



Welcome Beachwood Resort Guests!

Your meal plan includes a choice of soup or salad of the day, or a caesar salad, followed by a choice of entrée and dessert. Also included is a non-alcoholic beverage.

Appetizers are available for an extra charge.

## Soup & Salads

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### Soup of the Day

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

### House Salad

Please ask your server for today's selection.

### Frederick's Caesar

Fresh crisp romaine, bacon, seasoned croutons and parmesan shards tossed in Frederick's popular caesar dressing

## Appetizers

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### Charcuterie Board 20

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

### Flatbread Pizza 12

Chef's choice served on a garlic rosemary flatbread

### Calamari 12

Flour dusted calamari, deep fried and served with lemon caper aioli



Vegetarian



Gluten Free



Dairy Free

## Non Alcoholic Beverages

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Soft Drinks

Milk & Juice – Apple, Orange, Cranberry

Lemonade & Ice Tea (steeped, unsweetened)

glass or pitcher

Coffee/Tea



## Entrées

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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.

### Half Rack of Ribs

Strongbow Cider braised baby back ribs finished with house made maple chipotle barbeque sauce. Make it a full rack for an extra 9\$

### Chicken Marsala

Pan roasted chicken topped with a mushroom marsala sauce

### Sous Vide Flank Steak

Flank steak sous vide and served with a chimichurri sauce

### 9oz Striploin

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

### Catch of the Day

Ask server for details.

### Mushroom and Chicken Penne

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

### Burger of the Day

Ask server for details.

### Lobster Risotto

Butter poached lobster tail served on a creamy sweet pea risotto

### Jambalaya – Shrimp or Tofu

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

### Duck

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

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### Daily Specials, Ice Cream Sundaes and Floats

Ask your server about our daily homemade dessert selection



## **Children's Entrées** for 12 yrs and under

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All entrées are served with seasonal vegetables.

Entrées are also served with (excluding pasta and pizza) a choice of:  
local wild rice pilaf, garlic red skin mashed potato, oven roasted mini potatoes or home cut French fries.

### **Fred's House Burger**

House made 7 oz all beef burger topped with cheddar

### **Chicken Fingers**

All white boneless breasts breaded and deep fried

### **Catch of the Day**



Please ask your server for details

### **Fettuccini**



Tossed in a creamy alfredo or house made tomato sauce

### **Individual Pizza**



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

## **Dessert**

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### **Daily Specials**

Ask your server about our daily homemade dessert selection

### **Ice Cream Sundae**

## **Drinks**

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Soft Drinks

Milk & Juice – Orange, Apple, Cranberry

Lemonade & Ice Tea (steeped, unsweetened)

Coffee/Tea

Children may order from the adult menu, a \$10 charge will apply.