

Fred & Stilla

2015 Massachusetts Ave NW · +12022651600 · Updated: Jan 14, 2026

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COFFEE 2

Drip Coffee	\$5.00
Free refill	
Café au lait	\$6.00

TEA 5

Hot Tea by Valley Brook Tea	\$4.00
English Breakfast Tea, Green Tea with Jasmine, Chamomile, Peppermint	
Chai Latte	\$5.00
Turmeric Golden Latte	\$5.00
Hot Chocolate	\$4.00
Bottled Juice	\$5.00

ESPRESSO 8

Espresso	AVAILABLE OPTIONS
	Single: \$4.00
	Double: \$6.00
Americano	\$5.00
Cortado	\$6.00
Cappuccino	\$6.00
Latte	\$6.00
Mocha	\$9.00
Plant Based, Spinach and pineapple	
Blueberry Banana Smoothie	\$9.00
Realm Berry Banana Smoothie	\$9.00
Plant Based, Strawberry, Banana	

FROM THE BAKERY 4

Muffin	\$5.00
Danish	\$5.00
Croissant	\$5.00
Cinnamon Bun	\$6.00

JUMP START 5

Yogurt Parfait	\$7.00
fresh berries, granola	
Fresh Fruit Box	\$7.00
Whole Fruit	\$2.00
Chobani Yogurt	\$3.00
Cereal	\$4.00

ON THE GO 3

Chicken Sausage English Muffin Sandwich	\$11.00
Chicken sausage, eggs, American cheese	
Bacon, Egg & Cheese Croissant Sandwich	\$11.00
Applewood bacon, fried egg, American cheese	
Breakfast Burrito	\$13.00
Black bean, red onion, green and red bell pepper, scrambled eggs, pepper jack cheese, salsa	

FROM THE KITCHEN 7

Rise-N-Shine	\$20.00
2 eggs any style, choice of bacon, chicken, or vegan sausage, and breakfast potatoes	
Ven Omelette	\$20.00
ham, bacon, cheese blend, bell pepper, onion, tomato, spinach, and breakfast potatoes	
Avocado Toast	\$18.00
Arugula, cherry tomato, goat cheese, lemon dressing	
Garden Omelette	\$18.00
spinach, tomato, mushroom, bell pepper, onion, cheese blend, and breakfast potatoes	
Oatmeal Bowl	\$10.00
Cinnamon, raisins, brown sugar	
Belgian Waffles	\$14.00
Mixed berries, whipped cream, maple syrup	

Buttermilk Pancakes	\$14.00
Mixed berries, whipped cream, maple syrup	

SPECIAL TREAT 3

Mimosa	\$12.00
Beermosa	\$10.00
Bloody Ven	\$14.00

\$10 APPETIZERS 5

Crispy Wings	\$10.00
6 wings, choose Hot Honey, Buffalo or BBQ sauce	
Truffle Fries	\$10.00
garlic, parmesan, truffle oil	
Nachos	\$20.00
tortilla chips, guac, sour cream, pico de gallo	
Veggie Spring Rolls	\$10.00
4 spring rolls served with cabbage slaw and sweet chili sauce	
Tacos (2)	\$10.00
choose fish, chicken or shrimp; topped w/ lime, cabbage & avocado on warm corn tortilla	

REFRESHMENTS 3

Beers on Tap	\$5.00
House Select Cocktails	\$8.00
House Wine	\$8.00

STARTERS 3

Crispy Wings	\$20.00
8 wings served with choice of hot honey, buffalo or BBQ sauce	
Caesar Salad	\$12.00
romaine, parmesan, croutons, Caesar dressing	
Hummus	\$20.00
Creamy garlic hummus served with toasted pita, black olives, carrots & celey	

