

## **EARLY BREAKFAST**

**7.30AM - 11.45AM**

### **GOLDILOCK'S GRANOLA**

Golden maple roasted with saffron syrup yoghurt and banana - FRED thinks it is just right! V \$13.5

### **FRUITY FRUIT TOAST**

Berry compote and cinnamon butter V \$12.5

### **INDIAN EGGS**

Lightly spiced and scrambled free range eggs with roti, roasted cumin yoghurt and snow pea tendrill salad V \$23 Add grilled bacon +\$5

### **HARISSA SPICED PUMPKIN & FETA MASH**

Free range soft poached eggs, greens and almond dukkah V \$22 Add grilled bacon +\$5

### **BREAKFAST GNOCCHI GNOCCHI**

Nude pork & fennel sausage, sugo, wilted spinach and a free range poached egg \$23

### **A LITTLE OF A LOT!**

Your choice of poached or fried free range eggs with crispy bacon, roasted mushrooms, buttered greens, chipolatas, balsamic roasted tomato & toasted ciabatta sourdough \$24

### **SMASHED AVOCADO**

Two free range soft poached eggs with sautéed spinach, goat's curd, pumpkin & olive toast and avocado & pistachio salad V \$23.5  
Add haloumi +\$4.4 / Add grilled bacon +\$5

### **D-I-Y BREAKFAST**

Two eggs your way on toast V / DF \$12 + sides

### **SIDES**

Extra egg \$2.5 / Grilled bacon \$5 / Chipolatas \$5.5  
Baked beans \$5 / Avocado \$5 / Roast tomato \$4  
Buttered greens \$4 / Haloumi \$4.4  
Roasted mushroom \$4

Toast with butter & vegemite/peanut butter/  
raspberry jam \$7

Toasted zucchini bread GF additional +\$2.2

V vegetarian Vg vegan DF dairy free GF gluten free

*Please*

**NOTE YOUR TABLE NUMBER  
PLACE YOUR ORDER AT FRONT COUNTER**

## **FRUITY FRUIT BLENDS!**

**WAKE UP!** - Raspberries, banana, orange juice & natural yoghurt V \$9.5

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

**MERRY BERRY SOUR CHERRY** - Sour cherries, blackberries, banana, apple juice & natural yoghurt V \$9.5

## **ALL DAY BREAKFAST**

**7.30AM - 3PM**

### **FRED BIRCHER**

Oat & chia seed soaked muesli with coconut water, yoghurt, golden sultanas, mulberries, pistachios, almonds and rhubarb compote V \$11.5

### **FRENCHY FRENCH TOAST**

Banana, caramelised yoghurt, Canadian maple & roasted almonds V \$18.9 Add grilled bacon +\$5

### **HAPPINESS IN A BOWL!**

Barbecued pork belly, kimchi, chilli caramel, omelette with peanut & mint salad GF \$23.9

### **EGG & BACON, ROCKET ROLL**

Swiss cheese and house made cherry tomato chutney \$16.9

### **AVOCADO & HALOUMI SARNIE**

Wilted greens, roasted beetroot tapenade and Bec's house made tomato sauce V \$19.5

### **CROQUE MONSIEUR**

Pan fried wood smoked ham and a so-so mild mustard béchamel brioche sandwich \$16  
Make it a **MADAME** - with a fried egg on top! \$18.5

### **MUSHROOMS ON TOAST**

Roasted garlic & thyme mushrooms with rocket, pesto, balsamic glaze and Lobethal goat's curd on toasted ciabatta sourdough V \$19  
Add egg +\$2.5 / Add grilled bacon +\$5



## **LUNCH**

**12 NOON - 3PM**

### **HOT & SOUR NOODLE BROTH**

Poached chicken & spinach, coriander salad DF \$16.5

### **HARRIS HOT SMOKED TROUT SALAD**

Crispy kipflers, pesto green beans, roasted cherry tomatoes, olives and torn egg GF \$24.5

### **CLOUD GNOCCHI**

Spiced broccolini, roasted garlic, baby spinach, green raisins, pistachios and goat's curd V \$24.9

### **TASTE, TALK & TIPPLE for TWO**

Warm warm Kalamata olives, beetroot tapenade, porcini mushroom pate, onion marmalade, house dukkah and toasted sourdough V \$27

### **SOY & GINGER BRAISED CHICKEN LEG**

Malaysian curry with Asian greens, lemongrass, tomato chilli jam and grilled roti \$25.9

### **GREEN GREEN BOWL**

Pea hummous, seared asparagus, zucchini, puffed rice, pistachio, rocket and baby spinach salad Vg / DF / GF \$19.5 Add haloumi +\$4.4

### **BURGER ROYALE!**

Hereford beef brisket, house pickles, soused zucchini ribbons and truffle aioli in a sesame brioche bun \$24

### **THE REUBEN by FRED!**

Corned beef, sauerkraut, Swiss cheese and Russian dressing toasted light rye sandwich with cornichons \$22

