



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

35

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

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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/stews), are served with seasonal vegetables and your choice of: local wild rice pilaf, garlic red skin mashed potato, or home cut French fries.

### Kansas City Smoked Half Rack of Ribs

½ rack pork side ribs, smoked and finished with house made maple chipotle barbeque sauce  
Make it a full rack for an extra 9\$

### Chicken Marsala

Grilled chicken breast 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.

### Lobster Risotto

Butter poached lobster tail served on a creamy sweet pea risotto

### 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

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### 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

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### 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.

#### 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

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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, 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**

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### **Daily Specials, Ice Cream Sundaes and Floats**

Ask your server about our daily homemade dessert selection

### **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.