

BRUNCH MENU

10:00 AM - 3:00 PM



BREAKFAST

COLADA FRENCH TOAST

4 triangles of pina colada french toast served with side of bacon or sausage and home fries \$16

RICCOTTA PANCAKES

lemon riccotta pancakes served with side of bacon or sausage and home fries \$16

CHICKEN & WAFFLES

breaded chicken and waffles maple syrup, pickled seasonal melon \$18

EGGS BENEDICT

two coddled eggs on english muffin with home fries and canadian bacon \$18

LOBSTER BENEDICT

two coddled eggs and local caribbean lobster on english muffin with home fries \$27

STEAK & EGGS

served with home fries and toast \$16

CLASSIC FRENCH OMELET

mushrooms, tomatoes, cheese, spinach, onions, peppers \$12. ADD MEAT; bacon or sausage \$1 ea.

2 EGGS ANY STYLE

2 eggs any style, home fries, meat of choice, toast \$14

CARIBBEAN PARFAIT

local fruit with yogurt and granola parfait \$14

FLAT BREADS

CHEESE

shredded mozzarella, shaved parmigiano, and basil \$10

SEAFOOD

Shrimp, Mahi, Conch, EVOO, ricotta cheese, alfredo sauce \$15

BUILD YOUR OWN \$10

pepperoni, mushroom, spinach, artichoke, olives, sausage, onion, peppers, tomato, meatball
add any topping: \$1 ea

HANDHELDS

OYSTERS ON 1/2 SHELL

lemon caper vinaigrette \$4

LOBSTER ROLL

Fresh Lobster tossed in a mixture of aioli, lemon juice and herbs, served on toasted baguette MRKT

FRED BURGER

L,T,O, cheese, over easy egg, crispy bacon, on a toasted brioche bun \$20

MAHI SANDWICH

lettuce, tomato, onion, citrus aioli on a toasted brioche bun \$20

CHICKEN SANDWICH

lettuce, tomato, onion, coconut curry aioli on a toasted brioche bun \$18

wraps available

with fresh cut fries, tater tots, or side salad

SALADS

LOCAL MIXED GREENS

roasted red and gold beets, local goat cheese, toasted almonds, pickled stone fruit, tamarind vinaigrette \$16

ITAL SALAD

local greens, housemade hummus, citrus herb cucumbers, heirloom tomatoe, beet carpaccio, green goddess dressing \$22

CAESAR SALAD

shaved parmigiano, housemade croutons \$15

ADD: CHICKEN \$7 STEAK \$9 SHRIMP \$12

WIFI
NETWORK: SURFWITHFRED
PASSWORD: IITWYBMAD

340-777-FRED
WWW.EATWITHFRED.COM