

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 + Chai spiced crème fraiche V \$23.5

MUSHROOMS 4.0

Roasted garlic & rosemary mushrooms with truffled risotto cake, broccolini pesto and greens V (GF / DF option on request) \$24.9

OOH-LA-LA!

Iranian 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 \$24.5 Add grilled bacon +\$6

BREAKFAST GNOCCHI

Broad beans, peas, buttered up leeks, baby spinach, onion jam, roasted pine nuts, pangrattato and a soft poached free-range egg V \$28.9

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 \$24.9

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 \$28.9

SIDES - WHY NOT?

Haloumi \$5.5 / 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) +\$4.4 / Stand-alone (2 slices) \$13

CLASSIC LONGTIME FRED FAVOURITES!

THE FINE PRINT

ALL PRICING INCLUDES GST
1.4% MERCHANT FEES APPLY TO EFTPOS PAYMENTS
HIGHER WAGES SURCHARGE MAY APPLY -
8% WEEKENDS / 15% PUBLIC HOLIDAYS

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 \$23.5 Add grilled bacon +\$6

EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$20.5

HAPPINESS IN A BOWL!

Barbecued pork belly with Kimmi's kimchi, chilli caramel, shallot omelette and peanut & mint salad (GF option on request) \$28.9

AVOCADO & HALOUMI CRUMPET CRUMPET

Wilted greens and roasted beetroot tapenade, Parmesan crumb and FRED's tomato sauce V \$24.5 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 \$29.5

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 \$29.9

FRED

ES 20
TD 15

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

Green pea hummous with soused zucchini, wilted spinach, roasted baby brussel sprouts, crispy kale and pistachio Vg / DF / GF \$23.9 Add haloumi +\$5.5

STIR STIR FRY

Sticky black chicken & crispy pork with razor noodles, lap cheong, shallots, greens, roasted peanuts, xo dressing and a distressed egg! DF \$27.9

CLOUD GNOCCHI

Pan-fried with tomato & field mushroom ragu, spinach, ricotta, crispy kale, salsa verde and parmesan pangrattato V \$29.9

THE REUBEN by FRED!

Corned beef, sauerkraut, Swiss cheese and Russian dressing toasted light rye sandwich with cornichons \$26

STICKY BLACK CHICKEN

Yellow Thai curry dressing, coconut & lime leaf rice, Asian greens, pickled carrot, peanuts and nahm jim DF / GF \$29.9

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

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

FRED

ES 20
TD 15

COOL DRINKS!

BESA JUICE

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

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

THE FINE PRINT


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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 Seasonal Latte COLLECTION
ROSIE MAY'S RASPBERRY SOY MATCHA \$9
THE SPANISH HOLA! LATTE \$7.7
DOUBLE RISTRETTO WITH CONDENSED MILK & OAT MILK
TALITHA'S TUMERIC COCONUT LATTE \$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
Tokyo Smash (Aperol, vodka, lemon & ginger beer) \$18
Ciao Ciao Campari **or** Aperol Spritz \$17
Mr Black's Espresso Martini \$18
Bloody Bloody Sriracha Mary \$17
Tangy Tanqueray gin & yuzu soda \$16

SPARKLES

Varichon & Clerc NV - France 200ml \$15 b
The Lane 'Lois' Blanc de Blancs \$53 b
Paracombe Plateau (Pinot) Blanc \$56 b
DiGiorgio Family Sparkling Merlot 200ml \$16 b

ADELAIDE HILLS WHITES

Paracombe Riesling \$50 b / \$13 g
Murdoch Hill Sauvignon Blanc \$52 b / \$13.5 g
Vintelooper Pinot Gris \$56 b / \$14.5 g

ADELAIDE HILLS ROSE

La Linea Tempranillo Rose \$52 b / \$13.5 g

ADELAIDE HILLS REDS

Spider Bill Pinot Noir \$56 b / \$14.5 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
Lobethal Bierhaus Irish Red Ale \$10

