

# NOURISH

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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 \$24

### MUSHROOMS 4.0

Roasted garlic & rosemary mushrooms with truffled risotto cake, broccolini pesto and greens V (GF / DF option on request) \$25.5

### OOH-LA-LA!

Iranian fetta omelette with cherrywood smoked ham, flash fried cauliflower, kale, pistachio crumb and green herb dressing GF \$28

### INDIAN EGGS

Lightly spiced and scrambled free-range eggs with roti and lime pickle & cucumber raita yoghurt V \$25 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 \$29.5

### 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 \$25.5

### 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 \$29


### 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 \$6

GFO - Toasted zucchini & cheddar bread GF  
Substitute (1 slice) +\$4.4 / Stand-alone (2 slices) \$14

 CLASSIC LONGTIME FRED FAVOURITES!

## WHIP IT GOOD SMOOTHIES

WAKE UP!  - Raspberries, banana, orange juice & moo yoghurt V / GF \$11.5

RISE & SHINE - Berries, cherries, coconut water, coconut milk and fresh mint Vg / DF / GF \$11.5

GOOD MORNING  - Blueberries, banana, local honey, almond milk & bee pollen V / DF / GF \$11.5

MERRY BERRY SOUR CHERRY - Sour cherries, banana, apple juice & moo yoghurt V / GF \$11.5



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 \$24 Add grilled bacon +\$6

### EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$21

### HAPPINESS IN A BOWL!

Barbecued pork belly with Kimmi's kimchi, chilli caramel, shallot omelette and peanut & mint salad (GF option on request) \$29.5

### AVOCADO & HALOUMI CRUMPET CRUMPET

Wilted greens and roasted beetroot tapenade, Parmesan crumb and FRED's tomato sauce V \$25 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 \$30

### 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 \$31



## The CHOW CHOW Sessions

Friday Dinners at FRED from 530pm

Asian inspired shared menu infused with bold FRED flavour!

## LUNCH

12 NOON - 3PM

### HOT & SOUR NOODLE BROTH

Barbecued black chicken, greens, coriander & bean shoot salad DF (GF option on request) \$25.5

### GREEN GREEN BOWL

Green pea hummus with soused zucchini, wilted spinach, roasted baby brussel sprouts, crispy kale and pistachio Vg / DF / GF \$24.5 Add haloumi +\$5.5

### STIR STIR FRY

Crispy pork & SA squid with razor noodles, lap cheong, shallots, greens, roasted peanuts, xo dressing and a distressed egg! DF \$28.5

### CLOUD GNOCCHI

Pan-fried with tomato & field mushroom ragu, spinach, ricotta, crispy kale, salsa verde and parmesan pangrattato V \$30.5

### THE REUBEN by FRED!

Corned beef, sauerkraut, Swiss cheese and Russian dressing toasted light rye sandwich with cornichons \$26.5

### STICKY BLACK CHICKEN

Yellow Thai curry dressing, coconut & lime leaf rice, Asian greens, pickled carrot, peanuts and nahm jim DF / GF \$31

### 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 \$31

### FRED FRIES

FRED's house spiced salt! V \$12.5

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

THE FINE PRINT  
ALL PRICING INCLUDES GST  
AT FRED, WE ONLY SERVE AUSTRALIAN SEAFOOD  
1.4% MERCHANT FEES APPLY TO EFTPOS PAYMENTS  
HIGHER WAGES SURCHARGE APPLIES - 8% WEEKENDS

# REFRESH

RIGHT HERE



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## The CHOW CHOW Sessions

Friday Dinners at FRED from 530pm

Asian inspired shared menu infused with bold FRED flavour!

