



COME! SIT! STAY!
FOR BRUNCH!

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.

FRED'S CLASSIC MAC & CHEESE

RATED BEST MAC & CHEESE ON THE UPPER
WEST SIDE SINCE 1997

21.

ADD-ONS

peas | tomatoes | mushrooms | jalapeño + 1
gluten free macaroni | seasonal vegetables + 2
roasted red & yellow peppers | chipotle broccoli + 2
chorizo | ham | buffalo chicken | pulled pork + 3
grilled chicken + 3
hand cut bacon + 4



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

CORNERED 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.



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STARTERS

CORN TORTILLA SOUP

avocado tomato salsa, black beans, radish, queso fresco, cilantro, tain 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 (GF)*

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 SALAD

romaine, turkey, bacon, carrots, celery, and corn with vermont cheddar cheese and our mustard vinaigrette 22

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

MILK SHAKES

vanilla 12
black & white 12
espresso 13
salted caramel 13
banana chocolate 13
strawberry 13

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.

GRILLED CHICKEN SANDWICH

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

PULLED PORK SANDWICH

roasted pork, barbeque sauce, coleslaw, pickled onions 20.

OPEN-FACED TUNA MELT

tuna salad topped with sliced tomatoes and melted sharp cheddar on whole wheat bread 20.5

REUBEN SANDWICH

homemade corned beef, gruyere, coleslaw, gete sauce, dill onion bread 22.

TURKEY CLUB

organic fresh roasted turkey with bacon, lettuce tomatoes and mayonnaise on dill onion bread 19.5

ADD-ONS

Bacon | Avocado | Goat Cheese | Blue Cheese | Jack Cheese +3.

Sautéed Mushrooms | Sweet Potato Fries | Gluten Free Bun +2.

Jumbo English Muffin | American Cheese | Cheddar Cheese | Swiss Cheese +2.

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

BONELESS

FRIED CHICKEN & WAFFLES

with vermont maple syrup 23

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.

HOUSE MADE DESSERTS

FUDGE BROWNIES 11

with whipped cream & berry garnish

CHOCOLATE MOLTEN LAVA CAKE 13

with fresh raspberry coulis

APPLE PIE 12

NEW YORK CHEESECAKE 12 *gluten free*

🌱 COCONUT CAKE 12

🌱 APPLE BERRY CRUMBLE 12

🌱 COFFEE CAKE 12



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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, RHU-
BARB**

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

BRUNCH SPECIAL

HOUSE

BLOODY MARYS

MIMOSAS, & BELLINIS

2 FOR 1

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

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

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

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



@fredsny



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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 moder ate
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.

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
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