



RIGHT HERE



RIGHT NEXT DOOR

EARLY BREAKFAST

7.30AM – 11.45AM

The THREESOME 3.0

FRED oat & chia seed-soaked bircher muesli with coconut yoghurt and rhubarb compote
+ toasted wholewheat banana bread
+ blueberry chai crème fraîche V \$24

HOLA! - CHORIZO Y CROQUETA

Chorizo sausage with a poached free-range egg, silken pumpkin, smoked paprika croqueta, seared asparagus, salsa verde and snow pea tendrils \$27.5

MUSHROOMS 5.0

Roasted garlic & rosemary mushrooms with sweetcorn mash, truffled risotto cake, broccolini pesto and greens V / DF / GF \$25.5

INDIAN EGGS

Lightly spiced and scrambled free-range eggs with roti and lime pickle & cucumber raita yoghurt V \$25.5 Add bacon +\$6

PEA, MINT & FETTA FRITTER

Soft poached free-range eggs, smashed avocado, chilli bacon jam and lemon yoghurt dressing \$27.5 Add haloumi +\$5.5 (V option on request)

THE PERSIAN

Fried free-range eggs with white bean & roasted garlic hummus, seared broccolini, flat bread, raita, crisp chickpeas, 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 \$29.5

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
HIGHER WAGES 8% SURCHARGE APPLIES WEEKENDS

WHIP IT GOOD SMOOTHIES

WAKE UP!  - Raspberries, banana, orange juice & yoghurt V / GF \$11.7

RISE & SHINE - Mixed berries, coconut water, coconut milk and fresh mint
Vg / DF / GF \$11.7

GOOD MORNING  - Blueberries, banana, local honey, almond milk & bee pollen
V / DF / GF \$11.7



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

ALL DAY BRUNCH

7.30AM – 3PM

FRENCHY FRENCH TOAST 2.0

Raspberry & blueberry compote, whipped ricotta and a biscoff & pistachio crumb V \$24.9

EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$22

HAPPINESS IN A BOWL!

Barbecued pork belly with Kimmi's kimchi, chilli caramel, shallot omelette and peanut & mint salad (GF option on request) \$29.9

AVOCADO & HALOUMI CRUMPET CRUMPET

Wilted greens and roasted beetroot tapenade, Parmesan crumb and FRED's tomato sauce
V \$25.5 Add fried egg +\$3.5 / Add bacon +\$6

TOKYO BUN BUN - The GINZA Edition

Mayura Station wagyu beef burger with spring onion omelette melt, salt & pepper soy soy eggplant, truffled kewpie, pickled cucumber and dirty cabbage \$32.5

MALAYSIAN BANG BANG

Barbecued red chicken with lime leaf risotto cake, coconut & peanut dressing, mint & coriander coleslaw and a soft fried egg DF / GF \$31.9

FRED

ES 20
TO 15

LUNCH

12 NOON – 3PM

HOT & SOUR NOODLE BROTH

Steamed chicken & shiitake mushroom dumplings, marinated tofu, greens, coriander & bean shoot salad DF \$25.5

GREEN GREEN BOWL - Summer Edition

Broccolini pesto with smashed avocado, barbecued asparagus, wilted spinach, crispy kale and pistachio Vg / DF / GF \$24.5 Add haloumi +\$5.5

YUM YUM TALAY MOO SALAD

Crispy pork & SA squid with razor noodles, radish cake, coriander, shallots, crispy garlic & chilli, roasted peanuts and lime & palm sugar dressing DF \$29.9

CLOUD GNOCCHI

Pan-fried buttered fennel, broad beans, peas, green olives and yellow squash with a kiss of chilli, roasted almonds, ricotta and parmesan pangrattato V \$33.5

THE REUBEN by FRED!

Corned beef, sauerkraut, Swiss cheese and Russian dressing toasted light rye sandwich with cornichons \$26.9

KOREAN PASTY PASTY

Braised lamb shank, shiitake & coriander open pasty with pickled radish, bean shoot slaw, chilli crisp & cucumber salad and spiced ginger & lemongrass tomato sauce \$29.9

BAO WOW BUNS

Steamed lotus buns with flash fried duck, hoi sin sesame spiced kewpie and soured cucumber & spring onion salad - *some assembly req'd* DF \$30.5

FRED FRIES

FRED's house
spiced salt! V \$12.9

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.



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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!