## 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 \$6.3

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

Make it a SPIDER! - add ice cream \$8.3

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

ICED ICE - Coffee / Chocolate / Moccha \$8.9

### 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 \$4.7 / LONG BLACK, PICCOLO \$5  
LATTE, CAPPUCCINO, FLAT WHITE \$5.5 / \$6.8  
ICED ICE LATTE \$6.7   
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 \$5  
WHITE MAGIC - Double ristretto flat white \$6.5

### 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 \$15.5 / 500g \$29.5

HOT CHOCOLATE, MOCCHA \$5.5 / \$6.8

FRED HOT CHOCOLATE \$7.2

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 \$5.5 / \$6.8  
DIRTY FILTHY CHAI LATTE / CHOC CHAI \$6.5  
DIRTY FILTHY GORGEOUS COCONUT CHAI \$7.5

**WOULD YOUR DOGGY LIKE A LATTE?**  
With lactose-free milk and a sprinkle of turmeric \$4.5

TEA DROP LEAF TEA SELECTION \$6.5 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 \$6.5 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 \$15.5 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 \$54 b / \$14 g  
Vintelooper Pinot Gris \$58 b / \$15 g  
Guthrie 'Clones' Chardonnay 2025 \$57 b

### ADELAIDE HILLS ROSE

Ngeringa 'Sheoak' Rose \$58 b / \$15 g

### ADELAIDE HILLS REDS

Spider Bill Pinot Noir \$58 b / \$15 g  
Deviation Road 'Ironbank' Shiraz \$54 b / \$14 g  
Golding 'The Merchant' Cabernet Sauv \$50 b / \$13 g  
Vintelooper 'White Label' Shiraz 2022 \$59 b

### LOCAL+ ALES

Lobethal Bierhaus Session Ale 3.5% \$10  
Lobethal Bierhaus Japanese Style Rice Lager \$10  
Smiling Samoyed '12 Paws Pale Ale' \$11  
Lobethal Bierhaus Irish Red Ale \$10  
Sapporo Premium \$10

