



FRED'S LUNCH

12PM-4PM

LUNCH SPECIAL 13.95

FRED'S 8OZ BEEF BURGER
BUTTERMILK FRIED CHICKEN
SANDWICH

GRILLED CHICKEN SANDWICH

WITH PURCHASE OF
A BEER, WINE OR COCKTAIL

STARTERS

TOMATO SOUP

roasted garlic, chives 10
vegetarian, vegan

CHICKEN TENDERS

plain or buffalo, with honey mustard or blue cheese 15

FRED'S NYC TOP RATED JUMBO WINGS

buffalo or bbq or sweet chili, blue cheese or ranch 14

MOZZARELLA STICKS

marinara sauce 14

FRESH GUACAMOLE & SALSA

house-made corn tortilla chips 12

FRED'S NEIGHBORHOOD

NACHOS 14

black beans, mixed cheese, jalapeños, pico de gallo,
guacamole, sour cream

add chicken 5 / add chili 6

FRED'S CLASSIC

MAC & CHEESE 16

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

ADD-ONS *peas+ 1 / buffalo chicken + 3 / bacon + 3 / ham + 3*

HAPPY
HOUR
LUNCH
EDITION

SPECIALTY COCKTAILS

Classic Margarita 9. (tequila, fresh lime, triple sec, agave)

Boozy Basil 9. (vodka, fresh lime, basil, agave)

Negroni 9. (gin, campari, vermouth)

Aperol Spritz 9. (aperol, prosecco, splash of soda)

Sangria 9.

Rum Away with Me 9.

Fred & Ginger 9. (gin, ginger, mint., grapefruit, fresh lemon)

House Liquor Drinks 7. (gin, tequila, rum, whiskey, vodka)

FROZEN MARGARITAS 5.

SALADS & BOWLS

CAESAR SALAD

romaine lettuce, grated parmesan, sourdough croutons,
creamy caesar dressing 14

CLASSIC COBB SALAD

grilled chicken, avocado, bacon, tomato, crumbled blue
cheese, egg, romaine, cider lemon vinaigrette 17
gluten free

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 17

gluten free

add: avocado 5 / chicken 6 / salmon 8

BURGERS & SANDWICHES^{\$}

choice of fries or mixed green salad.

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

FRED'S 8oz. BEEF BURGER 16

FRED'S 8oz. TURKEY BURGER 16

GRILLED CHICKEN SANDWICH 16

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

"SABRETT" FOOT LONG HOT DOG

fred's mac & cheese, bacon, jalapeno, pico de gallo, potato
salad 16

BUTTERMILK FRIED CHICKEN SANDWICH

spicy slaw, sriracha aioli, wildflower honey 17

MEATBALL PARMESAN SANDWICH,
mozzarella cheese, homemade tomato sauce, on a baguette 17

HONEY TRUFFLE GRILLED CHEESE SANDWICH

Fontina, grilled country bread, orange blossom honey 16

ADD-ONS *American Cheese 2 Swiss Cheese 2*
Cheddar Cheese 2 Bacon 3

BEER

Draft Narragansett Lager 5.

Draft Krombacher Pils 5.

Draft Lagunitas IPA 5.

Can Miller Lite 5.

WINES 7.

Prosecco, Jean Pierre

Rose, Josh Cellars

Sauvignon Blanc, Murphy Goode

Pinot Grigio, Benvolio

Cabernet, Jam

Malbec, Broquel