



Savory Small Plates



Thai Lettuce Wraps- Seared Diced Chicken, Mushrooms, Onions, Water Chestnuts, tossed in an Asian Inspired Sauce and topped with Roasted Cashews and Crispy Fried Noodles and Fresh Romaine Lettuce 8.00



Korean Style Marinated Beef Tenderloin Kabobs- Served with Rice Pilaf and Yum Yum Sauce 7.00



Sesame Crusted Ahi Tuna - Seared Sushi Grade Tuna served Medium Rare, with our own Sweet and Spicy Plum Sauce and Wasabi Sauce 6.00

Grilled Chicken and Artichoke Melt- Served with Tri-Colored Tortilla Chips 6.00



Boneless Wings in a Skillet- ½ Dozen Fried Wings tossed in Chef Fred's concoction of Sweet and Spicy Raspberry Chipotle BBQ Sauce 6.00

Steak Bruschetta- Fresh Basil, Tomato and Black Olive Bruschetta served over Grilled French Baguette with Boursin Cheese and Seasoned Steak 6.25

Chicken Quesadillas- Seasoned Chicken and Cheddar Cheese Stuffing in a Flour Tortilla and Grilled to perfection, served with Salsa and Sour Cream 6.00



Calamari Rings and Tentacles- Lightly dusted in flour and flash fried, then tossed in Roasted Garlic, Caper and Lemon Butter Sauce 7.00

Pan Seared Scallops- Cut in half and served over Fried Won Ton Skins and Asian Slaw, topped with Wasabi Cream and Soy Reduction 6.00



Pepper Crusted Beef Tenderloin- Beef, Dusted with our own blend of Herbs and Spices, served on a Bed of Sweet Onion Marmalade 7.00

Asian Sweet and Sassy Chicken and Broccoli- Tender Morsels of Chicken and Broccoli tossed in an Asian Red Curry, served with saffron rice 7.50

Tipsy Bear Sandwiches



Tipsy Bear Burger- Double Patty, With Monterey Pepper Jack Cheese, Bacon, Crispy Onions, Barbeque Sauce, Topped with Lettuce and Tomatoes, on a Sesame Hoagie Bun 9.50

Crispy Chicken Buffalo Wrap- with Ranch Dressing, Lettuce, Tomatoes in a Spinach Wrap 7.00

Build Your Own Burger- 1/3 lb Black Angus Beef Burger topped with your choice of toppings 6.50

Add .30 cheese .75 bacon .50 mushrooms .50 grilled onions

Smoked Beef Brisket and Polish Sausage BBQ Sandwich- Just like Dad made them; this is a Manly Sandwich 8.00

Tuscan Chicken on Ciabatta- Topped with Marinated Artichoke Hearts and Melted Mozzarella Cheese, served with our own Herb Mayonnaise 6.00

Prime Rib Sandwich- Roasted and Shaved Prime Rib with Cheddar Cheese in Old Fashion Sour Dough Bread, served with Au Jus 7.50

Grilled Chicken Gyro- Marinated in our own Greek Marinade, and Char Grilled to perfection, wrapped in a Pita, topped with Fresh Tomato, Red Onions and Tzatziki Cucumber Sauce 7.00

Vegetarian Portabella and Roasted Red Pepper Croissant- served with our own Herb Mayonnaise 6.50

Add French Fries for 1.50

Soup and Sandwich of the day- Chef's Selection of a Cup of Fresh Soup and a 1/2 Sandwich of the Day. Served with French Fries. 6.50

Chef Fred's Tex-Mex Favorites

Fred's Taco Tray- Beef, Chicken, Pork Carnitas, with Rice, Beans, Flour Tortillas, Lettuce and Pico de Gallo. 9.00

Chicken Enchiladas (2)- with Fire Roasted Salsa- this is a family favorite with Seasoned Tender Chicken and Melted Cheddar Cheese topped with our own House Made Enchilada Sauce. Served with Rice and Beans 8.50

