



EST.1997

476 Amsterdam Ave

COME! SIT! STAY!

CELEBRATING 28 YEARS ON THE UPPER WEST SIDE

Fred's Restaurant is named after a female black Labrador Retriever. Fred was bred by the dedicated people at Guiding Eyes for the Blind, based in Yorktown, New York. This wonderful organization's sole purpose is to breed dogs for their important role as guides and companions for the visually impaired. Due to their standards, each litter may have one or more puppies that do not have the aptitude for this visual work, as determined by proven field tests. Fred is one of the marvelous dogs, who was released after such testing. Guiding Eyes for the Blind maintains a wait list of prospective owners who are anxious to adopt their released puppies. Happily, Fred found loving "parents" here in the neighborhood.

Fred epitomized everything that this establishment stands for...loyalty, reliability, an ingrained need to please, and a playful spirit. Like Fred, we value relationships and continue to work hard to earn your ongoing support.



@fredsnyc



@fredsny



@fredsnyc

STARTERS

TOMATO SOUP

roasted garlic, chives 12
vegetarian, vegan

CORN TORTILLA SOUP

avocado tomato salsa, black beans, radish, queso fresco, cilantro,
tajin 13

MEXICAN STREET CORN

mayo, lime juice, cotija cheese, paprika 10
gluten free, vegetarian

CRISPY BRUSSELS SPROUTS

balsamic glaze, crumbled bacon, almonds 15
gluten free

CHICKEN TENDERS

plain or buffalo, with honey mustard or blue cheese 15

FRED'S JUMBO WINGS

buffalo or bbq or sweet chili, blue cheese or ranch 17

MOZZARELLA STICKS

marinara sauce 14

CHICKEN QUESADILLAS

pico de gallo and sour cream 14

FRESH GUACAMOLE & SALSA

house-made corn tortilla chips 14
gluten free, vegan

FRED'S NEIGHBORHOOD NACHOS 18

black beans, mixed cheese, jalapeños, pico de gallo, guacamole,
sour cream
add chicken 5 / add chili or steak 6
gluten free

FLATBREADS

whole wheat or white

MARGHERITA FLATBREAD

mozzarella, marinara 14
vegetarian

CAPRESE FLATBREAD

Mozzarella, basil pesto, balsamic, Fred's "pico de gallo" 15
add chicken 5, add steak 6, add shrimp 6

SPINACH & ARTICHOKE FLATBREAD

marinated artichokes, grape tomatoes, black olives, roast garlic, aged
balsamic 18

WILD MUSHROOM & GOAT CHEESE

FLATBREAD

Hot honey, caramelized onion, truffle essence, arugula 19

SIDES

*all gluten free, vegan**

GARLIC MASHED POTATOES 8

*not vegan**

BAKED POTATO 6

MIXED GREEN SALAD 12

CRISPY FRIES 9

SWEET POTATO FRIES 9

SAUTÉED SPINACH 8

POTATO SALAD 7

SEASONAL VEGETABLES 8

SAUTÉED MUSHROOMS 6

HALF AVOCADO 5

HERBED BROWN RICE 7

BAKED SWEET POTATO 6

SALADS & BOWLS

CAESAR SALAD

romaine lettuce, grated parmesan, sourdough croutons,
creamy caesar dressing 17

CLASSIC COBB SALAD

grilled chicken, avocado, bacon, tomato, crumbled blue cheese,
egg, romaine, cider lemon vinaigrette 22
gluten free

CHOPPED GREEK SALAD

baby kale and arugula, feta, kalamata olives, red onion cherry
tomatoes, cucumber, chickpeas, oregano vinaigrette 21

SOUTHWEST CHICKEN & BLACK BEAN BOWL

lime grilled chicken, brown rice, romaine, mango, black
beans, corn, guacamole, pico de gallo, house-made corn
tortilla strips, spicy chipotle vinaigrette 22
gluten free

VEGAN ROASTED VEGETABLES & LEGUMES BOWL

roasted carrots, roasted sweet potatoes, turmeric roasted
cauliflower, brown rice, chickpeas, lentils, black beans,
romaine, turmeric garlic ginger dressing 22
gluten free, vegan

add: avocado 5 / chicken or tofu 6 / shrimp 7
steak 9 / salmon 8

BURGERS & SANDWICHES^{\$}

choice of fries or mixed green salad.

Burgers served with tomato, red onion, romaine & pickle.

