

L U N C H

F R E D S
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

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

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

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

(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

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

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

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

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 \$12

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

WINES BY THE GLASS

WHITE WINES

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

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

Prosecco – Nino Franco “Rustico”
(Veneto, Italy) \$21

Champagne – Le Chapitre
(Champagne, France) \$26

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

HALF BOTTLES

WHITE WINES

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

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

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

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

707 Perrier Jouët Brut
(Champagne, FR) \$68

711 Veuve Clicquot
(Champagne, FR) \$68

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

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

FRED'S COCKTAILS

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, Angostura 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

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

FRED'S 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 available upon request