

LUNCH

**FREDS**

AT BARNEYS NEW YORK

MONDAY - FRIDAY

11:30 AM - 5:30 PM

Mark Strausman – Managing Director  
Jennifer Wasnesky – Executive Chef

Freds at Barneys New York is available for private parties

APPETIZERS

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**Avocado Toast \$16**

Cumin-buttered multigrain toast, avocado, sunflower shoots and pico di gallo

**Roasted Hen of the Woods Mushrooms \$24**

In a balsamic glaze with arugula and sliced Parmesan on a bed Le Quercia sweet coppa

**Ceviche Pescatora-Style \$24**

Raw minced scallops cured in fresh lime, cilantro, jalapeno and pico de gallo mixed with minced roasted shrimp, squid and octopus, topped with avocado and served with homemade corn chips

**Polpo e Seppia \$24**

Sautéed octopus and baby cuttlefish in a spicy garlic, lemon and white wine broth with garlic fettunta

SOUP

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**Estelle's Chicken Soup \$14**

Grandma's recipe to cure colds and stay thin

SANDWICHES

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**Jewish Boy From Queens \$24**

Daily-carved roasted turkey on a onion pocket with Lucky Lee sliced tomatoes, Gotham Greens salad, Marilyn's coleslaw and Russian dressing with sliced pickles and onions

**Local Artisan Grilled Cheese \$26**

A blend of local Alpine-style and Beecher's Flagship white cheddar cheeses with Dijon mustard, red onion marmalade and bacon served with mixed greens with bistro dressing

SIDE DISHES \$10

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Belgian Pommes Frites

Sautéed Broccoli

## SALADS

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### **The Fred Pressman Salad \$26**

A downtown version of uptown's Madison Avenue Salad. A chopped salad containing Freds salad blend and Gotham Greens, cherry tomatoes, cucumber, peas, lentils, white beans and beets with chunks of Italian tuna

### **Freds Chopped Chicken Salad \$30**

Bibb lettuce, avocado, onions, tomatoes, string beans and pears tossed with Dijon mustard and balsamic dressing, topped with roasted and pulled all-natural chicken

### **Montauk Deconstructed Fish Taco Salad \$26**

Chopped Gotham Greens with pickled red cabbage, corn, black beans, avocado and homemade corn chips, tossed with cilantro lime dressing and topped with spiced local white fish and crema

### **Downtown Vegan Salad 2.0 \$27**

Mix of heirloom dried cranberry, beans, cubed apples, garbanzos and black quinoa with brunoise of carrot, celery, onion and raw massaged kale, tossed with blood orange and mustard dressing and topped with chopped avocado

## PIZZA

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### **Margherita \$23**

Tomato, basil, olive oil and mozzarella

### **Vegan Margherita \$25**

Tomato, basil, olive oil and vegan cheese

### **Chelsea \$26**

Mozzarella, tomato, roasted peppers and freshly ground Hudson Valley Harvest hot and sweet sausage

### **Inverno \$27**

Chopped wild mushrooms, onions, herbs, garlic, Parmesan and mozzarella

### **Emilia Romagna \$28**

A white pizza with mozzarella, Parmesan and Pecorino cheeses drizzled with 12-year-old Aceto Balsamico

### **Speck, Arugula and Parmesan \$27**

Sliced Le Quercia Iowa speck, arugula and shaved Parmesan

## PASTA

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### **Lasagna alla Bolognese \$28**

Traditional style with Hudson Valley Harvest local veal, beef, pork with Béchamel, layered with our fresh house made pasta

### **Orecchiette a la Contadina \$28**

Imported pasta tossed with baby Brussels sprouts, squash, mushrooms, Hudson Valley Harvest Italian sausage, sautéed with olive oil, garlic and Parmesan

### **Spaghetti ai Frutti di Mare \$28**

Minced clams, mussels, shrimp, scallops, octopus and squid braised in tomato, herbs and wine

