

BEVERAGES

JUICES AND FRUITS

Juice...small 2.79...large 3.29..Pitcher OJ... 9.29
<i>Orange, grapefruit, apple, pineapple, cranberry tomato</i>
Half Cantaloupe..... 4.79
Bowl Fresh Cut Seasonal Fruit.....6.29
Small Fruit.....3.29
Fresh Fruit Parfait.....6.29
<i>(low fat vanilla yogurt, mixed with fresh strawberries and blueberries, topped with granola)</i>

MUFFINS, CEREALS & LOOSE ENDS

Kickin' Home Fries5.79
<i>Breakfast spuds smothered w/homemade tangy sauce mixed with peppers & onions, topped with cheddar</i>
Side of Plain Home Fries.....2.59
Cinnamon Bun.....3.99
Blueberry Muffin.....3.29
Carrot Bran Muffin.....3.29
Corn Muffin.....3.29
Thomas's English Muffin1.99
Bagel with Butter.....1.99
Bagel with Cream Cheese.....2.49
Side of Sausage, Bacon, Ham, Turkey Sausage, Pork Roll, or Scrapple.....2.99
Side of Corned Beef Hash.....3.49
Side of Two Eggs.....2.29
Cottage Cheese.....2.29
Oatmeal (made to order) Bowl 4.79...cup.....3.79
Assorted Cereals (2 boxes).....3.79
<i>(Fruit Loops, Raisin Bran, Frosted Flakes, Honey Nut Cheerios)</i>

Coffee or Tea.....2.29
Iced Coffee.....2.79
Hot Chocolate.....2.99
Milk or Skim Milk..... 2.49.....2.99
Chocolate Milk..... 2.79.....3.29
Fresh Brewed Iced Tea.....2.49
Lemonade..... 2.49.....2.99
Milkshake.....4.99
Yumberry Pomegranate Lifewater.....2.49
<i>Zero calories-zero caffeine</i>
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 Soda.....1.89

Open "Mostly" Year 'Round

Breakfast and Lunch 6:00 AM—3:00 PM

Open for Dinner Thursday—Sunday During the Summer

EARLY RISER BREAKFAST

Served 6:30 am—8:30 am

All include Coffee and Small Juice; Dine in Only
\$6.99

- ◆ Two eggs, any style with home fries, toast and your choice of bacon, sausage, scrapple, pork roll or ham
- ◆ Pancakes or French Toast and Two Eggs (toast and home fries not included)
- ◆ Build Your Own Omelette—*served with home fries & toast*; Choose any 3 items: Bacon, Ham, Sausage, Turkey, Pork Roll, Turkey Sausage, Tomato, Green Pepper, Onion, Mushroom, Broccoli, Spinach, American, Cheddar, Swiss, Mozzarella, Feta, Pepper Jack
- ◆ Oatmeal and Toasted Muffin
Cup of made to order Oatmeal and choice of Corn, Blueberry, or Carrot Bran Muffin

BREAKFAST MENU



2017

4th and Bay Avenue
Beach Haven, NJ 08008

Phone: 609-492-4269
www.fredsbeachhavendiner.com

Come Visit Beach Haven's Only Diner

BREAKFAST SPECIALITES

Breakfast Quesadilla	9.29
<i>Scrambled eggs, chorizo, avocado, onion, mozzarella & cheddar, seasoning in a tortilla; Home Fries</i>	
Cinnamon Bun French Toast	9.29
<i>Kid-size serving</i>	
.....	4.79
Sweet Potato Pancakes (3)	9.29
Sweet Potato Pancakes Short Stack (2)	6.99
Big Daddy Breakfast Sandwich.....	9.29
<i>2 eggs, pork roll, ham, bacon, and cheese on roll; HF</i>	
Steak and Eggs (2)	13.29
Morning Monte Cristo	9.29
Creamed Chip Beef.....	8.99
Lox and Cream Cheese on a Bagel	12.29
Western and Cheddar Wrap	7.99
Breakfast Veggie Burrito	9.29
<i>Egg whites mixed w/tomato, onion, green peppers, black beans, mozzarella, cheddar, seasoning, HF</i>	

