

• *Starters* •

Fried Calamari 12

Served with a tomato & basil salsa

Dried & Cured Meats 14

Coppa, soppressata, Prosciutto di Parma, bresaola
& parmesan cheese

Zucchini Chips, Marinara & Soft Cheese Dip 9

Belgian Pommes Frites 6

Served with a trio of dipping sauces

Arugula & Tomato salad 11

Shaved Parmesan & house dressing

Market salad 8

Chef's blend of greens served with red wine vinaigrette
...Yes, we can chop it!!

Traditional Shrimp Cocktail 9/18

Small or Large

Roasted Beet & Goat Cheese 12

Red & Golden beets sliced thin with a salad of frisée, chèvre &
balsamic vinaigrette

Roasted Asparagus 12

Served with Parmesan cheese, black pepper
& aged balsamic vinegar

Grilled Hen of the Wood Mushrooms 14

With arugula, sliced Parmesan & Prosciutto in a balsamic glaze

Estelle's Chicken Soup 7

Grandma's recipe to cure colds & stay thin

Soup of the Day MP

• *Salads* •

Club Salad 16

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

Mark's Madison Avenue Salad 16

The ultimate chopped salad topped with imported
Italian tuna

Fred's Chopped Chicken Salad 17

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

***Fred's Niçoise Salad 19**

Grilled medallions of tuna with baby lettuce, cucumbers, olives,
anchovies, tomatoes, haricot vert, potatoes & boiled eggs tossed
in a mustard-lemon dressing

Fashion Square Shrimp Salad 19

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

***Certified Angus Sliced Steak 24**

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

• *Artisan Pizza* •

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

Robiola with truffle oil 17

Ciro's foccacia with Italian cream cheese & truffle oil

Capricciosa 16

Prosciutto di Parma, salami, bresaola & mozzarella

Margherita 14

Mozzarella, tomato, basil & olive oil

Italiano 16

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

Emilia Romagna 18

White pizza, mozzarella, Parmesan & drizzled with Reduced aged Balsamico

Pizza of the year 2004 Naples, Italy

Prosciutto with Arugula & Shaved Parmesan Cheese 16

Thinly sliced Parma ham, tomato, mozzarella & arugula

Pizza Campagna 16

Mushrooms, caramelized onions & sliced salami

• *Fresh & Dried Pasta* •

Fred's Spaghetti 16

With shiitake mushrooms, asparagus, sun dried tomatoes & pesto sauce

Spaghetti & Meatballs 17

Traditional style

Penne di Farro al'Arrabbiata 14

Whole wheat penne with Mark's spicy garlicky tomato sauce

Rigatoni with Broccoli Rapini & Sausage 16

Italian hot & sweet sausage, broccoli rapini, garlic & Monini olive oil

Shrimp Scampi 18

Sautéed shrimp in garlic, white wine, basil & caper sauce over house made fettuccini

Pasta Del Giorno MP

Selections according to market

Fred's is committed to finding & using wholesome, natural, local products in our kitchen. Farm-to-chef products come from family-owned farms, rather than from the large corporate farms that are coming to dominate the industry. Farm-to-chef products may or may not be certified organic, but they are always farmed using traditional, sustainable methods. We aim to support local farms in our region whenever possible.

• *Main Courses* •

***Beyond Organic Fred's Egg Omelet & Salad 15**

"They lay them because they want to not because they have to".

Accompanied by lightly dressed mixed greens

***Certified Angus Burger 14**

Ground especially for Fred's served with pommes frites

Turkey Club Sandwich 14

Turkey & double-smoked bacon
on artisan white bread

***Pan Seared Salmon 24**

Served with sautéed spinach, avocado & tomato salsa

Chicken Milanese 19

Breaded thin chicken breast served with tricolor salad

Seared Sea Scallops 24

Served over roasted potatoes & pepperonata

Chicken Balsamico 19

All natural ½ chicken braised in balsamic, served with
broccoli rabe & mashed potatoes

***Tuna Tartare 18**

With stewed onions, petite greens & wasabi

Baltimore style Crab Cake 16

With a red cabbage slaw, pommes frites & remoulade sauce

***Rib-eye Fiorentina 39**

Rib-eye steak seared in olive oil, rosemary, sage & lemon, Yukon
Gold mashed potato & broccoli rabe

***Fish Del Giorno MP**

Selections according to market

Fred's at Barneys New York, Scottsdale

Available for Private Parties

Mark Strausman – Managing Director

Todd Henderson – Executive Chef

An 18% gratuity will be added to parties of 8 or more guests

*These food items above may contain under cooked or raw ingredients or may be cooked to order. Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.