

# NOURISH

RIGHT HERE



RIGHT NEXT DOOR

## EARLY BREAKFAST

7.30AM - 11.45AM

### The THREESOME

FRED oat & chia seed-soaked bircher muesli with coconut yoghurt and rhubarb compote, Toasted banana bread with miso caramel, and Chai spiced crème fraiche V \$22.9

### MUSHROOMS

Roasted garlic & thyme mushrooms with toasted sourdough crumpet, broccolini pesto and black truffle dressing V / DF \$24.5

Add an egg +\$3.5 / Add grilled bacon +\$5.5

### INDIAN EGGS

Lightly spiced and scrambled free range eggs with roti, roasted cumin yoghurt and green tomato & eggplant relish V \$23.9 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 \$25.9

### DAN'S DAN DAN NOODLES

Sweet & sticky pork with a soft poached free range egg, pickled cucumber & shallot salad and sexy sauce DF \$26.5

### 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 \$27.5

### GREEN GODDESS

Pea, mint & zucchini fritter with smashed avocado, soft poached free range eggs and green goddess dressing V \$23.5

Add haloumi +\$5 / Add grilled bacon +\$5.5

### SIDES - WHY NOT?

Haloumi \$5 / Chipolatas \$6 / 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

## WHIP IT GOOD SMOOTHIES

**WAKE UP!** - Raspberries, banana, orange juice & moo yoghurt V / GF \$10.9

**RISE & SHINE** - Berries, cherries, coconut water, coconut milk and fresh mint Vg / DF / GF \$10.9

**GOOD MORNING** - Blueberries, banana, local honey, almond milk & bee pollen V / DF / GF \$10.9

**MERRY BERRY SOUR CHERRY** - Sour cherries, banana, apple juice & moo yoghurt V / GF \$10.9

## ALL DAY BRUNCH

7.30AM - 3PM

### FRENCHY FRENCH TOAST

Banana, caramelised yoghurt, Canadian maple & roasted almonds V \$23 Add grilled bacon +\$5.5

### HAPPINESS IN A BOWL!

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

### AVOCADO & HALOUMI SARNIE

Wilted greens and roasted beetroot tapenade, seedy pumpkin toast and FRED's tomato sauce V \$23.5 Add fried egg +\$3.5 / Add bacon +\$5.5

### TOKYO BUN BUN

Wagyu beef burger with spring onion omelette melt, truffled kewpie, pickled cucumber and dirty cabbage \$28.5

### 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 \$27.9

### EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$19.5



<<<<<< ORDER via QR  
OR AT FRONT COUNTER  
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## LUNCH

12 NOON - 3PM

### HOT & SOUR NOODLE BROTH

Barbecued black chicken, greens, coriander & bean shoot salad DF (GF option on request) \$23.9

### JOY IN A BOWL!

Salt & sichuan pepper squid with spring onion omelette, crispy radish cake, pickled red cabbage salad and Penang curry dressing GF \$28.5

### EGGPLANT No. 7

Crispy soy braised eggplant with coco rice, green chilli marinated tofu, daikon cake and red sauce no. 10 V / DF \$26 Add bbq'd pork belly +\$6.5

### FRED FRIES

FRED's house spiced salt! V \$11.5

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 \$29

### GREEN GREEN BOWL

Green pea hummous with soused zucchini, wilted spinach, barbecued asparagus, crispy kale and pistachio Vg / DF / GF \$23.5 Add haloumi +\$5

### BAO WOW BUNS

Steamed buns with flash fried duck, sesame spiced kewpie, cucumber, spring onion and pickled papaya. *Some assembly required* DF \$29.5

MERCHANT FEES MAY APPLY TO EFTPOS PAYMENTS  
7% SURCHARGE APPLIES ON WEEKENDS

# REFRESH

RIGHT HERE



RIGHT NEXT DOOR



## COOL DRINKS!

### BESA JUICE

All natural & cold pressed from Lobethal, 300ml  
- Orange \$7  
- Apple \$7  
- Green green juicy blend \$7

### SIMPLE JUICERY JUICE \$7

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

### SIMPLE SUPERFOOD JUICE \$8

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

### MOSS BREW CO. KOMBUCHA \$8

375ml - Citrus / Apple & Pear / Berry

### SIMPLE ORGANICS SOFT DRINKS \$6.2

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

Make it a SPIDER! - add ice cream \$8

SHAKE SHAKES - Strawberry / Chocolate /  
Caramel / Vanilla / Double Shot Espresso \$8.5

ICED ICE - Coffee / Chocolate / Moccha \$8.5

### NATURAL SPRING WATER

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

## ESPRESSO ETC

ESPRESSO \$4.2  
LONG BLACK, PICCOLO \$4.5  
LATTE, CAPPUCINO, FLAT WHITE \$5 / \$6.2  
ICED ICE LATTE \$6.5  
CHA CHA'S ICED LONG BLACK \$5.5

**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 \$1

BLACK MAGIC - Double ristretto long black \$4.5  
WHITE MAGIC - Double ristretto flat white \$6

**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 \$15 / 500g \$29**

HOT CHOCOLATE, MOCCHA \$5.2 / \$6.4

### FRED HOT CHOCOLATE \$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 Summer COLLECTION**  
ICED ICE HAZELNUT LATTE \$6.9  
ICED ICE HAPPY MATCHA SOY BOY \$7  
HANOI HARRY'S VIETNAMESE ICED COFFEE \$6.5

CHAI LATTE \$5.2 / \$6.4  
DIRTY FILTHY CHAI LATTE / CHOC CHAI \$6.1  
DIRTY FILTHY GORGEOUS COCONUT CHAI \$7

**WOULD YOUR DOGGY LIKE A LATTE?**  
With lactose-free milk and a sprinkle of turmeric \$4.5

TEA DROP LEAF TEA SELECTION \$5.8 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 \$13.5  
Aperol Spritz \$16  
Negroni \$16  
Bloody Bloody Sriracha Mary \$16  
Tangy Tanqueray gin & yuzu soda \$14.5

### SPARKLES

Varichon & Clerc NV 200ml \$14.5 b  
The Lane 'Lois' Blanc de Blancs \$49 b  
DiGiorgio Family Sparkling Merlot 200ml \$14.5 b

### ADELAIDE HILLS WHITES

Paracombe Riesling \$48 b / \$12 g  
Lobethal Road Sauvignon Blanc \$48 b / \$12 g  
Vinteloper Pinot Gris \$56 b / \$14 g  
Saint & Scholar Chardonnay \$48 b

### ADELAIDE HILLS ROSE

Sawyer Rose \$50 b / \$12.5 g

### ADELAIDE HILLS REDS

Wicks Estate Pinot Noir \$48 b / \$12 g  
Deviation Road 'Ironbank' Shiraz \$50 b / \$12.5 g  
K1 by Geoff Hardy Tempranillo \$50 b

### LOCAL ALES

Lobethal Bierhaus Session Ale 3.5% \$10  
Smiling Samoyed '12 Paws Pale Ale' \$11  
Silver Bark Brewery Pilsener \$10  
Lobethal Bierhaus Irish Red Ale \$10

### ADELAIDE HILLS CIDER

The Hills Cider Co. Apple / Pear \$11

**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.

**MERCHANT FEES MAY APPLY TO EFTPOS PAYMENTS  
7% SURCHARGE APPLIES ON WEEKENDS**



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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

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**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*