FOOD

BAR FRED'S GARAGE GRILL

574 GREEN BAY ROAD | WINNETKA, IL | 60093
FREDSWINNETKA.COM
847.496.3733

= spicy

STARTERS

TURKEY CHILI 13 award winning
cheddar, sour cream, scallions, oyster crackers

CHILI CON QUESO 15
a blend of fred's turkey chili & beer cheese sauce, corn tortilla chips

WINGS 18
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-SESAME ranch dressing

ROASTED POBLANO SOUP 12
croutons & sour cream

POKE 18
TUNA sweet soy, avocado, cucumber, edamame, seaweed, sesame, shaved radish, wontons
SALMON sweet soy, pineapple, mango, jalapeno, edamame, seaweed, sesame, shaved radish, wontons

WARM PRETZELS 15
beer cheese & dijon aioli, scallions

POTATO SKINS 15
cheddar, bacon, scallions, side of sour cream

CHEESE CURDS 16
guajillo ranch dressing

SMOKED TROUT DIP 18
house smoked trout, fried onions, scallions, grilled pita bread

SPICY HUMMUS 17
white & garbanzo beans, vegetables & pita chips

DIP COMBO 20
combo plate of smoked trout dip & spicy hummus, vegetables, grilled pita

SALADS

Add To Any Salad: Bacon +3 | Grilled Chicken +7 | Sautéed Shrimp +10 | Grilled Salmon +12 | Tuna or Salmon Poke +10 | Grilled Hanger Steak +14

MIXED GREENS 14
tomato, red onion, cucumber, red wine vinaigrette

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

HARVEST SALAD 17
spinach & arugula, bacon, red onion, ricotta salata, dried cranberries, roasted pumpkin seeds, poblano vinaigrette

ASIAN 16
mixed greens & cabbage, carrots, green onions, edamame, cilantro, wonton crisps, sesame seeds, creamy ginger dressing

CAESAR 16
romaine, shaved parmesan, cherry tomatoes, herb croutons, caesar dressing

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

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 +3

GRIDDLE BURGER 20
double patty, white american cheese, lettuce, tomato, onion, pickle, remoulade, brioche bun
* substitute impossible plant-based single patty +1

CHICKEN SALAD SAMMY 19
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 22 — seared ribeye, white american & cheddar cheese, lettuce, tomato, grilled onions, mayonnaise, garlic oil, hoagie roll

CHICKEN 20 — seared chicken, white american cheese, roasted peppers, mushrooms & onions,lettuce, mayonnaise, garlic oil, hoagie roll

CAESAR WRAP CHICKEN 19 SHRIMP 21
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, spicy hummus, arugula, roasted red peppers, cucumbers, kalamata olives, side of tzatziki

BISTRO CHICKEN 21
grilled chicken breast, triple cream brie, shiitake mushroom ragout, spinach, dijon aioli, onion brioche roll

HOT CHICKEN SANDWICH 20
herb breaded chicken, house bu alo or house gochujang-sesame, Fred's slaw, pickles, brioche bun

THE FREDFURTER 22
footlong Vienna beef hot dog, topped with Fred's turkey chili, sour cream, cheddar & scallions
* 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 36
tomato, red onion, avocado & cilantro salad, grilled corn/elotes, salsa verde

CHICKEN PARMESAN 22
herb breaded breast, penne pasta, marinara, mozzarella, parmesan, garlic bread

SHRIMP TACOS (3) 21
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

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

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

PORK SCHNITZEL 28
herb breaded pork loin, spaetzle, mushroom gravy

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 8

DESSERTS

CHOCOLATE BROWNIE 11
chocolate sauce, carol's sprinkle 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/COLD) 25
ROASTED POBLANO (QRT/COLD) 22
CHICKEN SALAD (QRT) 24
FRED'S SLAW (QRT) 13
FRED'S HOT SAUCE 10

Ask Your Server About Menu Items That Are Cooked To Order Or Served Raw. Consuming Raw Or Undercooked Meats, Poultry, Seafood, Shellfish, Or Eggs May Increase Your Risk Of Foodborne Illness.
We impose a 3% surcharge on credit card purchases that is not greater than our cost of acceptance.