



Served daily from 11:30 – 2:00.

We are currently offering outside patio as well as take out.

Lunch Menu

Soup

Soup of the Day **6**
Chef Mike's seasonal soup, made with local ingredients. Please ask your server for today's selection.

Salad

House Salad **6 / 11**
Spring mix, cucumber, red onion, green and red peppers. Served with our house made Honey Dijon Thyme dressing.

Frederick's Caesar **7 / 12**
Fresh crisp romaine, bacon, seasoned croutons and parmesan shards tossed in Frederick's popular caesar dressing, add chicken + \$5

Beet and Goat Cheese Salad **15**
Meal sized salad made of beets, goat cheese, candied walnuts, sliced green apple, red onion on a bed of spring greens, topped with a balsamic dressing.

Appetizers

Bison Chili **18**
A hearty portion of classic chili made with ground bison, topped with cheddar, sour cream and green onions. Served with fresh ciabatta garlic toast.

Charcuterie Board **35**
An assortment of cured meats, fine cheeses, olives and house made red pepper jelly. Perfect for sharing!

Big Mike Spring Rolls **10**
Wonton wrapped ground beef, cheese, onion and pickles deep fried served with Big Mike dip.

Fried Shrimp **14**
Lightly dusted fried shrimp, served with our house made cajun sriracha mayo.



Entrees served with choice of home cut fries or soup of the day.

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

3 Cheese Grilled Panini **16**
Cheddar, Brie & Swiss on fresh ciabatta baguette.

Chicken Brie Pesto Panini **16**
Chicken breast with brie cheese and pesto on fresh ciabatta baguette.

Chicken wings – 1lb **18**
Sauces – Beachwood sauce, honey garlic, Thai chili, Franks Red Hot, salt & pepper or BBQ .

Cheeseburger **16**
House made beef patty topped with cheddar cheese and your choice of condiments.

Flatbreads **18/16/16**
Pulled pork – BBQ sauce, red onion, cheddar cheese.
Greek – Greek base, red onion, black olives, feta cheese.
Pepperoni – pizza sauce, pepperoni and mozza.

Kids Selections

Chicken Fingers and Fries **15**
4 chicken fingers and fries, served with plum sauce and ketchup.

Grilled Cheese and Fries **14**

Dessert

Daily Specials **6**
Ask your server about our daily homemade dessert selection

Ice Cream Sundae and Ice Cream Floats **6**

Menus are subject to change without notice ~ All prices are plus HST