

STARTERS

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

POTATO SKINS 14
 cheddar cheese, bacon, scallions, side of 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

GOCHUJANG MUSSELS 22 
 gochujang, ginger, garlic, soy sauce, 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 16 
 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 16
 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 20
 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 22
 grilled, sriracha mayo, arugula, pineapple-mango pico de gallo, wheat & oat bun

SALMON BURGER 19
 housemade atlantic salmon patty, bacon, lettuce, tomato, onion, grain mustard aioli, brioche bun

TURKEY BURGER 19
 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
 22

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 19
 feta, hummus, arugula, roasted red peppers, cucumbers, kalamata olives, side of tzatziki

PULLED PORK 19
 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 19
 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 35
 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) 23
 guajillo & chipotle braised, lettuce, tomato, pickled red onion, shredded cheddar, flour tortillas, side of mixed greens, salsa verde, sour cream

CHICKEN PAILLARD 26
 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

CAJUN PASTA 30
 andouille sausage & shrimp, cajun-cream sauce, red & green bell pepper, bucatini pasta, red pepper flakes & parsley

SIDES

ELOTES 11
 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

TURKEY CHILI (QRT/GOLD) 25

CHICKEN SALAD (QRT) 24

FRED'S SLAW (QRT) 13

FRED'S HOT SAUCE 10