

NOURISH

RIGHT HERE



RIGHT NEXT DOOR

EARLY BREAKFAST

7.30AM - 11.45AM

The THREESOME

Goldilock's granola with blackberry compote, Toasted banana bread with miso caramel, and Rhubarb and yoghurt fool V \$22

BIRCHER BABY

Oat & chia seed-soaked muesli with coconut yoghurt, inca, gogi & cranberry anti-oxidant mix, pistachios, almonds & rhubarb compote Vg / DF \$16

SOURDOUGH SEXY CRUMPETS

Cinnamon ricotta & apricot jam jam V \$19.5

INDIAN EGGS

Lightly spiced and scrambled free range eggs with roti, roasted cumin yoghurt and green tomato & eggplant relish V \$23.5 Add grilled bacon +\$5.5

HOLA! CUBAN SANDWICH

Pulled pork, cherrywood smoked ham, cheese melt and spiced mayo sourdough sandwich with pickled onions and house baked beans \$25.5

BREAKFAST GNOCCHI GNOCCHI - Summer edit

Asparagus, cavolo nero, peas, buttered up leeks, lemon mascarpone, pangrattato and a soft poached free-range egg V \$27.5

A LITTLE OF A LOT!

Your choice of poached or fried free-range eggs with crispy bacon, roasted mushrooms, wilted greens, chipolatas, cherry tomato chutney and toasted Turkish bread DF \$26.5

THE VEGETARIAN EDIT

Your choice of poached or fried free-range eggs with haloumi, smashed avocado, house baked beans, wilted greens and toasted Turkish bread V / DF (VgO - eggs - haloumi + mushroom) \$26

SIDES - WHY NOT?

Haloumi \$5 / Chipolatas \$5.5 / Avocado Vg \$5
Grilled bacon \$5.5 / House baked beans Vg \$5
Wilted greens Vg \$4.5 / Roasted mushroom Vg \$5

GFO - Toasted zucchini & cheddar bread GF

Substitute (1 slice) +\$3.5 / Stand-alone (2 slices) \$12

V vegetarian Vg vegan DF dairy free GF gluten free

MERCHANT FEES MAY APPLY TO EFTPOS PAYMENTS
5% WAGES RECOVERY SURCHARGE APPLIES WEEKENDS

WHIP IT GOOD SMOOTHIES

WAKE UP! - Raspberries, banana, orange juice & moo yoghurt V / GF \$10.5

RISE & SHINE - Berries, cherries, coconut water, coconut milk and fresh mint Vg / DF / GF \$10.5

GOOD MORNING - Blueberries, banana, local honey, almond milk & bee pollen V / DF / GF \$10.5

MERRY BERRY SOUR CHERRY - Sour cherries, banana, apple juice & moo yoghurt V / GF \$10.5

ALL DAY BRUNCH

7.30AM - 3PM

FRENCHY FRENCH TOAST

Banana, caramelised yoghurt, Canadian maple & roasted almonds V \$22.5 Add grilled bacon +\$5.5

HAPPINESS IN A BOWL!

Barbecued pork belly with Kimmi's kimchi, chilli caramel, shallot omelette with peanut & mint salad (GF option on request) \$27.5

MUSHROOMS ON TOAST

Roasted garlic & thyme mushrooms with broccolini pesto, spelt sourdough and onion jam jam V (VgO + smashed avocado - pesto) \$23.5
Add an egg +\$3 / Add grilled bacon +\$5.5

EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$19

MALAYSIAN BANG BANG

Barbecued red chicken satays with lime leaf risotto cake, coconut & peanut dressing, mint & coriander coleslaw and a soft fried egg DF / GF \$27

AVOCADO & HALOUMI SARNIE

Wilted greens and roasted beetroot tapenade, seedy pumpkin toast and FRED's tomato sauce V \$23 Add fried egg +\$3 / Add bacon +\$5.5



<<<<<< ORDER via QR
OR AT FRONT COUNTER
We'll need your table number!



LUNCH

12 NOON - 3PM

HOT & SOUR NOODLE BROTH

Barbecued black chicken, greens, coriander & bean shoot salad DF (GF option on request) \$23.5

GREEN GREEN BOWL

Green pea hummous with soused zucchini, wilted spinach, barbecued asparagus, crispy kale and pistachio Vg / DF / GF \$22.5 Add haloumi +\$5

STIR STIR FRY

Sticky chicken with flat noodles, lap cheong, shallots, greens, roasted peanuts, xo dressing and a distressed egg DF \$26.5

THE REUBEN by FRED!

