



# Start Me Up

<b>BRUSCHETTA</b> (DF).....	9.00
<b>TRIO OF DIPS</b> .....	13.00
<b>GARLIC FOCCACIA</b> .....	9.00
<b>ROSEMARY AND SEA SALT FOCCACIA</b> (DF).....	9.00



# Small Bites To Delight

<b>BUFFALO PRAWN PO' BOY</b> Brioche roll filled with tempura fried prawns coated in a buffalo sauce with lettuce.....	12.00
<b>CRUMBED LAMB SKEWERS</b> W/ chefs preserved lemon marinade and Napoli sauce.....	12.00
<b>POLENTA AND ROSEMARY FRIES</b> W/ smoked paprika salt and aioli (GF, DF).....	9.00
<b>HAND CUT CHIPS</b> Made with real potatoes by real hands.....	9.00
<b>BEAUTIFUL BALSAMIC MUSHROOMS</b> W/ confit garlic and parsley (DF,GF, Vegan).....	9.00
<b>WARMED OLIVES</b> W/ sherry, lemon zest and chilli (DF,GF, Vegan).....	10.00
<b>FETTA STUFFED PEPPERS</b> W/ semi dried tomatoes (GF).....	12.00
<b>BROCCOLINI</b> Fresh sautéed with chilli and garlic (DF,GF,Vegan).....	11.00



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# Tapas

## THREE CHEESE ARANCINI

Ricotta, mozzarella, taleggio. Made fresh at Fred's.....15.00

## PULLED PORK EMPANADAS

Tortellini shaped, whipped fetta, pesto and Napoli sauce.....15.00

## STICKY PORK BAO BUNS

Two steamed buns filled with BBQ glazed pork belly and a pork crackling crumb.....12.00

## PRAWN SPRING ROLLS

Served with a chilli lime sauce (DF).....12.00

## GRILLED HALLOUMI

A favourite, with lime and caper dressing, blistered tomatoes, and fresh lime.....16.00

## CHICKEN STRIPS

Freshly sliced and prepared onsite, served with herbed aioli.....15.00

## JUNEE LAMB CUTLETS

Delicious and succulent, marinated in chefs preserved lemon and black pepper served with Tzatziki. (GF).....24.00

## BBQ PORK RIBS

Flame grilled, smothered with chef's rib sauce. Topped with a pork crackling crumb.....21.00

## SALT AND PEPPER LOLIGO CALAMARI

Tender and delicious calamari, served with aioli (DF).....17.00

## GRILLED PRAWNS

Large prawns grilled in the shell, marinated in a mild thai chilli jam butter, served with bean shoots and herbs.....25.00

## CAJUN PORK BELLY

Served with drunken pineapple, and a crackling crumb (DF,GF).....19.00

## TERIYAKI SIRLOIN BEEF

Sous Vide, then char grilled. Served with a Korean BBQ sauce (DF,GF).....23.00

## PORTUGUESE CHICKEN SKEWERS

Served with a herbed aioli (DF,GF).....15.00

## GARLIC PRAWNS

Sage, lemon, butter, cherry tomatoes, fried capers, and a touch of chilli. Grilled bread on the side (GF).....22.00

## FLAME GRILLED MEATBALLS

W/ smokey paprika and capsicum sauce, served with grilled bread.....17.00



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# Fred's Faves



## FRED'S WAGYU BEEF BURGER

A classic handful with a wagyu beef pattie, bacon jam, cheese, lettuce, rocket and tomato. Served with chips.... 19.00

## SOUTHERN FRIED CHICKEN BURGER

Chef's southern fried chicken with cheese, coleslaw and chipotle aioli. Served with chips..... 19.00  
Add Homemade Hot Chilli Sauce 2.00

## PULLED PORK NACHOS

Its big enough to share (GF)..... 21.00

## MEAT FEAST - FOR TWO

Or for ONE BIG MEAT LOVER... Chorizo with port and honey glaze, BBQ pork ribs, teriyaki beef, chicken skewers, lamb cutlets, Cajun grilled pork belly with drunken pineapple, served with hand cut chips and salad..... 90.00

## SEAFOOD FEAST - FOR TWO

Salt and pepper calamari, crab, sautéed garlic prawns, prawn cones, grilled barramundi, fish of the day, smoked salmon, dipping sauces, served with hand cut chips and salad..... 95.00



