



# 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 \$22.5

### BIRCHER BABY

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

### MUSHROOMS ON TOAST

Roasted garlic & thyme mushrooms with broccolini pesto, spelt sourdough and onion jam V (VgO + smashed avocado - pesto) \$24.5 Add an egg +\$3 / Add grilled bacon +\$5.5

### 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

Nude pork & fennel sausage, sugo, wilted spinach and a soft poached free range egg \$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 \$27

### 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 (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

MERCHANT FEES MAY APPLY TO EFTPOS PAYMENTS  
5% SURCHARGE APPLIES WEEKENDS (7.5% FROM JULY 1<sup>ST</sup>)

## 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

### EGGPLANT No. 7

Crispy soy braised eggplant with coco rice, green chilli marinated tofu, spring onion salad and red sauce no. 10 V / DF \$26 Add bbq pork belly +\$6.5

### 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 \$27.5

### AVOCADO & HALOUMI SARNIE

Wilted greens and roasted beetroot tapenade, seedy pumpkin toast and FRED's tomato sauce V \$23.5 Add fried egg +\$3 / Add bacon +\$5.5



<<<<<< ORDER via QR  
OR AT FRONT COUNTER  
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## LUNCH

12 NOON - 3PM

### HOT & SOUR NOODLE BROTH

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

### HI HI SHANGHAI

Grilled chilli squid with glass noodles, crisp radish cake, Indonesian tomato curry dressing, cucumber ribbon salad and coconut yoghurt DF / GF \$29

### MIDDLE EASTERN LAMB MEATBALLS

Spiced lamb & ricotta meat balls with white bean hummous, smoked eggplant labneh, green tomato chutney, fried kale and dukkah dust \$29

### 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

### GREEN GREEN BOWL - Winter Edition

Green pea hummous with soused zucchini, wilted spinach, roasted baby brussel sprouts, crispy kale and pistachio Vg / DF / GF \$23 Add haloumi +\$5

### STICKY BLACK CHICKEN

Yellow Thai curry dressing, coconut & lime leaf rice, Asian greens, pickled carrot, peanuts and nahm jim DF / GF \$29

THE CHOW CHOW SESSIONS  
FRIDAY DINNER @ FRED FROM 530PM





RIGHT HERE



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## 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)

### 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 Winter COLLECTION

TALITHA'S TURMERIC COCONUT LATTE \$6.6

MAGIC NUTS \$6.5

WHITE MAGIC WITH A HAZELNUT SHOT

CIAO CIAO BELLA \$7

ITALIAN STYLE HOT CHOCOCY CHOCOLATE

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 \$13.5

Aperol Spritz \$16

Negroni \$16

Bloody Bloody Sriracha Mary \$16

Tangy Tanqueray gin & yuzu soda \$14.5

### SPARKLES

Varichon & Clerc NV 200ml \$13.9 b

Howard Vineyard 'Clover' Sparkling Brut \$48 b

DiGiorgio Family Sparkling Merlot 200ml \$13.9 b

### ADELAIDE HILLS WHITES

Paracombe Riesling \$48 b / \$12 g

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

Vintelooper Pinot Gris \$56 b / \$14 g

Saint & Scholar Chardonnay \$48 b

### 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

Deviation Road 'Ironbank' Shiraz \$50 b / \$12.5 g

### LOCAL ALES

Lobethal Bierhaus Session Ale 3.5% \$10

Smiling Samoyed '12 Paws' Pale Ale \$10

Silver Bark Brewery Pilsener \$10

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.



