

LUNCH MENU



AVAILABLE 11:30A-4P

APPETIZERS

- CHICKEN FINGERS7
5 pcs with honey mustard
- QUESADILLA 9
Cheddar jack cheese, peppers, onions & tomatoes
With chicken..... 12
- BANG-BANG SHRIMP 11
6 sweet & spicy shrimp
- BUFFALO CHICKEN WONTONS ..8
4 pieces with blue cheese
- 10 WINGS..... 15
6 TENDERS..... 12
Choice of mild, spicy or hot served with 2oz blue cheese & celery
- CHEESESTEAK NACHOS 15
Home fried tortilla chips topped with chopped Philly ribeye steak, sautéed onions, peppers, black beans, diced tomatoes and our signature guinness cheese sauce, served with a side of sour cream and salsa

SALADS

- CAESAR 9
Romaine lettuce tossed with caesar dressing, croutons & shredded romano cheese
With chicken..... 12
With shrimp 15
- CHICKEN COBB..... 12
Chicken, blue cheese crumbles, egg, bacon, & diced tomatoes over mixed iceberg & romaine
- SANTA FE 15
Buffalo tenders, black beans, cheddar jack, red onion, tomato, avocado & tortilla crisps over mixed iceberg & romaine served with guacamole ranch dressing
- BANG BANG SHRIMP SALAD... 16
Bang bang shrimp, mango, shredded cabbage, carrots, red onion, cucumber & wonton crisps over mixed iceberg & romaine

SOUPS

FRENCH ONION

Topped with croutons, swiss & provolone cheese browned to perfection..... 8

TOMATO BISQUE

Cup 4 | Bowl 5

OUR SIGNATURE STEAK CHILI

Cup 6 | Bowl 12

BURGERS & SANDWICHES SERVED WITH CHIPS
ADD FRIES FOR \$1.50



BURGERS

100% Certified Angus Beef Burgers served on a brioche bun with a pickle.

- CLASSIC 10
American cheese, lettuce, tomato & onion
- BACON 12
Bacon & cheddar
- TAVERN 13
Bacon, sautéed onions, mushrooms, cheddar & american cheese
- CALIFORNIA 15
Bacon, avocado, fontina cheese & chipotle mayo
- BISTRO BURGER..... 16
Flame grilled and topped with bacon, honey porter glazed onions, blue cheese crumbles & arugula
- BLACK BEAN VEGGIE BURGER.. 11
Southwestern black bean veggie burger, topped with cheddar jack cheese, tomatoes, arugula & guacamole ranch



SANDWICHES

- SHORT RIB GRILLED CHEESE. 14
Short rib, honey porter glazed onions, fontina & bleu cheeses on garlic toasted rye
- CHEESESTEAK 10
Sautéed onions & american cheese on an tuscan sub roll
- F&E CHICKEN 10
Grilled chicken, fresh mozzarella, roasted peppers, arugula, tomato & balsamic reduction on a brioche bun
- BLACKENED TUNA BLT 14
Blackened ahi tuna seared rare, bacon, arugula, tomato & chipotle mayo on a brioche bun
- FRENCH DIP..... 12
Roast beef & provolone cheese on a tuscan sub roll with horseradish, served with au-jus
- CRAB CAKE SANDWICH 15
F&E signature crispy crab cake with lettuce, tomato & red onion served on a brioche bun with old bay aioli
- TURKEY VERDE WRAP 12
Roasted turkey, bacon, avocado, lettuce, tomato & guacamole ranch wrapped into a flour tortilla
- CHICKEN CAESAR WRAP 12
Grilled chicken breast, romaine lettuce, shredded romano cheese & caesar dressing wrapped into a flour tortilla



JASMINE RICE BOWLS

Available for lunch only. [11:30a-4p]

Choose from the following options:

- TUNA.....16
Sesame crusted ahi tuna pan seared rare, mango, edamame, seaweed salad, chili lime aioli & wonton crisps
- SHRIMP.....16
Blackened shrimp, roasted corn salsa, black beans, guacamole ranch & tortilla strips
- CHICKEN.....14
Grilled chicken, sautéed string beans, asparagus, edamame with sriracha, garlic and parmesan finished with red onion & cilantro

ENTRÉES

Served with bread & salad.

- SHRIMP SCAMPI.....21
Sautéed shrimp, butter, white wine garlic sauce served with linguini
- THANKSGIVING TURKEY DINNER.....18
Turkey, gravy, cranberry sausage stuffing, mashed potatoes, vegetable medley & cranberry sauce
- CHICKEN ALA ROSA.....16
Sautéed chicken with roasted peppers & fresh basil simmered in a tomato cream sauce, finished with romano cheese & tossed with penne

BEVERAGES

- FOUNTAIN SODA.....2.25
- COFFEE.....2.25
- DECAF COFFEE.....2.25
- ICED TEA.....2.25
- JUICE.....2.5
- TEA.....2.25



OTHER GOOD STUFF

- MAHI TACOS (3).....16
Grilled mahi, shredded lettuce, roasted corn salsa, chili lime aioli, soft flour tortilla
- PORK CARNITAS TACOS (3).....15
Tender slow braised pork, tangy mango slaw & smoked chipotle aioli
- FISH & CHIPS.....16
Yuengling battered haddock, french fries, coleslaw, lemon & old bay aioli
- MEATLOAF MOUNTAIN.....15
Grilled meatloaf served over sourdough bread, topped with mashed potatoes, cheddar jack cheese, bacon crumbles & brown gravy

SIDE ORDERS

- JASMINE RICE.....2
- VEGETABLE MEDLEY.....3.5
- COLESLAW.....2
- FRENCH FRIES.....4
add cheese for \$1
- LOADED FRIES.....8
with cheese, bacon & gravy

KID'S MENU

- GRILLED HOT DOG.....6
served with french fries
- SPAGHETTI & MEAT SAUCE.....6
- CHICKEN NUGGETS.....6
served with french fries
- GRILLED CHEESE.....6
served with french fries
- PEANUT BUTTER & JELLY.....6
served with french fries

*Applesauce can be substituted for fries

ASK ABOUT OUR CRAFT BEER SELECTION!

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@FREDANDETHELS

