

• *Appetizers* •

*** Insalata Caprese \$18.50**

Homemade mozzarella from local curd, NJ tomatoes & roasted peppers

*** Grilled Local Hen of the Wood Mushrooms \$16.50**

with Satur farms arugula and sliced parmesan in a balsamic glaze

Tuna Tartare \$17.50

Served over mixed field greens

*** Grilled Calamari \$16**

Local calamari lightly breaded served with a NJ tomato salad

*** Sautéed Chicken Livers \$15**

Amish chicken livers with shallots and port wine sauce on crostini

Roasted Asparagus \$18

Served with Parmesan cheese, black pepper
and aged balsamic vinegar

Grilled Shrimp with Lime and Ginger \$18.50

Served with mixed grain salad

• *Soups* •

Estelle's Chicken Soup \$11

Grandma's recipe to cure colds and stay thin

Lobster Bisque \$15

Lobster bisque with chunks of fresh cooked lobster

Soup of the Day P/A

• *Pizza* •

Margherita \$19.50

Mozzarella, tomato, basil and olive oil

Sausage \$24

Mozzarella, tomato and freshly ground hot and sweet sausage

Funghi \$24.50

Mozzarella, tomato and mixed mushrooms* from the market

Emilia Romagna \$26

Reggiano Parmigiano drizzled with 12 year-old Aceto Balsamico

Prosciutto and Arugula \$24

Parma ham, tomato, mozzarella and arugula

Four Seasons \$24.50

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

Robiola with Truffle Oil \$26

Ciro's invention and an old classic

** FARM FOOD TO U **

ALL MENU ITEMS WITH A STAR *

**ARE FARM TO CHEF PRODUCTS SOURCED AND PREPARED
BY MARK, ALFREDO AND MARCELLO**

Fred's is committed to finding and using wholesome, natural, local products in our kitchen. Farm-to-chef products come from family-owned farms, rather than from the large corporate farms that are coming to dominate the industry. Farm-to-chef products may or may not be certified organic, but they are always farmed using traditional and sustainable methods. We aim to support local farms in our region whenever possible.

Mark Strausman – Managing Director

Room Service

WE DELIVER! CALL 212 833-2220

• *Salads* •

Also now available, Mark's no fat mustard dressing

Club Salad \$24.50

Turkey, smoked bacon, tomato, crumbled bleu cheese, red onions, mixed greens, French mustard dressing

Mark's Madison Avenue Salad \$26

The ultimate chopped salad topped with imported Italian tuna

Fred's Chopped Chicken Salad \$25

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

***The Palace Warm Lobster Salad \$34.50**

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

Chopped Seafood Salad \$31

Calamari*, shrimp, mussels, clams, octopus and scallop* served with cous cous and tomato scallion salad

Fred's Nicoise Salad \$31

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

*** Chicken Caesar Salad \$24.50**

Classic Caesar salad with Parmesan croutons and grilled chicken breast

Crab Meat and Shrimp Salad \$34

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

Palm Beach Shrimp Salad \$31

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

• *Fresh and Dried Pasta* •

*** Ravioli \$23**

Homemade filled with spinach and Vermont artisanal goat cheese in sage and butter sauce

*** Fettuccini \$23**

with fresh tomato, pesto and mozzarella

Carrot Tortelloni \$23

Filled with carrot and ricotta cheese with a light tomato cream sauce

*** Fred's Spaghetti \$22.50**

With shiitake mushrooms, asparagus, sundried tomatoes and pesto sauce

Lasagna Bolognese \$22.50

Traditional style with veal, beef, pork and béchamel

Linguine Vongole \$24

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

Spaghetti & Meatballs \$22.50

Traditional style

Penne di Farro al'Arrabiata \$19

Whole wheat penne with Mark's spicy garlicky tomato sauce

Rigatoni \$23

With sausage, broccoli rabe, Parmesan cheese, garlic and olive oil

Risotto P/A

Preparation changes daily

An 18% gratuity will be added to parties of 6 or more guests

• *Main Courses* •

*** Fred's beyond organic farm egg Omelette & Salad \$23**

Daily omelette of Vermont, humanly raised, movable pen eggs
"They lay them because they want to not because they have too"
Accompanied by lightly dressed mesclun greens