FRED'S 8oz. BEEF BURGER 19

FRED'S 8oz. TURKEY BURGER 19

PLANT BASED BURGER 19

vegan

FRED'S CHEESESTEAK

grilled beef, peppers, onions,
american cheese, baguette 21

ATLANTIC SALMON BURGER

tartar sauce 22

LAMB BURGER

with goat cheese 22

GRILLED CHICKEN SANDWICH

avocado, tomato, basil, olive oil,
balsamic vinegar, baguette 19

"SABRETT" FOOT LONG HOT DOG

fred's mac & cheese, bacon, jalapeno, pico de gallo,
potato salad 19

ADD-ONS

<i>Bacon or Avocado 3</i>	<i>American Cheese 2</i>
<i>Sautéed Mushrooms 2</i>	<i>Cheddar Cheese 2</i>
<i>Sweet Potato Fries 2</i>	<i>Swiss Cheese 2</i>
<i>Gluten Free Bun 2</i>	<i>Goat Cheese 3</i>
<i>Jumbo English Muffin 2</i>	<i>Blue Cheese 3</i>
	<i>Jack Cheese 3</i>

^{\$} Consuming raw or undercooked meats, poultry, seafood, shellfish,
or eggs may increase your risk of foodborne illness

ENTRÉES

BUTTERMILK FRIED CHICKEN

mashed potatoes, gravy, smoky honey mustard, pickle 24

GRILLED SALMON

butternut squash puree, broccoli, pomegranate, sweet corn sauce, pinenut crumble 29

FISH AND CHIPS

crisp beer battered cod filet, malt vinegar, tartar sauce, black olive aioli 23

MOM'S MEATLOAF

brown gravy, mushrooms, garlic mashed potatoes, seasonal vegetables 23

HEALTHY VEGGIE QUESADILLA

cheddar, mushrooms, zucchini, black beans squash, red pepper, corn, onion, guacamole, salsa, sour cream 23

ROAST HALF CHICKEN

lemon butter sauce or brown gravy, sautéed spinach, garlic mashed potatoes 25

CANTINA FAJITAS

seared chicken breast, fresh peppers, red onion, pico de gallo, sour cream, romaine, flour tortilla 24

substitute steak 6 / substitute shrimp 6 / add cheese 3

CHILI CON CARNE

melted cheddar, house-made tortilla chips 22

ANGUS SHELL STEAK

au poivre or au naturel, seasonal vegetables & mashed potatoes 33

FRED'S CLASSIC

MAC & CHEESE

RATED BEST MAC & CHEESE ON THE UPPER WEST SIDE SINCE 1997
20

ADD-ONS

peas + 1

tomatoes + 1

mushrooms + 1

jalapeño + 1

gluten free macaroni + 2

seasonal vegetables + 2

roasted red & yellow peppers + 2

grilled chicken + 3

bacon + 3

chorizo + 3

ham + 3

buffalo chicken + 3

chipotle broccoli + 2



PASTA

RIGATONI BOLOGNESE

WITH PINK SAUCE

classic meat sauce, ricotta, basil, shaved parmesan 24

ORECCHIETTE

broccoli, spicy italian sausage, roasted red & yellow peppers, olive oil, garlic, parmesan cheese 23

ADD-ONS

gluten free pasta 2 / chicken 6 / shrimp 7

HOUSE MADE DESSERTS

FUDGE BROWNIES

with whipped cream & berry garnish 11

CHOCOLATE MOLTEN LAVA CAKE

with fresh raspberry coulis 13

LEMON TART

with mixed berries & whipped cream 11

NEW YORK CHEESECAKE

gluten free 12

DRAFT BEER

Narragansett Lager (5%ABV) RI,
clean crisp, refreshing with mostly grassy hops 8.

Lagunitas IPA (6.2% ABV) CA,
Lagunitas IPA 9.

Ommegang Witte (5.8% ABV) NY,
trad. belgian style white ale with aromas of citrus and clove 9.

Almost Famous IPA (6.6% ABV) NYC,
aromatic hazy ipa packed with peach and grapefruit notes 11.

Krombacher Pils (4.8% ABV) GERMANY,
swedish aroma, notes of grassy and herbal hops, fairly malty and
decent hoppy bitterness 9.

Guinness Draught (4.2% ABV) IRELAND,
malty sweetness & hoppy bitterness with notes of coffee and
chocolate 9.

BUY
LOCAL

Torch & Crown

Cans | Brewed in NYC

Tenement Pilsner

 (4.9% ABV) NYC

german style pilsner, clover honey sweetness, mild crisp and
earthy noble hop finish 10.

Intersect Session IPA

 (5.1% ABV) NYC

smooth & sweet, notes of lemon and citrus 10.

Fruited Daily Special Sour

 (6% Abv) NYC

ask your server for todays special 10.

Almost Famous IPA

 (6.6% ABV) NYC,

aromatic hazy IPA packed with peach and
grapefruit notes 11.

BEER BOTTLES

Daily Special Double IPA 10.

Brooklyn Lager

 (5.2% ABV) NY,

amber lager with substantial dry toastiness and moderate
bittering, austere, stark crisp and clear 8.

Heineken

 (5% ABV) AMSTERDAM,

strong, bitter, with a hint of sweet corn and green apple 9.

Glutenberg IPA

 GF (6% ABV) CANADA,

aromatic citrus & floral notes, light caramel & hoppy flavors 9.

Corona

 (4.6% ABV) MEXICO,

light crisp lager with sweet, crisp well balanced hops and malt 8.

Miller Lite

 (4.2% ABV) WI,

lager, notes of corn & wheat, medium malt & hop aroma 6.

Athletic Run IPA

 NA, (0.5% ABV) CT,

blend of 5 northwest hops with citra & mosaic at the forefront 8.

