



TAKE-AWAY

Weekdays 730am – 3pm

Weekends 830am – 3pm

Order via phone

8339 1899

Order online

www.fredeatery.com.au

WHIP IT GOOD SMOOTHIES

WAKE UP! – Raspberries, banana, orange juice & moo yoghurt V / GF \$9.8

RISE & SHINE – Berries, cherries, coconut water, coconut milk and fresh mint Vg / DF / GF \$9.8

GOOD MORNING – Blueberries, banana, Little John's Larder honey, almond milk & bee pollen V / DF / GF \$9.8

MERRY BERRY SOUR CHERRY – Sour cherries, banana, apple juice & moo yoghurt V / GF \$9.8

ALL DAY BREAKFAST

7.30AM – 3PM

BIRCHER BABY

Oat & chia seed soaked muesli with coconut water, yoghurt, golden sultanas, cranberries, pistachios, almonds and rhubarb compote V \$13.9

TOASTED BANANA BREAD

Rhubarb & ricotta spread spread V \$12.5

FRENCHY FRENCH TOAST

Banana, caramelised yoghurt, Canadian maple & roasted almonds V \$20.5 Add grilled bacon +\$5

HAPPINESS IN A BOWL!

Barbecued pork belly with kimchi, chilli caramel, shallot omelette with peanut & mint salad GF \$24.5

EGG & BACON, ROCKET ROLL

Swiss cheese and house made cherry tomato chutney \$17.9

MALAYSIAN BANG BANG

Barbecued herb chicken satays with lime leaf risotto cake, peanut & coconut dressing, mint, coriander and a soft fried egg DF / GF \$24.9

AVOCADO & HALOUMI SARNIE

Wilted greens, roasted beetroot tapenade and FRED's tomato sauce V \$21.9
Add fried egg +\$2.5 / Add grilled bacon +\$5

MUSHROOMS ON TOAST

Roasted garlic & thyme mushrooms with rocket, pesto, balsamic glaze and Lobethal goat's curd on toasted ciabatta sourdough V (Vg option) \$21.9
Add fried egg +\$2.5 / Add grilled bacon +\$5

LUNCH

12 NOON – 3PM

HOT & SOUR NOODLE BROTH

Barbecued black chicken and baby spinach, coriander & bean shoot salad DF (GF option) \$19.5

Hi Hi SHANGHAI

Salt & szechuan pepper squid & tofu, sweetcorn & lime leaf mash and charred broccolini DF / GF \$26.9

GREEN GREEN BOWL

Pea & avocado hummous, seared asparagus, zucchini, puffed rice, pistachio, rocket and baby spinach Vg / DF / GF \$21 Add haloumi +\$5

THE REUBEN by FRED!

Corned beef, sauerkraut, Swiss cheese and Russian dressing toasted light rye sandwich with cornichons \$23.9

FRED FRIES

FRED's house spiced salt!
V \$8.9

CLOUD GNOCCHI

Pan-fried with scorched eggplant, zucchini ribbons, greens, porcini mushroom broth and smoked labneh V \$26.5

PORK BELLY BURGER

Masterstock pork belly, Asian slaw and spiced mayo \$24.9

STICKY BLACK CHICKEN

Yellow Thai curry dressing, coconut & lime leaf rice, Asian greens, pickled carrot, peanuts and nahm jim DF / GF \$27.9



FRIDAY TAKEAWAY DINNER

Pick up
530 - 8pm

ORDER ONLINE
www.fredeatery.com.au
OR
PHONE 8339 1899

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

FOLLOW FRED ON INSTAGRAM AND
FACEBOOK AT FREDEATERY

TO FOLLOW

INDONESIAN COCONUT SOUP SOUP

Vegetable dumplings and bean curd in a spiced coconut broth with barbecued black chicken, squid razor noodles and bean shoots DF \$27.5

VEGETARIAN OPTION with tofu V / GF \$25.5

HEY DAHL!

Twice cooked masterstock duck leg, Sri Lankan dahl, spiced yoghurt and fried curry leaf DF / GF \$28.5

CLOUD GNOCCHI

Pan-fried with scorched eggplant, zucchini ribbons, greens, porcini mushroom broth and smoked labneh V \$26.5

PORK & FENNEL MEATBALLS

Orecchiette, with broccolini pesto and parmesan pangrattato \$26.5

CHEEKY BEEF CHEEK

Slow braised in Szechuan and mandarin stock with soft soft polenta, wilted spinach and red wine glaze GF \$29.5

COTTAGE PIE

Twice cooked lamb shank and lup chong with truffled mash, garlic greens and masterstock reduction \$27.5

STICKY BLACK CHICKEN

Yellow Thai curry dressing, coconut & lime leaf rice, Asian greens, pickled carrot, peanuts and nahm jim DF / GF \$27.5

FRED FRIES

With house spiced salt! V \$8.9

TO CONCLUDE

APPLE, WALNUT & BRIOCHE PUDDING

Cardamom Anglaise \$12.9

+ SEE OUR SELECTION OF SWEET TREATS

V vegetarian Vg vegan DF dairy free GF gluten free

BEER & WINE

SPARKLES

Varichon & Clerc NV 200ml \$8.9 b

Howard Vineyard Clover Sparkling Brut \$29 b

DiGiorgio Family Sparkling Merlot 200ml \$8.9 b

ADELAIDE HILLS WHITES - \$28 b

Mt Lofty Ranges Vineyard Riesling

Lobethal Road Sauvignon Blanc

Deviaion Rd Field Blend

O'Leary Walker Oakbank Chardonnay

ADELAIDE HILLS ROSE - \$30 b

Oxbow Nebbiolo Barbera Rose

ADELAIDE HILLS REDS - \$30 b

Simon Tolley Pinot Noir

La Prova Sangiovese

Paracombe 'The Reuben'

LOCAL ALES

Coopers Light \$5

Silver Bark Brewery Pilsener \$7

Coopers Pale Ale \$6

Prancing Pony Amber Ale \$7

ADELAIDE HILLS CIDER

Sidewood Apple / Pear \$7

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

1.2% merchant fee may apply to eftpos & credit card payments