



Soup

Soup of the Day

6

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 **35**

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

Flatbread Pizza **14**

Chef's choice served on a garlic rosemary flatbread

Dip Platter **18**

Hummus, bean dip, and three cheese dip served with Tortilla chips and grilled naan

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Vegetarian



Gluten Free



Dairy Free



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.

Kansas City Smoked Ribs 	26 (half)/34 (full)
½ rack pork side ribs, smoked and finished with house made maple chipotle barbeque sauce	
Chicken Marsala 	22
Grilled chicken breast topped with a mushroom marsala sauce	
Korean Style Beef Short Ribs  	28
Beef short ribs marinated and finished on the grill, topped with green onion and toasted sesame seeds	
Catch of the Day	Market
Ask server for details	
Burger of the Day	Market
Ask server for details	
Lobster Risotto 	32
Butter poached lobster tail served on a creamy sweet pea and parmesan risotto	
Fettuccini Alfredo – Shrimp or Chicken	24
Fettuccini tossed in a classic creamy Alfredo sauce topped with your choice of shrimp or chicken	
Chick Pea Coconut Stew 	22
Chick peas, vegetables, & sweet potatoes in a tomato, coconut curry sauce and garnished with Moroccan preserved lemons. Served with Naan bread	

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, or home cut French fries.

Fred's House Burger	14
House made 4 oz all beef burger topped with cheddar	
Chicken Fingers	12
All white boneless breasts breaded and deep fried	

Chicken Wings **12**

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

Fettuccini  **12**

Tossed in a creamy alfredo or house made tomato sauce

Flatbread Pizza  **14**

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

Dessert

Daily Specials, Ice Cream Sundaes and Floats **6**

Ask your server about our daily homemade dessert selection

All prices are plus hst