### **Penne all'Arrabbiata \$24**

Mark's spicy garlicky tomato sauce

### **Freds Spaghetti \$27**

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

### **Spring Carrot Tortellini \$26**

Fresh house made tortellini filled with spring carrots and goat ricotta cheese, sautéed with multi-color spring carrots in a cumin and ginger butter sauce

## MAIN COURSES

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### **Freds Daily Farm Egg Omelette & Salad \$26**

Daily omelette made from humanely raised eggs, accompanied by lightly dressed mesclun greens

### **Vegan Eggless Frittata \$25**

Vegan potato and cauliflower "frittata" with mushrooms, peppers and onion, dotted with vegan mozzarella

### **New York Steak Open-Faced Sandwich \$34**

Seared Angus shell steak, seasoned with lemon, rosemary and sage, sliced and served on house-made pizza bianco, topped with arugula, tomato, onion and shaved Parmesan cheese

### **Freds Downtown Cheeseburger Deluxe \$25**

Local grass-fed Angus beef patty topped with sliced Lucky Lee tomato, melted Beecher's Flagship white cheddar, Gotham Greens crispy green leaf and served with Belgian pommes frites, onion marmalade, and Sriracha mayo

### **Grilled Tuna \$33**

Sushi grade tuna with a warm salad of fingerling potatoes, haricots verts and cherry tomatoes on a bed of Bibb lettuce with a lemon-mustard dressing

### **Salmon Croquettes \$28**

With a crudité and homemade tartar sauce

### *FREDS BAGELS*

*Plain and everything bagels and bialys made fresh 11am every Sunday morning. Place your order by the dozen today*

FOR THE TABLE

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**Avocado Toast \$16**

Cumin-buttered multigrain toast, avocado, sunflower shoots and pico di gallo

**Zucchini Chips \$12**

Tzatziki sauce with local Ronnybrook yogurt

**Freds Raw Vegetable Crudités \$25**

Dijon vinaigrette and vegan cheese

DINNER

**FREDS**

AT BARNEYS NEW YORK

MONDAY - SATURDAY

5:30 PM - 10 PM

APPETIZERS

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**Estelle's Chicken Soup \$12**

Grandma's recipe to cure colds and stay thin

**Roasted Summer Vegetables \$18**

Asparagus, Padron peppers, fava beans and snap peas, Umbrian olive oil, fresh herbs, lemon

**Roasted Hen of the Woods Mushrooms \$24**

In a balsamic glaze with arugula and sliced Parmesan on a bed of Salumeria Biellese sweet coppa

**Ceviche Pescatora-Style \$24**

Raw minced scallops cured in fresh lime, cilantro, jalapeno and pico di gallo mixed with minced roasted shrimp, squid, octopus and avocado served with homemade corn chips

**Polpo e Seppia \$24**

Sautéed octopus and baby cuttlefish in spicy garlic, lemon and white wine broth served with cous cous

**Mark's Country Pate \$18**

Homemade local pork and liver pate with sauce Cumberland, homemade pickles, white onion and red wine confit and bruschetta

**Summer Salad \$19**

Local salad of lettuce, breakfast radishes, corn, cherry tomatoes, string beans and croutons topped with Beecher's Flagship white cheddar

**The Freds Wedge \$24**

Wedge of romaine lettuce with Lucky Lee beefsteak tomatoes, onions, crumbled Vermont bleu cheese, and crushed black pepper vinaigrette

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## PIZZA

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### **Margherita \$23**

Tomato, basil, olive oil and mozzarella

### **Chelsea \$26**

Mozzarella, tomato, roasted peppers and freshly ground Hudson Valley Harvest hot and sweet sausage

### **Campagna \$27**

Chopped wild mushrooms, bulb onions, minced zucchini, crumbled herbs, garlic, Parmesan, mozzarella topped with La Quercia Coppa

### **Emilia Romagna \$28**

A white pizza with mozzarella, Parmesan and Pecorino cheeses, drizzled with 12-year-old Aceto Balsamico