### **FRED FRIES**

With spicy spiced salt!  
V \$8.5

### **The REUBEN TWOSOME**

Have a glass of Paracombe's  
The Reuben with  
The Reuben by FRED! \$32



## COOOOL DRINKS!

### BESA JUICE

All natural from Lobethal, 350ml  
- Orange / Apple \$5.5

### NATURE'S ORGANIC JUICE

350ml - Apple & guava / Pineapple / Apple & blackcurrant \$5.5

**SHAKE SHAKES** - Strawberry / Chocolate / Caramel / Vanilla / Double Shot Espresso \$7

**SPIDERS** - Karma Cola / Lemmy Lemonade \$7

**ICED ICE** - Coffee / Chocolate / Moccha \$7

### NATURAL WATER

Antipodes Sparkling 500ml \$6.5 / 1000ml \$9.5  
100 Mile Adelaide Hills Still 500ml \$4

### SOFT DRINKS

Karma Cola / Lemmy Lemonade \$5.5  
TIRO Pink grapefruit / Italian red orange / Lemon, lime & bitters / Soda / Coke Zero \$5  
Strangelove ginger beer \$7



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## ESPRESSO ETC ETC

ESPRESSO, LONG BLACK, MACCHIATTO \$4  
LATTE, CAPPUCCINO, FLAT WHITE \$4.2 / \$5.4  
Extra shot / Soy / Decaf / Almond / Coconut / Lactose free - add \$0.8

**BLACK MAGIC** - Doppio long black \$4.8  
**WHITE MAGIC** - Ristretto flat white \$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 \$11.9**

### ROOIBOS 'RED' LATTE, CAPPUCCINO

Caffeine free and antioxidant rich! \$5 / \$6.2

### HOT CHOCOLATE, MOCCHA \$4.8 / \$6

### AFRICAN FRED HOT CHOCOLATE \$6

From 100% African cacao beans with a little cane sugar added for sweetness! Plain or infused with natural orange oil

### **The FRED Spring '17 COLLECTION**

The GROUNDSMAN COLD BREW \$6

ICED ICE DOUBLE SHOT LATTE \$5

Mr BLACK'S FLAT WHITE RUSSIAN \$12.9

CHAI LATTE \$4.8 / \$6

SPICED SPICE CHAI BABY \$4.8 / \$6

DIRTY FILTHY CHAI LATTE / CHOC CHAI \$5.60

DIRTY FILTHY *GORGEOUS* COCONUT CHAI \$6.4

TEA DROP TEA SELECTION \$4.5 pot for one

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

### SPICED CHAI TEA IN A POT

Warm milk & honey on the side \$5.5 pot for one

### **WOULD YOUR DOGGY LIKE A LATTE?**

With lactose-free milk and a sprinkle of turmeric \$4.4

## BEER & WINE - how divine!

### COCKTAILS @ FRED

Aperol Spritz \$14

Negroni - Campari, gin & red vermouth over ice \$14

Bloody Bloody Mary (vodka) or Maria (tequila) \$14

### SPARKLES

Varichon & Clerc NV 200ml \$11 b

Howard Vineyard 'Clover' Sparkling Brut '15 \$42 b

DiGiorgio Family Sparkling Merlot '14 200ml \$12 b

Bleasdale Vineyards Sparkling Shiraz NV 375ml \$23 b

### ADELAIDE HILLS WHITES

Kanta Riesling '14 \$44 b

Karrawatta Sauvignon Blanc '16 \$11 g / \$43 b

Deviation Road Pinot Gris '16 \$11 g / \$43 b

Artwine Gruner Veltliner '16 \$10.5 g / \$41 b

Murdoch Hill Chardonnay '15 \$45 b

Longview 'Epitome' Botrytis Riesling '13 375ml \$33 b

### ADELAIDE HILLS ROSE

Vinteloper Pinot Pinot Rose '17 \$10.7 g / \$42.5 b

Paracombe Ruby Red Rose '16 \$41 b

### ADELAIDE HILLS REDS

Guthrie 'Ashton' Pinot Noir '16 \$11.5 g / \$46.5 b

Ochoto Barrels Grenache Syrah '17 \$57 b

Eccolo Sangiovese '15 \$43

Barratt 'The Ambrose' Merlot '11 \$39.5 b

Longview 'The Yakka' Shiraz '15 \$11 g / \$44 b

Paracombe 'The Reuben' '12 \$11 g / \$43 b

Heirloom Vineyards Tempranillo '15 \$52 b

### LOCAL ALES

Coopers Light \$7

Pikes Oakbank Pilsener Lager \$8.8

Coopers Pale Ale \$8.5

Mismatch Brewing Co. Extra Pale Ale \$9.5

Prancing Pony Amber Ale \$9.5

### ADELAIDE HILLS CIDER

Wickerman Cider - Apple / Pear \$8.8

The Hills Cider Co. - Apple & ginger \$8.8

*IF YOU HAVE A DIETARY REQUIREMENT AND NOTHING ON THE MENU SUITS*

**- SHOUT IT OUT!**

FRED WILL HELP IF HE CAN.