

BRUNCH

Sat & Sun
10am-3pm

WiFi name: SurfWithFred
WiFi password: IITYWYBMAD

Menu

Parfait \$14

fresh fruit with yogurt & granola

Loaded Lox \$20

smoked salmon, cream cheese, capers, tomato, onion & bagel

2 Eggs Any Style \$14

with potatoes, toast & choice of bacon or sausage.

Biscuits & Gravy \$18

toasted biscuits smothered in our homemade sausage gravy.

Classic Omelet \$18

stuffed with cheddar, onions, peppers, spinach, tomatoes & mushrooms.

Pancakes \$16

vanilla buttermilk pancakes with potatoes & your choice of bacon or sausage. Make it a double stack for +\$4.

Crucian Breakfast \$16

saltfish, chop chop, boiled egg, veggies, & johnny cake.

Eggs Benedict \$20

toasted english muffin, canadian bacon, poached eggs & hollandaise with potatoes.

Steak & Eggs \$24

flank steak with eggs, potatoes & toast.

Chicken & Waffles \$20

breaded chicken & waffles with potatoes.

Breakfast Burrito \$20

eggs, cheddar, peppers, onions, & tomato wrapped in a flour tortilla with potatoes & your choice of bacon or sausage.

Breakfast Sandwich \$13

egg, cheddar, choice of bacon or sausage on either a croissant or bagel.

Breakfast Pizza \$18

flatbread topped with marinara, egg, cheddar, onions, peppers & tomato. Add mushroom \$3, bacon \$4, sausage \$4, steak \$5, or shrimp \$8.

Sides

breakfast potatoes \$6 sausage \$5

bacon \$5 bowl of fruit \$8

oatmeal \$8

The Fred Resort & Spa

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Menu

Fried Mushrooms \$15

battered & deep fried mushrooms served with ranch dressing.

Oyster on 1/2 Shell MRKT

served on bed of ice with lemon wedges, capers & cocktail sauce.

Crab Cakes \$22

homemade crab cakes with peppers & onions, pan seared & served with a spicy aioli.

Mahi Sandwich \$20

grilled mahi, lettuce, tomato, & onion, served on a brioche bun with choice of side.

Chicken Sandwich \$20

grilled chicken, lettuce, tomato & onion served on a brioche bun with a choice of side.

Fred Burger \$20

cheddar, bacon, over easy egg, lettuce, tomato & onion, served on a brioche bun with choice of side.
beyond burger available

Lamb Burger \$26

grilled to temperature desired, served on a brioche bun with pickled vegetable medley & house fries.

Lobster Roll MRKT

lobster tossed together with aioli, lemon juice & fresh herbs, served on a hoagie with choice of side.

Chicken Wings \$16

8 piece deep fried wings with your choice of either plain, buffalo, sweet thai chili, garlic parmesan, or bbq.

Garden Salad \$18

mixed greens topped with fresh vegetables.

Tropical Salad \$18

mixed greens topped with fresh fruit & toasted nuts.

Caesar Salad \$18

romaine lettuce tossed in homemade caesar dressing & homemade croutons.

Spinach Salad \$18

fresh spinach with toasted almonds & tomatoes tossed in a raspberry dressing.

ADD: chicken \$8, steak \$9, shrimp \$12, mahi \$10

Cheese Flatbread \$12

marinara, mozzarella, parmesan & basil

Meat Lovers Flatbread \$18

marinara, mozzarella, pepperoni, sausage, meatball & chicken.

Veggie Flatbread \$17

marinara, mozzarella, onion, tomato, peppers & mushrooms.

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