# Salad

## ROAST PUMPKIN SALAD

Wedge of maple roasted pumpkin, rocket and baby spinach leaves. Toasted pine nuts, Persian fetta, cherry tomatoes, and caramelised onion (GF)..... 16.00

## CLASSIC CAESAR

Cos lettuce, bacon, croutons, parmesan, egg, Caesar dressing..... 18.00

## GARDEN SIDE SALAD

Capsicum, red onion, tomato, olives, spinach and rocket leaves with a honey mustard dressing (GF, DF).. 8.00

## ASIAN SIDE SALAD

Bean shoots, mint, coriander, microherbs, sesame seeds, pork crackling crumb with a maple and lime dressing (GF, DF)..... 8.00

## ADD SOME EXTRA

- Chicken..... 6.00
- Halloumi.....6.00
- Prawns.....8.00
- Smoked Salmon.....7.00



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# Pizza



Gluten Free Bases available  
\$2 extra

## MARGHERITA

Sliced tomato, bocconcini and basil leaves on a tomato base..... 17.00

## FOUR CHEESE

Mozzarella, taleggio, bocconcini and fetta on a tomato base..... 17.00

## PEPPERONI

Pepperoni and mozzarella on a tomato base..... 18.00

## CAMDENITE

Balsamic glazed eggplant, semi dried tomato and chilli baked ricotta on a basil base..... 17.00

## PROSCIUTTO

Fresh rocket, prosciutto slices and mozzarella on a tomato base..... 18.00

## POLLO

Chicken, avocado, bocconcini, chorizo, caramelised red onion and mozzarella on a tomato base..... 19.00

## FREDS LITTLE PIGGYS

Pork belly, bacon, chorizo, ham, pancetta and mozzarella on a BBQ base..... 19.00

## FREDS FAVOURITE

Ham, pepperoni, mushroom, olives, capsicum, onion and mozzarella on a tomato base..... 18.00



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# Dessert

## FREDS DONUTS

Served with chocolate dipping sauce..... 12.00

## WHITE CHOCOLATE CREME` BRULEE

Baked white chocolate and custard with a hard toffee shell..... 12.00

## APPLE EMPANADAS

Trio of apple and salted caramel empanadas, dusted with cinnamon sugar, rosewater cream..... 12.00

## PAVLOVA

Pavlova discs topped with rosewater cream, berries, blueberry compote and passionfruit..... 12.00

## BRULEE BANANA SPLIT

Fresh Banana with a toffee sugar shell, ice cream, berries and chocolate sauce..... 12.00

## FREDS AFFOGATO

Ice cream with an espresso shot and a shot of liquor of your choice, including Frangelico, Baileys, Kahlua and Amarula..... 14.50

## NAKED AFFOGATO

Ice cream with an espresso shot..... 7.00

# Kids Menu

## CHICKEN STRIPS AND CHIPS

..... 10.00

## BATTERED FISH AND CHIPS

..... 10.00

## SPAGHETTI AND MEATBALLS

..... 10.00



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# Breakfast

## 9-11am



### OMELETTE

W/ potato, olives, tomato, onion, parsley, mozzarella and chorizo..... 15.00

### PANCAKE VOL AU VENT

Pancakes, filled with blueberries and strawberries, topped with maple syrup and cream..... 14.00

### FRED'S BENNIE

choice of either bacon, salmon or mushrooms..... 16.00

### BIG BREKKIE (FULL FRED)

W/ toast, eggs, bacon, sausages, tomato, mushrooms and beans..... 19.00

### VEGGIE BREKKIE (GREEN FRED)

W/ toast, eggs, tomato, mushrooms, avocado and beans... 16.00

### HALLOUMI BREKKIE

W/ toast, egg, cherry tomatoes, avocado, sprinkled with dukkah..... 15.00

### BACON AND EGGS

W/ toast..... 10.00

### BACON AND EGG ROLL

W/ sauce..... 10.00

### EGGS ON TOAST

Done your way..... 8.00



## For The Kids

### KIDS MINI FRED'S BACON AND EGGS

..... 5.00

### KIDS MINI FRED'S PANCAKE STACK

..... 5.00



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