

STARTERS

TURKEY CHILI 9
 cheddar, sour cream, scallions, oyster crackers
 * Get a **QUART-TO-GO!** (Cold) 18

HUMMUS 13
 roasted cauliflower, white & garbanzo beans, vegetables & pita

WINGS 14
Ginger-Soy cucumber wasabi dressing
Buffalo blue cheese dressing
Sweet Chili guajillo ranch dressing

CHEESE CURDS 12
 guajillo ranch dressing

HOKEY POKE 17
 tuna, sweet soy, avocado, cucumber, toasted sesame seeds, seaweed salad, wontons

NEW ORLEANS SHRIMP 17
 sautéed shrimp, andouille sausage, creole sauce, red bell pepper, grilled crostini

SALADS

Add A Protein To Any Salad: Grilled Chicken +5 | Sautéed Shrimp +7 | Grilled Salmon +8 | Grilled Skirt Steak +10

GARAGE 14
 romaine, capicola, salami croutons, olives, parmesan, havarti, tomatoes, red onion, banana peppers, red peppers, red wine vinaigrette

CAESAR 14
 romaine, shaved parmesan, cherry tomatoes, herb croutons, caesar dressing

SPROUT 14
 brussels & bean sprouts, feta, broccoli, carrots, celery, radish, toasted walnuts, herb croutons, apple cider vinaigrette

ASIAN 14
 mixed greens & cabbage, carrots, edamame, green onions, cilantro, sesame seeds, wonton crisps, creamy ginger dressing

SOUTHWEST 14
 romaine, cabbage, tomatoes, red onion, avocado, roasted corn, black beans, cheddar, tortilla strips, guajillo ranch

MIXED GREENS 10
 tomato, red onion, cucumber, red wine vinaigrette

SANDWICHES

Served With Fries, Mixed Greens or Fred's Slaw

GRIDDLE BURGER 16
 double patty, American cheese, lettuce, tomato, onion, pickle, remoulade, brioche bun
 * substitute impossible plant-based single patty +1

GRILLED CHEESE 14
 crispy swiss crust, havarti, cheddar & mozzarella, sourdough
 add tomato +1 | add bacon or avocado +2.5

SALMON BURGER 16
 housemade atlantic salmon patty, bacon, lettuce, tomato, onion, grain mustard aioli, brioche bun

MEATBALL SUB 16
 beef & pork meatballs, marinara, mozzarella & parmesan, hoagie roll, side of giardiniera

FRED'S CHEESE STEAK 17
 side of giardiniera, fries

ORIGINAL - seared ribeye, american & cheddar, lettuce, tomato, onion, mayonnaise, garlic oil, hoagie roll

CHICKEN - seared chicken breast, swiss, roasted peppers, mushrooms & onions, lettuce, mayonnaise, garlic oil, hoagie roll

* substitute plantfare meat free plant-based protein +1

CHICKEN SALAD SAMMY 14
 figs, apricots, currants, celery, red pepper, carrots, mayonnaise, cheddar, lettuce, tomato, multi-grain bread, side of freds slaw

CHICKEN MILANESA 16
 herb breaded chicken breast, arugula, roasted tomatoes, pickled red onions, lemon aioli, shaved parmesan, hoagie roll

SINGLE DECK CLUB 15
 oven roasted turkey, bacon, lettuce, tomato, avocado spread, sriracha aioli, multi-grain bread

MEDITERRANEAN CHICKEN PITA 16
 feta, hummus, arugula, roasted red peppers, cucumbers, kalamata olives, side of tzatziki

MAINS

CHIPOTLE CHICKEN TACOS (3) 16
 flour tortillas, lettuce, tomato, onion, cheese, cilantro, side mixed greens salad
 * substitute plantfare meat free plant-based protein +1

TEQUILA SHRIMP TACOS (3) 18
 flour tortillas, avocado, cabbage mix, side mixed greens salad

CAJUN PASTA 20
 sautéed, shrimp, andouille sausage, creole sauce, red bell pepper, scallions, red pepper flakes, pasta, grilled crostini

CHICKEN PAILLARD 19
 pounded & sautéed chicken breasts, roasted red peppers, cucumber, feta, kalamata olive salad & grilled lemon, roasted potatoes

SKIRT STEAK 33
 grilled 14 oz., chimichurri, sautéed mushrooms & onions, fries

GRILLED SALMON 28
 tomato, red onions, avocado & cilantro salad, grilled corn, salsa verde

CHICKEN PARMESAN 19
 herb breaded chicken breast, marinara, mozzarella & parmesan, pasta, garlic bread

SIDES

ELOTES 7
FRED'S SLAW 6
FRENCH FRIES 6
HERB ROASTED POTATOES 7
GRILLED ASPARAGUS 7
MIXED VEGETABLES 7
FRED'S SLAW TO-GO 12

DESSERTS

CHOCOLATE BROWNIE 9
 chocolate sauce, chocolate chip cookie, vanilla ice cream
CHEESECAKE 9
 mascarpone, seasonal berry compote
ICE CREAM 6
 two scoops
SUGAR COOKIE BOWL 9
 carol's sugar cookie, vanilla ice cream, caramel sauce
ABITA ROOT BEER FLOAT 7
 whipped cream, vanilla ice cream
ORANGE SODA FLOAT 7
 whipped cream, vanilla ice cream