



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 \$22.9

BIRCHER BABY

Oat & chia seed-soaked muesli with coconut yoghurt, inca, gogi & cranberry anti-oxidant mix, pistachios, almonds & rhubarb compote Vg / DF \$16.5

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 +\$3.5 / 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 \$23.9 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 \$25.9

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 \$6 / 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
7% SURCHARGE APPLIES ON WEEKENDS

WHIP IT GOOD SMOOTHIES

WAKE UP! - Raspberries, banana, orange juice & moo yoghurt V / GF \$10.9

RISE & SHINE - Berries, cherries, coconut water, coconut milk and fresh mint Vg / DF / GF \$10.9

GOOD MORNING - Blueberries, banana, local honey, almond milk & bee pollen V / DF / GF \$10.9

MERRY BERRY SOUR CHERRY - Sour cherries, banana, apple juice & moo yoghurt V / GF \$10.9

ALL DAY BRUNCH

7.30AM - 3PM

FRENCHY FRENCH TOAST

Banana, caramelised yoghurt, Canadian maple & roasted almonds V \$22.9 Add grilled bacon +\$5.5

HAPPINESS IN A BOWL!

Barbecued pork belly with Kimmi's kimchi, chilli caramel, shallot omelette and peanut & mint salad (GF option on request) \$27.5

EGGPLANT No. 7

Crispy soy braised eggplant with coco rice, green chilli marinated tofu, taro cake, spring onion & cucumber 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 \$27.9

AVOCADO & HALOUMI SARNIE

Wilted greens and roasted beetroot tapenade, seedy pumpkin toast and FRED's tomato sauce V \$23.5 Add fried egg +\$3.5 / Add bacon +\$5.5



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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) \$23.9

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 \$11.5

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 \$23.5 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



RIGHT NEXT DOOR



COOL DRINKS!

BESA JUICE

All natural & cold pressed from Lobethal, 300ml
- Orange \$6.2
- Apple \$6.2
- Green green juicy blend \$6.8

SIMPLE JUICERY JUICE \$6.8

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 \$6.2

Certified organic & 35% less sugar, 330ml
- Lemon, lime & bitters / Cola / Lemonade /
Ginger beer / Blood orange

Make it a SPIDER! - add ice cream \$8

SHAKE SHAKES - Strawberry / Chocolate /
Caramel / Vanilla / Double Shot Espresso \$8.2

ICED ICE - Coffee / Chocolate / Moccha \$8.2

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



THE CHOW CHOW SESSIONS
FRIDAY DINNER @ FRED FROM 530PM

ESPRESSO ETC

ESPRESSO \$4.2
LONG BLACK, PICCOLO \$4.5
LATTE, CAPPUCCINO, FLAT WHITE \$4.9 / \$6.10

**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 \$0.9

BLACK MAGIC - Double ristretto long black \$4.5
WHITE MAGIC - Double ristretto flat white \$5.8

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 \$15 / 500g \$28

HOT CHOCOLATE, MOCCHA \$5.2 / \$6.4

FRED HOT CHOCOLATE \$6.9

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 \$5.2 / \$6.4

DIRTY FILTHY CHAI LATTE / CHOC CHAI \$6.1

DIRTY FILTHY GORGEOUS COCONUT CHAI \$7

WOULD YOUR DOGGY LIKE A LATTE?

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

TEA DROP LEAF TEA SELECTION \$5.7 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...**

