



476 Amsterdam Ave

# COME! SIT! STAY! FOR BRUNCH!

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.

# STARTERS

## 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*

# EGGS & THINGS

## AVOCADO TOAST 16.

Black beans, pico de gallo, pickled onions, lemon zest on toasted hero

*Two Eggs 4.*

*vegan*

## CINNAMON RAISIN FRENCH TOAST 19.

Made with New York's best cinnamon-raisin bread from Orwasher's bakery with berries, whipped cream, and real Vermont maple syrup

## BUTTERMILK PANCAKES 16.

## WITH REAL VERMONT MAPLE SYRUP

Traditional | Chocolate Chip | Strawberry | Blueberry | Bananas

## BREAKFAST SANDWICH 20.

Two egg omelet, spinach, tomato, bacon, sausage, and cheese on a hero

## OMELETS OR SCRAMBLED 19.

Three eggs, choose three add-ins: tomato, spinach, peppers, onion, mushrooms, black forest ham, bacon, goat cheese, cheddar, american cheese, with choice of mixed green salad, crispy fries or home fries

*gluten free*

## TRADITIONAL EGGS BENEDICT 19.

## CLASSIC EGGS FLORENTINE 19.

## SMOKED SALMON BENEDICT 22.

## HUEVOS RANCHEROS 20.

Two eggs any style, with roasted tomato and cilantro salsa mexican rice, black beans, monterey jack, ham on a corn tortilla

*gluten free*

## STEAK & EGGS 33.

14oz steak, eggs any style, english muffin

# 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

*Bacon or Avocado 3.*

*Sautéed Mushrooms 2.*

*Sweet Potato Fries 2.*

*Gluten Free Bun 2.*

*Jumbo English Muffin 2.*

*American Cheese 2.*

*Cheddar Cheese 2.*

*Swiss Cheese 2.*

*Goat Cheese 3.*

*Blue Cheese 3.*

*Jack Cheese 3.*

# 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*

# ENTRÉES

## ANGUS SHELL STEAK

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

## BUTTERMILK FRIED CHICKEN 24.

mashed potatoes, gravy, smoky honey mustard, pickle

## HEALTHY VEGGIE QUESADILLA 23.

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

# 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.

## 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  
chorizo+ 3  
ham+ 3  
bacon+ 3  
buffalo chicken+ 3  
chipotle broccoli+ 2



# SIDES

GARLIC MASHED POTATOES 8.  
*gluten free*

MIXED GREEN SALAD 12.  
*gluten free, vegan*

CRISPY FRIES 8.  
*gluten free, vegan*

SWEET POTATO FRIES 9.  
*gluten free*

SAUTÉED SPINACH 8.  
*gluten free, vegan*

SEASONAL VEGETABLES 8.

SAUTÉED MUSHROOMS 6.

## HOUSE MADE DESSERTS

NEW YORK CHEESECAKE 12  
*gluten free*

LEMON TART  
with mixed berries & chantilly cream 11

FUDGE BROWNIES  
with whipped cream & berry garnish 11

CHOCOLATE MOLTEN LAVA CAKE 13  
with fresh raspberry coulis

# 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*

# 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

# 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

# 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

# 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 BLOODY MARYS,  
MIMOSAS, & BELLINIS  
2 FOR 1

# 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.

HOUSE BLOODY MARYS,  
MIMOSAS, & BELLINIS  
2 FOR 1



# 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**  
Rhône Valley, France  
jammy black cherry & black currant, with spicy notes 13/48

# ROSE

**Josh Cellars** California  
crisp refreshing, flavors of white peach, strawberry & 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