Sapporo Premium \$10

ADELAIDE HILLS CIDER

The Hills Cider Co. Apple / Pear \$11

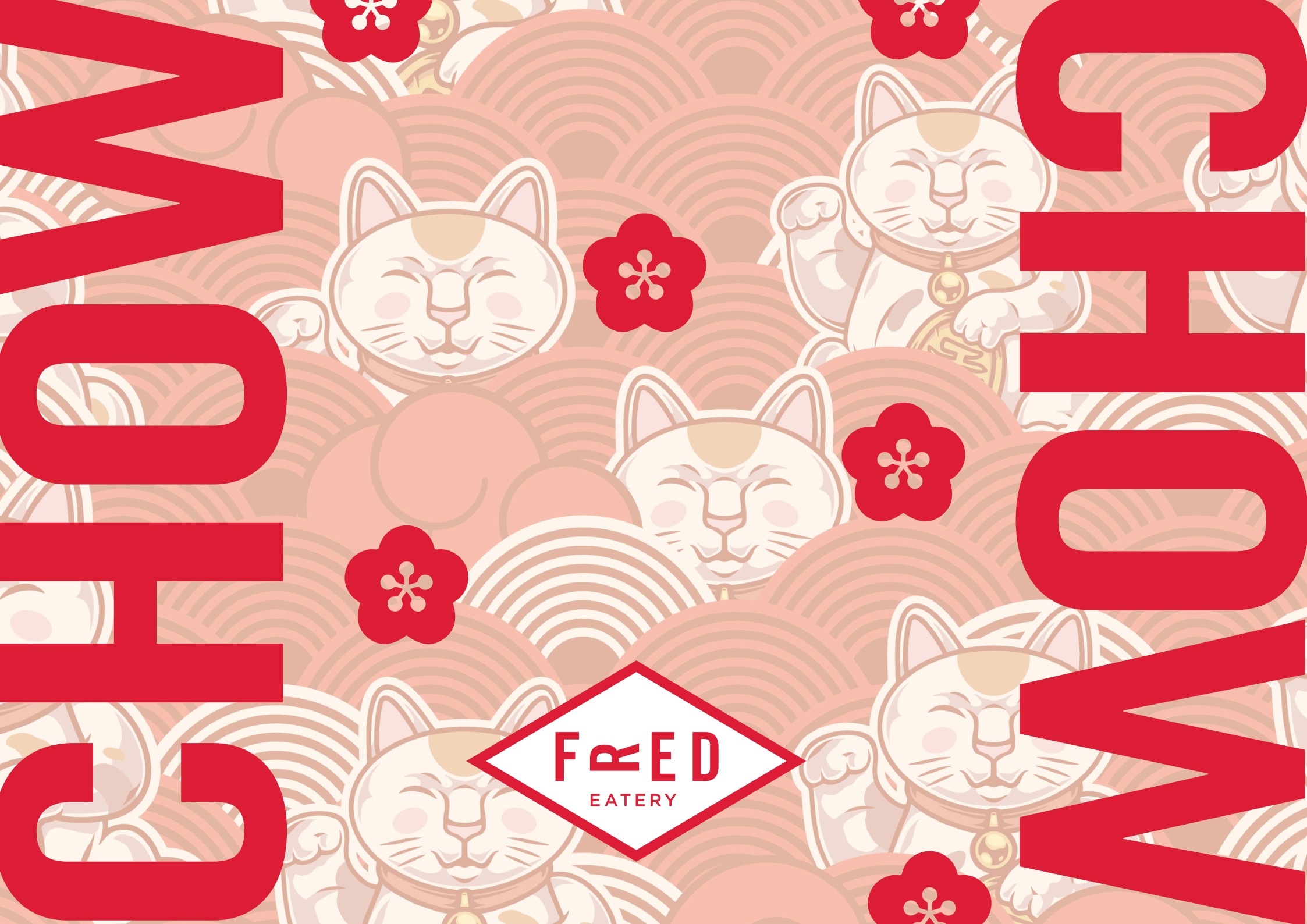
IF YOU HAVE A DIETARY REQUIREMENT AND
NOTHING ON THE MENU SUITS - **SHOUT IT OUT!**
FRED WILL HELP IF WE CAN...

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.



