

LUNCH

LUNCH SERVED FROM

MON - FRI, 11:30 AM - 5:30 PM

SAT, 11 AM - 5:30 PM

SUN, 11 AM - 6 PM

All of our menu items are
available for take-out or delivery through
Fred's Room Service

Alfredo Escobar - Executive Chef

Fred's at Barneys New York is available for private parties

A P P E T I Z E R S

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

Autumn Salad \$24
Tricolore salad with pumpkin, brussels sprouts, and Coach Farm goat cheese lightly tossed with house dressing

Eggplant Parmesan \$22
Traditional style drizzled with pesto

S O U P

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

A R T I S A N P I Z Z A

(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

Pizza Inverno \$27
Assorted mushrooms, caramelized onions, minced garlic,
fresh herbs, parmesan and mozzarella cheese

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

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

S A L A D S

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

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

F R E S H A N D D R I E D P A S T A

Ravioli \$32
Homemade ravioli filled with mushrooms and Arethusa Farm farmer cheese
in sauce of minced exotic mushrooms, black truffles and Parmesan cheese

Fettuccine Basilico \$25
Served with pesto, touch of tomato
in a light cream sauce and Parmesan cheese

Winter Squash Tortelloni \$28
Filled with fresh butternut squash and Arethusa Farmer cheese in a butter
sauce with brussels sprouts and butternut squash,
topped with amaretto cookies

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

MAIN COURSES

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
Sweet potato and cauliflower frittata
topped with mushrooms, peppers and onions

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

Tuscan Pot Roast \$30
Country-style brisket with Yukon Gold mashers

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

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

SIDE DISHES

Yukon Gold Mashers
Belgian Pommes Frites
Sautéed Broccoli
Sautéed Spinach
Sautéed Broccoli Rabe
Stewed Green Beans

\$12

DRINKS

WINE, BEER,
SPECIAL COCKTAILS,
SPIRITS

HALF BOTTLES

WHITE WINES

- 112 Sauvignon Blanc – Honig 2017
(Napa, CA) \$30
- 118 Chablis – Louis Michel & Fils 2015
(Burgundy, FR) \$38
- 121 Sancerre – Domaine Vocoret & Fils 2014
(Loire, FR) \$40
- 125 Chardonnay – Landmark “Overlook” 2014
(Sonoma, CA) \$42
- 120 Pouilly Fuisse – Domaine Ferret 2014
(Burgundy, FR) \$45

RED WINES

- 439 Pinot Noir – Saintsbury 2015
(Carneros CA) \$48
- 303 Syrah- Qupe 2014
(Central Coast, CA) \$32
- 443 Cabernet Sauvignon – Mount Veeder 2014
(Napa, CA) \$48
- 444 Cabernet Sauvignon – Mount Brave 2013
(Napa, CA) \$75
- 441 Campaccio – Terrabianca 2012
(Toscana, IT) \$44
- 448 Vino di Nobile di Montepulciano – Avignonesi 2013
(Toscana, IT) \$45
- 442 Brunello di Montalcino – Banfi 2011
(Toscana, IT) \$70

SPARKLING WINES

- 708 Moet & Chandon Brut
(Champagne, FR) \$58
- 711 Veuve Clicquot
(Champagne, FR) \$68
- 709 Moet & Brut Rose
(Champagne, FR) \$75

WINES BY THE GLASS

WHITE WINES

- Gruner Veltliner – Pfaffel 2015
(Austria) \$18
- Sancerre – Domaine Roblin 2016
(Loire, France) \$18
- Chardonnay –Saintsbury 2014
(Carneros, CA) \$15
- Pinot Grigio – Fornas 2016
(Venezia Giulia, Italy) \$15
- Falenghina – San Salvatore 2016
(Campania, Italy) \$15
- Rose – Montenedoli 2015
(Toscana, IT) \$18
- Sauvignon Blanc – Mahi 2016
(Martinborough, NZ) \$17

RED WINES

- Medoc – Chateau Poitevin 2012
(Bordeaux, FR) \$18
- Pinot Noir – A to Z 2014
(Willamette Valley, OR) \$18
- Cabernet Sauvignon – Vina Robles 2015
(Paso Robles, CA) \$16
- Chianti Classico – Donna Laura “Bramosia” 2014
(Toscana, Italy) \$15
- Saved 2014
Red Zinfandel, Carignane, Petit Syrah, Malbec, & Merlot
(Oakville, CA) \$19
- Malbec - Achaval Ferrer 2014
(Mendoza, AR) \$18

SPARKLING WINES

- Prosecco – Nino Franco “Rustico”
(Veneto, Italy) \$21
- Champagne – Bruno Pailled
(Champagne, France) \$25
- Rose Champagne – Le Chapitre
(Champagne, FR) \$28

F R E D S C O C K T A I L S

Fashion Fruit \$18

Charbay Grapefruit Vodka, St Germain Elderflower liqueur,
fresh squeezed grapefruit juice and splash of club soda

Green Tea Mule \$18

Charbay Green Tea Vodka, fresh lime juice and ginger beer

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

B E E R S E L E C T I O N

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 Harbor 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
eat pasta upon request