### **Speck, Arugula and Parmesan \$27**

Sliced Le Quercia Iowa speck, arugula and shaved Parmesan

## SIDE DISHES \$10

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Belgian Pommes Frites

Sautéed Broccoli

## MAIN COURSES

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### **Lasagna alla Bolognese \$28**

Traditional style with Hudson Valley Harvest local veal, beef, pork with béchamel, layered with our fresh house made pasta

### **Orecchiette alla Silvana \$28**

Asparagus, English peas and fava beans with spinach and Parmesan

### **Spring Carrot Tortellini \$26**

Fresh house made tortellini filled with Spring carrots and ricotta sautéed with multi-color Spring carrots in a cumin and ginger butter sauce

### **Risotto Frutti di Mare \$36**

Minced clams, mussels, shrimp, scallops, octopus and squid with tomato, herbs and wine

### **Spaghetti and Lobster Fra Diavolo \$42**

A two-pound lobster roasted with garlic and olive oil, removed from the shell and tossed with fresh house made spaghetti in a spicy lobster tomato sauce

### **Lamb Chops alla Scottadito \$46**

Served with Jewish style fried artichokes, English peas with mint and potatoes Lyonnaise

### **Polletto alla Mattone \$32**

Local organic Spring chicken grilled with fresh herbs and crushed red pepper served with glazed carrots and turnips and potatoes Lyonnaise

### **The Cast Iron Shell Steak \$45**

Sliced and seared with hot olive oil infused with rosemary, sage and lemon served with sautéed bitter greens and Belgian pommes frites

### **Pepper-Charred Sushi Grade Tuna Nicoise \$34**

Seared and served with potatoes, green beans, Bibb lettuce, watercress, olives, pastured-raised hardboiled egg and cherry tomatoes

### **Roasted Salmon \$32**

Served on a bed of roasted asparagus with a tomato scallion vinaigrette

### **Zuppa ai Frutti di Mare \$38**

Assorted shellfish and local fish in a spicy lobster and saffron broth served with the traditional crouton and aioli

WINE

**F R E D S**  
AT BARNEYS NEW YORK

COCKTAIL LIST

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The Chelsea \$18  
Crop Cucumber Vodka, St Germain, green grapes, lemon, seltzer

The Bowery \$18  
Knob Creek Bourbon, Laird's Bonded Brandy, Combier peach,  
angostura bitters

The Highline \$16  
Tito's Vodka, watermelon, mint, lime, agave,  
and a splash of ginger beer

The West Side Highway \$18  
Sauza Silver Tequila, Ancho Reyes chili liquor, mezcal,  
fresh squeezed grapefruit juice, agave and smoked salt

The East Villager \$18  
Plymouth Gin "stirred" or Tito's Vodka "shaken" with dry vermouth,  
olive brine in a soy sauce rinsed glass with Cerignola olives

Nolita Sangria \$16  
Crème de mure, Aperol, Lards Apple Brandy,  
rose wine, seasonal fruit

The Tribeca \$16  
Avua Cachacha, muddled limes,  
pomegranate liqueur, cranberry juice

