



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

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

Charcuterie Board

24

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

Flatbread Pizza

14

Chef's choice served on a garlic rosemary flatbread



Vegetarian



Gluten Free



Dairy Free

Non Alcoholic Beverages

Soft Drinks

Milk & Juice – Apple, Orange, Cranberry

Lemonade & Ice Tea (steeped, unsweetened)

glass or pitcher

Coffee/Tea



Entrées

Entrées (excluding pastas/stews), are served with seasonal vegetables and your choice of: local wild rice pilaf, garlic red skin mashed potato, 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

Korean Style Beef Short Ribs



Beef short ribs marinated and finished on the grill, topped with green onion and toasted sesame seeds

Catch of the Day

Ask server for details

Burger of the Day

Ask server for details.

Fettuccini Alfredo – Shrimp or Chicken

Fettuccini tossed in a classic creamy Alfredo sauce topped with your choice of shrimp or chicken

Chick Pea Coconut Stew



Chick peas, vegetables, & sweet potatoes in a tomato, coconut curry sauce and garnished with Moroccan preserved lemons. Served with Naan bread

Daily Special

Chef Mike adds a daily special of his choice. This is posted around 1:00 pm.

Dessert

Daily Specials, Ice Cream Sundaes and Floats

Ask your server about our daily homemade dessert selection

Menu changes regularly and is based on item freshness and availability



Children's Menu

Soup, Salads

Soup of the Day

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

Salad of the Day

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

Children's Entrées for 12 yrs and under

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, or home cut French fries.

Fred's House Burger

House made 4 oz all beef burger topped with cheddar

Chicken Fingers

All white boneless breasts breaded and deep fried

Chicken Wings

Chicken wings served with honey garlic, thai chili, Frank's Red Hot or BBQ sauce

Fettuccini

Tossed in a creamy alfredo or house made tomato sauce

Flatbread Pizza

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



Dessert

Daily Specials, Ice Cream Sundaes and Floats

Ask your server about our daily homemade dessert selection

Drinks

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.