Certified Angus Burger \$19.50

Ground especially for Fred's, served with pommes frites

The Focaccia Melt \$19.50

Italian tuna, arugula and sliced tomatoes with smoked mozzarella

Turkey Club Sandwich \$19

Turkey and double-smoked bacon
on New England white bread without the crust

*** Lobster Club \$34.50**

Chunks of lobster, bacon, lettuce and tomato
with garlic mayo on 7 grain bread
served with Belgian pomme frites

Baltimore Crab Cakes \$34

With a red cabbage slaw, remoulade sauce
and Belgian pommes frites

*** Filet of Sole \$32**

Sautéed in white wine, lemon, and butter
served with sautéed carrots and sugar snap peas

Pan Seared Salmon \$28

Served over sautéed spinach
with a tomato and scallion salad

*** Fish del Giorno P/A**

Selections according to market

• *Butchery* •

Certified Angus Sliced Steak \$34

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

*** Chicken Paillard \$24.50**

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

*** Chicken Milanese \$24.50**

Breaded thin chicken breast served
with baby beet and romaine slaw

*** Veal Scallopini \$32.50**

Sautéed medallions of veal in a marsala sauce
served with sautéed spinach and fingerling potatoes

• *Side Dishes* •

\$10

Yukon Gold Mashers

Belgian Pommes Frites

Sautéed Broccoli

Sautéed Spinach

Sautéed Broccoli Rabe

Francoise's Stewed Green Beans

Fred's at Barneys New York

Available for Private Parties

Any additional items will be priced accordingly.

Alfredo Escobar – Executive Chef

• *Dinner* •

Dinner served from 5:30 - 9:00 p.m.
All of our menus items are available for take out

• *Appetizers* •

*** Fried Calamari \$16.50**
served with a spicy tomato sauce

Crab Cake \$21
Served over baby greens
with tomato and scallion salad

Shrimp Cocktail \$20
With our homemade cocktail sauce

Grilled Octopus and Calamari \$18
Served with fresh tomatoes, scallions
and sautéed red wine vinegar onions

Soup of the Day P/A

• *Salads* •

*** Warm Provencale Coach Farm Goat Cheese Salad \$17**
With potatoes, beets & French string beans
tossed with a French mustard dressing

*** Arugula and Tomato Salad \$17**
Wrapped in eggplant with shaved Parmesan and balsamic dressing

*** Grilled Mushrooms \$17**
With fresh parmesan cheese and a
reduced balsamic glaze over greens

Hearts of Romaine \$15
With creamy caesar dressing & garlic crouton

*** Summer Salad \$ 17**
Bibb lettuce, sliced pears, Stilton cheese
with a mustard vinaigrette

*** Market Salad \$12**
Chef's blend of greens served with a red wine vinaigrette
...yes we can chop it

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• *Fresh Pasta* •

Lasagna Bolognese \$23

Traditional style with veal, beef, pork, and béchamel

Carrot Tortelloni \$23

Filled with fresh carrot and ricotta cheese
in light tomato cream sauce

Seafood Spaghetti \$36

Lobster, crabmeat and bitter greens in garlic and olive oil

Fresh Pasta del Giorno P/A

• *Dried Pasta* •

Linguine Vongole \$24

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

Penne al' Arrabiata \$19

With Mark's Spicy Garlicky Tomato Sauce

Spaghetti and Meatballs \$22

Traditional style

Shrimp Scampi \$31

Sautéed with garlic and olive oil
and served with spaghetti

Orecchiette with Broccoli Rabe and Sausage \$24

Served with ground hot and sweet sausage,
garlic and olive oil

Risotto del Giorno P/A

• *Pizza* •

Margherita \$19.50

Mozzarella, tomato, basil & olive oil

Sausage \$24

Mozzarella, tomato with fresh ground
hot & sweet sausage

*** Funghi \$24.50**

Mozzarella, tomato & mixed mushrooms from the Market

Emiglia Romagna \$26

Parmigiano Reggiano drizzled with
12 year- old aceto balsamico

Prosciutto and Arugula \$24

Tomato, mozzarella, Parma ham & arugula

Four Seasons \$24.50

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

Robiola with Truffle Oil \$26

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• *Fish and Crustaceans* •

*** Seared Sea Scallops \$32**

Served over roasted artichokes and pepperonata

*** Sole \$34**

Filet of sole braised with white wine and olives
served with sautéed julienne vegetables

