

BEVERAGES

Coffee or Tea	2.19
Iced Coffee	2.79
Hot Chocolate	2.99
Milk or Skim Milk	2.49 2.99
Chocolate Milk	2.79 3.29
Milkshake	4.99
Lemonade	2.49 2.99
Endless Glass Fresh Brewed Ice Tea	2.49
Yumerry Pomegranate Lifewater	2.49
Soda (free refills with food order)	2.49
<i>Pepsi, Diet Pepsi, Caffeine-free Diet Pepsi, Sierra Mist, Mt. Dew, Ginger Ale, PA Dutch Birch Beer</i> Kiddie Size	1.89

COMFORT MEALS

Fried Scallops	12.99
Fred's Fried Seafood Platter	11.99
<i>3 scallops, 2 pieces haddock, clam strips; fries and cole slaw.....add a crabcake for additional 5.99</i>	
Fried Clam Strips	10.29
Chicken Parm over Pasta	10.79
Hot Turkey or Roast Beef Platter	10.79
<i>Served with gravy, mashed potatoes & veggie</i>	
Homemade Meatloaf Platter	10.79
<i>Served with gravy, mashed potatoes & veggie</i>	
Fried Chicken	9.79
Fried Flounder Platter	9.79

ODDS & ENDS

Onion Rings	5.29
Sweet Potato Fries	3.99
Crispy French Fries	2.79
Disco Fries (mozzarella & gravy)	4.99
Mashed Potatoes	3.29
<i>Mashed Potatoes with Gravy</i> 4.29	
Side Caesar Salad	3.79
Side Tossed Salad	3.29
Potato Salad, Cole Slaw, Cottage Cheese, Applesauce	2.29
Side Fresh Cut Fruit	3.29

FOR THE KIDDIES

*Age 12 and under only
Substitute apple sauce, yogurt, cottage cheese or fresh fruit (extra 1.29 for fruit) instead of French fries*

Chicken Fingers with Fries	5.49
Jr. Cheeseburger with Fries	5.49
Kraft Mac & Cheese	5.29
Hot Dog with Fries	5.29
Kiddie Chicken Quesadilla	5.99
Plain Cheese Quesadilla	4.99
Grilled Cheese with Fries	5.29
Kiddie Fish & Chips	6.99
PB & J with Fries	4.79
Linguine or Penne with Meatball	5.49

Ask for a Kiddie Breakfast Menu

Open "Mostly" Year 'Round

Breakfast and Lunch 6:00 AM—3:00 PM

Open for Dinner During the Summer

DELI SANDWICHES

Served on White, Wheat, Rye, Sourdough or Kaiser Roll with Lettuce; Gluten Free Bun-Add 1.99

Ask for Tomato or Mayo

Wrap in a Sweet Honey Wheat Tortilla—Add .79

Crunchy Ripple Potato Chips—Add .49

Turkey	6.79
Roast Beef	6.79
Ham	6.79
Tuna Salad	6.79
Chicken Salad	6.79
Egg Salad	5.79
Bacon, Lettuce & Tomato	5.79
Liverwurst & Onion	5.79
Corned Beef—served hot or cold	6.79
Pastrami—served hot or cold	6.79

LUNCH MENU



2016

Come Visit Beach Haven's Only Diner

4th and Bay Avenue
Beach Haven, NJ 08008

Phone: 609-492-4269

www.fredsbeachhavendiner.com

FRED'S BHD SPECIALS

Served with French fries; Substitute sweet potato fries—add .99

Nachos.....	6.99
<i>Jalapenos, black beans, cheese, tomato, lettuce, pico de gallo on homemade tortillas</i>	
With beef or chicken	8.99
Chicken Quesadilla	6.29
Mozzarella Sticks	5.99
Golden Fried Pickles	5.99
Chicken Tenders	5.99
Super Sampler	9.99
<i>Chicken quesadilla, fried pickles, mozzarella sticks</i>	

