

STARTERS

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

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

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

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 16
romaine, capicola, salami croutons, olives, parmesan, havarti, tomatoes, cherry peppers, red peppers, red onion, red wine vinaigrette

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

SOUTHWEST 16
romaine, cabbage, tomatoes, red onion, avocado, roasted corn, black beans, cheddar, tortilla strips, guajillo ranch

SPINACH 16
spinach, feta, strawberries, garbanzo beans, red onion, bacon, poppy seed vinaigrette

CAESAR 15
romaine, shaved parmesan, cherry tomatoes, herb croutons, caesar dressing

MIXED GREENS 13
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 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, brioche bun

SALMON BURGER 18
housemade atlantic salmon patty, bacon, lettuce, tomato, onion, grain mustard aioli, brioche bun

MEDITERRANEAN CHICKEN PITA 18
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, grilled onions, mayonnaise, garlic oil, hoagie roll
20

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

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 

TURKEY BURGER 18
turkey & poblano patty, provolone cheese, sundried tomato aioli, onion & poblano jam, arugula on a wheat & oat bun

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)

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

TEQUILA SHRIMP TACOS (3) 20
flour tortillas, avocado, cabbage mix, side mixed greens salad

CHIPOTLE CHICKEN TACOS (3) 19
flour tortillas, lettuce, tomato, onion, cheese, cilantro, side mixed greens salad

SKIRT STEAK 42
grilled, chimichurri, sautéed mushrooms & onions, fries

CHICKEN PAILLARD 24
pounded & sautéed chicken breasts, cucumber, roasted red peppers, feta, kalamata olive salad, grilled lemon, orzo pasta with lemon vinaigrette

PASTA PRIMAVERA 22
bucatini pasta, zucchini, squash, cherry tomatoes, red bell pepper, fresh basil, ricotta salata, garlic lemon butter, served with garlic bread
Add Grilled Chicken +6 Add 1 Shrimp Skewer +10

SIDES

ELOTES 10
parmesan, paprika

FRENCH FRIES 9
ketchup & quajillo ranch
Add Beer Cheese +3

GRILLED VEGETABLES 11
roasted zucchini & squash, 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 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