



# 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 \$22

### BIRCHER BABY

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

### SOURDOUGH SEXY CRUMPETS

Cinnamon ricotta & apricot jam jam 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

### HOLA! CUBAN SANDWICH

Pulled pork, cherrywood smoked ham, cheese melt and spiced mayo sourdough sandwich with pickled onions and house baked beans \$25.5

### BREAKFAST GNOCCHI GNOCCHI - Summer edit

Asparagus, cavolo nero, peas, buttered up leeks, lemon mascarpone, pangrattato and a soft poached free-range egg V \$27.5

### 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 / House baked beans Vg \$5  
Wilted greens Vg \$4.5 / Roasted mushroom 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

MERCHANT FEES MAY APPLY TO EFTPOS PAYMENTS  
5% WAGES RECOVERY SURCHARGE APPLIES WEEKENDS

## 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 \$22.5 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 option on request) \$27.5

### MUSHROOMS ON TOAST

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

### EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$19

### 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 \$27

### AVOCADO & HALOUMI SARNIE

Wilted greens and roasted beetroot tapenade, seedy pumpkin toast and FRED's tomato sauce V \$23 Add fried egg +\$3 / Add bacon +\$5.5



<<<<<< ORDER via QR  
OR AT FRONT COUNTER  
We'll need your table number!



## LUNCH

12 NOON - 3PM

### HOT & SOUR NOODLE BROTH

Barbecued black chicken, greens, coriander & bean shoot salad DF (GF option on request) \$23.5

### GREEN GREEN BOWL

Green pea hummous with soused zucchini, wilted spinach, barbecued asparagus, crispy kale and pistachio Vg / DF / GF \$22.5 Add haloumi +\$5

### STIR STIR FRY

Sticky chicken with flat noodles, lap cheong, shallots, greens, roasted peanuts, xo dressing and a distressed egg DF \$26.5

### THE REUBEN by FRED!

Corned beef, sauerkraut, Swiss cheese and Russian dressing toasted light rye sandwich with cornichons \$25.5

### FRED FRIES

FRED's house  
spiced salt! V \$11

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

### CLOUD GNOCCHI

Pan-fried with broad beans, peas, greens, zuni, crispy capers, lemon oil, a kiss of chilli, roasted almonds and parmesan pangrattato V \$28.5

### SQUIDLY DIDDLY

Thai style barbecued chilli squid salad with razor noodles, fried garlic, pickled green mango & papaya salad and a sweet, salty & sour dressing DF \$29

### BURGER BIATCH

Wagyu beef brisket with chimichurri, black olive tapenade mayonnaise, fried onion rings and snow pea tendrils in a toasted brioche bun \$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 \$8

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 \$4.7 / \$5.9

**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 \$5.5

### 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 SPRING COLLECTION

HANOI HARRY'S VIETNAMESE ICED COFFEE \$6

ICED HAPPY MATCHA SOY BOY \$6.8

LONG BLACK TIRA-MI-SOOOOOOOO \$8.5

CHAI LATTE \$5 / \$6.2

DIRTY FILTHY CHAI LATTE / CHOC CHAI \$5.8

DIRTY FILTHY GORGEOUS COCONUT CHAI \$6.8

### 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 \$6 pot for one

## BEER & WINE

### COCKTAILS @ FRED

Orange & Passionfruit Mimosa \$12.9  
 Aperol Spritz \$15.5  
 Negroni \$15.5  
 Bloody Bloody Sriracha Mary \$15.5  
 Tangy Tanqueray gin & yuzu soda \$13.9

### 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

Wicks Estate Pinot Noir  
 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.



