



Soup

Soup of the Day

7

Chef Mike's seasonal soup, made with local ingredients. Your server will have information regarding today's selections.

Appetizers

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

Veggies and Dip   6

An assortment of fresh veggies with ranch dip

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 20

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

Flatbread Pizza 12

Chef's choice served on a garlic rosemary flatbread

Grilled Calamari   12

Served with a Pico de Gallo and chipotle lime aioli

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Vegetarian



Gluten Free



Dairy Free

Entrées

Entrées (excluding pastas/risotto), 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)**

Strongbow Cider braised baby back ribs finished with house made maple chipotle 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 served with a Chimichurri 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 **23**

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

Burger of the Day **Market**

Ask server for details.

Lobster Risotto  **24**

Sous vide lobster tail chopped and served in a creamy sweet pea risotto

Jambalaya – Shrimp or Tofu   **23**

Cajun red beans and rice with your choice of shrimp or tofu

Duck   **24**

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.

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 ~ All prices + HST



Children's Entrées

**Entrees are served with seasonal vegetables and your choice of:
French fries, garlic red skin mashed potato or oven roasted mini potatoes,
fettuccini and flat bread pizza comes with veggie, no potato**

Fred's House Burger **16**

House made 7 oz all beef burger topped with cheddar.

Fettuccini  **12**

Tossed in a creamy alfredo sauce or house made tomato sauce

Flat Bread 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

Catch of the Day **Market**

Please ask your server for details

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