

Main Menu

PLATES TO SHARE

FRED'S TATERS: Cubes of potato fried till crispy and golden brown served with our house-made smoked paprika mayo. (V)	25
PIGGY POPPERS: 3 ale-battered jalapeno poppers stuffed with cream cheese and bacon bits, served with sweet chilli sauce.	65
PRETTY POPPERS: 3 ale-battered jalapeno poppers stuffed with cream cheese and served with sweet chilli sauce. (V)	55
THE TINY TREES OF LIFE: Crispy lightly dusted fried broccoli, fresh mint with a lemon yoghurt dressing, seasoned with S&P and chilli flakes. (V)	35
FREDDY FALAFEL: Chickpea, black bean & beetroot falafel balls topped with fresh sliced avo, fresh tomato and served with house roast garlic mayo, sriracha and a lemon wedge. (V)	49
TICKLED PICKLES: Ale-battered fried pickles served with our house-made minted sour cream & chives. (V)	39
THE STRIP TEASE: Crumbed and lightly seasoned free range chicken strips, served with house-made roasted garlic mayo & Tabasco.	75
HOUSE BALLS: Six spicy tomato nacho-cruste fresh mozzarella balls, served with our sweet chilli mayo. (V)	65
PLATTER FOR 1: Any selection of 3 of our share plate options on a tasting platter (please note portion sizes will be tasting size and not full portions of each).	90
PLATTER FOR 2: Any selection of 5 of our share plate options on a tasting platter (please note portion sizes will be tasting size and not full portions of each).	150

SALADS

PAESANO: A Bronx-style "caprese salad" of Italian bocconcini mozzarella balls, ripened tomato, fresh basil pesto, wild rocket, garlic butter croutons, topped with a balsamic glaze. (V)	90
OLD SCHOOL COBB: Grilled chicken, crispy bacon, fresh avo, ripened tomato, shredded greens, corn, blue cheese and a creamy garlic dressing.	85
BROOKLYN BORN: Aged beef sirloin grilled medium rare, charred zucchini, roasted cherry tomatoes, toasted almond flakes, parmesan shavings and a zesty lemon & rosemary dressing.	80
FIT FAM: Fresh cubed and roasted butternut & beetroot with goats cheese, toasted pine nuts, house caramelized onions, wild rocket and a lemon yoghurt dressing. (V) ADD: Chicken R20.	75
HOUSE: Cos lettuce, red onion, roasted pine nuts, parmesan shavings & white balsamic vinaigrette. (V) (Parmesan shavings can be substituted with vegetarian-friendly cheese).	65
CHICKY: Crispy fried chicken glazed with honey mustard sauce, served on a bed of romaine lettuce, green beans, walnuts, beetroot & goat's cheese.	75
THAI ME UP: Seared Thai beef strips with cashew nuts, cilantro, mint, sprouts, tomato & red onion on a bed of baby leaf greens with a delicious home-made French dressing.	85

ZARMS

All sandwiches served on Sourdough, Ciabatta or Rye

THE BIG CHEESE: Triple cheese sandwich, (mozzarella, cheddar and swiss) served between parmesan-crusting sourdough.	55
NO MISTEAK: Aged beef sirloin grilled medium rare, fresh mozzarella, caramelized onions, wild rocket & house-made roast garlic mayo.	75
THE NEW CHICK: Grilled honey & mustard chicken, fresh avo, shredded greens, ripened tomato and creamy Danish feta.	65
MISS PIGGY: Pulled pork, apple slices, coleslaw with a home made mild chilli sauce	60

STEAKS

All steaks served medium rare with bonemarrow butter, S&P and twice-fried fries as standard.

THE BEN DOVER: Aged sirloin 300g	100
RUMPELSTILTSKIN: Rump 200g	90
PREGO ROLL: Rump 200g (with Prego sauce)	80
Sauces – Blue Cheese, Garlic & Thyme Mushroom, Pepper Brandy Cream, Red Wine Reduction.	25

SIDES

TWICE-FRIED FRIES. (V)	20
LOADED FRIES: Fries with cheese & bacon	40
ADD: Chilli	5
GARLIC FRIES: Twice-fried fries, minced garlic butter & fresh parsley. (V)	27
SWEET POTATO FRIES. (V)	24
ALE-BATTERED ONION RINGS. (V)	19
HOUSE SALAD: Cos lettuce, red onion, roasted pine nuts, parmesan shavings & white balsamic vinaigrette. (Parmesan shavings can be substituted with vegetarian-friendly cheese) (V)	35
SEASONAL VEG: Charred and served simply with olive oil and sea salt. (V)	29