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 5% WAGES RECOVERY SURCHARGE APPLIES WEEKENDS

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 🍌

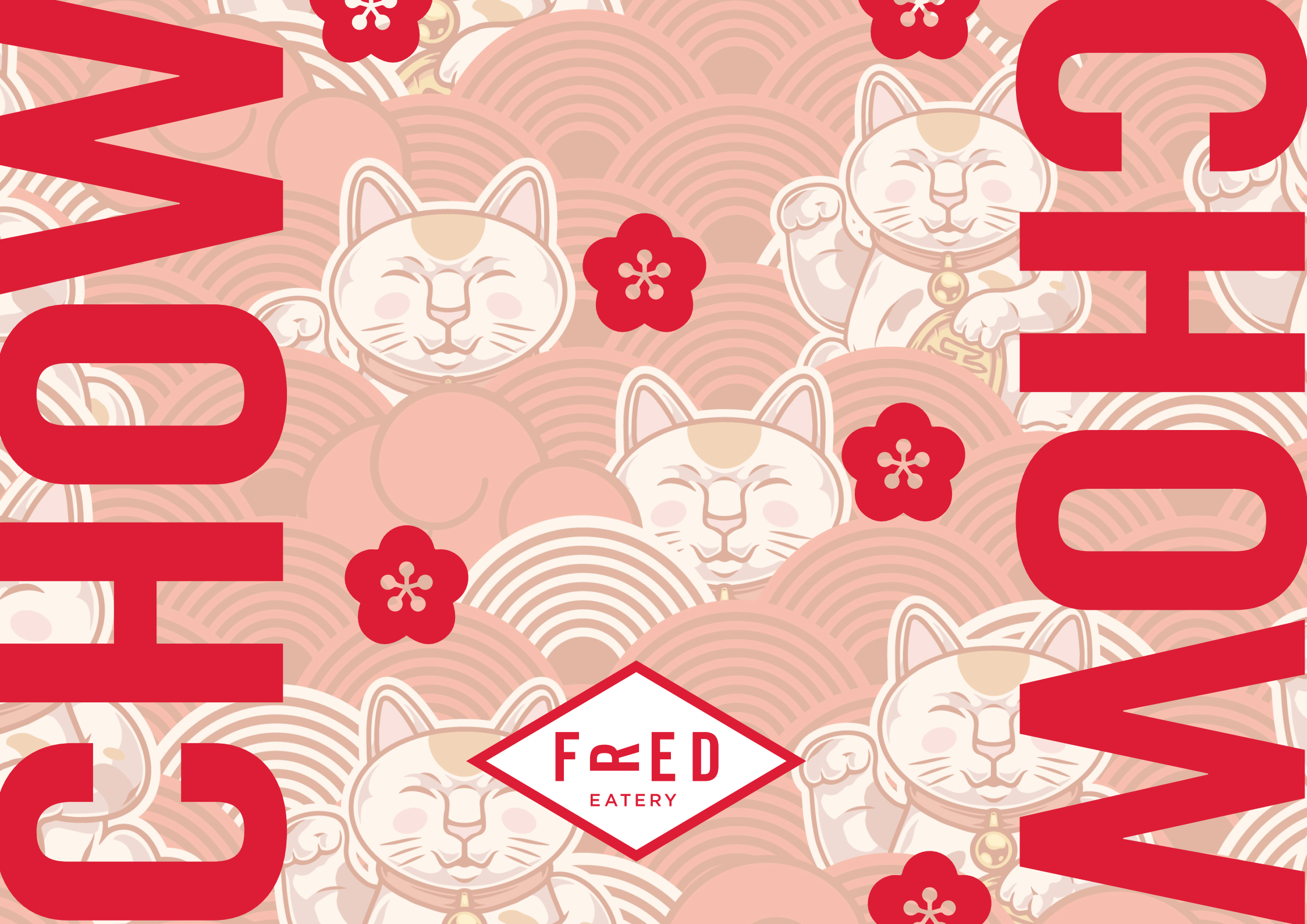
Tomato passata, baby spinach, ricotta and parmesan  
crumb V \$16.5

