

## BEVERAGES

Coffee, Tea, or Green 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
Milkshake (chocolate or vanilla).....	5.29
Lemonade.....	2.49 2.99
Endless Glass Fresh Brewed Ice Tea.....	2.49
Arnold Palmer (iced tea & lemonade).....	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
<b>Fred's Fried Seafood Platter</b> .....	12.79
<i>3 scallops, 2 pieces haddock, clam strips; fries and cole slaw.....</i>	
<b>add a crabcake for additional 5.99</b>	
Fried Clam Strips (1/2 lb).....	10.79
Chicken Parm over Pasta.....	10.79
Hot Turkey or Roast Beef Platter.....	10.79
<i>Served with gravy, mashed potatoes &amp; veggie</i>	
Homemade Meatloaf Platter.....	10.79
<i>Served with gravy, mashed potatoes &amp; veggie</i>	
Chicken Tender Platter.....	10.29
Fried Chicken 4 piece w/fries & slaw.....	10.29
Fried Flounder Platter w/fries & slaw.....	10.29

## ODDS & ENDS

Onion Rings.....	5.79
Sweet Potato Fries.....	4.29
Crispy French Fries.....	2.99
Disco Fries (mozzarella & gravy).....	5.29
Mashed Potatoes.....	3.49
<i>Mashed Potatoes with Gravy.....</i>	
Side Caesar Salad.....	3.79
Side Tossed Salad.....	3.29
Homemade Potato Salad.....	2.29
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 instead of French fries*

Chicken Fingers with Fries.....	5.79
Jr. Cheeseburger with Fries.....	5.79
Kraft Mac & Cheese.....	5.49
Hot Dog with Fries.....	5.49
Kiddie Chicken Quesadilla.....	5.99
Plain Cheese Quesadilla.....	4.99
Grilled Cheese with Fries.....	5.49
Kiddie Fish & Chips.....	6.99
PB & J with Fries.....	4.99
Linguine or Penne with Meatball.....	5.79

*Ask for a Kiddie Breakfast Menu*

## DELI SANDWICHES

**All cold cuts are Boar's Head Brand (except turkey which is all white meat cooked in our ovens)**  
*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.....	6.99
Roast Beef.....	6.99
Ham.....	6.99
Tuna Salad.....	6.99
Chicken Salad.....	6.99
Egg Salad.....	5.99
Bacon, Lettuce & Tomato.....	5.99
Liverwurst & Onion.....	5.99
Corned Beef—served hot or cold.....	6.99
Pastrami—served hot or cold.....	6.99

## LUNCH MENU



# 2018

**Come Visit Beach Haven's Only Diner**

4th and Bay Avenue  
Beach Haven, NJ 08008

Phone: 609-492-4269

[www.fredsbeachhavendiner.com](http://www.fredsbeachhavendiner.com)

**Open "Mostly" Year 'Round**  
Breakfast and Lunch 6:00 AM—3:00 PM

Open for Dinner Thursday—Sunday  
During the Summer

## APPETIZERS

Nachos.....	6.99
<i>Jalapenos, black beans, olives, cheese, tomatoes, lettuce, pico de gallo on homemade tortillas</i>	
<i>With beef or chicken</i> .....	8.99
Mozzarella Sticks .....	6.29
Chicken Quesadilla .....	6.29
Disco Fries w/mozzarella & gravy .....	5.29
Chicken Tenders .....	6.29
Clam Strips .....	5.99
Chips and Salsa .....	3.99

## SOUPS

*Quarts of our delicious soup are available for take out*

<i>Cup.</i> <b>3.99</b> .....	<i>Bowl</i> .....	5.29
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 .....	10.29
<i>Seasoned chicken, bacon, avocado, pecans, tomato, cheddar on romaine w/warm honey Dijon dressing</i>	
Sante Fe Salad.....	10.29
<i>Romaine, mushrooms, tomato, cheddar, avocado, tossed in zesty Sante Fe dressing, topped w/sliced chicken breast</i>	
Chicken Caesar Salad.....	10.29
Peach & Blue Salad .....	9.79
<i>Romaine with cucumber, onion, walnuts, tomato; topped with sliced peaches, crumbled bleu cheese</i>	
Cobb Salad .....	10.29
<b>Chef's Salad</b> .....	10.29
Buffalo Chicken Salad .....	10.29
Tuna or Chicken Salad .....	9.79
<i>Choose one, or both 9.99</i>	
Grilled Chicken Salad .....	9.79
Greek Salad.....	9.79
Taco Salad.....	10.29
<i>Your choice of chicken or beef mixed with romaine, tomato, black beans, cheese, guacamole, salsa, sour cream; served in tortilla bowl</i>	

