

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 wholewheat banana bread with miso caramel, and chai spiced crème fraîche V \$23

MUSHROOMS 4.0

Roasted garlic & rosemary mushrooms with truffled risotto cake, broccolini pesto and greens V (DF / GF option on request) \$24.5
Add an egg +\$3.5 / Add grilled bacon +\$6

OOH-LA-LA!

Persian fetta omelette with cherrywood smoked ham, flash fried cauliflower, 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 \$24 Add grilled bacon +\$6

BREAKFAST GNOCCHI – Summer Edition

Broad beans, peas, buttered up leeks, baby spinach, onion jam, roasted pine nuts, pangrattato and a soft poached free-range egg V \$28.5

THE PERSIAN

Fried free range eggs with white bean & roasted garlic hummus, seared broccolini, flat bread, raita, almonds, lemon oil and za'atar dust V \$24.5

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 toasty toast DF \$28.5

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

PLEASE NOTE MENU VARIATIONS MAY
NOT BE POSSIBLE DURING BUSY PERIODS

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



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ALL DAY BRUNCH

7.30AM – 3PM

FRENCHY FRENCH TOAST

Banana, caramelised yoghurt, Canadian maple & roasted almonds V \$23 Add grilled bacon +\$6

EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$19.9

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

STIR STIR FRY

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

AVOCADO & HALOUMI CRUMPET CRUMPET

Wilted greens, roasted beetroot tapenade, parmesan crumb and FRED's tomato sauce V \$24 Add fried egg +\$3.5 / Add bacon +\$6

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



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 – Summer Edition

Green pea hummus with soused zucchini, wilted spinach, barbecued asparagus, crispy kale and pistachio Vg / DF / GF \$23.5 Add haloumi +\$5

CLOUD GNOCCHI

Pan-fried with tomato & field mushroom ragu, spinach, ricotta, crispy kale, salsa verde and parmesan pangrattato V \$29

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

JOY IN A BOWL!

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

TOKYO BUN BUN

Wagyu beef burger with spring onion omelette melt, truffled kewpie, pickled cucumber and dirty cabbage \$29

FRED FRIES

FRED's house spiced salt! V \$12

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

REFRESH

RIGHT HERE



RIGHT NEXT DOOR



COOL DRINKS!

BESA JUICE

All natural & cold pressed from Lobethal, 300ml
- Orange \$7
- Blood orange \$7.5
- 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 Summer COLLECTION

MISO SU SU \$7.5
COCONUT & CARAMEL MISO ICED ICE MATCHA
HAZEL'S ICED ICE HAZELNUT LATTE \$7.5
HANOI HARRY'S VIETNAMESE ICED COFFEE \$7

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
Mr Black's Espresso Martini \$18
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 / \$12.5 g
Murdoch Hill Sauvignon Blanc \$50 b / \$13 g
Vinteloper Pinot Gris \$56 b / \$14.5 g

ADELAIDE HILLS ROSE

La Linea Tempranillo Rose \$50 b / \$13 g

ADELAIDE HILLS REDS

Wicks Estate Pinot Noir \$50 b / \$13 g
Sawyer Sangiovese \$54 b / \$14 g
Deviation Road 'Ironbank' Shiraz \$54 b / \$14 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

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

FRED
CELEBRATING
TEN YEARS **2015**

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

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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