

LUNCH

# FREDS

AT BARNEYS NEW YORK

MONDAY - FRIDAY, 11:30AM - 5:30PM

SATURDAY, 11AM - 5:30PM

SUNDAY, 11AM - 6PM

Mark Strausman - Managing Director

Alfredo Escobar - Executive Chef

Freds at Barneys New York is available for private parties.

All of our menu items are available for  
take-out or delivery through Freds Room Service.

## A P P E T I Z E R S

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### **Insalata Caprese \$23**

Italian buffalo mozzarella, farm basil, Freds olive oil, and tomatoes

### **Kale and Vegetable Salad \$21**

Raw massaged kale with celery, carrots, fennel, raw beets, green and yellow zucchini, raw local mushrooms, dried cranberries and fat free blood orange and mustard dressing

### **Grilled Hen of the Wood Mushrooms \$24**

With arugula and sliced parmesan in a balsamic glaze

### **Tuna Tartare\*\* \$26**

Served over mixed field greens

### **Grilled Calamari \$21**

Local calamari, lightly breaded and served with a tomato salad

### **Sautéed Chicken Livers \$19**

Amish chicken livers with shallots and port wine sauce on crostini

### **Roasted Shrimp with Lime and Ginger \$26**

Served with warm white cannellini beans

### **Summer Salad \$24**

All local salad of lettuces, breakfast radishes, corn, cherry tomatoes and string beans with Arethusa Farms mountain cheese, and bistro dressing

### **Roasted Asparagus \$21**

Aged balsamic vinegar and Parmesan cheese

*\*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness*

## S O U P

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

Grandma's recipe to cure colds and stay thin

### **Lobster Bisque \$16**

With chunks of fresh lobster and saffron aioli

### **Vegan Soup of the Day \$14**

## S A L A D S

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*Also now available: Mark's no-fat mustard dressing*

**Club Salad \$28**

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

**Mark's Madison Avenue Salad \$29**

The ultimate chopped salad, topped with imported Italian tuna

**Freds Chopped Chicken Salad \$30**

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

**The Palace Warm Lobster Salad M/P**

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

**The Freds Wedge \$25**

Wedge of romaine lettuce with vine ripe tomatoes, onions, crumbled Berkshire bleu cheese, and crushed black pepper vinaigrette

**Chicken Caesar Salad \$29**

Classic Caesar salad with Parmesan croutons and grilled chicken breast

**Crab Meat and Shrimp Salad \$38**

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

**Palm Beach Shrimp Salad \$38**

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

**Freds Nicoise Salad \$38**

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

**Freds Vegan Salad \$27**

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

## P I Z Z A

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(Whole wheat crust available)

*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 from the San Marzano valley.  
The olive oil is Monini, made from 100% Italian olives from Spoleto, Italy.*

**Margherita \$23**

Mozzarella, tomato, basil, and olive oil

**Wise Guy \$26**

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

**Four Seasons \$27**

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

**Emilia Romagna \$28**

Bianco mozzarella, Parmesan drizzled with 12 year-old Aceto Balsamico. Pizza of the Year, 2004, Naples, Italy

**Prosciutto with Arugula & Shaved Parmesan Cheese \$27**

Thinly sliced Parma ham, tomato, mozzarella, and arugula

**Vegan Pizza \$27**

Whole wheat pizza crust with tomato, basil and vegan cheese

**Robiola with Truffle Oil \$28.50**

Ciro's focaccia with Italian cream cheese and truffle oil

## P A S T A

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**Ravioli \$26**

Homemade ravioli filled with fresh spinach puree and Arethusa Farm basket cheese in sage and butter sauce

**Fettuccine Pomodoro \$25**

With fresh tomato, mozzarella and garlic

**Spring Carrot Tortelloni \$28**

Filled with fresh carrots and Arethusa Farm basket cheese with sautéed multicolor baby carrots in light tomato cream sauce

**Lasagna Bolognese \$27**

Traditional style with veal, beef, pork, and béchamel

**Linguine Vongole \$29**

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

**Spaghetti & Meatballs \$26**

Traditional style

**Penne al'Arrabbiata \$24**

Penne with Mark's spicy garlicky tomato sauce

**Freds Spaghetti \$27**

Shiitake mushrooms, asparagus, sun dried tomatoes, and pesto sauce

**Vegan Pasta \$28**

Whole wheat penne with roasted cauliflower, broccoli, romanesco and pepperoncini cooked in a spicy garlic and olive oil sauce, sprinkled with toasted herb breadcrumbs

**Risotto P/A**

Preparation changes daily

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## MAIN COURSES

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**Freds Beyond Organic Farm Daily Egg Omelette & Salad \$26**

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

**Vegan Eggless Frittata \$25**

Potato and cauliflower frittata topped with mushrooms, peppers and onions

**Pine Plains Farm Angus Burger \$25**

Grass fed, grain finished beef served with pomme frites

**Turkey Club Sandwich \$26**

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

**Lobster Club M/P**

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

**Baltimore Crab Cakes \$38**

With coleslaw, remoulade sauce and Belgian pommes frites

**Chicken Milanese \$30**

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

**Pan Seared Salmon \$38**

Topped with Tuscan tomato salad and served over sautéed spinach and roasted potatoes

