

STARTERS

TURKEY CHILI 12  
cheddar, sour cream, scallions, oyster crackers

ROASTED POBLANO SOUP 11 
croutons & sour cream

POKE 17

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

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

CHEESE CURDS 15
guajillo ranch dressing

WINGS 17

Ginger-Soy creamy ginger dressing

Buffalo blue cheese dressing 

Bourbon BBQ (fried & grilled) ranch dressing

Sweet Chili guajillo ranch dressing

Carolina Gold ranch dressing

STEAMED MUSSELS 22

gochujang, ginger, garlic, jalapeno, limes, white wine & cream, cilantro, grilled crostini

CHILI CON QUESO 15

a blend of fred's turkey chili & beer cheese sauce, corn tortilla chips

ASPARAGUS & PROSCIUTTO 17

grilled asparagus, prosciutto, sunny side egg, shaved parmesan, balsamic glaze, lemon zest, cracked black pepper **Extra Egg +2**

SMOKED TROUT DIP 17

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

SPICY HUMMUS 15 

white & garbanzo beans, vegetables & pita chips

WARM PRETZELS 14

beer cheese, scallions

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 16

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

MIXED GREENS 13

tomato, red onion, cucumber, red wine vinaigrette

SOUTHWEST 16

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

CAESAR 15

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

ASIAN 16

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

SANDWICHES

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

GRIDDLE BURGER 19

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

** substitute impossible plant-based single patty +1*

CHICKEN SALAD SAMMY 18

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

BLACKENED SWORDFISH 21

grilled, sriracha mayo, arugula, pineapple-mango pico de gallo, wheat & oat bun

SALMON BURGER 18

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

TURKEY BURGER 18

turkey & poblano patty, provolone cheese, sundried tomato aioli, onion & poblano jam, arugula on a wheat & oat bun

FRED'S CHEESESTEAKS

side of giardiniera, fries

RIBEYE - seared ribeye, american & cheddar, lettuce, tomato, grilled onions, mayonnaise, garlic oil, hoagie roll
20

CHICKEN - seared chicken, swiss, roasted peppers, mushrooms & onions, lettuce, mayonnaise, garlic oil, hoagie roll
19

CAESAR WRAP CHICKEN 18 **SHRIMP** 20

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

MEATBALL 19

pork & beef meatballs, marinara, melted mozzarella, parmesan, on a toasted roll, giardiniera

MEDITERRANEAN CHICKEN PITA 18

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

PULLED PORK 18

slow roasted pork shoulder, Carolina gold bbq sauce, Fred's slaw & crispy onions on an onion kaiser roll

HOT CHICKEN SANDWICH 18 

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

THE FREDFURTER 21

footlong Vienna beef hot dog, topped with Fred's turkey chili, sour cream, cheddar cheese & scallions, side of giardiniera *** great for sharing**

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 onion, avocado & cilantro salad, grilled corn/elotes, salsa verde

CHICKEN PARMESAN 22

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

SHRIMP TACOS (3) 20

pan seared shrimp, grilled corn, cabbage mix, avocado, salsa verde, flour tortillas, side of mixed greens

SHORT RIB TACOS (3) 22

guajillo & chipotle braised, lettuce, tomato, pickled red onion, shredded cheddar, flour tortillas, side of mixed greens

CHICKEN PAILLARD 26

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

PORK SCHNITZEL 28

herb breaded pork loin, spaetzle, mushroom gravy

SKIRT STEAK 42

grilled, chimichurri, sautéed mushrooms & onions, fries

CAJUN PASTA 30

andouille sausage & shrimp, cajun-cream sauce, red & green bell pepper, bucatini pasta, red pepper flakes & parsley

SIDES

ELOTES 10

parmesan, paprika

FRENCH FRIES 9

ketchup & quajillo ranch

Add Beer Cheese +3

GRILLED VEGETABLES 11

seasonal vegetables, balsamic glaze

ORZO PASTA 11

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 / SORBET 7

two scoops

FRED'S TO GO

ROASTED POBLANO (QRT/COLD) 23

TURKEY CHILI (QRT/COLD) 25

CHICKEN SALAD (QRT) 24

FRED'S SLAW (QRT) 13

FRED'S HOT SAUCE 10