

FRED'S SPECIALTY
EGGS & THINGS

- AVOCADO TOAST** 16.5
Black beans, pico de gallo, pickled onions, lemon zest on toasted hero *vegan* *add Two Eggs* 4.

BREAKFAST SANDWICH 21.
Two egg omelet, spinach, tomato, bacon, sausage, and cheese on a hero

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

EGGS BENEDICT 21.
Poached eggs, hollandaise sauce, canadian bacon, english muffin

EGGS FLORENTINE 21.
Poached eggs, hollandaise sauce, spinach, english muffin

SALMON BENEDICT 22.
Lox, poached eggs, hollandaise sauce, english muffin

GRIDDLE

- 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
OR
WAFFLES
WITH REAL VERMONT MAPLE SYRUP

OPTIONS:

- Plain 17.
- Fresh Bananas Walnuts 19.
- Caramelized Bananas 19.
- Blueberry 19.
- Chocolate Toasted Coconut 19.
- Fresh Strawberries, Toasted Almond 19.
- Nutella, Marshmallow 19.
- Berry Compote 19.
- Chocolate Chips Or Chocolate Sauce 19.

MILK SHAKES

vanilla 12

black & white 12

espresso 13

salted caramel 13

banana chocolate 13

strawberry 13

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

good enough to eat



 **SPECIALITIES** 

OMELETTES
served with strawberry butter & 2 biscuits

- BLT OMELETTE** 21.
Housemade double-smoked bacon, tomato and gruyere cheese *(no lettuce!)*

ASTORIA OMELETTE 21.
Homemade sausage, fresh spinach & feta cheese

DEEP SOUTH 21.
Three scrambled eggs with biscuits and sausage gravy

PROVENÇAL OMELETTE 19.
Roasted red and green peppers, roasted onion and goat cheese

WALL STREET OMELETTE 20.
Baked ham and Vermont white cheddar cheese

GRAMERCY PARK OMELETTE 20.5
Slices of granny smith apples and Vermont white cheddar cheese

BREAKFAST PLATTERS
all served with the choice of either salad , home fries or fruit

- THREE EGG PLATTER** 18.
Cracked and cooked to order, bacon, toast

SPECIAL SCRAMBLE 18.
Red onion, tomatoes, and fresh dill

COUNTRY SCRAMBLE 17.
Sliced new potatoes and sautéed onions

VEGAN TOFU SCRAMBLE 19.
Served with sesame soy vegetables, house salad or brown rice.
Choice of whole wheat toast or pita bread

CORNED BEEF HASH 21.
Chunks of corned beef and potatoes with peppers, onions, two poached eggs and buttermilk biscuits

LUMBERJACK 23.
2 pancakes, 2 bacon slices, 2 scrambled eggs

SIDES

- BISCUITS W/ STRAWBERRY BUTTER** 9.

HAND SLICED BACON 8.

CORN BEEF HASH 10.5

SAUSAGE GRAVY 9.

HOMEMADE TURKEY SAUSAGE 9.

HOMEMADE PORK SAUSAGE 9.

STRAWBERRY BUTTER 3.

HOME FRIES 7.5

CRISPY FRIES 8.

SWEET POTATO FRIES 9.

FRUIT 9.

SIDE OF AVOCADO 6.

MIXED GREEN SALAD 12.