



# 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 crème fraiche V \$23

### 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

### OOH-LA-LA!

Persian feta omelette with cherrywood smoked ham, pan-fried brussel sprouts, kale, pistachio crumb and green herb dressing GF \$27.5

### 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 +\$6

### BREAKFAST GNOCCHI

Nude beef, pork & fennel sausage, sugo, wilted spinach and a soft poached free range egg \$28.5

### STIR STIR FRY

Sticky black chicken & crispy pork with razor noodles, lap cheong, shallots, greens, roasted peanuts, xo dressing and a distressed egg! DF \$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 \$28

### 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  
8% SURCHARGE APPLIES ON WEEKENDS

## WHIP IT GOOD SMOOTHIES

WAKE UP!  – Raspberries, banana, orange juice & moo yoghurt V / GF \$11

RISE & SHINE – Berries, cherries, coconut water, coconut milk and fresh mint Vg / DF / GF \$11

GOOD MORNING  – Blueberries, banana, local honey, almond milk & bee pollen V / DF / GF \$11

MERRY BERRY SOUR CHERRY – Sour cherries, banana, apple juice & moo yoghurt V / GF \$11



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

## 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) \$28.5

### 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 \$29

### 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 \$29

### EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$19.9

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) \$24.5

### 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 \$29.9

### THE REUBEN by FRED!

Corned beef, sauerkraut, Swiss cheese and Russian dressing toasted light rye sandwich with cornichons \$25.9

### 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 tomato & field mushroom ragu, spinach, ricotta, crispy kale, salsa verde and parmesan pangrattato V \$29

### JOY IN A BOWL!

Salt & sichuan pepper squid with spring onion omelette, crispy radish cake, pickled red cabbage salad and Penang curry dressing GF \$29.5

### MEDITERRANEAN MEATBALLS

Herbed lamb & ricotta meat balls with spiced mash, tomato & roasted olive sugo, eggplant chutney, yoghurt, seared flatbread and green zaatar \$29



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

#### 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)

#### FRED COLD-PRESSED ORGANIC JUICE \$9.9

350ml - Antiox / Botanical / Immunity /  
Tropical Bliss (*limited availability*)

#### 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 \$8.2

SHAKE SHAKES - Strawberry / Chocolate /  
Caramel / Vanilla / Double Shot Espresso \$8.8

ICED ICE - Coffee / Chocolate / Moccha \$8.8

#### 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 \$4.4 / LONG BLACK, PICCOLO \$4.7  
LATTE, CAPPUCCINO, FLAT WHITE \$5.2 / \$6.5  
ICED ICE LATTE \$6.6   
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 \$4.7   
WHITE MAGIC - Double ristretto flat white \$6.2 

#### 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 \$5.3 / \$6.6

#### 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 Winter COLLECTION

TALITHA'S TUMERIC COCONUT LATTE \$7

HAPPY MATCHA SOY BOY \$7

CIAO CIAO BELLA \$7

ITALIAN STYLE HOT CHOCOCY CHOCOLATE

CHAI LATTE \$5.3 / \$6.6

DIRTY FILTHY CHAI LATTE / CHOC CHAI \$6.3

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 \$6 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 \$6.2 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 \$15.5

#### SPARKLES

Varichon & Clerc NV - France 200ml \$15 b  
The Lane 'Lois' Blanc de Blancs \$53 b  
DiGiorgio Family Sparkling Merlot 200ml \$15.5 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

La Linea Tempranillo Rose \$50 b / \$12.5 g

#### ADELAIDE HILLS REDS

Wicks Estate Pinot Noir \$50 b / \$12.5 g  
Deviation Road 'Ironbank' Shiraz \$50 b / \$12.5 g  
Paracombe 'The Reuben' Cab. Blend \$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  
8% SURCHARGE APPLIES ON WEEKENDS



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F R 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 Add grilled bacon +\$6

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

F&ED  
CELEBRATING  
TEN YEARS 20<sup>1</sup>2<sup>5</sup>

## LUNCH

12 NOON - 3PM

### SOURDOUGH CRUMPET MELT

Vegemite, Swiss cheese and avocado smash V \$15.5  
Add grilled bacon +\$6

### 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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