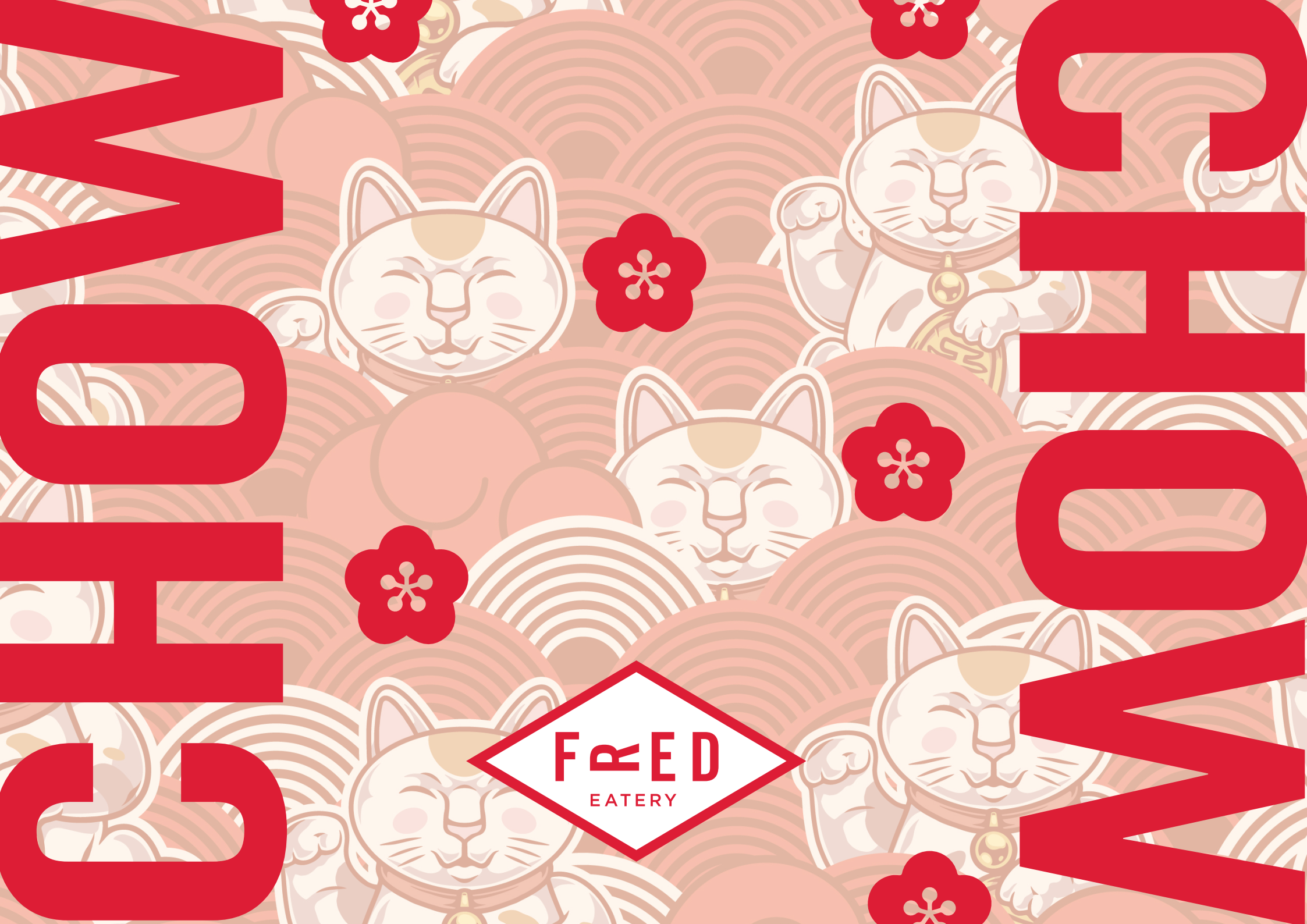
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THE CHOW CHOW SESSIONS  
FRIDAY DINNER @ FRED FROM 530PM

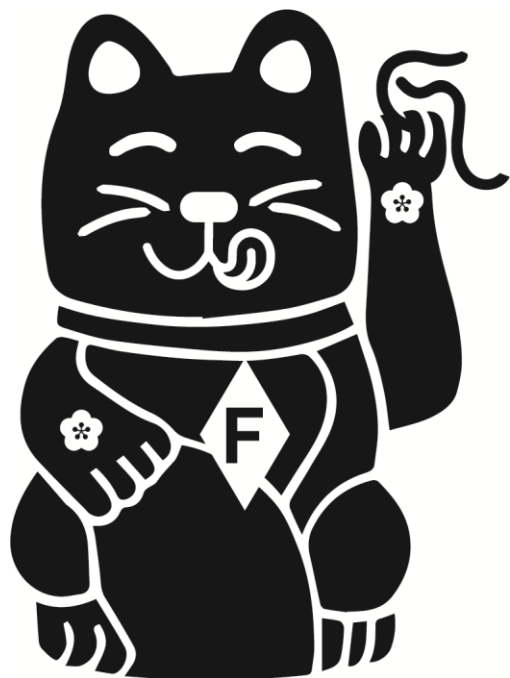




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## THE CHOW CHOW SESSIONS

松狮犬会议

### Friday Nights at FRED

**\$49.5 PER PERSON**

**PRIX FIXE – SESSION STARTERS & TO FOLLOW**

### SESSION STARTERS

*Starters to share....*

#### BANGKOK NUTS

#### BURRATA BABY

Nahm jim, chilli caramel and roti

#### 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....*

#### NOT NOT NASI NASI GORENG

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

#### HI HI SHANGHAI

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

#### MASSAMAN LAMB

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

#### INDONESIAN COCONUT SOUP SOUP

Barbecued squid, prawn, vegetable dumplings and razor noodles with bean shoots in spiced broth DF

#### STIR STIR FRY

Blackened chicken with flat noodles, lap cheong, distressed egg, xo dressing, shallots, greens and roasted peanuts DF

#### EGGPLANT No. 7

Crispy soy braised eggplant with coco rice, green chilli marinated tofu, taro cake and red sauce no. 10 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

### SESSION SIDES

#### SWEET CORN & LIME LEAF MASH

Coconut yoghurt dressing DF / V \$13.5

SESSION FRIES Sri Lankan spices DF / V \$11.5

### TO CONCLUDE

#### MALAYSIAN BANANA TURNOVER

Crumble crumble and condensed milk \$13.9

+ SEE OUR SELECTION OF SWEET TREATS

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BOLD ASIAN FLAVOURS AND INGREDIENTS.  
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**SHOUT IT OUT!** WE'LL HELP WHEN WE CAN

ALL SEAFOOD AT FRED EATERY IS SOURCED FROM  
WITHIN AUSTRALIAN WATERS

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