### ADELAIDE HILLS CIDER

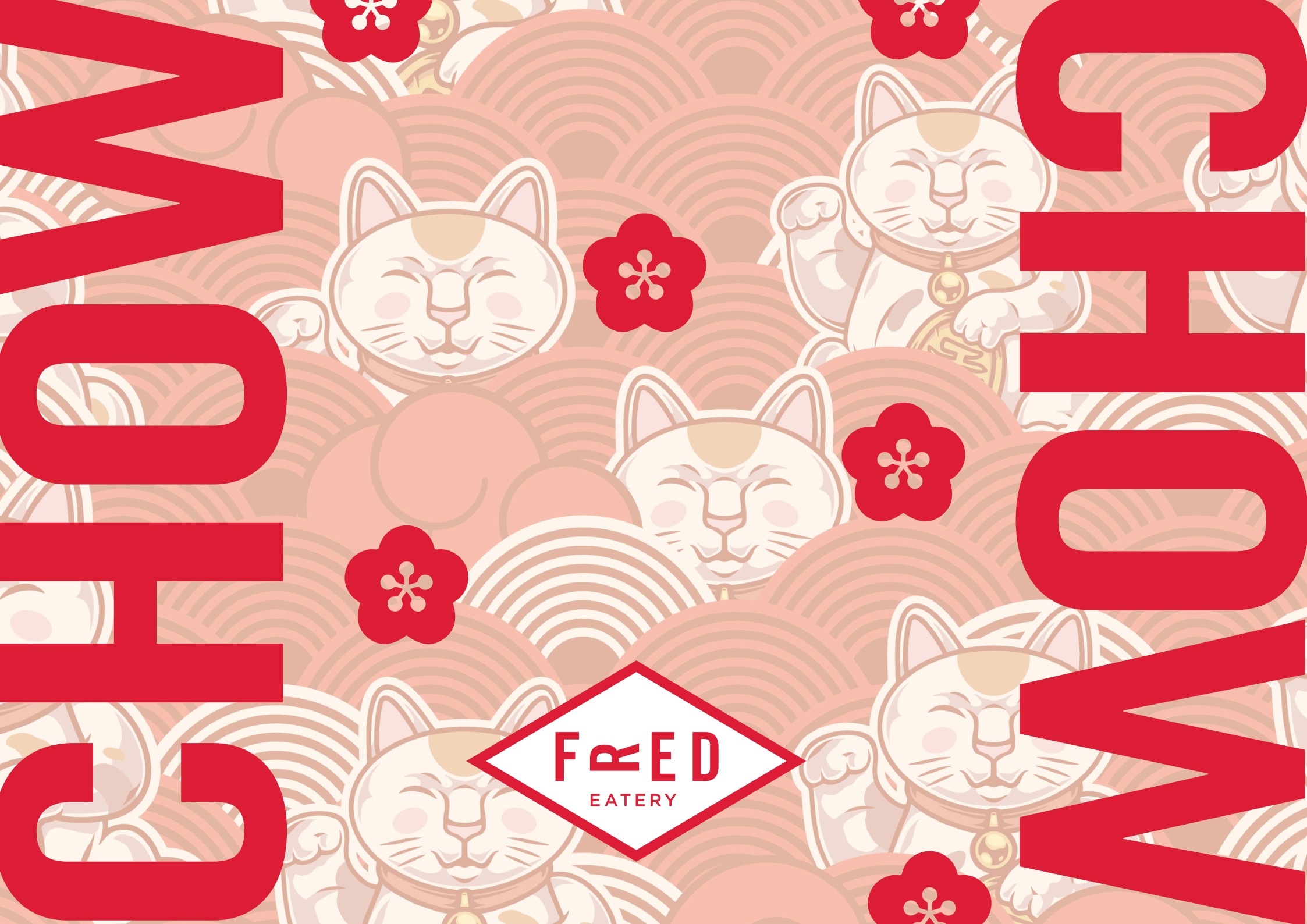
The Hills Cider Co. Apple / Pear \$11

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.



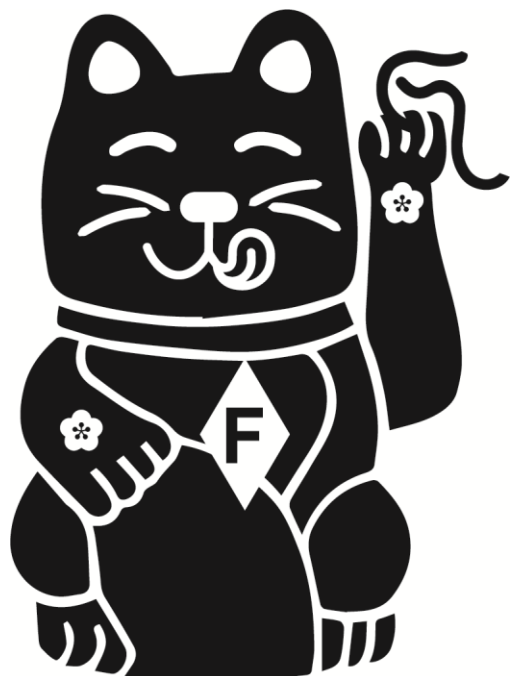
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**F&ED**  
EATERY



## THE CHOW CHOW SESSIONS

松狮犬会议

Friday Nights at FRED

**\$52.5 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 / DF

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  
AT FRED, WE ONLY SERVE AUSTRALIAN SEAFOOD

### 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, 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, spiced lime pickle & cucumber raita yoghurt, 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 (VgO)

**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 V / DF / GF \$13.5

**SESSION FRIES** Sri Lankan spices DF / V \$12

### TO CONCLUDE

SEE OUR SELECTION OF SWEETIE TREATS

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

Sawyer Sangiovese 2022 \$54 b

Gentle Folk Village Sangiovese 2025 \$70 b

Vintelooper 'White Label' Shiraz 2022 \$59 b

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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

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**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!

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