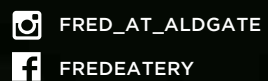




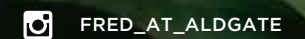
NOURISH



RIGHT HERE



RIGHT NEXT DOOR



EARLY BREAKFAST

7.30AM – 11.45AM

The THREESOME

Goldilock's granola with blackberry compote, Toasted banana bread with miso caramel, and Rhubarb and yoghurt fool V \$21.5

BIRCHER BABY

Oat & chia seed-soaked muesli with coconut yoghurt, inca, gogi & cranberry anti-oxidant mix, pistachios, almonds & rhubarb compote V / DF \$16

SOURDOUGH SEXY CRUMPETS

Oven-dried plum jam with ricotta whip V \$19.5

INDIAN EGGS

Lightly spiced and scrambled free range eggs with roti, roasted cumin yoghurt and green tomato & eggplant relish V \$23.5 Add grilled bacon +\$5.5

CROQUE MADAME 2.0

Pan fried cherrywood smoked ham and a so-so truffled honey béchamel sourdough sandwich with buttermilk dressed leaves and a fried egg \$25.5

CORIANDER & SHALLOT FRITTER

Two free range soft poached eggs with sweetcorn & coconut mash, avocado and dragon dressing V \$23 Add barbecued pork belly +\$6.5

A LITTLE OF A LOT!

Your choice of poached or fried free-range eggs with crispy bacon, roasted mushrooms, wilted greens, chipolatas, cherry tomato chutney and toasted Turkish bread DF \$26.5

THE VEGETARIAN EDIT

Your choice of poached or fried free-range eggs with haloumi, smashed avocado, house baked beans, wilted greens and toasted Turkish bread V / DF (VgO - eggs - haloumi + mushroom) \$26

SIDES – WHY NOT?

Haloumi \$5 / Chipolatas \$5.5 / Avocado Vg \$5
Grilled bacon \$5.5 / Barbecued pork belly \$6.5
Wilted greens Vg \$4.5 / Roasted mushroom Vg \$5
House baked beans Vg \$5

GFO – Toasted zucchini & cheddar bread GF
Substitute (1 slice) +\$3.5 / Stand-alone (2 slices) \$12

V vegetarian Vg vegan DF dairy free GF gluten free

WHIP IT GOOD SMOOTHIES

WAKE UP! – Raspberries, banana, orange juice & moo yoghurt V / GF \$10.5

RISE & SHINE – Berries, cherries, coconut water, coconut milk and fresh mint Vg / DF / GF \$10.5

GOOD MORNING – Blueberries, banana, local honey, almond milk & bee pollen V / DF / GF \$10.5

MERRY BERRY SOUR CHERRY – Sour cherries, banana, apple juice & moo yoghurt V / GF \$10.5

ALL DAY BRUNCH

7.30AM – 3PM

FRENCHY FRENCH TOAST

Banana, caramelised yoghurt, Canadian maple & roasted almonds V \$22 Add grilled bacon +\$5.5

HAPPINESS IN A BOWL!

Barbecued pork belly with Kimmi's kimchi, chilli caramel, shallot omelette with peanut & mint salad GF \$27

MUSHROOMS ON TOAST

Roasted garlic & thyme mushrooms with broccolini pesto, spelt & lentil sourdough and onion jam V (VgO – pesto + smashed avocado) \$23.5 Add an egg +\$3 / Add grilled bacon +\$5.5

EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$18.5

MALAYSIAN BANG BANG

Barbecued red chicken satays with lime leaf risotto cake, coconut & peanut dressing, mint & coriander coleslaw and a soft fried egg DF / GF \$26.5

AVOCADO & HALOUMI SARNIE

Wilted greens and roasted beetroot tapenade, seedy pumpkin toast and FRED's tomato sauce V \$22
Add fried egg +\$3 / Add grilled bacon +\$5.5

*Merchant fees may apply to eftpos payments
5% wages recovery surcharge applies Sundays*



LUNCH

12 NOON – 3PM

HOT & SOUR NOODLE BROTH

Barbecued black chicken, greens, coriander & bean shoot salad DF (GF option) \$21.5

GREEN GREEN BOWL - Winter Edition

Green pea hummous with soused zucchini, wilted spinach, roasted baby brussel sprouts, crispy kale and pistachio Vg / DF / GF \$21.5 Add haloumi +\$5

MIDDLE EASTERN LAMB MEATBALLS

Spiced lamb & ricotta meat balls with white bean hummous, smoked eggplant labneh, green tomato chutney, fried kale and dukkah dust \$28

THE REUBEN by FRED!