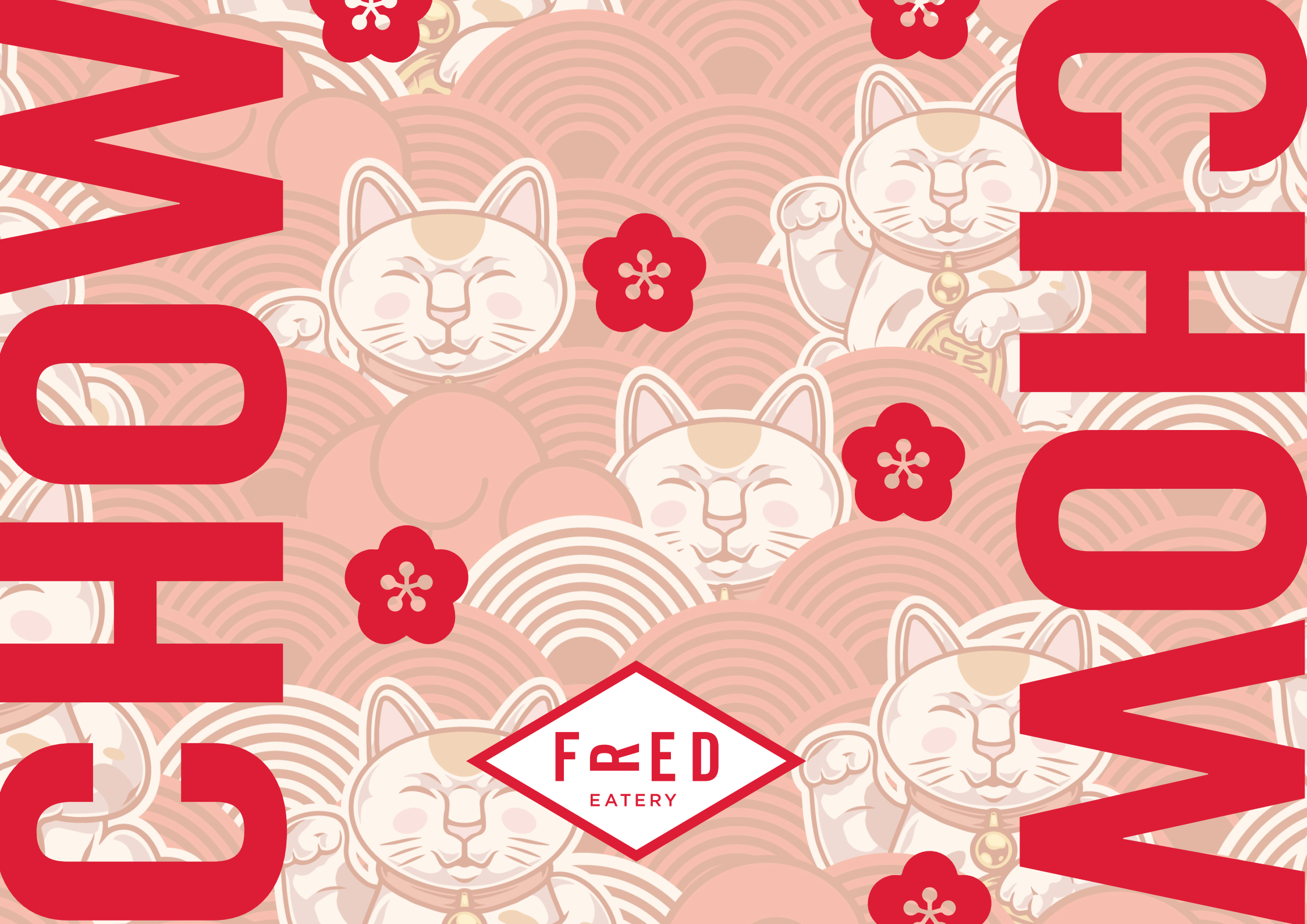
Not all ingredients are listed on the menu
- please let us know if allergies apply.

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



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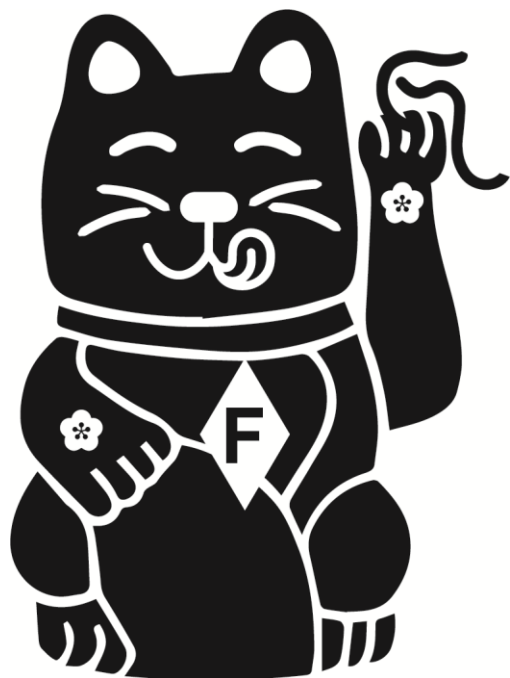
**MERCHANT FEES MAY APPLY TO EFTPOS PAYMENTS
7% SURCHARGE APPLIES ON WEEKENDS**



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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....

PRAWN PRAWN CRACKERS DF / GF

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....

JOY IN A BOWL!

Barbecued pork belly, Kimmi's kimchi, chilli caramel, crab & shallot omelette and peanut & mint salad GFO

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

TAXI DRIVER BOWL

Twice cooked duck leg, wilted spinach, garlic, water chestnuts, coco rice, yellow mash, pickled cucumber and vegetable dumplings DF / GFO

STIR STIR FRY

Barbecued squid & prawns 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, daikon 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

BEER & WINE

COCKTAILS @ FRED

Orange & Passionfruit Mimosa \$13.5

Aperol Spritz \$16

Bloody Bloody Sriracha Mary \$16

Tangy Tanqueray gin & yuzu soda \$14.5

SPARKLES

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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 *limited*

Paracombe Sangiovese \$56 b *limited*

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

K1 Tempranillo \$50 b *limited*

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

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

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