

• *Appetizers* •

Insalata Caprese \$17

Buffalo mozzarella, tomatoes & roasted peppers

Roasted Asparagus \$16.50

Served with Parmesan cheese, black pepper and aged balsamic vinegar

Grilled Hen of the Wood Mushrooms \$16.50

with arugula and sliced parmesan in a balsamic glaze

Tuna Tartare \$18

Served over mixed field greens

Grilled Calamari \$16

Local calamari lightly breaded served with a tomato salad

Sautéed Chicken Livers \$15

Amish chicken livers with shallots and port wine sauce on crostini

Grilled Shrimp with Lime and Ginger \$18.50

Served with warm white cannellini beans

Baby Beet Salad \$17.50

Mixed greens with beets and goat cheese lightly tossed with a red wine vinaigrette

• *Soups* •

Estelle's Chicken Soup \$11

Grandma's recipe to cure colds and stay thin

Lobster Bisque \$15

Lobster bisque with chunks of fresh cooked lobster

Soup of the Day P/A

• *Artisan Pizza* •

Made from 100% King Arthur flour. Our dough is kneaded and fermented in the true Neapolitan style. Our mozzarella is homemade and our tomato sauce imports directly for the San Marzano valley. The olive oil is Monini made from 100% Italian olives from Spoleto, Italy.

Margherita \$18

Mozzarella, tomato, basil and olive oil

Wise Guy \$21

Mozzarella, tomato and freshly ground hot and sweet sausage and roasted peppers

La Bella Donna \$19

Sautéed mushrooms, roasted peppers, caramelized onions, sautéed zucchini, mozzarella and tomato

Emilia Romagna \$24

Bianco mozzarella, Parmesan drizzled with 12 year-old Aceto Balsamico

Pizza of the year 2004 Naples, Italy

Prosciutto with Arugula and Shaved Parmesan Cheese \$21

Thinly sliced Parma ham, tomato, mozzarella and arugula

Four Seasons \$23

Mozzarella, tomato, mushrooms, artichokes, black olives and prosciutto

Robiola with Truffle Oil \$24

Ciro's focaccia with Italian cream cheese and truffle oil

Focaccia Melt \$19

Italian tuna, arugula and sliced tomatoes with smoked mozzarella

An 18% gratuity will be added to parties of 6 or more guests

• *Salads* •

Also now available, Mark's no fat mustard dressing

Club Salad \$24.50

Turkey, smoked bacon, tomato, crumbled bleu cheese, red onions, mixed greens, French mustard dressing

Mark's Madison Avenue Salad \$26

The ultimate chopped salad topped with imported Italian tuna

Fred's Chopped Chicken Salad \$25

Bibb lettuce, avocado, onions, tomatoes, string beans and pears tossed with a Dijon mustard balsamic dressing

The Palace Warm Lobster Salad \$34.50

Chunks of fresh lobster, green beans, new potatoes and scallions served with a French mayonnaise

Chopped Seafood Salad \$31

Calamari, shrimp, mussels, clams, octopus and scallop served with braised bitter greens and mango papaya salsa

Chicken Caesar Salad \$24.50

Classic Caesar salad with Parmesan croutons and grilled chicken breast

Crab Meat and Shrimp Salad \$34.50

Served with endive, radicchio and arugula tossed in a mustard garlic mayonnaise

Palm Beach Shrimp Salad \$31

With mixed greens, hearts of palm, avocado, tomatoes and hard boiled eggs in a green goddess dressing

Fred's Nicoise Salad \$31

Grilled tuna with baby lettuce, cucumbers, olives, anchovies, tomatoes, haricot verts, potatoes and boiled eggs tossed in a mustard-lemon dressing

• *Fresh and Dried Pasta* •

Ravioli \$24

Homemade filled with spinach and Vermont artisanal goat cheese in sage and butter sauce

Fettuccini al'Filettodi Pomodoro \$22

With fresh tomato, mozzarella and garlic

Carrot Tortelloni \$23

Filled with carrot and ricotta cheese with a light tomato cream sauce

Pappardelle \$23

Beef ragù and parmesan cheese

Lasagna Bolognese \$22.50

Traditional style with veal, beef, pork and béchamel

Linguine Vongole \$24.50

Served with baby clams, olive oil, garlic and a touch of tomato

Spaghetti & Meatballs \$22

Traditional style

Penne di Farro al'Arrabiata \$19

Whole wheat penne with Mark's spicy garlicky tomato sauce

Fred's Spaghetti \$22.50

Shiitake mushrooms, asparagus, sun dried tomatoes and pesto sauce

Risotto P/A

Preparation changes daily

Any additional items will be priced accordingly.

• *Main Courses* •

Fred's beyond organic farm egg Omelette & Salad \$20

Daily omelette of Vermont, humanly raised, movable pen eggs accompanied by lightly dressed mesclun greens

Painted Hill Farms Angus Burger \$21.50

Grass feed beef served with pomme frites

Turkey Club Sandwich \$19

Turkey, double-smoked bacon, lettuce and tomato with mayonnaise on New England white bread without the crust

Lobster Club \$34.50

Chunks of lobster, bacon, lettuce and tomato with garlic mayo on 7 grain bread served with Belgian pomme frites

Baltimore Crab Cakes \$34

With a beet, romaine and onion slaw, remoulade sauce and Belgian pommes frites

Filet of Sole \$32

Sautéed in white wine, lemon, and butter served with sautéed carrots and sugar snap peas

Pan Seared Salmon \$29

Served over sautéed spinach with a tomato and scallion salad

Grilled Tuna \$32

Vegetable vinaigrette served with sautéed baby bok choy and mixed grain salad

Fish del Giorno P/A

Selections according to market

• *Butchery* •

Certified Angus Sliced Steak \$34

Served on top of arugula, red onion, shaved Parmesan and tomato with balsamic vinegar and extra-virgin olive oil

Chicken Paillard \$25

Thin chicken breast served with a tomato, arugula and red onion salad

Chicken Milanese \$25

Breaded thin chicken breast served with beet, romaine and onion slaw

Veal Scallopini \$33

Sautéed medallions of veal in a marsala sauce served with sautéed spinach and fingerling potatoes

• *Side Dishes* •

\$10

Yukon Gold Mashers

Belgian Pommes Frites

Sautéed Broccoli

Sautéed Spinach

Sautéed Broccoli Rabe

Francoise's Stewed Green Beans

Room Service

WE DELIVER! CALL 212 833-2220

Fred's at Barneys New York

Available for Private Parties

Mark Strausman – Managing Director

Alfredo Escobar – Executive Chef