Black Pepper Crusted Tuna \$32

Served with baby bok choy, tomato confit
and mango papaya salsa

Pan Seared Salmon \$29

Served with sautéed spinach with
a tomato and scallion salad

Fish of the Day P/A

Selection according to market

• *Butchery* •

*** Chicken Balsamico \$27**

Pan roasted organic chicken served with
garlic-mashed potatoes, pea shoots & red seedless grapes

*** Veal Milanese \$42.50**

Pounded & breaded veal served on the bone with arugula, red
onions & tomatoes

Dried Aged Grilled New York Strip Steak \$42

Served with pomme frites and spinach in a red wine sauce

Chicken alla Parmigiana \$25

Prepared traditionally
with the chef's selection of vegetables

*** Grilled Veal Chop \$46**

Served with mashed potatoes, chef's selection of
vegetables and black peppercorn sauce

• *Side Dishes* •

\$10

Yukon Gold Mashers

Belgian Pomme Frites

Sautéed Broccoli Rabe

Sautéed Broccoli

Francoise's Stewed Green Beans

Room Service WE DELIVER! CALL 212-833-2220

Valrhona Chocolate Soufflé Cake 14.

White chocolate ganache center, orange compote & vanilla ice cream
(approximately 10 to 12 minutes)

•

Fred's Tiramisu 12.

Angel cake, mascarpone & espresso

•

Strawberry Rhubarb Cobbler 12.

Fior di latte ice cream

•

Mocha Cheesecake 10.

Strawberry compote & whipped cream

•

Banana Cream Pie 12.

Macadamia brittle & maple ginger snap ice cream

•

Meyer Lemon Square 12.

Raspberry coulis & blood orange sorbet

•

Profiteroles 10.

Cream puff pastry, caramel ice cream & warm chocolate sauce

•

Seasonal Fruit Plate 12.

•

Assorted Cookies & Biscotti Plate 9.

•

Fred's Dessert Quintet 22.

Tasting plate of chef's selections

Vicente Galeas – Pastry Chef

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White chocolate ganache center, orange compote & vanilla ice cream
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Raspberry coulis & blood orange sorbet

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Profiteroles 10.

Cream puff pastry, caramel ice cream & warm chocolate sauce

•

Seasonal Fruit Plate 12.

•

Assorted Cookies & Biscotti Plate 9.

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Fred's Dessert Quintet 22.

Tasting plate of chef's selections

Vicente Galeas – Pastry Chef

• **Fred's at Barneys New York** •

Brunch

Eggs Benedict \$24

Two poached eggs and Canadian bacon in Hollandaise sauce topped with caviar

Eggs Provencale \$18

Two poached eggs in a spicy tomato sauce

Huevos Rancheros \$19

Over easy with green tomatillo sauce, black beans, guacamole and Monterey jack cheese

• • •

Frittata alla Paesana \$19

With zucchini, onions and peppers, parmesan, potatoes and peas

Fred's Steak & Eggs \$25

Grilled N.Y. steak with Au Poivre sauce served scalloped potatoes

• • •

The Smoked Fish Platter \$28

Smoked salmon, sturgeon and sable with plain bagel, red onions, capers and cream cheese

The New York Bagel \$22

With smoked salmon, red onions and cream cheese

French Challah Toast \$18

Available plain or with bananas

Fresh Blueberry Pancakes \$17

Buttermilk Pancakes \$16

Now serving brunch from

11:00 to 1:30 on Saturday
& 11:00 to 3:30 on Sunday