



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

<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>

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

SPIKE IT UP +5

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

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 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, 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

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

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.

Sloop Juice Bomb IPA (6.5% ABV) NYC,
hazy, golden unfiltered IPA, taste of grapefruit, melon, mango &
grassy hop finish 10.

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

Fruited Daily Special Sour NYC
ask your server for todays special 10.

Greens Glutenfree IPA (6% Abv) BELGIUM
earthy hopiness, nutty, hints of caramel 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

WHITE WINE

Pinot Grigio **Benvolio**

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

Vinho Verde **Costa Do Sol**
Portugal

light crisp & floral with a slight fizz, apricot and citrus flavors 13/45

Sauvignon Blanc **Murphy Goode**

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

Chardonnay **J.Lohr**

Monteray, California
aromas of blossoms, peach & nectarine, citrus apple, light oak touch 13/48

Sauvignon Blanc **Te Henga**

New Zealand
gooseberry aroma, grassy with underlying tropical fruit 13/45

RED WINE

Cabernet Sauvignon **Jam Cabernet**

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

Pinot Noir **Pavette**

California
bright cherry & raspberry notes, subtle spice with a smooth easy drinking
texture 13/48

Cabernet Sauvignon **Liberty School**

California
layers of fresh vanilla, bright cherry, & supple balanced tannins 14/52

Malbec **Domaine Bousquet**

Argentina
organically grown grapes, red & black fruits, notes of fig & chocolate 13/48

ROSE

Josh Cellars California

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

Maris Rose France

Organic grapes, fresh citrus & ripe strawberry,
subtle floral notes & hints of herbs 13/48

BUBBLES

Prosecco

Benvolio

Veneto, Italy 13.

Champagne

Veuve Clicquot

Châlons-en-Champagne, France
½ Bottle 65

FROZEN DRINKS 15oz

Frozen Margaritas 14

FLAVORS ADD 1.00, STRAWBERRY, HIBISCUS, WHITE PEACH,
MANGO, PINA COLADA

Sangritas 14

frozen margarita mixed with freds house made sangria

HOUSE BLOODY MARYS,
MIMOSAS, & BELLINIS
2 FOR 1