DESSERTS

FRESH TO DEATH: Seasonal fruit salad and vanilla ice cream. (V)	40
OREO SUPREME: Deep fired oreos, cookie crumble & vanilla ice cream. (V)	50
BAKED CHEESECAKE: Served with cinnamon & vanilla berry coulis. (V)	45

BURGERS

All beef patties are HAND ground in-house daily, grilled medium rare unless otherwise specified. Served with chips & salad.	99
FUNGHI FETISH: House beef patty, swiss cheese, garlic & thyme mushroom sauce, truffle oil and fresh rocket.	110
SWEET CHILLI PHILLY: House beef patty, shredded iceberg lettuce, fresh tomato, roasted garlic mayo, Philadelphia cream cheese, ale-battered onion rings, sweet chilli sauce & fresh rocket.	95
NO WAY JOSE: House beef patty, fresh house-made guacamole, spicy tomato nachos, red salsa, sliced pickled jalapenos and sour cream.	89
THE OTHER BIRD: Buttermilk fried chicken breast, shredded iceberg lettuce, thick cut pickles served with house BBQ & ranch dressing.	75
THE ROOT BEET: House-made chickpea, black bean & beetroot patty, fresh red onion, tomato, mint, wild rocket served with a lemon yoghurt and sriracha dressing. (V)	105
THE BABE: House beef patty, shredded iceberg lettuce, roasted garlic mayo, fresh mozzarella, Fred & Max bacon jam and crispy onions.	109
THE NAPALM SURPRISE: House beef patty stuffed with fresh habanero chilli and pepper crusted, topped with choriço, sliced jalapenos, fresh coriander and crispy onions finished with sriracha.	105
THE B.A.F: House beef patty, with crispy bacon, fresh avo and creamy Danish feta served with sweet chilli sauce and fresh wild rocket.	110
THE WHOLE HOG: House beef patty, slow roasted bourbon BBQ pulled pork, fresh lime & chilli rainbow slaw, crispy bacon bits & fresh wild rocket.	69
THE PLAIN JANE: House beef patty, fresh red onion & tomato.	85
THE YOUNG & BRAVE: Spicy tomato, nacho-crust chicken fillet, house-made roast garlic mayo, cheddar cheese, served with our house mango & peppadew salsa.	99
THE CRUNCH: House beef patty, fresh red onion, tomato, cheddar and topped with our potato crunch and house BBQ sauce.	89
THE SUPERMAN: Deep fried house-made quinoa balls topped with fresh mozzarella, house caramelized onions, basil pesto and our sweet potato crunch. (V)	89
EXTRA's: Avo Bacon Cheese Mushroom Blue cheese sauce	

Breakfast Menu

BREAKFASTS

ENGLISH BREAKFAST: Two eggs, two pork sausages, bacon, fried tomato, mushrooms	80
FRED'S FLAPJACK STACK: Fred's classic flapjacks with maple syrup and your choice of ice-cream or cream. (V) ADD: Bacon R20	49
OMLETTE : Create your own; mushrooms, onions, leek, bacon, cheese Choose any three	65
THE QUICK: Two eggs any style with crispy bacon and your choice of toast.	45
MAX BENEDICT: Two poached eggs with crispy bacon, your choice of toast with our house-made hollandaise.	60
THE SMASHED AVO: Smashed fresh avo with maple glazed bacon and a poached egg on your choice of toast.	60
YOGI BOWL: Mixed fruit Granola with Bulgarian yoghurt, fresh seasonal fruit and raw honey. (V)	55
VEGAN QUINOA BOWL: Ancient grain quinoa with mixed vegetables, beans, fresh avo and chilli. (V) ADD: Fried egg R6.	65
THE VEGGIE AVO SMASH: Smashed fresh avo with crispy fried chickpeas, grated beetroot, fresh coriander, spring onion and chilli flakes finished with turmeric sea salt and a lemon wedge, served with your choice of toast. (V)	55
THE FRED & MAX FRY UP: Two fried eggs, crispy bacon, breakfast beef patty, twice fried fries, grilled tomato and house baked beans & your choice of toast.	80
EXTRA's: Egg Bacon Sausage Mushroom Fried tomato Onions Avo Toast	