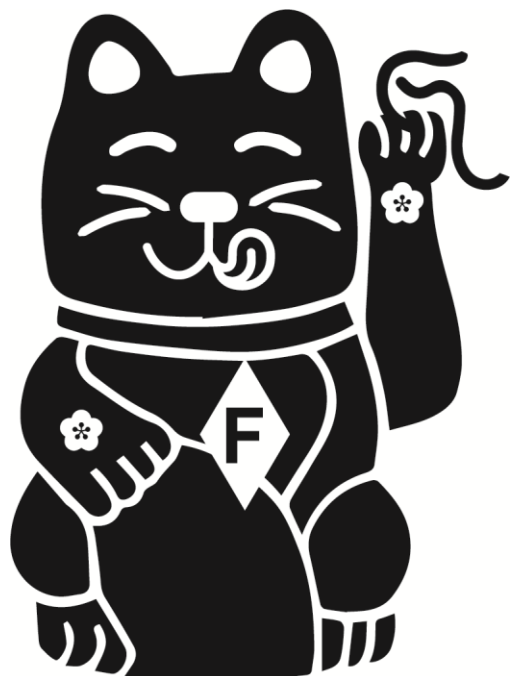
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EATERY



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....

INDONESIAN COCONUT SOUP SOUP DF / GF

SILKEN TOFU

Nahm jim, chilli caramel and roti V

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, individual serve or to share....

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

HI HI SHANGHAI

Udon noodle carbonara with crispy pork, Chinese sausage, kimchi, wilted spinach with garlic confit cream and spiced furikake

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

STIR STIR FRY

Razor noodles with SA prawns, 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 & mandarin master stock twice cooked and shredded beef with lemongrass risotto cake, peanut satay dressing and mint & coriander slaw GF / DF

SESSION SIDES

SWEET CORN & LIME LEAF MASH

Wafu dressing DF / V \$13.5

SESSION FRIES Sri Lankan spices DF / V \$12

TO CONCLUDE

MISO & MATCHA TIRA MI SU \$13.9

STRAWBERRY & MATCHA MELTING MOMENT
GF \$ 7.4

+ SEE OUR SELECTION OF SWEETIE TREATS

BEER & WINE

COCKTAILS @ FRED

Orange & Passionfruit Mimosa \$13.5

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Bloody Bloody Sriracha Mary \$17

Tangy Tanqueray gin & yuzu soda \$15.5

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ADELAIDE HILLS WHITES

Paracombe Riesling \$50 b / \$13 g

Murdoch Hill Sauvignon Blanc \$52 b / \$13.5 g

Vinteloper Pinot Gris \$56 b / \$14.5 g

Guthrie 'Clones' Chardonnay 2025 \$57 b

ADELAIDE HILLS ROSE

La Linea Tempranillo Rose \$52 b / \$13.5 g

ADELAIDE HILLS REDS

Spider Bill Pinot Noir \$56 b / \$14.5 g

Sawyer Sangiovese \$54 b / \$14 g

Deviation Road 'Ironbank' Shiraz \$54 b / \$14 g

Whisson Lake 'Black Label' Pinot Noir 2025 \$75 b

Vinteloper 'White Label' Shiraz 2022 \$59 b

LOCAL+ ALES

Lobethal Bierhaus Session Ale 3.5% \$10

Smiling Samoyed '12 Paws Pale Ale' \$11

Lobethal Bierhaus Irish Red Ale \$10

Sapporo Premium \$10

ADELAIDE HILLS CIDER

The Hills Cider Co. Apple / Pear \$11

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

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LITTLE SMOOTHIES!

WAKE UP!

Raspberries, banana, all natural orange juice & moo yoghurt V/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

KIDS ALL DAY BRUNCH

7.30AM - 3PM

BOWL OF BEANS

House baked beans with toasted organic rye sourdough Vg/DF \$14.5

EGGS & TOAST

Free range fried eggs and toasty toast V \$15.5

FRED BIRCHER

Oat & chia seed-soaked bircher muesli with coconut yoghurt and rhubarb compote V / DF \$14.5

TOASTED BANANA BREAD

Rhubarb & ricotta spread spread V \$14.5

FRENCHY FRENCH TOAST

Banana, caramelised yoghurt, Canadian maple & roasted almonds V \$16

CLOUD GNOCCHI

Tomato passata, baby spinach, ricotta and parmesan crumb V \$19

STICKY CHICKEN BURGER

Zucchini ribbons, broccolini pesto and pea hummus \$19

CLASSIC LONGTIME FRED FAVOURITES!