Chicken Nachos- with Black Bean and Corn Salsa- Six Large Crispy Nacho Shells, with our own Chicken Nacho mix, topped with Melted Cheddar Cheese, served with Fresh Lettuce, Sour Cream and Black Bean and Corn Salsa 7.50

 **Mahi Mahi Fish Tacos (3)-** Flash Fried Corn Tortillas filled with Seasoned Shredded Grilled(not fried) Mahi Mahi, topped with Black Bean and Corn Salsa served with Rice and Beans 9.25

Tacos al Carbon (2) – Smoked BBQ Beef Brisket topped with BBQ Sauce and Lettuce and Tomato wrapped in a Flour Tortilla. Served with a side of Mexican Rice and Beans 8.00

Trio Tostadas- 1 Beef, 1 Chicken, 1 Pork, all topped with Refried Beans Cheddar Cheese and Shredded Lettuce and Diced Tomato 7.00

Shrimp Veracruz- Sauté Shrimp(5) with Smoked Ham, Diced Tomatoes, Onion, Jalapeno, Garlic and Creamy Butter Sauce, served with Rice Pilaf. 12.00

Fred's Giant Tacos

Mexican Ground Beef 7.50

Chicken Fajitas 7.50

Seasoned Grilled Steak Fajitas 9.00

All Tacos served with Mexican Rice and Refried Beans inside the Flour Tortilla

Plentiful Pastas

Shrimp Mac and Cheese- Shrimp(5) tossed in Cavatappi Pasta, Garlic, and Lobster Sauce, finished with White Truffle Oil, and White Cheddar. Served with Fresh Vegetable of the Day 12.00

Grilled Chicken Tortellini- Chicken, Marinated in our own House Marinade tossed together with Tri-Colored Cheese Tortellini in a Garlic Alfredo Sauce 9.00

Shrimp Capri- Roasted Red Pepper, Green Onions, and Garlic tossed in light Butter Sauce and Angel Hair Pasta 12.00

Grilled Chicken Scorpio- Topped with Italian Sauce, Feta Cheese, and Black Olives over a Bed of Angel Hair Pasta. 12.00

Bistro Fare (Served after 4:00 pm)

Steak and Fries- -Grilled Rib-Eye Steak cooked to your liking, topped with Crispy Onions and a Bourbon BBQ Glaze and Seasoned French Fries

8 oz 12.50 10oz 16.50

Pan Seared Salmon "Statler" – Chef Fred's Texas inspired Marinade. Topped with Fine Herb Butter Sauce, and served with Saffron Rice and Vegetable of the Day. 12.75

Twin Petite Medallions of Beef- Two Beef Tenderloin Steaks cooked to your liking, One topped with Wild Mushroom Sauce and the Second topped with Fine Herb Butter Sauce, served with Garlic Roasted Fingerling Potatoes and Vegetable of the Day. 15.00

Pan Seared Duck Breast- Served with Fresh Rosemary and Mushroom Ragout, Rice Pilaf and Vegetable of the Day. 14.00

Chicken Picatta- Lightly Breaded Chicken Breast topped with Capers and Lemon Butter Sauce. 12.00

Soups

Classic Tomato Bisque

Cup 2.50

Bowl 3.50

Chicken & Sausage Gumbo

Cup 3.00

Bowl 4.00

Soup of the day

Cup 2.50

Bowl 3.50

Salads

Chicken Quesadilla Cobb Salad – Gourmet Greens topped with Shredded Cheddar, Tomatoes, Crispy Tortilla Strips, Black Bean and Corn Salsa and a Hot Chicken and Cheese Quesadilla. Served with our own Chipotle Ranch Dressing 10.00

Harvest Chicken and Bacon Cobb Salad- Served with Diced Chicken, Apple Smoked Bacon, Dried Cranberries, and Pear Poppy Seed Dressing 9.00

Pepper- Crusted Salmon-Served over a Bed of Gourmet Greens, Fresh Tomato and English Cucumber. Served with our Signature Green Goddess Dressing 8.00

❖ **Consuming Raw or Undercooked Meats, Poultry, Seafood, Shellfish, and Eggs may Increase your Risk of Food Borne Illness.**