



cafe **FRED**



ALL DAY MENU

Call for Pick up 4708 1248

MON-FRI 6am - 3pm SAT 7am - 12pm
SUN & PUBLIC HOLIDAYS Closed

COFFEE & TEA

CUP 4 MUG 5

flat white, cappuccino, latte, piccolo, americano, espresso, ristretto, machiatto, long black, hot chocolate, white chocolate

EXTRAS

mocha, white chocolate mocha, dirty chai, hazelnut, caramel, vanilla, irish, coconut, turmeric, Bondi chai +1

MILKS

full cream, light white, bonsoy, lactose free, almond, coconut, oat specialty milks +1

TEAS

english breakfast, earl grey, peppermint, green, moonlight white, lemon & ginger, southcloud chai - 4.5

COLD DRINKS

JUICES

Noah's - apple, orange, watermelon, carrot, kiwi - 6

FIZZY

coke, coke no sugar, sparkling apple juice, ginger beer, passionfruit, lemon, lime & bitters, pasito, creaming soda, lemondade - 4

WATER

Still - 3.5 Sparkling - 4.5 Coconut - 4.5

KOMBUCHA

flavours change seasonally - 6

ICED COFFEE

Made fresh w two espresso shots, ice and full cream milk - 7

Add ice cream or flavour +1

ICE TEA

Peach or green tea & honey - 6

MILKSHAKES

chocolate, strawberry, vanilla, caramel, chai, milo - 7

Add malt +50c

SMOOTHIES

Banana - full cream milk, icecream, honey, yoghurt - 9.5

Berry - blueberries, raspberries, strawberries, almond milk, honey, chia - 9.5

Tropical - mango, coconut milk, honey, ice cream - 9.5

Green - baby spinach, mango, mint, coconut water - 9.5

Rejuvenate - banana, strawberries, coconut water, coconut milk, agave - 9.5

Add protein to any +2

Substitute any milk for another, just let us know

SWEET TREATS

PLEASE SEE DISPLAY

DAILY FRESH BAKED MUFFINS

flavour changes daily, often requested by our guests - 6

caramel slice - 5.5

protein balls #gf - 4.5

salted cashew or ferrero slice #gf - 5.5

friands #gf - 5

muesli cookies - 5.5



HOME OF THE
CHEESEBURGER
JAFFLE



Shop 7, 354 High Street
Penrith 2750



cafredpenrith



cafredpenrith



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EGGS BENEDICT

two poached eggs on english muffin w baby spinach, hollandaise sauce & your choice of smoked salmon, bacon, mushrooms or haloumi - 19.5

BACON & EGG ROLL

bacon, tasty cheese, baby spinach, smokey BBQ sauce - 10

BREAKFAST BURGER

bacon, egg, tasty cheese, baby spinach, hashbrown, hollandaise sauce - 14

EGGS YOUR WAY

scrambled, poached or fried on sourdough - 15

AVOCADO SMASH

avocado, lime, coriander, feta, baby spinach, chilli on sourdough - 17 add poached egg +3 or spruce it up with any extra +4

GRANOLA BOWL

toasted granola w macadamia, almonds, cranberries, vanilla yoghurt, strawberries, blueberries, raspberries and honey - 15.5

EXTRAS

fetta / baked beans / avocado / baby spinach / bacon / mushrooms / smoked salmon / grilled tomatoes / haloumi - all 4 each

HAM & CHEESE CROISSANT

- 9

SMOKED SALMON BAGEL

smoked salmon, dill cream cheese, horseradish, cucumber, red onion, baby spinach, capers - 13.5

PUMPKIN AND FETTA QUICHE

- 8 add side salad +4

PASTIZZI

spinach, ricotta, haloumi - 8
add side salad +4

FRED SALAD

Mixed greens w cherry tomatoes, olives, onion, cucumber, avocado, feta - 13.5 add chicken +5

BLAT

bacon, mixed greens, avocado, tomato, aioli on a roll - 12

TOASTED CLUB SANDWICH

chicken, aioli, cheese, bacon, tomato, avocado, mixed greens - 11

CHICKEN WRAP

chicken, pesto, mayo, cheese, avocado, baby spinach - 13

VEGETARIAN WRAP

Fred's mayo, cheese, sweet potato, red onion, rocket, tomato - 13

TURKEY WRAP

turkey, bacon, avocado, cranberry, brie, rocket - 15

PROTEIN BOWL

Wilted baby spinach, sweet potato, guacomole, bacon, chia, haloumi, chilli - 17 add poached egg +3 or any extra +4.

SALAD SANDWICH

cheese, tomato, cucumber, red onion, Fred's mayo, avocado, carrot, mixed greens - 8.5 add beetroot, ham or chicken +2

CURRY EGG SANDWICH

egg, mayo, mixed greens - 8.5

THE ITALIAN

salami, pesto, olives, onions, sundried tomatoes, roasted capsicum, rocket, swiss and Parmesan cheese - 15.5

REUBEN

shaved corned beef, swiss and American burger cheese, sauerkraut, pickles, russian dressing - 15.5

WALDORF WRAP

chicken cheese, mayo, cranberries, celery, apple, pecans & mixed greens - 13

NOURISH WRAP (vegan)

roast pumpkin, hummus, roasted chickpeas, sesame, cucumber, avocado, red onions, mixed greens - 13

GLUTEN FREE + VEGAN AVAILABLE ON MOST ITEMS..... PLEASE ASK

SPECIALS CHANGE WEEKLY -- PLEASE CHECK BLACKBOARD

JAFFLES

HAM, CHEESE & TOMATO

- 9

CHEESEBURGER

seasoned beef, American cheddar, onions, pickles, mustard, ketchup - 10

VEGEMITE & CHEESE

- 8

BAKED BEANS

baked beans, turmeric, cumin, cheese - 9

CORN

corn, cheese, mayo, chilli, coriander - 9

PUMPKIN

roasted pumpkin, fetta, pesto, mayo - 10

TUNA MELT

tuna, mayo, onions, capers, pickles, American burger cheese - 10