



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



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STARTERS

TOMATO SOUP

roasted garlic, chives 13
vegetarian, vegan

CORN TORTILLA SOUP

avocado tomato salsa, black beans, radish, queso fresco, cilantro, tajin 11

MEXICAN STREET CORN

mayo, lime juice, cotija cheese, paprika 10
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

FLATBREADS

whole wheat or white

MARGHERITA FLATBREAD

mozzarella, marinara 15
vegetarian

CAPRESE FLATBREAD

Mozzarella, basil pesto, balsamic, Fred's "pico de gallo" 16
add chicken 5, add steak 6, add shrimp 6

SHRIMP SCAMPI FLATBREAD

shrimp, cherry tomatoes, mozzarella cheese, garlic & basil 21

WILD MUSHROOM & GOAT CHEESE FLATBREAD

Hot honey, caramelized onion, truffle essence, arugula 20

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

COLESLAW 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

ARUGULA WATERMELON SALAD

arugula, watermelon, feta cheese, avocado, cucumber, mint & balsamic glaze 21

SOUTHWEST CHICKEN & BLACK BEAN BOWL

lime grilled chicken, 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, 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 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

BUTTERMILK FRIED CHICKEN SANDWICH

spicy slaw, sriracha aioli, wildflower honey 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

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

ENTRÉES

CHICKEN PARMESAN OVER SPAGHETTI
breaded chicken, mozzarella cheese, fresh tomato sauce, garlic, basil 25

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 24

MOM’S MEATLOAF
brown gravy, mushrooms, garlic mashed potatoes, seasonal vegetables 24

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 25
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 34

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
 - bacon+ 3
 - chorizo+ 3
 - ham+ 3
 - buffalo chicken+ 3
 - pulled pork+3



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

FUDGE BROWNIES
with whipped cream & berry garnish 11

CHOCOLATE MOLTEN LAVA CAKE
with fresh raspberry coulis 13

HOUSE MADE

DESSERTS

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 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

APPLE PIE 12

NEW YORK CHEESECAKE
gluten free 12

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

SPECIALTY COCKTAILS

Summer Blossom

isco, 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

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

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, rasperry lime, black cherry, wild berry 8

Fisher Islands Lemonade (9% ABV) 12

Gluten Free

MILK SHAKES

Vanilla 12

Black & White 12

Espresso 13

Salted Caramel 13

Banana Chocolate 13

Strawberry 13

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

MOCKTAILS

ADD HOUSE SHOT +5.

Clifford's Big Red Drink

strawberry basil lemonade 8

The Goofy Cucumber

cucumber, fresh lime, soda 8

Peach Smash

peach, mint, club soda 8

Grapefruit Fizz

grapefruit, mint, ginger, ginger ale 8

Odie's Pina Colada

pineapple, coconut, club soda 8