



FRED'S LUNCH

12PM-4PM

STARTERS

TOMATO SOUP

roasted garlic, chives 13
vegetarian, vegan

CHICKEN TENDERS

plain or buffalo, with honey mustard or blue cheese 15

FRED'S NYC TOP RATED JUMBO WINGS

buffalo or bbq or sweet chili, blue cheese or ranch 18

MOZZARELLA STICKS

marinara sauce 14

FRESH GUACAMOLE & SALSA

house-made corn tortilla chips 12

FRED'S NEIGHBORHOOD

NACHOS 14

black beans, mixed cheese, jalapeños, pico de gallo,
guacamole, sour cream *add chicken 5 / add chili 6*

SALADS & BOWLS

CAESAR SALAD

romaine lettuce, grated parmesan, sourdough croutons,
creamy caesar dressing 14

CLASSIC COBB SALAD

grilled chicken, avocado, bacon, tomato, crumbled blue
cheese, egg, romaine, cider lemon vinaigrette 17
gluten free

CHOPPED SALAD

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

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 17
gluten free

add: avocado 5 / chicken 6 / salmon 8

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



SPECIALTY SANDWICHES

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 19.5

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

BURGERS & SANDWICHES^{\$}

choice of fries or mixed green salad.

Burgers served with tomato, red onion, romaine & pickle.

FRED'S 8oz. BEEF BURGER 16

FRED'S 8oz. TURKEY BURGER 16

GRILLED CHICKEN SANDWICH 16

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

BUTTERMILK

FRIED CHICKEN SANDWICH

spicy slaw, sriracha aioli, wildflower honey 17

MEATBALL PARMESAN SANDWICH,

mozzarella cheese, homemade tomato sauce, on a baguette 17

HONEY TRUFFLE GRILLED CHEESE SANDWICH

Fontina, grilled country bread, orange blossom honey 16

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.

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

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