

Menu

APPETIZERS

Crab Cakes \$22

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

Chicken Wings \$15

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

Oyster on 1/2 Shell MRKT

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

Oyster Rockefeller MRKT

topped with creamy spinach sauce & baked.

Fried Mushrooms \$15

battered & deep fried mushrooms served with ranch dressing.

Seared Tuna \$20

sesame crusted tuna, pan seared & served with wakame, pickled ginger, wasabi aioli, & a balsamic reduction.

Lamb Lollipops \$25

3 lollipops, blackened & cast iron seared lamb lollipops with a tomato & mushroom ragu.

Ceviche \$20

fresh fish marinated in fresh citrus with peppers & herbs, served with tortilla chips.

SALADS

Garden Salad

mixed greens topped with fresh vegetables.
\$16

Caesar Salad

romaine lettuce tossed in homemade caesar dressing & homemade croutons.
\$15

Tropical Salad

mixed greens topped with fresh fruit & toasted nuts.
\$17

Spinach Salad

fresh spinach with toasted almonds & tomatoes tossed in a homemade tamarind dressing.
\$15

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

The Fred Resort & Spa

Menu

PASTA

Alfredo \$20

fettuccine tossed in homemade creamy alfredo sauce & finished with shaved parmesan served with garlic bread.

Chicken \$8, Shrimp \$12, Mahi \$10, Salmon \$14

Garlic Shrimp Scampi \$32

pan seared shrimp & fettuccine tossed in a roasted garlic & white wine sauce served with garlic bread.

Pesto Vegetable Pasta \$28

sauteed seasonal vegetables tossed in a homemade basil pesto & served over fettuccine with garlic bread.

Chicken Parmesan \$27

breaded & deep fried chicken breast served with homemade marinara, fettuccine, parmesan & garlic bread.

ENTREES

Pan Seared Mahi \$32

8 oz. local mahi, pan seared in a coconut curry sauce, chef's vegetable, served with pigeonpeas & rice.

Blackened Salmon \$34

blackened salmon served with roasted garlic mashed potatoes & chef's vegetable.

Whole Snapper \$32

deep fried, topped with a homemade creole sauce & served with seasoned rice & chef's vegetable.

Ribeye \$40

grilled to your desired temperature & topped with a mushroom demi glaze, chef's vegetable served with roasted garlic mashed potatoes.

Rack of Lamb \$70

herb crusted rack of lamb, accompanied with choice of two sides & finished with a red wine guavaberry sauce.

Lamb Burger \$26

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

1/2 Roasted Chicken \$25

seasoned & baked until golden brown with garlic butter, choice of two sides.

SIDES

Baked Mac/Cheese	\$5	Fries	\$7
Seasoned Rice	\$5	Pasta Salad	\$5
Roasted Garlic Mash	\$5	Sweet Fried Plantain	\$5
Potato Salad	\$5		
Chef's Vegetable	\$6		

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