

BREAKFAST

Served daily from 7:30 AM to 11:00 AM

(Eggs are served scrambled, toast is white, whole wheat or rye.)

The Wake-Up: 2 eggs w/toast 1.79

Beech Mt. Breakfast: 2 eggs w/toast and choice of bacon or sausage 2.79

Big Country Breakfast: 2 eggs w/toast, grits or hash browns & bacon or sausage w/country ham 4.29

Fred Muffin: Egg and cheese served on a toasted english muffin w/bacon or sausage w/country ham 2.29

Biscuits: Freshly baked buttermilk biscuit served with butter or jelly egg & cheese egg, cheese & bacon or sausage egg, cheese & country ham sausage or bacon only country ham only 1.99 1.79 1.99 2.29 1.79 1.99

Biscuit With Sausage Gravy: One biscuit served with homemade sausage gravy 2.29

Belgian Waffle: Comes w/maple syrup or strawberry syrup 3.79

Toasted Bagels: plain cream cheese .99 1.29

Sides: egg hash browns cereal bacon/sausage country ham toast grits cheese .99 1.49 1.29 1.59 .99 .99 .50

LUNCH & DINNER

Soup, Chili & Nachos

Soup of the Day

cup 1.89
bowl 2.29

1/2 Sandwich and Soup 4.49

Choose grilled cheese or any cold sandwich on white, wheat Or rye bread HALF A SUB ROLL 4.79

Fred's Chili 2.59

Nachos & Cheese 2.49

Nachos with Chili & Cheese 3.49

Mtn Top Nachos nachos topped with black beans, cheddar jack cheese, tomatoes, onions, black olives, sour cream & salsa 4.99

Salads

Side Salad 1.59

Garden Salad w/grilled chicken 3.49 4.99

Caesar Salad w/grilled chicken 3.49 4.99

Chef Salad 4.49

Taco Salad nachos, chili, cheddar jack cheese, lettuce, tomatoes, sour cream, black olives & onions—add jalapeño peppers if you like it hot! 4.99

Tuna or Chicken Salad Plate Delicious and always fresh, served with cole slaw and potato salad on a bed of lettuce 4.59

Cold Sandwiches

Turkey, or Ham or Roast Beef thinly sliced and served with Swiss or American cheese, mayonnaise, lettuce, and tomato on whole wheat, white or rye 4.29

Super Sub turkey, ham, salami, Swiss & American cheese, onions, Italian dressing, mayonnaise, mustard, lettuce, tomato, & banana peppers 5.29

Italian Sub ham, salami, pepperoni, provolone cheese, lettuce, tomato, onions, banana peppers, oil & vinegar 5.29

Tuna Salad made fresh and served with lettuce and tomato 4.29

Chicken Salad made fresh and served with lettuce and tomato 4.29

Hot Sandwiches

BBQ pulled NC pork BBQ served on a roll with a side of slaw 5.29

Reuben corned beef, Swiss cheese, sauerkraut, mustard & thousand island dressing grilled on rye 5.29

Old Smokey thinly sliced smoked turkey with Swiss, topped with grilled onions & peppers served with mayonnaise, on sour dough bun 5.29

Ham & Cheddar Melt served with mayonnaise, grilled to perfection on whole wheat or white 4.29

The Country Club turkey, ham, bacon, American & aged Swiss cheese served with mayonnaise, lettuce and tomato on whole wheat or white toast 5.29

Fred's Philly & Cheese thinly sliced roast beef & provolone Cheese topped with an abundance of grilled onions & peppers served on a hoagie 5.29

Tuna Melt served with aged Swiss, grilled to perfecti on on whole wheat or white 4.59

BLT bacon, lettuce, and tomato served with mayonnaise on white or wheat bread 3.79

Grilled Cheese served on wheat or white 2.29

Veggie Wrap onions, green peppers, mushrooms, provolone cheese, lettuce & tomato served in a tortilla wrap with your choice of dressing 3.99 W/Grilled Chicken 5.29

Veggie Sub mushrooms, onions, green peppers, and pepper jack cheese served hot on a hoagie 4.79

FROM THE GRILL

Hamburger or Cheeseburger 6 oz. burger served w/lettuce, mayo and tomato on a roll 4.99

Grilled Chicken 5 oz. marinated chicken breast served with aged Swiss, lettuce, tomato, and mayonnaise, on a roll 4.99

Hawaiian Chicken 5 oz marinated chicken breast with pineapple, bacon & teriyaki sauce 5.29

Hot Dog 100% Beef w/Chili 1.99

All the Way (mustard, chili, slaw & onions) 2.29

Garden Burger a savory blend of fresh mushrooms, onions, and whole grains, served with lettuce and tomato on a roll 4.29

All sandwiches served with chips and a

? Ask about our daily specials.?

CHILDREN'S MENU

(10 years old and under. Comes with Chips)

Grilled Cheese	1.99
Peanut Butter & Jelly	1.99
Ham & Cheese	1.99
Hot Dog 100% Beef	1.59

PIZZA

Large 16"	Fred's	14.79
	Veggie	13.79
	Cheese	11.79
	Additional Toppings	.99
By the slice	Cheese	1.99
	One Topping	2.25
	Two Toppings	2.50

Toppings: pepperoni, ground beef, Italian sausage, onions, green peppers, banana peppers, mushrooms, black olives, jalapeño peppers, extra cheese

Sweet Stuff

We bake a wide variety of cookies, pies, brownies, and bread. Call ahead for what's cooking.

Ice Cream	1 scoop	.99
	2 scoops	1.49

Beverages

Fountain Drinks	1.29
IBC Root Beer	.89
Iced Tea	.94
Milk whole or 2%	.69 .99
Orange Juice	.89 1.29
Coffee	.94
Hot Chocolate	1.29
Domestic Bottled Beer	2.00
Imported Bottled Beer	2.50
Wine (187 ml)	2.00

Prices and availability subject to change.

FRED'S BACKSIDE DELI



FRED'S GENERAL MERCANTILE
BEECH MOUNTAIN, NORTH CAROLINA

DINE IN
OR CARRYOUT

387-9331 OR 387-4838

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