

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

SPIKE IT UP +5

Vanilla 12

Black & White 12

Chocolate Cinnamon 13

Salted Caramel 13

Strawberry 13

Pumpkin 13

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

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

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

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

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

CORNERED BEEF HASH 21.
Chunks of cornered 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.



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



FRED'S DRINKS

SPECIALTY COCKTAILS

Autumn Blossom

pisco, home-made hibiscus, fresh lemon, lime, egg white, agave 13

Honey Comb

gin, fresh lemon, honey, licor 43, egg white 13

Mango Tango

mezcal, ancho reyes, mango chinola, triple sec, fresh lime, tajin rim 14

Red or White Sangria

apricot brandy, white rum, triple sec, pineapple juice, orange juice 13

Lemon Nectar

tequila, limoncello, triple sec, coconut cream 14

Boozy Basil

vodka, fresh lime, agave, basil 13

Fred & Ginger

gin, fresh ginger, mint, grapefruit, fresh lemon 14

Ginger Snap

vodka, housemade ginger syrup, barrow's intense ginger liqueur, all spice dram, fresh lemon 13

Fall 75

gin, cranberry, fresh lemon, pure sugar cane 13

Coquette

rum, coconut cream, fresh lime, triple sec, all spice dram, housemade ginger syrup 13

A Perfect Pear

whiskey, pear puree, fresh lemon, housemade cinnamon syrup,

all spice liqueur, egg white 14

Pomeranian

whiskey, pomegranate juice, fresh lime, hibiscus, pure sugar canee 14

Pumpkin Smash

crop pumpkin spice vodka, pumpkin puree, fresh lemon, crème de cacao, pure sugar cane 13

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

FROZEN DRINKS

15oz

Frozen Margaritas 14

FLAVORS ADD 1.00,
STRAWBERRY, HIBISCUS, WHITE PEACH,
MANGO, PEAR

Frozen Daily Special 14

Sangritas 14

frozen margarita mixed with freds house made sangria

MOCKTAILS

ADD HOUSE SHOT +5.

Mighty Mango

pineapple, mango puree, coconut cream, fresh lime, agave, sparkling soda 9

Clifford's Big Red Drink

strawberry basil lemonade 8

Pluto in Pear-adise

pear puree, maple, cinnamon, sparkling soda 9

Grapefruit Fizz

grapefruit, mint, ginger, ginger ale 8

Sparkling Pumpkins

pumpkin puree, apple juice, pumpkin spice monin, sparkling soda 9

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



@fredsny

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.
- Almost Famous IPA

(6.6%ABV) NYC,
aromatic hazy ipa packed with peach and grapefruit notes

11.
- 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
- Tenement Pilsner

(4.9%ABV) NYC
german style pilsner, clover honey sweetness, mild crisp and earthy noble hop finish

10.
- Intersect Session IPA

(5.1%ABV) NYC
smooth & sweet, notes of lemon and citrus

10.
- Fruited Daily Special Sour

(6%Abv) 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

WHITE WINE

- Pinot Grigio

Ecco Domani
Italy
Citrus, ripe white peach, juicy pear, tropical fruit

12/45
- Sauvignon Blanc

Selini
Marlborough, New Zealand
Ripe passionfruit and tropical fruit, gooseberry undertones

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
- Albarino

Lager Da Condesa
Galicia, Spain
Flavors of green banana, peach, apple & woodspice finish

13/45
- Muscadet

L'Olivier
Loire Valley
White flower notes with pear & citrus flavors

13/48

RED WINE

- Cabernet Sauvignon

Jam Cabernet
California
bursts with lush berries, blackberries, black plum & currants

11/39
- Rioja

Monte Real
Spain
fresh red fruits, liquorice, chocolate, clove, nut meg

13
- Cabernet Sauvignon

Lyeth
California
flavors of blackberry, plum, and chocolate, bold note of new oak

13/48
- Malbec

Trapiche Tesoro
Mendoza, Argentina
fresh red and black fruits with a touch of smoke

12/45
- Pinot Noir

Bouchard Aine & Fils
France
aromas of small red & black fruits, cherry & raspberry, soft tannins

13/48
- Rioja

Rosario Vera
Rioja, Spain
ripe berries, plum and red currant balanced with earthy notes

13/48
- Grenache Syrah Blend

Chateau Bonadona
Rhone Valley, France
Jammy black cherry & black currant, with spicy notes

13/48

ROSE

- Josh Cellars

California
crisp refreshing, flavors of white peach, strawberry and hints of nectarine

10/35
- Grand Vin Rose, Belle Cote,

Côtes de Provence, France
crisp and dry, fruity and bright flavors like raspberry and citrus

14/50

BUBBLES

- Prosecco

Benvolio
Veneto, Italy

13.
- Champagne

Veuve Clicquot
Châlons-en-Champagne, France

½ Bottle 65