Corned beef, sauerkraut, Swiss cheese and Russian dressing toasted light rye sandwich with cornichons \$24.5

FRED FRIES

FRED's house
spiced salt! V \$11

PLACE YOUR ORDER
AT THE FRONT COUNTER
We'll need your table number!

CLOUD GNOCCHI

Pan-fried with broad beans, peas, greens, zuni, fried capers, lemon oil, a kiss of chilli, roasted almonds and parmesan pangrattato V \$27

SQUIDLY DIDDLE

Salt & szechuan pepper squid with glass noodles, crisp radish cake, Indonesian curry dressing, tomato & cucumber salad and coconut yoghurt DF / GF \$28

STICKY BLACK CHICKEN

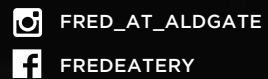
Yellow Thai curry dressing, coconut & lime leaf rice, Asian greens, pickled carrot, peanuts and nahm jim DF / GF \$28.5



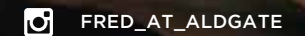
REFRESH



RIGHT HERE



RIGHT NEXT DOOR





COOL DRINKS!

BESA JUICE

All natural & cold pressed from Lobethal, 300ml

- Orange \$6
- Apple \$6
- Green green juicy blend \$6.6

SIMPLE JUICERY JUICE \$6.6

No concentrate, sugar or preservative, 325ml

- Dark heart (apple, beetroot, purple carrot, ginger & lemon)
- Glow Bright (carrot, apple, ginger, lemon & turmeric)

SIMPLE SUPERFOOD JUICE \$7.9

Plant-based alchemy & prebiotics, 325ml

- Afterglow (mango, lime, ginger, turmeric & hibiscus)

MOSS BREW CO. KOMBUCHA \$8

375ml - Berry / Citrus / Apple & pear

SIMPLE ORGANICS SOFT DRINKS \$6

Certified organic & 35% less sugar, 330ml

- Lemon, lime & bitters / Cola / Lemonade /
- Ginger beer / Blood orange

Make it a **SPIDER!** - add ice cream \$7.8

SHAKE SHAKES - Strawberry / Chocolate / Caramel / Vanilla / Double Shot Espresso \$8

ICED ICE - Coffee / Chocolate / Moccha \$8

NATURAL SPRING WATER

A Rock And A Hard Place Sparkling 750ml \$9.5

A Rock And A Hard Place Sparkling 330ml \$6

100 Mile Adelaide Hills Still 500ml \$4

ESPRESSO ETC

ESPRESSO, LONG BLACK, MACCHIATTO \$4.2
LATTE, CAPPUCCINO, FLAT WHITE \$4.6 / \$5.8

**FRED uses local, permeate free & non-homogenised
Tweedvale traditional milk.
Skim milk is not available at FRED
- but FRED offers a host of alternatives.....**

Soy / Coconut / Almond / Oat - add \$1
Extra shot / Decaf - add \$0.8

BLACK MAGIC - Double ristretto long black \$4.2
WHITE MAGIC - Double ristretto flat white \$5.4

FRED'S UNIQUE CUSTOM BLENDED COFFEE

originates from Brazil, India and Ethiopia and provides a full-bodied experience, with a smooth chocolate sweetness. The cup offers a rich, robust and vibrant profile with a syrupy texture and finishing notes of berries.

Take FRED home! - Beans 250g \$14.9 / 500g \$27.5

HOT CHOCOLATE, MOCCHA \$5 / \$6.2

FRED HOT CHOCOLATE \$6.7

From 100% African cacao beans with a little cane sugar added for sweetness! GF (Vg option)

Have it *plain or infused with natural orange oil!*

The FRED Winter COLLECTION

TALITHA'S TUMERIC COCONUT LATTE \$6.5

HAPPY MATCHA SOY BOY \$6.5

MINDI'S MINTED HOT CHOCOLATE \$6.9

CHAI LATTE \$5 / \$6.2

DIRTY FILTHY CHAI LATTE / CHOC CHAI \$5.8

DIRTY FILTHY GORGEOUS COCONUT CHAI \$6.7

WOULD YOUR DOGGY LIKE A LATTE?