**Grilled Tuna \$39**

Served with a six-grain salad and a blood orange sesame soy glaze

**Fish del Giorno P/A**

Selections according to market

**Certified Angus Sliced Steak \$42**

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

**Chicken Paillard \$30**

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

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## SIDE DISHES \$12

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

# WINES BY THE GLASS

## WHITE WINES

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Bordeaux Blanc – Chateau Lamothe de Haux 2014  
(Bordeaux, France) \$15

St. Veran – Nadine Ferrand 2013  
(Burgundy, France) \$18

Sancerre – Gittons Père & Fils « Les Fredins » 2014  
(Loire, France) \$18

Chardonnay – Hess Select 2013  
(Monterey County, CA) \$14

Sauvignon Blanc – Claar Cellars 2013  
(Columbia Valley, WA) \$15

Pinot Grigio – Fornas 2013  
(Venezia Giulia, Italy) \$15

Falenghina – San Salvatore 2014  
(Campania, Italy) \$15

Rose – Domaine D’Aupilhac 2014  
(Languedoc, FR) \$18

## RED WINES

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Bordeaux Superieur – Chateau Saint Julian 2012  
(Bordeaux, FR) \$18

Pinot Noir – A to Z 2013  
(Willamette Valley, OR) \$18

Cabernet Sauvignon – Acheson 2013  
(California) \$16

Cotes du Rhone – Mirandole 2012  
(Rhône, FR) \$17

Chianti Classico – San Felice 2012  
(Toscana, Italy) \$15

Saved 2012  
Red Zinfandel, Carignane, Petit Syrah, Malbec, & Merlot  
(Oakville, CA) \$19

Malbec - Achaval Ferrer 2013  
(Mendoza, AR) \$18

## SPARKLING WINES

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**Prosecco - Nino Franco "Rustico"**  
(Veneto, Italy) \$21

**Champagne - Le Chapitre**  
(Champagne, France) \$26

**Rose Champagne - Leclerc-Briant**  
(Champagne, France) \$28

# HALF BOTTLES

## WHITE WINES

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**112 Sauvignon Blanc - Honig 2014**  
(Napa, CA) \$29

**113 Chardonnay - Staintsbury 2012**  
(Napa, CA) \$36

**114 Chardonnay - Frank Family Vineyards 2013**  
(Carneros, CA) \$44

**179 Pinot Grigio - Jermann 2013**  
(Venezia Giulia, Italy) \$44

**199 Dreams - Jermann 2011**  
(Friuli Venezia-Gulia, IT) \$75

**118 Sancerre - Fournier 2013**  
(Loire, FR) \$35

## RED WINES

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**439 Pinot Noir - Penenr Ash 2012**  
(Willamette Valley, OR) \$55

**440 Cote de Beaune - Domaine Chantal Lescure 2011**  
(Burgundy, FR) \$44

**303 Syrah- Qupe 2012**  
(Central Coast, CA) \$32

**444 Cabernet Sauvignon - Paradigm 2011**  
(Napa, CA) \$75

**442 Vino Nobile di Montepulciano - Avignonesi 2011**  
(Toscana, IT) \$44

**414 Brunello di Montalcino - Col D'Orcia 2010**  
(Toscana, IT) \$75



## SPARKLING WINES

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**708 Moet & Chandon Brut Imperial**  
(Champagne, FR) \$56

**710 Moet & Chandon Rose**  
(Champagne, FR) \$62

**707 Perrier Jouet Brut**  
(Champagne, FR) \$68

**711 Veuve Clicquot**  
(Champagne, FR) \$68

**712 Veuve Clicquot Rose**  
(Champagne, FR) \$72

**714 Tattinger Brut La Francaise**  
(Champagne, FR) \$72

## FREDS COCKTAILS

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### **Bird of Paradise \$18**

Appleton Estate Jamaican Rum, Campari, pineapple juice and fresh squeezed lime juice

### **The Industry \$18**

High West Double Rye, Carpano Antica vermouth, Fernet Branca, demerara syrup, Angustora and orange bitters

### **Blush \$20**

Muddled strawberries, Caliche Rum, Dolin Bolin Vermouth, fresh squeezed lime juice and honey finished with prosecco

### **Skywalker \$18**

Zubrowska vodka, St. Germain, cucumber, pineapple juice fresh squeezed lemon juice and agave

## BEER SELECTION

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Troegs Hopback Amber Ale (Pennsylvania) \$7

Brooklyn Lager (Brooklyn) \$7

Buckler Non-Alcoholic (Holland) \$7

Amstel Light (Holland) \$8

Peroni (Italy) \$8

Stella Artois (Belgium) \$8

Greenport IPA (New York) \$8

Captain Lawrence Brewing Company Liquid Gold (New York) \$8

Chimay White (Belgium) \$12

FREDS ROOM SERVICE – WE DELIVER!  
CALL 212.833.2220

Any additional items will be priced accordingly  
An 18% gratuity will be added to parties of 6 or more guests  
heat pasta avaiupon request