SOUPS

Quarts of our delicious soup are available for take out

Cup..**3.79**Bowl.....4.99

Chunky Tomato Bisque, Manhattan Clam Chowder

Soup of the Day

COLD SALAD PLATTERS

Substitute fresh spinach for iceberg or romaine...add .79

Pecan Dijon Chicken Salad	9.29
<i>Seasoned chicken, bacon, avocado, pecans, tomato, cheddar on romaine w/honey Dijon dressing</i>	
Sante Fe Salad.....	9.29
<i>Romaine, mushrooms, tomato, cheddar, avocado, tossed in zesty Sante Fe dressing, topped w/sliced chicken breast</i>	
Chicken Caesar Salad.....	9.29
Peach & Blue Salad	8.99
<i>Romaine with cucumber, onion, walnuts, tomato; topped with sliced peaches, crumbled bleu cheese</i>	
Cobb Salad	9.29
Chef's Salad	9.29
Buffalo Chicken Salad	9.29
Tuna or Chicken Salad	8.99
<i>Choose one, or both 9.49</i>	
Grilled Chicken Salad.....	8.99
Greek Salad.....	8.99
Taco Salad.....	9.79
<i>Your choice of chicken or beef mixed with greens, tomato, black beans, cheese, guacamole, salsa, sour cream; served in tortilla</i>	

Jersey Burger	10.29
<i>Half pound certified Angus beef with pork roll, egg, pepper jack cheese</i>	
Turkey Griller	9.79
<i>Turkey, tomato, avocado, cheddar, zesty ranch on grilled sourdough</i>	
Chicken LBI Wrap.....	9.79
<i>Grilled chicken, guacamole, salsa, tomato, lettuce, cheddar in a tortilla</i>	
Chicken Caesar Wrap.....	9.79
Jessica's Chicken Tender Wrap	9.79
<i>Crispy tenders, bacon, lettuce, tomato, cheddar, ranch in a tortilla</i>	
Gyro	9.79
Crabcake Sandwich	11.99
Fish and Chips.....	11.29
Patty Melt BHD Style.....	9.79
Grilled Reuben	9.79
<i>Your choice of corned beef, pastrami or turkey</i>	
Tuna Salad Melt.....	9.79
Veggie Wrap	9.29
<i>Spinach, broccoli, green pepper, tomato, mushrooms, onion, cream cheese on a tortilla; cottage cheese instead of fries</i>	

CHICKEN SANDWICHES

Deluxe It—Fries and Onion Rings - Add 2.29

Wrap it in a Sweet Honey Wheat Tortilla—Add .79;

Grilled Chicken or Fried Chicken Cutlet	6.99
Honey Dijon Chicken or BBQ Chicken.....	7.29
Chicken Cheesesteak	7.29
Chicken Cordon Bleu or Chicken Cutlet Parm.....	7.99
Buffalo Chicken	7.29
Fried Chicken Cutlet Club	9.29

TEX-MEX

Made from scratch and served with potato salad; Guacamole—add 1.99

Fish Tacos	9.29
<i>Battered haddock, cheddar, tomatoes, lettuce, and special spices wrapped in soft flour tortilla; served with pico de gallo, salsa & tartar</i>	
Chicken Quesadilla.....	9.29
Beef or Chicken Tacos (3)	9.29
<i>Seasoned chicken or beef, cheddar, tomato, lettuce, spices; sides of sour cream, pico de gallo and salsa</i>	
Veggie Quesadilla	9.29

BURGERS AND MORE

Deluxe It—Fries and Onion Rings - Add 2.29

All beef burgers made with 1/2 pound Certified Angus Beef

Gluten Free Bun—Add 1.99; Bacon—Add 1.29

Mushrooms—Avocado—Guacamole—Add .99

Jalapenos—BBQ Sauce—Buffalo Sauce—Fried Onions Add .59

Please ask for Lettuce & Tomato

Cheeseburger	7.29
Hamburger	6.59
Mushroom Swiss Burger	8.29
Meatball Parm	7.29
Turkey Burger	7.29
Veggie Burger	7.29
Salmon Burger	7.29
Fried Flounder Sandwich	7.99
Cheesesteak	7.29
Grilled Cheese w/Ham, Bacon or Pork Roll	5.99
Grilled Cheese with Tomato	5.49
Grilled Cheese.....	4.99

CLUB SANDWICHES

Triple Decker on White Toast w/Bacon, Lettuce, Tomato & Mayo

Served w/French Fries; Substitute Sweet Potato Fries—Add .99

Turkey Club	9.29
Roast Beef Club.....	9.29
Chicken Salad Club.....	9.29
Fried Chicken Cutlet Club.....	9.29
<i>(try it with plain grilled chicken)</i>	
Cheeseburger Club	9.29
Ham & Swiss Cheese Club	9.29
Bacon, Lettuce & Tomato Club	8.79
Tuna Fish w/Sliced Egg instead of bacon	9.29
Poseidon Club.....	9.79
<i>Hot corned beef and pastrami with Russian dressing, lettuce, cole slaw on three slices of rye bread</i>	