CIDERS

Austin Eastciders Original Dry Cider (5% ABV) TX,

bittersweet with apple and pear 9

Wolffer No. 139 Dry Rose Cider (6.9% ABV) NY,

fantastic fresh floral notes & crisp aromas 12

SPECIALTY COCKTAILS

Autumn Blossom

pisco, home-made hibiscus, fresh lemon, lime, egg white, agave 13

Jasmine Breeze

gin, jasmine verde liqueur, fresh lemon, jasmine green tea 13

Fall Fashion

makers, home-made allspice dram, angostura bitters 14

Royal Bloom

empress gin, fresh lemon, home-made lavender 14

Rhubarb & Roses

gin, rhubarb amaro santoni, st germain elderflower, rose water, honey, grapefruit bitters 13

Ancho Affair

lokita mezcal, ancho reyes, agave, fresh lemon & lime, cabernet float 14

Cool as a Cucumber

crop organic cucumber vodka, st germain elderflower, grapefruit 14

Boozy Basil

vodka, fresh lime, agave, basil 13

Fred & Ginger

gin, fresh ginger, mint, grapefruit, fresh lemon 14

The Golden Hour

tequila blanco, aperol, st germain elderflower, fresh lemon 13

Rum Away With Me

white rum, maraschino cherry liqueur, grapefruit, agave, fresh lime 13

FROZEN DRINKS 15oz

Frozen Margaritas 13

FLAVORS ADD 1.00, STRAWBERRY, HIBISCUS,
WHITE PEACH, RHUBARB

Frozen Daily Special 13

Sangritas 14

frozen margarita mixed with freds house made sangria

THE CLASSICS

Margarita

tequila, fresh lime, triple sec, agave 13

FLAVORS: 1.50 EXTRA

STRAWBERRY, HIBISCUS, WHITE PEACH, RHUBARB

Espresso Martini

vanilla vodka, mr. black cold brew liquor, espresso, simple syrup 16

PUMPKIN, SKREWBALL (PEANUT BUTTER BOURBON), MEZCAL

Old Fashioned

jim beam, angostura bitters 13

Negroni

bombay dry gin, antica formula, campari 14

Boulevardier

makers, antica formula, campari 14

Gimlet

bombay dry gin, fresh lime, simple syrup 14

Paper Plane

bulleit burbon, amaro nonino, aperol, fresh lemon 14

COCKTAIL CANS

HighNoon Sips (4.5% ABV)

grapefruit 10

Truly Hard Seltzer (5% ABV)

blueberry acai, raspberry lime, black cherry, wild berry 8

Fisher Islands Lemonade (9% ABV) 12

Gluten Free

MOCKTAILS

ADD HOUSE SHOT +5.

Clifford's Big Red Drink

strawberry basil lemonade 7

The Goofy Cucumber

cucumber, fresh lime, soda 7

Odie's Pina Colada

pineapple, coconut, club soda 7

Peach Smash

peach, mint, club soda 7

Grapefruit Fizz

grapefruit, mint, ginger, ginger ale 7

HOUSE MADE

Sangria

Red Sangria 12

White Sangria 12

WHITE WINE

Pinot Grigio Benvolio

Della Delizia, Italy Dry with notes of apple and pear, crisp finish 12/45

Sauvignon Blanc Selini

Marlborough, New Zealand Ripe passionfruit and tropical fruit, gooseberry undertones 13/45

Sauvignon Blanc Murphy Goode

Sanoma County, California Fruit spectrum from citrus flavors 11/39

Chardonnay, Domaine Gaillard

Burgundy France, Ripe green apple and hints of citrus 16/60

Chardonnay Nielsen

Santa Barbara, California Aromas citrus flower, burst of pineapple & honey 13/45

Muscadet L'Olivier

Loire Valley, white flower notes with pear & citrus flavors 13/48

RED WINE

Cabernet Sauvignon Cs

Columbia Valley, Washington
medium bodied, fruit and fine tannins 13/48

Cabernet Sauvignon Jam Cabernet California

bursts with lush berries, blackberries, black plum & currants 11/39

Malbec Trapiche Tesoro

Mendoza, Argentina
fresh red and black fruits with a touch of smoke 12/45

Pinot Noir Nicolas Idiart

Loire Valley, France
soft and fruity with a smoky touch 12/45

Rioja Rosario Vera

Rioja, Spain

ripe berries, plum and red currant balanced with earthy notes 13/48

Grenache Syrah Blend Chateau Bonadona

Rhone Valley, France
jammy black cherry & black currant, with spicy notes 13/48

ROSE

Josh Cellars California

crisp refreshing, flavors of white peach, strawberry and hints of nectarine 10/35

Domaine De La Chaise Loire Valley, France

crisp and dry, fruity and bright flavors like raspberry and citrus 13/48

BUBBLES

Prosecco

Benvolio

Veneto, Italy 13.

Champagne

Veuve Clicquot

Châlons-en-Champagne, France

½ Bottle 65

ALCOHOL FREE WINES

Le Petit Sparkling Rose 15/45

Petillant Blanc De Blanc 15/45

Virgin Pinot Noir 14/42