Corned beef, sauerkraut, Swiss cheese and Russian dressing toasted light rye sandwich with cornichons \$25.5

FRED FRIES

FRED's house
spiced salt! V \$11

IF YOU HAVE A DIETARY
REQUIREMENT AND NOTHING ON
THE MENU SUITS - **SHOUT IT OUT!**
FRED WILL HELP IF WE CAN...

CLOUD GNOCCHI

Pan-fried with broad beans, peas, greens, zuni, crispy capers, lemon oil, a kiss of chilli, roasted almonds and parmesan pangrattato V \$28.5

SQUIDLY DIDDLY

Thai style barbecued chilli squid salad with razor noodles, fried garlic, pickled green mango & papaya salad and a sweet, salty & sour dressing DF \$29

BURGER BIATCH

Wagyu beef brisket with chimichurri, black olive tapenade mayonnaise, fried onion rings and snow pea tendrils in a toasted brioche bun \$28.5



REFRESH

RIGHT HERE



RIGHT NEXT DOOR



COOL DRINKS!

BESA JUICE

All natural & cold pressed from Lobethal, 300ml
- Orange \$6
- Apple \$6
- Green green juicy blend \$6.6

SIMPLE JUICERY JUICE \$6.6

No concentrate, sugar or preservative, 325ml
- Dark heart (apple, beetroot, purple carrot, ginger & lemon)
- Glow Bright (carrot, apple, ginger, lemon & turmeric)

SIMPLE SUPERFOOD JUICE \$8

Plant-based alchemy & prebiotics, 325ml
- Afterglow (mango, lime, ginger, turmeric & hibiscus)

MOSS BREW CO. KOMBUCHA \$8

375ml - Berry / Citrus / Apple & pear

SIMPLE ORGANICS SOFT DRINKS \$6

Certified organic & 35% less sugar, 330ml
- Lemon, lime & bitters / Cola / Lemonade /
Ginger beer / Blood orange

Make it a SPIDER! - add ice cream \$7.8

SHAKE SHAKES - Strawberry / Chocolate /
Caramel / Vanilla / Double Shot Espresso \$8

ICED ICE - Coffee / Chocolate / Moccha \$8

NATURAL SPRING WATER

A Rock And A Hard Place Sparkling 750ml \$9.5
A Rock And A Hard Place Sparkling 330ml \$6
100 Mile Adelaide Hills Still 500ml \$4

ESPRESSO ETC

ESPRESSO, LONG BLACK, MACCHIATTO \$4.2
LATTE, CAPPUCCINO, FLAT WHITE \$4.7 / \$5.9

**FRED uses local, permeate free & non-homogenised
Tweedvale traditional milk.
Skim milk is not available at FRED
- but FRED offers a host of alternatives.....**

Soy / Coconut / Almond / Oat - add \$1
Extra shot / Decaf - add \$0.8

BLACK MAGIC - Double ristretto long black \$4.2
WHITE MAGIC - Double ristretto flat white \$5.5

FRED'S UNIQUE CUSTOM BLENDED COFFEE

originates from Brazil, India and Ethiopia and
provides a full-bodied experience, with a smooth
chocolate sweetness. The cup offers a rich, robust
and vibrant profile with a syrupy texture
and finishing notes of berries.

Take FRED home! - Beans 250g \$14.9 / 500g \$27.5

HOT CHOCOLATE, MOCCHA \$5 / \$6.2

FRED HOT CHOCOLATE \$6.7

From 100% African cacao beans with a little cane
sugar added for sweetness! GF (Vg option)
Have it *plain or infused with natural orange oil!*

The FRED SPRING COLLECTION

HANOI HARRY'S VIETNAMESE ICED COFFEE \$6

ICED HAPPY MATCHA SOY BOY \$6.8

LONG BLACK TIRA-MI-SOOOOOOOO \$8.5

CHAI LATTE \$5 / \$6.2

DIRTY FILTHY CHAI LATTE / CHOC CHAI \$5.8

DIRTY FILTHY GORGEOUS COCONUT CHAI \$6.8

WOULD YOUR DOGGY LIKE A LATTE?

