

STARTERS

TURKEY CHILI 11   award winning
cheddar, sour cream, scallions, oyster crackers

ROASTED POBLANO SOUP 10 
chili pepper, sour cream, croutons

POKE 17

Tuna sweet soy, avocado, cucumber, seaweed salad, sesame, wontons

Salmon sweet soy, pineapple, mango, jalapeno, seaweed salad, sesame, wontons

WINGS 16

Ginger-Soy creamy ginger dressing

Buffalo blue cheese dressing 

Bourbon BBQ (fried & grilled) ranch dressing

Sweet Chili guajillo ranch dressing

Carolina Gold ranch dressing

CHEESE CURDS 15

guajillo ranch dressing

WARM PRETZELS 14

beer cheese, scallions

SWEET CHILI SHRIMP SKEWERS 18

marinated & grilled shrimp, sweet chili crema, pineapple-mango, pico de gallo, lime zest

SMOKED TROUT DIP 17

house smoked trout, fried shallots, scallions, grilled pita bread

SPICY HUMMUS 15 

white & garbanzo beans, giardiniera shake, vegetables & pita chips

SALADS

Add To Any Salad: Bacon +3 | Grilled Chicken +6 | Sautéed Shrimp +9 | Grilled Salmon +11 | Tuna or Salmon Poke +10 | Grilled Skirt Steak +12

GARAGE 15

romaine, capicola, salami croutons, olives, parmesan, havarti, tomatoes, cherry peppers, red peppers, red onion, red wine vinaigrette

ASIAN 15

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

BEET 17

vermouth marinated beets, arugula, mandarin oranges, roasted walnuts, ricotta salata, honey dijon vinaigrette

SOUTHWEST 15

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

SPINACH 15

bacon, red onion, feta, dried cranberries, roasted pumpkin seeds, poblano vinaigrette

CAESAR 14

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

MIXED GREENS 12

tomato, red onion, cucumber, red wine vinaigrette

SANDWICHES

Served with fries, mixed greens or Fred's slaw. Sub Gluten Free Bun +2.25

GRIDDLE BURGER 18

double patty, American cheese, lettuce, tomato, onion, pickle, remoulade, brioche bun

* substitute impossible plant-based single patty +1

CHICKEN SALAD SAMMY 17

apricots, currants, celery, red pepper, mayonnaise, cheddar, lettuce, tomato, multi-grain bread

BLACKENED SWORDFISH 20

grilled, sriracha mayo, arugula, pineapple-mango pico de gallo, brioche bun

SALMON BURGER 17

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

MEDITERRANEAN CHICKEN PITA 17

feta, hummus, arugula, roasted red peppers, cucumbers, kalamata olives, side of tzatziki

FRED'S CHEESE STEAKS

side of giardiniera, fries

RIBEYE - seared ribeye, american & cheddar, lettuce, tomato, onion, mayonnaise, garlic oil, hoagie roll
19

CHICKEN - seared chicken breast, swiss, roasted peppers, mushrooms & onions, lettuce, mayonnaise, garlic oil, hoagie roll
18

PORK - seared pork shoulder, provolone, wilted spinach, red onions, mayonnaise, garlic oil, hoagie roll
18

CAESAR WRAP 17

choice of grilled chicken or shrimp, romaine, tomato, avocado, shaved parmesan, caesar dressing, spinach tortilla (shrimp) / sundried tomato tortilla (chicken)

HOT CHICKEN SANDWICH 17 

herb breaded chicken, hot sauce, Fred's slaw, pickles, brioche bun

MEATBALL SUB 18

pork & beef meatballs, mozzarella, marinara, parmesan, side of giardiniera

ROCKY'S CLUB 18

single deck, oven roasted turkey, bacon, lettuce, tomato, avocado spread, sriracha aioli, multi-grain bread

* \$2 from every club sold will go to the Blackhawks Foundation

MAINS

GRILLED SALMON 34

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

CHICKEN PARMESAN 22

herb breaded chicken, bucatini pasta, marinara, mozzarella, parmesan, garlic bread

CHICKEN PAILLARD 22

pounded & sautéed chicken breasts, cucumber, roasted red peppers, feta, kalamata olive salad, grilled lemon, orzo pasta with lemon vinaigrette

SKIRT STEAK 42

grilled, chimichurri, sautéed mushrooms & onions, fries

CHIPOTLE CHICKEN TACOS (3) 18

flour tortillas, lettuce, tomato, onion, cheese, cilantro, side mixed greens salad

TEQUILA SHRIMP TACOS (3) 19

flour tortillas, avocado, cabbage mix, side mixed greens salad

AL PASTOR PORK TACOS (3) 18

corn tortillas, pineapple-mango pico de gallo, cilantro, side mixed greens salad

BUTTERNUT SQUASH SACCHETTI 21

roasted butternut squash puree, ricotta salata, roasted pumpkin seeds, fried sage

SIDES

ELOTES 10

parmesan, paprika

FRENCH FRIES 8

ketchup & quajillo ranch

Add Beer Cheese +3

GRILLED VEGETABLES 10

roasted brussels sprouts, balsamic glaze

BUTTERNUT SQUASH PUREE 10

roasted pumpkin seeds

ORZO PASTA 10

roasted red peppers, feta, kalamata olives, parsley, lemon vinaigrette

FRED'S SLAW 7

DESSERTS

CHOCOLATE BROWNIE 11

chocolate sauce, carol's chocolate chip cookie, vanilla ice cream

SUGAR COOKIE BOWL 11

carol's sugar cookie, vanilla ice cream, caramel sauce

ABITA ROOT BEER FLOAT 8

whipped cream, vanilla ice cream

ORANGE SODA FLOAT 8

whipped cream, vanilla ice cream

ICE CREAM 7

two scoops

FRED'S TO GO

TURKEY CHILI (QRT/GOLD) 25

CHICKEN SALAD (QRT) 24

FRED'S SLAW (QRT) 13

FRED'S HOT SAUCE 10

FRED'S GIARDINIERA SHAKE 10