

• *Dinner* •

**Dinner served from 5:00 - 9:00 p.m.**  
*All of our menu items are available for take out*

• *Tastes for the table* •

**Grilled Calamari 14**

Served with a tomato & basil "salsa"

**Dried & Cured Meats 18**

Coppa, soppressata, speck, bresaola  
& parmesan cheese

**Zucchini Chips & Soft Cheese Dip 11**

**Assorted Olives, Crisp Celery, Young Parmesan Cheese 12**

Grilled garlicky peasant bread

**Belgian Pommes Frites 7**

**Robiola with truffle oil 18**

Ciro's focaccia with Italian cream cheese & truffle oil

• *Appetizer, Salads & Soup* •

**Grilled Hen of the Wood Mushrooms 14**

With arugula, sliced Parmesan & Prosciutto in a balsamic glaze

**Roasted Asparagus 13**

Parmesan cheese, black pepper & aged balsamic vinegar

**Tuna Tartare 18**

Served over mixed field greens

**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!!

**Estelle's Chicken Soup 7**

Grandma's recipe to cure colds & stay thin

**Soup of the Day MP**

• *Fresh & Dried Pasta* •

**Spaghetti & Meatballs 18**

Traditional style

**Penne al' Arrabbiata 14**

With Mark's Spicy Garlicky tomato sauce

**Rigatoni with Broccoli Rapini & Sausage 18**

Ground hot & sweet sausage, garlic & olive oil

**Pasta Del Giorno MP**

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.

• *Artisan Pizza* •

All pizzas are made from 100% King Arthur flour. 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.

**Margherita 14**

Mozzarella, tomato, basil & olive oil

**Italiano 16**

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

**Pizza Campagna 17**

Mushrooms, caramelized onions & sliced salami

**Emilia Romagna 18**

White pizza, mozzarella, Parmesan  
drizzled with 12 year-old Aceto Balsamico  
Pizza of the year 2004 Naples, Italy

• *Main Courses* •

**Seared Sea Scallops 24**

Served over roasted potatoes & pepperonata

**Veal Milanese 38**

Pounded & breaded veal served on the bone with arugula, red onions & tomatoes

**Pan Seared Salmon 26**

Served with sautéed spinach, avocado & tomato salsa

**Fish of the Day MP**

Selection according to market

**Chicken Balsamico 23**

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

**\*Rib-eye Fiorentina 39**

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

**\* Certified 1/2 pound Angus Burger 16**

Ground especially for Fred's served with pommes frites

• *Side Dishes* •

**\$6**

**Yukon Gold Mashers  
Belgian Pommes Frites  
Sautéed Broccoli Rabe  
Sautéed Broccoli**

**Any additional items will be priced accordingly**

**Mark Strausman-Managing Director**

**Todd Henderson – Executive Chef**

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

\*Can be cooked to order or contains raw eggs

Written information is available upon request regarding the safety of these items