With lactose-free milk and a sprinkle of turmeric \$4.5

TEA DROP LEAF TEA SELECTION \$5.5 pot for one

English breakfast / Earl grey / Honeydew green /
Lemongrass & ginger / Cleopatra's champagne /
Peppermint

SPICED CHAI TEA IN A POT

Warm milk & honey on the side \$6 pot for one

BEER & WINE

COCKTAILS @ FRED

Orange & Passionfruit Mimosa \$12.9
Aperol Spritz \$15.5
Negroni \$15.5
Bloody Bloody Sriracha Mary \$15.5
Tangy Tanqueray gin & yuzu soda \$13.9

SPARKLES

Varichon & Clerc NV 200ml \$13.5 b
Howard Vineyard 'Clover' Sparkling Brut \$48 b
DiGiorgio Family Sparkling Merlot 200ml \$13.5 b

ADELAIDE HILLS WHITES - \$48 b /180ml glass \$12

Paracombe Riesling
Lobethal Road Sauvignon Blanc
Jericho Pinot Grigio

ADELAIDE HILLS ROSE - \$48 b / 180ml glass \$12

Murdoch Hill Rose

ADELAIDE HILLS REDS - \$48 b / 180ml glass \$12

Wicks Estate Pinot Noir
Deviation Road 'Ironbank' Shiraz

LOCAL ALES

Lobethal Bierhaus Session Ale 3.5% \$10
Smiling Samoyed '12 Paws' Pale Ale \$10
Silver Bark Brewery Pilsener \$9.5
Lobethal Bierhaus Irish Red Ale \$10

ADELAIDE HILLS CIDER

Sidewood Apple / Pear \$10

IF YOU HAVE A DIETARY REQUIREMENT AND
NOTHING ON THE MENU SUITS - **SHOUT IT OUT!**
FRED WILL HELP IF WE CAN...

Not all ingredients are listed on the menu
- please let us know if allergies apply.

FRED uses nuts, dairy & gluten. Whilst all care is taken,
please note that cross contamination may be possible.



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5% WAGES RECOVERY SURCHARGE APPLIES WEEKENDS

F R E E D

K I D S

M E N U

EARLY BREAKFAST

7.30AM - 11.45AM

GOLDBLOCK'S GRANOLA

Coconut granola with yoghurt and banana
- FRED thinks it is just right! V \$13.5

BOWL OF BEANS 🍌

House baked beans with toasted organic rye
sourdough Vg/DF \$12

EGGS & TOAST

Free range scrambled eggs and Turkish toast
V \$14.5



🍌 denotes healthier options

V vegetarian Vg vegan DF dairy free GF gluten free

220 Mount Barker Road Aldgate - SA 5154
T 08 8339 1899 | hello@fredeatery.com.au

**FOLLOW FRED ON INSTAGRAM AND
FACEBOOK AT FREDEATERY**

LITTLE SMOOTHIES!

WAKE UP! 🍌

Raspberries, banana, all natural orange
juice & moo yoghurt V/GF \$8

RISE & SHINE 🍌

Berries, cherries, coconut water, coconut
milk and fresh mint Vg / DF / GF \$8

GOOD MORNING 🍌

Blueberries, banana, local honey, almond
milk V/DF/GF \$8

MERRY BERRY SOUR CHERRY 🍌

Sour cherries, banana, apple juice &
moo yoghurt V/GF \$8

ALL DAY BREAKFAST

7.30AM - 3PM

FRED BIRCHER 🍌

Oat & chia seed-soaked muesli with coconut
yoghurt, inca, gogi & cranberry anti-oxidant mix,
pistachios, almonds & rhubarb compote
V / DF \$13.5

TOASTED BANANA BREAD

Rhubarb & ricotta spread spread V \$13.5

FRENCHY FRENCH TOAST

Banana, caramelised yoghurt, Canadian maple
& roasted almonds V \$15



LUNCH

12 NOON - 3PM

FRED B.L.T TOASTIE 🍌

Crispy bacon, salad greens and tomato chutney
toasted rye sandwich \$15.5

CLOUD GNOCCHI 🍌

Tomato passata, baby spinach, ricotta and parmesan
crumb V \$16.5

STICKY CHICKEN BURGER

Zucchini ribbons, avocado smash and pea hummous
\$17

*Sorry - MENU VARIATIONS MAY NOT
BE POSSIBLE DURING BUSY PERIODS*