## FRED'S BHD SPECIALS

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

Jersey Burger .....	10.79
<i>Half pound certified Angus beef with pork roll, egg, pepper jack cheese</i>	
Turkey Griller.....	10.29
<i>Turkey, tomato, avocado, cheddar, zesty ranch on grilled sourdough</i>	
Chicken LBI Wrap.....	10.29
<i>Grilled chicken, guacamole, salsa, tomato, lettuce, cheddar in a tortilla</i>	
Chicken Caesar Wrap.....	10.29
<b>Jessica's Chicken Tender Wrap</b> .....	10.29
<i>Crispy tenders, bacon, lettuce, tomato, cheddar, ranch in a tortilla</i>	
Gyro .....	10.29
Crabcake Sandwich .....	12.29
Fish and Chips.....	11.79
Patty Melt BHD Style.....	10.29
Grilled Reuben .....	10.29
<i>Your choice of corned beef, pastrami or turkey</i>	
Tuna Salad Melt.....	10.29
<b>Sara's Grilled Cheese w/cup of soup</b> .....	10.29
<i>Sautéed spinach and tomatoes with smoked Gouda and pepper-jack cheese on grilled egg bread; served w/cup of tomato soup</i>	

## CLUB SANDWICHES

*Triple Decker on White Toast w/Bacon, Lettuce, Tomato & Mayo*  
*Served w/French Fries; Substitute Sweet Potato Fries—Add .99*

Poseidon Club.....	10.29
<i>Hot corned beef and pastrami with Russian dressing, lettuce, cole slaw on three slices of rye bread</i>	
Turkey Club .....	9.79
Roast Beef Club .....	9.79
Chicken Salad Club.....	9.79
Fried Chicken Cutlet Club .....	9.79
<i>(try it with plain grilled chicken)</i>	
Cheeseburger Club.....	9.79
Ham & Swiss Cheese Club.....	9.79
Bacon, Lettuce & Tomato Club.....	9.29
Tuna Fish w/Sliced Egg instead of bacon.....	9.79

## 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.....	7.79
Cheesesteak .....	7.79
Meatball Parm .....	7.79
Turkey Burger 8 oz. all white meat .....	7.79
Salmon Burger <i>wild caught</i> .....	7.79
Fried Flounder Sandwich.....	7.99
Veggie Burger <b>vegan, made by Dr. Praeger's</b> .....	7.79
Grilled Cheese w/Ham, Bacon or Pork Roll .....	6.29
Grilled Cheese with Tomato .....	5.79

## CHICKEN SANDWICHES

*Deluxe It—Fries and Onion Rings - Add 2.29*  
*Served on Kaiser Roll; Wrap it in a Sweet Honey Wheat Tortilla—Add .79;*

Grilled Chicken or Fried Chicken Cutlet.....	7.49
Honey Dijon Chicken or BBQ Chicken .....	7.79
Chicken Cheesesteak .....	7.79
Chicken Cordon Bleu or Chicken Cutlet Parm .....	8.49
Buffalo Chicken .....	7.79
Fried Chicken Cutlet Club on white toast w/fries .....	9.79

## TEX-MEX

*Made from scratch and served with homemade potato salad or fries;*  
*Guacamole—add 1.99*

Fish Tacos (3) .....	10.29
<i>Battered haddock, cheddar, tomatoes, lettuce, and drizzled with chipotle tartar sauce, wrapped in soft flour tortilla;</i>	
Chicken Quesadilla.....	9.79
Salmon Tacos (3) .....	10.29
<i>Salmon, pica de gallo, lettuce, cheddar, chipotle sauce</i>	
Beef or Chicken Tacos (3) .....	10.29
<i>Seasoned chicken or beef, cheddar, tomato, lettuce, spices;</i>	
Veggie Quesadilla .....	9.79
<i>Spinach, broccoli, tomato, onion, mushroom, green pepper, cheese</i>	