EGGCEPTIONAL OMELETTES

Crabby Omelette	11.99
<i>Lump crab mixed w/spinach, tomato, pepper jack</i>	
California Omelette	9.79
<i>Turkey, guacamole, tomato, cheddar</i>	
Mexican Omelette	9.79
<i>Chorizo and Swiss covered in tangy sauce mixed with peppers and onions, topped with sour cream</i>	
Blue Dolphin Omelette	9.79
<i>Sausage, green onion, tomato, sour cream</i>	
Nova Scotia Lox and Onion Omelette	10.99
Garden Omelette	9.79
4 Cheese Omelette.....	9.79
Western and Cheese Omelette.....	9.29
Karen's Omelette	9.79
<i>Pastrami, onion & Swiss cheese</i>	
Richmond Spider Omelette	10.29
<i>Sausage, bacon, ham, onion, green pepper, tomato, cheddar</i>	

BUTTERMILK PANCAKES & TEXAS FRENCH TOAST

Tall Stack (3).....6.99 Short Stack (2)5.99

Flapjack Combo.....	9.29
<i>Two buttermilk pancakes, two eggs, and your choice of breakfast meat</i>	
<i>Flapjack Toppings</i>	
Strawberries, Blueberries, Peaches, Pineapple (each).....	1.59
Walnuts, Granola, Pecans, Raisins (each).....	.99
Banana, Choc. Chips, P-nut Butter Chips, M&Ms (each)....	.99

WAFFLES

*Super Thick Belgian Style
Sugar Free Syrup Available: Real Maple Syrup—Add 1.39
Ask for Whipped Cream*

Strawberry Waffle	8.49
Banana Nut Waffle	8.49
Rainbow Waffle (M&M's)	7.99
Chocolate Chip Waffle	7.99
Chocolate & Peanut Butter Chip Waffle.....	8.99
Peach Waffle	8.49
Plain Waffle	6.99
Paradise Waffle.....	9.79
<i>Cantaloupe, blueberries, strawberries, peaches & pineapple</i>	

KIDDIE BREAKFASTS

Age 10 and under only

Wacky Waffle (<i>1/2 waffle w/M&M's or choc chips</i>).....	3.99
Plain Half Waffle	2.99
Rainbow Pancake (<i>M&M or Choc Chips</i>).....	3.79
Plain Flapjack	2.79
Cinnamon Bun French Toast-Kid Size.....	4.79
Smashed Egg.....	3.99
<i>(Single scrambled egg with 2 slices bacon or single sausage link, toast, HF)</i>	
Super Cereal doused w/Mighty Milk.....	2.79
<i>Fruit Loops, Frosted Flakes, Honey Nut Cheerios—without milk</i>	
.....	1.99
What Your Mom Wants You To Eat.....	4.29
<i>(Healthy fresh mixed fruit, vanilla yogurt and toast)</i>	

EGGS

*Any Style, Served with Home Fries and Toast
Egg Whites—Add .99*

“Kick Up” Home Fries—tangy sauce, mixed with peppers, onions and topped with Cheddar Cheese—Add 1.79
*English Muffin or Bagel instead of Toast—Add .59
Substitute Fresh Fruit for Home Fries—Add 1.29
Side of Sausage, Bacon, Ham, Turkey Sausage, Pork Roll or Scrapple—2.99
Side of Corned Beef Hash—3.49*

Three Eggs	5.79
Two Eggs.....	5.29
One Egg	4.29

BUILD YOUR OWN OMELETTE

*Begin with a plain omelette made with 3 XL eggs—5.99
Add any item listed below
Substitute Fresh Fruit for Home Fries—Add 1.29
Egg Whites—Add 1.49*

“Kick Up” Home Fries—tangy sauce, mixed with peppers, onions and topped with Cheddar Cheese—Add 1.79

Meats —Add 1.29 each
Bacon—Ham—Sausage—Turkey Sausage—
Chorizo—Pork Roll—Turkey
Veggies —Add .99 each
Tomato—Green Pepper—Onion—Mushrooms—
Broccoli—Spinach—Scallions—Jalapenos—
Avocado
Cheese —Add .99 each
American—Cheddar—Swiss—
Mozzarella—Feta—Pepper Jack

BREAKFAST SANDWICHES

Served on a Kaiser Roll

Bacon, Ham or Pork Roll, Egg & Cheese	6.49
Bacon, Ham or Pork Roll & Egg	5.99
Bacon, Ham or Pork Roll & Cheese.....	5.49
Western & Cheese.....	5.29
Egg & Cheese	3.79