



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 11

*gluten free, vegetarian*

## CRISPY BRUSSELS SPROUTS

balsamic glaze, crumbled bacon, almonds 16

*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 19

## MOZZARELLA STICKS

marinara sauce 14

## CHICKEN QUESADILLAS

pico de gallo and sour cream 15

## FRESH GUACAMOLE & SALSA

house-made corn tortilla chips 15

*gluten free, vegan*

## FRED'S NEIGHBORHOOD NACHOS 18.5

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

*add chicken 5 / add chili or steak 6*

*gluten free*

## 5 MINI BLUEBERRY MUFFIN BASKET 12.

*With Maple Butter*

# EGGS & THINGS

## AVOCADO TOAST 16.5

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 17.

### WITH REAL VERMONT MAPLE SYRUP

Traditional | Chocolate Chip | Strawberry | Blueberry | Bananas

## BREAKFAST SANDWICH 21.

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

## OMELETS OR SCRAMBLED 20.

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 21.

## CLASSIC EGGS FLORENTINE 21.

## SMOKED SALMON BENEDICT 23.

## HUEVOS RANCHEROS 21.

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 34.

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 22.

## ATLANTIC SALMON BURGER

tartar sauce 23.

## LAMB BURGER

with goat cheese 23.

## GRILLED CHICKEN SANDWICH

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

## PULLED PORK SANDWICH

roasted pork, barbeque sauce, coleslaw, pickled onions 20

### 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*

## ARUGULA WATERMELON SALAD

arugula, watermelon, feta cheese, avocado, cucumber, mint & balsamic glaze 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

## HEALTHY VEGGIE QUESADILLA 23.

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

## BUTTERMILK

## FRIED CHICKEN & PANCAKES

with vermont maple syrup 23

## 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

21.

#### ADD-ONS

- peas + 1
- tomatoes + 1
- mushrooms + 1
- jalapeño + 1
- gluten free macaroni + 2
- seasonal vegetables + 2
- roasted red & yellow peppers + 2
- chipotle broccoli + 2
- grilled chicken + 3
- chorizo + 3
- ham + 3
- bacon + 3
- buffalo chicken + 3
- pulled pork + 3



## 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.

## 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*

## DESSERTS ALL HOUSE MADE

### MILK SHAKES

- Vanilla 12
- Black & White 12
- Espresso 13
- Salted Caramel 13
- Banana Chocolate 13
- Strawberry 13

SPIKE IT UP +5

## SPECIALTY COCKTAILS

### Summer Blossom

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

### Honey Comb

gin, fresh lemon, honey, licor 43, egg white 13

### Concrete Jungle

rum, aperol, grapefruit, fresh lime, orgeat 13

### Mango Tango

mezcal, ancho reyes, mango chinola, triple sec, fresh lime, tajin rim 14

### Red or White Sangria

apricot brandy, white rum, triple sec, pineapple juice, orange juice 13

### Creamsicle

tequila, triple sec, amaretto disaronno, fresh lemon, agave 14

### Lemon Nectar

tequila, limoncello, triple sec, coconut cream 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

### Kiss From a Rose

rose & elderflower, st germain, jasmine verte, rose water 14

## THE CLASSICS

### Margarita

tequila, fresh lime, triple sec, agave 13

FLAVORS: 1.50 EXTRA

STRAWBERRY, HIBISCUS, WHITE PEACH, MANGO, PINA COLADA

### 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

## MOCKTAILS

ADD HOUSE SHOT +5.

Clifford's Big Red Drink  
strawberry basil lemonade 8

The Goofy Cucumber  
cucumber, fresh lime, soda 8

Odie's Pina Colada  
pineapple, coconut, club soda 8

Peach Smash  
peach, mint, club soda 8

Grapefruit Fizz  
grapefruit, mint, ginger, ginger ale 8

### MILK SHAKES



SPIKE IT UP +5

FUDGE BROWNIES  
with whipped cream & berry garnish 11

CHOCOLATE MOLTEN LAVA CAKE 13  
with fresh raspberry coulis

APPLE PIE 12

NEW YORK CHEESECAKE

*gluten free* 12

Make Any Dessert Ala Mode (Vanilla Ice Cream) +3

# 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 10.

# BEER BOTTLES & CANS

## 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.

**Heineken Light** (63.3% ABV) AMSTERDAM,  
faint notes of citrus, zesty & delicate floral notes 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

**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.

**Greens Glutenfree IPA** (6% Abv) BELGIUM  
earthy hopiness, nutty, hints of carmel 9.

**Von Trapp Dunkel Dark Lager** (5.7% Abv) VERMONT  
(2022 Gold Medal Winner "Worlds Best Dark Lager")  
robust malt notes of caramel and chocolate with a smooth mouthfeel  
and crisp finish 9.

# 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

# FROZEN DRINKS 15oz

## Frozen Margaritas 14

FLAVORS ADD 1.50, STRAWBERRY, HIBISCUS, WHITE PEACH,  
MANGO, PINA COLADA

## Frozen Daily Special 14

### Sangritas 14

frozen margarita mixed with freds house made sangria

# 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, J.Lohr

Monterey, California

Aromas of blossoms, peach & nectarine, citrus apple, light oak touch 13/48

## Albarino, Lager Da Condesa

Galicia, Spain

Flavors of green banana, peach, apple & woodspice finish 13/45

## Muscadet L'Olivier

Loire Valley

white flower notes with pear & citrus flavors 13/48

# RED WINE

## Cabernet Sauvignon Jam Cabernet

California

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

## Cabernet Sauvignon Lyeth

California

flavors of blackberry, plum, and chocolate, bold note of new oak 13/48

## Malbec Trapiche Tesoro

Mendoza, Argentina

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

## Pinot Noir Bouchard Aine & Fils

France

aromas of small red & black fruits, cherry & raspberry, soft tannins 13/48

## 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

## Grand Vin Rose, Belle Cote,

Côtes de Provence, France

crisp and dry, fruity and bright flavors like raspberry and citrus 14/50

# BUBBLES

## Prosecco

### Benvolio

Veneto, Italy 13.

## Champagne

### Veuve Clicquot

Châlons-en-Champagne, France

½ Bottle 65

# HOUSE BLOODY MARYS, MIMOSAS, & BELLINIS

## 2 FOR 1