



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 \$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) +\$4.5 / Stand-alone (2 slices) \$14

 CLASSIC LONGTIME FRED FAVOURITES!

THE FINE PRINT

ALL PRICING INCLUDES GST

AT FRED, WE ONLY SERVE AUSTRALIAN SEAFOOD
1.4% EFTPOS MERCHANT FEES APPLY (UNTIL SEPT 30TH 2026)
HIGHER WAGES SURCHARGE APPLIES – 8% WEEKENDS

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

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) \$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...



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 FIZZY 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 \$9.7
A Rock & A Hard Place Sparkling 330ml \$6.2
100 Mile Adelaide Hills Still 500ml \$4

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

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.



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

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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!