

# Eat WITH Fred

v01.22.21a



Every dish is made fresh, to order. Please allow a few extra minutes while we prepare your meal. **RELAX** you're at the beach.

## BEACH BITES MENU

3 - 5PM DAILY

### FRED BURGER

8 oz. Chargrilled, Organic Short Rib Burger on a Brioche Bun with Shredded Greens, Sliced Onion, Local Tomato, Pickles, Fried Egg (over medium) along with Housemade: Bacon Chutney, Fried Cheese Curds, and Raspberry Tomato Ketchup. 19

### BLACKENED CHICKEN SANDWICH

Blackened Chicken Breast on a Brioche Bun, Shredded Romaine Lettuce, Sliced Pickles, w/ Housemade Buttermilk Ranch Sauce 13

(Recommended pairing w./ Four Vines "Un-oaked" Chardonnay.)

### COCONUT CHICKEN CURRY WRAP

Mild Yellow Curry Chicken Salad w/ Toasted Coconut, Fresh Hydroponic Greens, Local Tomato and Avocado wrapped in a Tomato Basil Tortilla 15

### GRILLED SALMON ISLAND WRAP

Grilled Salmon, Local Hydroponic Greens, Applewood Smoked Bacon, Local Tomato, Guacamole and Sriracha wrapped in a Flour Tortilla 16

### ROASTED BEET SALAD

Salt Roasted Red and Gold Beets, served over Local Hydroponic Greens, Orange Segments, Honey Scented Goat Cheese and Housemade Green Goddess Dressing 18

(Recommended pairing w./ Manon Du Provence Rose')

### SMALL PLATES

- **FRED** Fries w./ 3 Dipping Sauces (Housemade Buttermilk Ranch, Spicy Ketchup & Roasted Pepper Aioli) 8
- Small Salad 4
- Plain Tater Tots 4
- Crispy Brussels Sprouts w./Honey Balsamic Glaze 8



Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness" Please let your server know of any food allergies or dietary restrictions. **NO SUBSTITUTIONS PLEASE**



## SIGNATURE COCKTAILS

### FRED'S CONFUSION

Mango and Coconut Rums, Pineapple Juice and Black Strap 8

### THE RED FRED

Stoli Raspberry, Lime Juice, Ginger Beer and Cranberry Juice 8

### BLACK CHERRY MOJITO

Mango and Coconut Rums, Pineapple Juice and Black Strap 9

### ORANGE & GINGER SHRUB

Orange Vodka accompanied w/ our housemade Orange/Ginger Shrub (a tart syrup), Ginger Beer and a splash of Orange Juice 9

### PAIN KILLER

Light and Dark Rums, Cream of Coconut, Orange and Pineapple Juice then sprinkled with Nutmeg 10

### THE BLOODY FRED

Mutiny Smoked Pepper Vodka with our Signature Bloody Mary Mix served with a Salted Rim and Olives 10

Add: Shrimp 4

### SANDY BOTTOMS

Sauvignon Blanc, Prosecco & Elderflower Liqueur 10

### LOVE POTION #9

Black Strap Rum, Cream of Coconut, Pineapple & Cranberry Juice 9

### RUM PUNCH

A mixture of Light, Dark & Coconut Cruzan Rums with Orange Juice and a splash of Fruit Punch *(This is an island classic!)* 8

## FROZEN COCKTAILS

### FROZEN FRED

Milagro Tequila with fresh Lime Orange and Pineapple Juice 10

### 007

Stoli Orange Vodka, Orange Juice & Sprite 10

### BUSHWHACKER

Light, Dark & Vanilla Rums, Irish Cream Coffee Liqueur and Chocolate Syrup 10

### LIME 'N DA COCONUT

Key Lime & Vanilla Rums, Fresh Lime (w./ Zest) & Cream of Coconut Ice Cream 10

### PEACH BLOSSOM

Vanilla Vodka, Peach Nectar & Ice Cream

### FUNKY MONKEY

Dark & Coconut Rum, Irish Cream, Banana Pruee' and a Chocolate Swirl 10