

STARTERS

TURKEY CHILI 9

cheddar, sour cream, scallions, oyster crackers

* Get a **QUART-TO-GO!** (Cold) 18

HUMMUS 13

roasted cauliflower, white & garbanzo beans, vegetables & pita

WINGS 14

Ginger-Soy cucumber wasabi dressing
Buffalo blue cheese dressing
Sweet Chili guajillo ranch dressing

CHEESE CURDS 12

guajillo ranch dressing

HOKEY POKE 17

tuna, sweet soy, avocado, cucumber, toasted sesame seeds, seaweed salad, wontons

NEW ORLEANS SHRIMP 17

sautéed shrimp, andouille sausage, creole sauce, red bell pepper, grilled baguette

SALADS

Add A Protein To Any Salad: Grilled Chicken +5 | Sautéed Shrimp +7 | Grilled Salmon +8 | Grilled Skirt Steak +10

GARAGE 14

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

CAESAR 14

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

SPROUT 14

brussels & bean sprouts, feta, broccoli, carrots, celery, radish, toasted walnuts, herb croutons, apple cider vinaigrette

ASIAN 14

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

SOUTHWEST 14

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

MIXED GREENS 10

tomato, red onion, cucumber, red wine vinaigrette

SANDWICHES

Served With Fries, Mixed Greens or Fred's Slaw

GRIDDLE BURGER 16

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

* substitute impossible plant-based single patty +1

CHICKEN MILANESA 16

herb breaded chicken breast, arugula, roasted tomatoes, pickled red onions, lemon aioli, shaved parmesan, hoagie roll

CHICKEN SALAD SAMMY 14

figs, apricots, currants, celery, red pepper, carrots, mayonnaise, cheddar, lettuce, tomato, multi-grain bread, side of fred's slaw

FRED'S CHEESE STEAK 17

side of giardiniera, fries

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

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

* substitute plantfare meat free plant-based protein +1

GRILLED CHEESE 14

crispy swiss crust, havarti, cheddar & mozzarella, sourdough

add tomato +1 | add bacon or avocado +2.5

SALMON BURGER 16

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

MEATBALL SUB 16

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

MEDITERRANEAN CHICKEN PITA 16

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

MAINS

CHIPOTLE CHICKEN TACOS (3) 16

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

* substitute plantfare meat free plant-based protein +1

TEQUILA SHRIMP TACOS (3) 18

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

CAJUN PASTA 20

sautéed, shrimp, andouille sausage, creole sauce, red bell pepper, scallions, red pepper flakes, pasta, grilled crostini

CHICKEN PAILLARD 19

pounded & sautéed chicken breasts, roasted red peppers, cucumber, feta, kalamata olive salad & grilled lemon, roasted potatoes

SKIRT STEAK 33

grilled 14 oz., chimichurri, sautéed mushrooms & onions, fries

GRILLED SALMON 28

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

CHICKEN PARMESAN 19

herb breaded chicken breast, marinara, mozzarella & parmesan, pasta, garlic bread

SIDES

ELOTES 7

FRED'S SLAW 6

FRENCH FRIES 6

HERB ROASTED POTATOES 7

GRILLED ASPARAGUS 7

MIXED VEGETABLES 7

DESSERTS

CHOCOLATE BROWNIE 9

chocolate sauce, chocolate chip cookie, vanilla ice cream

CHEESECAKE 9

mascarpone, seasonal berry compote

ICE CREAM 6

two scoops

SUGAR COOKIE BOWL 9

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

ABITA ROOT BEER OR ORANGE SODA FLOAT 7

whipped cream, vanilla ice cream