisp romaine, bacon, seasoned croutons and parmesan shards tossed in Frederick's popular caesar dressing, add chicken + \$5

Appetizers

Charcuterie Board

19

An assortment of cured meats, fine cheeses, olives and house made red pepper jelly. Served with crostinis. Perfect for sharing!

Grilled Calamari

12

Served with a Pico de Gallo and chipotle lime aioli

Kids Selections

French Fries

6

Chicken Fingers and Fries

13

Grilled Cheese and Fries

12

Flat Bread Pizza

12



Entrees below are served with home cut French fries or the soup of the day.

Substitute with House or Caesar salad - ADD \$3.

Steak and Swiss Sandwich	16
Sliced Flank Steak with Swiss cheese, caramelized onion and horse radish mayo on a fresh ciabatta baguette	
3 Cheese Grilled Cheese Panini	15
Cheddar, Brie & Swiss on fresh rosemary focaccia	
Chicken Brie Pesto Panini	15
Chicken breast with brie cheese and pesto on fresh rosemary focaccia	
Pulled Pork Burrito	14
Pulled pork with black bean and corn salsa, cheddar cheese wrapped in a flour tortilla	
Cheeseburger	16
House made beef patty topped with cheddar cheese and your choice of condiments	
Flatbread Pizza	16
Chef's choice served on a garlic rosemary flatbread	
Chicken Caesar Wrap	16
Crispy chicken and caesar salad wrapped in a flour tortilla	
Lobster Taco	18
Sous vide lobster tail with avocado, pico de gallo on a soft flour tortilla. Topped with lime cilantro crema	
Black Bean and Corn Quesadilla	14
Black bean and corn salsa mixed with cheddar in a warm tortilla shell, accompanied by sour cream and salsa	

Dessert

Daily Specials	7
-----------------------	----------

Ask your server about our daily homemade dessert selection

Ice Cream Sundae	4
-------------------------	----------

Menus change regularly and we try our best to update this information. If you are looking for something specific please email or call. info@beachwoodresort.com ~ 1-888-313-1118 ~ All prices + HST