Wall Street \$18  
George Dickel Rye, Carpano Antica, Angostura bitters

BEER SELECTION

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Heineken \$7

Blue Moon \$7

Blue Moon Peach Ale \$7

Ithaca Flower Power \$7

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## HALF BOTTLE

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### SPARKLING

Ca' del Bosco Cuvee Prestige Brut ½ bottle  
(Italy) \$45

Pol Roger Brut  
(France) \$58

### WHITE

Pinot Grigio Jerman  
(Italy - 2014) \$44

Sauvignon Blanc Mary Edwards  
(California - 2013) \$52

### RED

Cabernet/Sangiovese Campaccio Terrabianca  
(Italy - 2011) \$38

Pinot Noir Mouton Noir- P-oui  
(Oregon - 2014) \$36

Vino Nobile Montepulciano Avignonesi  
(Italy - 2011) \$40

## BOTTLE

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### SPARKLING

Taittinger Brut La Francaise  
(France) \$120

G.H Mumm Cordon Rouge  
(France) \$120

Moet Chandon Imperial Brut  
(France) \$130

Veuve Clicquot  
(France) \$135

Taittinger Comtes de Champagne  
(France) \$325

Perrier-Jouet Belle Époque  
(France - 2007) \$360

Dom Perignon 2006  
(France) \$385

Louis Roederer Cristal 2007

## WHITE

Reisling Pikes Clare Valley  
(Australia - 2014) \$46

Arneis Roero Vietti  
(Italy - 2013) \$48

Sauvignon Blanc Borgo Conventi  
(Italy - 2014) \$50

Sauvignon Blanc Shaw & Smith  
(Australia - 2014) \$55

Pinot Grigio Bortoluzzi  
(Italy - 2013) \$56

Gruner Veltliner Hermann Moser Per Du  
(Austria - 2014) \$56

Albarino Mar de Frades  
(Spain - 2014) \$60

Pinot Bianco Villa Russiz  
(Italy - 2014) \$62

Chardonnay Talbott-Kali Hart  
(California - 2013) \$64

Pinot Grigio Sciopetto  
(Italy - 2013) \$65

Pouilly Fume Tracy Chateau  
(France - 2013) \$66

Sauvignon Blanc Craggy Range  
(New Zealand - 2015) \$68

Pinot Grigio Livio Felluga- Friulano  
(Italy - 2013) \$70

Sancerre Dom Des Coltabards  
(France - 2014) \$72

Bourgogne Blanc Olivier Leflaive  
(France - 2013) \$72

Sancerre Silex Fournier  
(France - 2013) \$75

Chardonnay School House  
(Napa Valley - 2009) \$82

Chablis Bessin Fourchaume  
(France - 2012) \$86

Gavi di Gavi Black Label  
(Italy - 2013) \$115

Chardonnay Jermann "Dreams"  
(Italy - 2012) \$135

Sautéed Broccoli

## RED

**Rosso Di Montalcino Capanna**  
(Italy - 2013) \$54

**Malbec Graffinga**  
(Argentina - 2013) \$56

**Chianti Classico San Felice**  
(Italy - 2013) \$60

**Cabernet Sauvignon Acheson**  
(California - 2013) \$64

**Cotes du Rhone Miradole**  
(France - 2013) \$64

**Meritage Bordeaux blend Saved**  
(California - 2012) \$68

**Pinot Noir A-Z**  
(Oregon - 2013) \$72

**Bordeaux Margaux Segla Rauzan**  
(France - 2008) \$90

**Rosso Di Montalcino Poggio Antico**  
(Italy - 2012) \$65

**Vino Nobile Montepulciano Poliziano**  
(Italy - 2012) \$62

## BY THE GLASS

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### SPARKLING

**Prosecco Nino Franco**  
(Italy) \$20

**Champagne G.H Mumm Brut**  
(France) \$24

**Rose Sparkling Mumm Napa**  
(California) \$26

### WHITE

**Pinot Grigio Bortoluzzi**  
(Italy - 2013) \$14

**Gruner Veltliner Hermann Moser Per Du**  
(Austria - 2014) \$14

**Chardonnay Talbott-Kali Hart**  
(California - 2013) \$16

**Sauvignon Blanc Craggy Range**  
(New Zealand - 2015) \$17

**Sancerre Dom Des Coltabards**  
(France - 2014) \$18

**Bourgogne Blanc Olivier Leflaive**  
(France - 2014) \$18

### RED

**Malbec Graffinga**  
(Argentina - 2013) \$14

**Chianti Classico San Felice**  
(Italy - 2013) \$15

**Cabernet Sauvignon Acheson**  
(California - 2013) \$16

**Meritage Bordeaux blend Saved**  
(California - 2012) \$17

**Pinot Noir A-Z**  
(Oregon - 2013) \$18