

FREDS

AT BARNEYS NEW YORK

MON - WED & FRI, 11AM - 7PM

THU, 11AM - 8PM

SAT, 11AM - 7PM

SUN, 11AM - 6PM

APPETIZERS

- Freds Autumn Salad \$18

baby beets, brussels sprouts, butternut squash,
fresh cranberries, mesclun, arugula and goat cheese
- Artichokes a la Barigoule \$14

with Orange County Meyer lemon and warm spiced olives
- Grilled Hen of the Woods Mushrooms \$17.50

with arugula and sliced
Parmesan cheese in a balsamic glaze
- Tuna Tartare \$19

served over cucumber carpaccio with pickled ginger
- Local Asparagus \$16

with vegetable vinaigrette and chopped farm egg
- Grilled Shrimp with Lime and Ginger \$19

served with a mixed grain salad

SOUP

- Estelle’s Chicken Soup \$12

Grandma’s recipe to cure colds and stay thin

ARTISAN PIZZA

- Margherita \$19

mozzarella, tomato, basil and olive oil
- Wise Guy \$22

mozzarella, tomato, freshly-ground farm-raised
Berkshire hot and sweet sausage and roasted peppers
- Emilia Romagna \$24.50

white pizza with mozzarella, Parmesan and Pecorino cheeses,
drizzled with 12-year-old Aceto Balsamico
- Farmers Market Flatbread \$21

local bulb onions, zucchini, assorted mushrooms,
artichoke hearts and fennel
with extra virgin olive oil and Parmesan cheese
- Robiola with Truffle Oil \$25

Freds’ famous focaccia with Italian cream cheese and truffle oil

SALADS

- Also available with Mark's no-fat mustard dressing
- Club Salad \$25

turkey, smoked bacon, tomato, Point Reyes
blue cheese crumbles, red onions,
mixed greens and French mustard dressing
- Mark’s Madison Avenue Salad \$27

chopped salad with a dozen vegetables and local salad
greens, topped with imported Italian tuna
- Freds Chopped Chicken Salad \$26

bibb lettuce, avocado, onions, tomatoes, string beans, and
pears, tossed with a Dijon mustard balsamic dressing
- Asian Chicken Salad \$26

fresh roasted, shredded Mary’s chicken breast, julienned
napa cabbage, chopped romaine, toasted cashews,
scallions, daikon radish, snow peas, sunflower sprouts, carrots,
wonton and crispy rice noodle with Freds Asian dressing

- Palm Springs Shrimp Salad \$32

mixed greens, hearts of palm, avocado, tomatoes and
hard boiled eggs, in a green goddess dressing
- Kale and Raw Vegetable Salad \$22

raw massaged kale with julienned celery, carrots, fennel,
raw beets, green and yellow zucchini and raw local
mushrooms, with blood orange and mustard dressing

- Freds Vegan Salad \$24

mix of heirloom beans, garbanzos, black quinoa, and
brunoise of carrot, celery, and onion over wild
arugula, radicchio and endive, topped with chopped
avocado and tossed with salsa verde vinaigrette

PASTA

- Gluten-free pasta available upon request
- Rigatoni with Local Heirloom
Tomatoes and Basil \$21

late summer tomatoes sautéed with extra virgin
olive oil, garlic and basil
- Penne di Farro Vegan Bolognese \$24

whole wheat penne tossed with a slowly simmered
twelve-vegetable tomato sauce
- Linguine alle Vongole \$25

with baby clams, olive oil, garlic, and a touch of tomato
- Freds Spaghetti \$24

with shiitake mushrooms, asparagus, sun dried
tomatoes and pesto sauce

MAIN COURSES

- Freds Beyond Organic Omelette
of the Day & Salad \$21

accompanied by lightly dressed mesclun greens
- Turkey Sandwich \$20

thick slices of freshly roasted turkey with homemade
cole slaw and Russian dressing,
on sourdough or whole grain spelt bread
- Beverly Hills Club Sandwich \$32

chunks of shrimp, crab and avocado with bacon,
lettuce, tomato and garlic mayo on
seven-grain bread, served with homemade potato chips
- Pan Seared Wild Salmon \$30

served over local fennel and Orange County citrus salad

- Grilled Tuna \$33

topped with mango-papaya salsa, served with a
warm grain and couscous salad
- Local Grass-Fed Angus Beef Burger \$22.50

grass-fed beef served with Belgian pommes frites
- Chicken Paillard \$24

thinly pounded chicken breast topped with
tomato, arugula and red onion salad

SIDESHES

- Belgian Pommes Frites \$10

Sautéed Broccoli \$10

Sautéed Spinach \$10

Sautéed Broccoli Rabe \$10