



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.

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. 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

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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   **21 (half)/28 (full)**

Strongbow Cider braised baby back ribs finished with house made maple chipotle barbeque sauce

Chicken Marsala  **24**

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   **32**

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 **24**

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  **26**

Butter poached lobster tail served on a creamy sweet pea risotto

Jambalaya – Shrimp or Tofu   **24**

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 and Ice Cream Sundaes **4**

Ask your server about our daily homemade dessert selection



Children's Entrées

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 16

House made 7 oz all beef burger topped with cheddar

Chicken Fingers 12

All white boneless breasts breaded and deep fried

Catch of the Day Market

Please ask your server for details

Fettuccini 12

Tossed in a creamy alfredo or house made tomato sauce

Individual Pizza 12

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