### STICKY CHICKEN BURGER

Zucchini ribbons, avocado smash and pea hummous  
\$17

Sorry - MENU VARIATIONS MAY NOT  
BE POSSIBLE DURING BUSY PERIODS

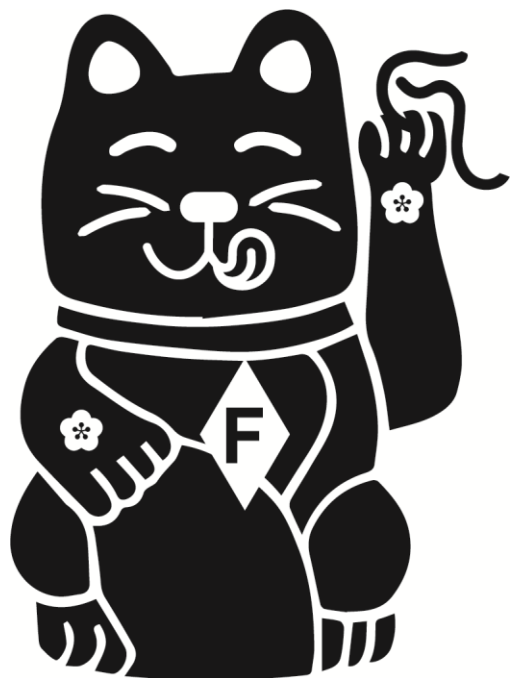




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## THE CHOW CHOW SESSIONS

松狮犬会议

### Friday Nights at FRED

**\$49.5 PER PERSON**

**PRIX FIXE – TO START & TO FOLLOW**

### SESSION STARTERS

*Starters to share....*

#### BANGKOK NUTS

##### SQUIDLY DIDDLY

Thai style barbecued chilli squid salad with razor noodles, fried garlic, pickled green mango & papaya salad and a sweet, salty & sour dressing DF

##### BAO WOW BUNS

Steamed lotus buns with flash fried duck, sesame spiced kewpie, soused cucumber, hoisin and spring onion. Some assembly is required DF (GFO & VO)

V vegetarian Vg vegan DF dairy free GF gluten free

## TO FOLLOW

*Select 1 per person, single serve or to share....*

#### INDONESIAN COCONUT SOUP SOUP

Barbecued chicken, prawns, vegetable dumplings, razor noodles and bean shoots in a spiced broth DF

VEGETARIAN OPTION with tofu V / DF

#### FIRECRACKER BEEF

Ginger & manadarin master stock twice cooked beef cheek with lemongrass risotto cake, peanut satay dressing and mint & coriander slaw GF / DF

#### JOY! IN A BOWL

Pan fried cloud gnocchi with asparagus, edamame, water chestnuts, spinach. Shiitake mushrooms, miso butter and a kiss of chilli V

#### HI HI SHANGHAI

Salt & szechuan pepper squid with glass noodles, crisp radish cake, Indonesian red curry, pickled cucumber salad and coconut yoghurt DF / GF

#### MASSAMAN LAMB

Slow braised lamb shank curry with Paris mash, eggplant & green tomato chutney, spring onion, snow pea tendrils and flat bread

#### NOT NOT NASI NASI GORENG

Fried rice with crispy crispy pork, lap cheong, crab & shallot omelette, kimchi and wilted greens GF

#### STICKY BLACK CHICKEN

Yellow Thai curry dressing, steamed coconut & lime leaf rice, green greens, pickled carrot & bean shoot salad and nahm jim DF / GF

#### BURRATA BABY

Nahm jim, chilli caramel and roti

## SESSION SIDES

#### SWEET CORN & LIME LEAF MASH

Yoghurt dressing GF / DF / V \$13.5

SESSION FRIES Sri Lankan spices DF / V \$11.5

## TO CONCLUDE

#### MALAYSIAN BANANA TURNOVER

Coconut crumble and condensed milk \$13.9

**+ SEE OUR SELECTION OF SWEET TREATS**

## BEER & WINE

#### COCKTAILS @ FRED

Orange & Passionfruit Mimosa \$12.9

Aperol Spritz \$15.5

Bloody Bloody Sriracha Mary \$15.5

Tangy Tanqueray gin & yuzu soda \$13.9

#### 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

Paracombe Riesling \$48 b / \$12 g

Lobethal Road Sauvignon Blanc \$48 b / \$12 g

Jericho Pinot Grigio \$48 b / \$12 g

Saint & Scholar Chardonnay \$48 b / \$12 g

#### ADELAIDE HILLS ROSE

Sawyer Rose \$50 b / \$12.5 g

#### ADELAIDE HILLS REDS

Wicks Estate Pinot Noir \$48 b / \$12 g

XO Barbera \$56 b / \$14 g

Sawyer Pinot Syrah \$59 b

Deviation Road 'Ironbank' Shiraz \$48 b / \$12 g

#### 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

THE CHOW CHOW SESSIONS ARE ALL ABOUT  
BOLD ASIAN FLAVOURS AND INGREDIENTS.  
IF YOU HAVE A DIETARY REQUIREMENT,  
**SHOUT IT OUT!** WE'LL HELP WHEN WE CAN

ALL SEAFOOD AT FRED EATERY IS SOURCED FROM  
WITHIN AUSTRALIAN WATERS

MERCHANT FEES MAY APPLY TO EFTPOS PAYMENTS