

BEVERAGES

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.....	5.29
Arnold Palmer	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>	

MUFFINS, CEREALS & LOOSE ENDS

Kickin' Home Fries	5.99
<i>Breakfast spuds smothered w/homemade tangy sauce mixed with bacon, peppers & onions, topped w/cheddar</i>	
Side of Plain Home Fries.....	2.79
Cinnamon Bun.....	3.99
Blueberry Muffin.....	3.29
Carrot Bran Muffin	3.29
Corn Muffin.....	3.29
Thomas's English Muffin	1.99
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 4.99... Cup	3.99
Assorted Cereals (2 boxes).....	3.99
<i>(Fruit Loops, Raisin Bran, Frosted Flakes, Honey Nut Cheerios)</i>	

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>	

BENNIES

<i>All Benedicts have 2 poached eggs on a toasted English muffin; topped with hollandaise sauce; served with home fries or fresh fruit</i>	
Crabby Benedict (lump crab).....	12.99
Jersey Benedict (pork roll)	10.29
Irish Benedict (corned beef hash)	10.29
Beach Haven Benedict (spinach & tomatoes).....	9.99

EARLY RISER BREAKFAST

Served Monday-Friday 6:00 am—8:00 am
All include Coffee and Small Juice; Dine in Only
\$6.99

- ◆ Two eggs, any style
Served with home fries or fresh fruit; 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 or fresh fruit; & toast; Choose any 3 items: Bacon, Ham, Sausage, Turkey, Pork Roll, Turkey Sausage, Tomato, Onion, Green Pepper, Mushroom, Broccoli, Spinach, American, Cheddar, Mozzarella, Swiss, Feta, Pepper Jack
- ◆ Oatmeal and Toasted Muffin
Cup of made to order Oatmeal and choice of Corn, Blueberry, or Carrot Bran Muffin

BREAKFAST MENU



2018

4th and Bay Avenue
Beach Haven, NJ 08008

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

Come Visit Beach Haven's Only Diner

Open "Mostly" Year 'Round

Breakfast and Lunch 6:00 AM—3:00 PM

Open for Dinner Thursday—Sunday During the Summer

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>	4.99
Breakfast Chilaquiles.....	9.29
<i>3 eggs over easy on top of corn tortillas with black beans, salsa and melted mozzarella</i>	
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 Chipped Beef.....	9.29
Lox and Cream Cheese on a Bagel.....	12.29
Western and Cheddar Wrap.....	8.29
Breakfast Veggie Burrito.....	9.29
<i>Egg whites mixed w/tomato, onion, green peppers, black beans, mozzarella, cheddar, seasoning, home fries</i>	

EGGCEPTIONAL OMELETTES

All omelettes served with toast; home fries or fresh fruit

Crabby Omelette.....	12.29
<i>Lump crab mixed w/spinach, tomato, pepper jack</i>	
California Omelette.....	10.29
<i>Turkey, guacamole, tomato, cheddar</i>	
Mexican Omelette.....	10.29
<i>Chorizo and Swiss covered in tangy sauce mixed with peppers and onions, topped with sour cream</i>	
Blue Dolphin Omelette.....	10.29
<i>Sausage, green onion, tomato, sour cream</i>	
Nova Scotia Lox and Onion Omelette.....	11.29
Garden Omelette.....	10.29
4 Cheese Omelette.....	10.29
Western and Cheese Omelette.....	9.79
Karen's Omelette	9.79
<i>Pastrami, onion & Swiss cheese</i>	
Richmond Spider Omelette.....	10.79
<i>Sausage, bacon, ham, onion, green pepper, tomato, cheddar</i>	

BUTTERMILK PANCAKES & TEXAS FRENCH TOAST

Sugar Free Syrup Available: Real Maple Syrup—Add 1.79

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>	
Flapjack Toppings	
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 1.79

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.....	4.99
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>	
What Your Mom Wants You To Eat.....	4.29
<i>(Healthy fresh mixed fruit, vanilla yogurt and toast)</i>	

EGGS

*Any Style, Served with Choice of Home Fries or Fresh Fruit; and Toast: Gluten Free Toast—add .99
Egg Whites—Add .99*

“Kick Up” Home Fries —tangy sauce, mixed with peppers, bacon, onions and topped with Cheddar Cheese—Add 1.99 English Muffin or Bagel instead of Toast—Add .59 Side of Sausage, Bacon, Ham, Turkey Sausage, Pork Roll or Scrap- ple—2.99 Side of Corned Beef Hash—3.49	
Three Eggs.....	5.99
Two Eggs.....	5.49
One Egg.....	4.49

BUILD YOUR OWN OMELETTE

Begin with a plain omelette made with 3 XL eggs—6.29

Add any item listed below

*Served with Choice of Home Fries or Fresh Fruit; Toast
Gluten Free Toast—add .99*

Egg Whites—Add 1.49

“Kick Up” Home Fries—tangy sauce, mixed with peppers, bacon, onions and topped with Cheddar Cheese—Add 1.99

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—Smoked Gouda
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