

NOURISH

RIGHT HERE



RIGHT NEXT DOOR

EARLY BREAKFAST

7.30AM - 11.45AM

The THREESOME

FRED oat & chia seed-soaked bircher muesli with coconut yoghurt and rhubarb compote, Toasted banana bread with miso caramel, and Chai spiced crême fraiche V \$22.9

MUSHROOMS 3.0

Roasted garlic & thyme mushrooms with toasted sourdough crumpet, broccolini pesto and black truffle dressing V / DF \$24.5

Add an egg +\$3.5 / Add grilled bacon +\$6

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 +\$6

BREAKFAST GNOCCHI

Nude beef, pork & fennel sausage, sugo, wilted spinach and a soft poached free range egg \$28

NOT NOT SHANGHAI SCHNITZEL

Panko crumbed pork belly with sago curry pearls, soft poached egg and peanut, shallot & cucumber salad \$26.5

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 \$27.5

GREEN GODDESS

Pea, mint & zucchini fritter with smashed avocado, soft poached free range eggs and green goddess dressing V \$23.5

Add haloumi +\$5 / Add grilled bacon +\$6

SIDES - WHY NOT?


Haloumi \$5 / Chipolatas \$6 / Avocado Vg \$5
Grilled bacon \$6 / House baked beans Vg \$6
Wilted greens Vg \$4.5 / Roasted mushroom Vg \$5

GFO - Toasted zucchini & cheddar bread GF
Substitute (1 slice) +\$4 / Stand-alone (2 slices) \$12.5

 CLASSIC LONGTIME FRED FAVOURITES!

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 \$23 Add grilled bacon +\$6

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

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 +\$6

TOKYO BUN BUN

Wagyu beef burger with spring onion omelette melt, truffled kewpie, pickled cucumber and dirty cabbage \$28.5

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 \$28

EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$19.5



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

FRED

CELEBRATING TEN YEARS 2015

LUNCH

12 NOON - 3PM

HOT & SOUR NOODLE BROTH

Barbecued black chicken, greens, coriander & bean shoot salad DF (GF option on request) \$24

JOY IN A BOWL!

Salt & sichuan pepper squid with spring onion omelette, crispy radish cake, pickled red cabbage salad and Penang curry dressing GF \$28.5

EGGPLANT No. 7

Crispy soy braised eggplant with coco rice, green chilli marinated tofu, daikon cake and red sauce no. 10 V / DF \$26 Add bbq'd pork belly +\$7

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 \$11.9

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 \$29

GREEN GREEN BOWL

Green pea hummous with soused zucchini, wilted spinach, barbecued asparagus, 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 \$29.5

REFRESH

RIGHT HERE



RIGHT NEXT DOOR

FRED

CELEBRATING TEN YEARS 2015

COOL DRINKS!

BESA JUICE

All natural & cold pressed from Lobethal, 300ml
 - Orange \$7
 - Apple \$7
 - Green green juicy blend \$7

SIMPLE JUICERY JUICE \$7

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 - Citrus / Apple & Pear / Berry

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 \$8.5

ICED ICE - Coffee / Chocolate / Moccha \$8.5

NATURAL SPRING WATER


A Rock & A Hard Place Sparkling 750ml \$9.5
 A Rock & A Hard Place Sparkling 330ml \$6
 100 Mile Adelaide Hills Still 500ml \$4

ESPRESSO ETC

ESPRESSO \$4.2
 LONG BLACK, PICCOLO \$4.5
 LATTE, CAPPUCINO, FLAT WHITE \$5 / \$6.2
 ICED ICE LATTE \$6.5 
 CHA CHA'S ICED LONG BLACK \$5.5

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 \$1

BLACK MAGIC - Double ristretto long black \$4.5
 WHITE MAGIC - Double ristretto flat white \$6 

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 \$29

HOT CHOCOLATE, MOCCHA \$5.2 / \$6.4

FRED HOT CHOCOLATE \$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 Autumn COLLECTION

TALITHA'S TURMERIC COCONUT LATTE \$6.6

HAPPY MATCHA SOY BOY \$7

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 \$5.8 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 \$17
 Negroni \$17
 Bloody Bloody Sriracha Mary \$17
 Tangy Tanqueray gin & yuzu soda \$15

SPARKLES

Varichon & Clerc NV 200ml \$14.5 b
 The Lane 'Lois' Blanc de Blancs \$49 b
 DiGiorgio Family Sparkling Merlot 200ml \$14.5 b

ADELAIDE HILLS WHITES

Paracombe Riesling \$48 b / \$12 g
 Murdoch Hill Sauvignon Blanc \$50 b / \$12.5 g
 Vintelooper Pinot Gris \$56 b / \$14 g

ADELAIDE HILLS ROSE

Sawyer Rose \$50 b / \$12.5 g

ADELAIDE HILLS REDS

Wicks Estate Pinot Noir \$48 b / \$12 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' \$11
 Silver Bark Brewery Pilsener \$10
 Lobethal Bierhaus Irish Red Ale \$10

ADELAIDE HILLS CIDER

The Hills Cider Co. Apple / Pear \$11

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.

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



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F R E E D

K I D S

M E N U



EARLY BREAKFAST

7.30AM - 11.45AM

GOLDILOCK'S GRANOLA

Coconut granola with yoghurt and banana
- FRED thinks it is just right! V \$14.5

BOWL OF BEANS

House baked beans with toasted organic rye
sourdough Vg/DF \$13.5

EGGS & TOAST

Free range scrambled eggs and Turkish toast
V \$15

V vegetarian Vg vegan DF dairy free GF gluten free

 CLASSIC LONGTIME FRED FAVOURITES!

MERCHANT FEES MAY APPLY TO EFTPOS PAYMENTS
SURCHARGE APPLIES ON WEEKENDS - Refer main menu

LITTLE SMOOTHIES!

WAKE UP!

Raspberries, banana, all natural orange
juice & moo yoghurt V/GF \$8.5

RISE & SHINE

Berries, cherries, coconut water, coconut
milk and fresh mint Vg / DF / GF \$8.5

GOOD MORNING

Blueberries, banana, local honey, almond
milk V/DF/GF \$8.5

MERRY BERRY SOUR CHERRY

Sour cherries, banana, apple juice &
moo yoghurt V/GF \$8.5

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

FRED

CELEBRATING
TEN YEARS 20¹2⁵

LUNCH

12 NOON - 3PM

SOURDOUGH CRUMPET MELT

Vegemite, Swiss cheese and avocado smash V \$15.5

CLOUD GNOCCHI

Tomato passata, baby spinach, ricotta and parmesan
crumb V \$17.5

STICKY CHICKEN BURGER

Zucchini ribbons, broccolini pesto and pea hummous
\$18

FRED FRIES

FRED's house
spiced salt! V \$11.9

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