With lactose-free milk and a sprinkle of turmeric \$4.5

TEA DROP LEAF TEA SELECTION \$5.5 pot for one

English breakfast / Earl grey / Honeydew green / Lemongrass & ginger / Cleopatra's champagne / Peppermint

SPICED CHAI TEA IN A POT

Warm milk & honey on the side \$5.9 pot for one

BEER & WINE

COCKTAILS @ FRED

Mimosa \$11.9

Aperol Spritz \$15

Negroni \$15

Bloody Bloody Sriracha Mary \$15

Tangy Tanqueray gin & yuzu soda \$13.5

SPARKLES

Varichon & Clerc NV 200ml \$13.5 b

Howard Vineyard 'Clover' Sparkling Brut \$48 b

DiGiorgio Family Sparkling Merlot 200ml \$13.5 b

ADELAIDE HILLS WHITES - \$48 b / 180ml glass \$12

Paracombe Riesling

Lobethal Road Sauvignon Blanc

Jericho Pinot Grigio

ADELAIDE HILLS ROSE - \$48 b / 180ml glass \$12

Murdoch Hill Rose

ADELAIDE HILLS REDS - \$48 b / 180ml glass \$12

Golding 'The Purveyor' Pinot Noir

The Hills Collide Dolcetto, Nebbiolo & Barbera

Deviation Road 'Ironbank' Shiraz

LOCAL ALES

Lobethal Bierhaus Session Ale 3.5% \$10

Smiling Samoyed '12 Paws' Pale Ale \$10

Silver Bark Brewery Pilsener \$9.5

Lobethal Bierhaus Irish Red Ale \$10

ADELAIDE HILLS CIDER

Sidewood Apple / Pear \$10

**IF YOU HAVE A DIETARY REQUIREMENT AND
NOTHING ON THE MENU SUITS - *SHOUT IT OUT!*
FRED WILL HELP IF WE CAN...**

Not all ingredients are listed on the menu
- please let us know if allergies apply.

FRED uses nuts, dairy & gluten. Whilst all care is taken,
please note that cross contamination may be possible.

**Please PLACE YOUR ORDER
AT THE FRONT COUNTER**

We'll need your table number!

***Merchant fees may apply to eftpos payments
5% wages recovery surcharge applies Sundays***

F R E D

K I D S

M E N U

EARLY BREAKFAST

7.30AM - 11.45AM

GOLDSLOCK'S GRANOLA

Coconut granola with yoghurt and banana
- FRED thinks it is just right! V \$13.5

BOWL OF BEANS 🍌

House baked beans with toasted organic rye
sourdough Vg/DF \$12

EGGS & TOAST

Free range scrambled eggs and Turkish toast
V \$14.5



🍌 denotes healthier options

V vegetarian Vg vegan DF dairy free GF gluten free

220 Mount Barker Road Aldgate - SA 5154
T 08 8339 1899 | hello@fredeatery.com.au

FOLLOW FRED ON INSTAGRAM AND
FACEBOOK AT FREDEATERY

LITTLE SMOOTHIES!

WAKE UP! 🍌

Raspberries, banana, all natural orange
juice & moo yoghurt V/GF \$8

RISE & SHINE 🍌

Berries, cherries, coconut water, coconut
milk and fresh mint Vg / DF / GF \$8

GOOD MORNING 🍌

Blueberries, banana, local honey, almond
milk V/DF/GF \$8

MERRY BERRY SOUR CHERRY 🍌

Sour cherries, banana, apple juice &
moo yoghurt V/GF \$8

ALL DAY BREAKFAST

7.30AM - 3PM

FRED BIRCHER 🍌

Oat & chia seed-soaked muesli with coconut
yoghurt, inca, gogi & cranberry anti-oxidant mix,
pistachios, almonds & rhubarb compote
V / DF \$13.5

TOASTED BANANA BREAD

Rhubarb & ricotta spread spread V \$13.5

FRENCHY FRENCH TOAST

Banana, caramelised yoghurt, Canadian maple
& roasted almonds V \$15



LUNCH

12 NOON - 3PM

FRED B.L.T TOASTIE 🍌

Crispy bacon, salad greens and tomato chutney
toasted rye sandwich \$15.5

CLOUD GNOCCHI 🍌

Tomato passata, baby spinach, ricotta and parmesan
crumb V \$16.5

STICKY CHICKEN BURGER

Zucchini ribbons, avocado smash and pea hummous
\$17

Sorry - MENU VARIATIONS MAY NOT
BE POSSIBLE DURING BUSY PERIODS