



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. Also included is a selection of non-alcoholic beverages.

Appetizers and desserts 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

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

Dip Platter

18

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



Vegetarian



Gluten Free



Dairy Free

Non Alcoholic Beverages

Milk & Juice – Apple, Orange, Cranberry

Lemonade & Ice Tea (steeped, unsweetened)

Coffee/Tea

glass or pitcher



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 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 15\$

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

Daily Specials, Ice Cream Sundaes and Floats

8

Ask your server about our daily homemade dessert selection



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

8

Ask your server about our daily homemade dessert selection

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.