MAIN 9

Crab Cake Sandwich	\$28.00
brioche bun, arugula, Old Bay chips, remoulade sauce	
Tacos (3)	\$25.00
choose fish, chicken or shrimp; topped with lime, cabbage, avocado on a warm corn tortilla	
Fredburger	\$27.00
American wagyu, candied bacon, fried shallots, lettuce, tomato, cheddar, truffle oil, fries	
Fish & Chips	\$25.00
Crispy fried cod, served with coleslaw, and fries	
Lemongrass Chicken Banh Mi	\$23.00
Baguette, pickled carrots, daikon radish, cilantro, sliced jalapeno, cucumber, Sriracha mayo	
Steak & Eggs	\$26.00
8oz hanger steak, 2 eggs any style, arugula salad, chimichurri sauce	
Chicken & Waffle	\$18.00
Crispy fried chicken, freshly made waffle with hot honey Sriracha drizzle	
Crab Eggs Benedict	\$23.00
Jumbo lump crab meat, bacon, poached eggs, hollandaise sauce	
Avocado Toast	\$18.00
Arugula, cherry tomatoes, goat cheese, lemon dressing, balsamic glaze	

DESSERT 2

Pear Tart Frangipane	\$10.00
Vanilla ice cream, caramel sauce	
Chocolate Revenge Cake	\$10.00

BEVERAGE 5

Coordenada Cabernet Sauvignon	\$13.00
Silk & Spice Red Blend, Portugal	AVAILABLE OPTIONS
	Glass: \$14.00
	Bottle: \$52.00
Acrobat Pinot Gris, Oregon	AVAILABLE OPTIONS
	Glass: \$14.00
	Bottle: \$52.00
Tribute Sauvignon Blanc, California	AVAILABLE OPTIONS
	Glass: \$13.00
	Bottle: \$48.00

187ml: \$30.00
Bottle: \$155.00

SOUPS AND SALADS 4

Tomato Bisque	\$16.00
creamy tomato soup served with half grilled cheese sandwich	
Tom Yum Soup	\$20.00
mussels, shrimp, fish, mushroom and tomato in hot and sour broth	
Fattoush Mixed Green Salad	\$13.00
Romaine, cucumber, tomato, onions, spiced chickpeas, toasted pita, sumac, lemon dressing; Inspired by the Embassy of Lebanon	
Caesar Salad	\$14.00
shaved parmesan, croutons	

ENTREES 11

Kuku Paka	\$26.00
coconut curry chicken and rice; Inspired by the Embassy of Kenya	
Ahi Tuna Buddha Bowl	\$35.00
seared tuna, edamame, cabbage slaw, wasabi furikake, avocado and steamed rice; Inspired by the Embassy of Japan	
Braised Lamb Shanks	\$37.00
creamy polenta, glazed tri-color carrots and portabella mushroom in red wine sauce; Inspired by the Embassy of France	
Lemongrass Chicken Banh Mi	\$27.00
baguette, pickled carrots and daikon radish, cilantro, sliced jalapeno and cucumber, Sriracha mayo, side salad; Inspired by the Embassy of Vietnam	
Aji Panca Costilla	\$34.00
slow braised short ribs, roasted potatoes, sautéed cabbage, carrots, Peruvian Aji Panca, pepper tomato sauce; Inspired by the Embassy of Peru	
Sweet Miso Eggplant & Mushroom	\$25.00
seared tofu, sautéed bok choy, miso glaze; Inspired by the Embassy of Japan	
Chimichurri Steak	\$36.00
8oz hanger steak, arugula salad and fries; Inspired by the Embassy of Argentina	
Pollo a La Brasa	\$30.00
Peruvian-style roasted chicken, garlic rice, fried plantain, yuca, Aji Verde sauce	
Fredburger	\$27.00
American Wagyu, candied bacon, fried shallots, lettuce, tomato and cheddar cheese, served with truffle aioli and fries	
Spaghetti Bolognese	\$28.00
slow simmered beef tomato meat sauce with spaghetti and shaved Parmesan cheese; Inspired by the Embassy of Italy	

Short Ribs Kare-Kare	\$35.00
braised short ribs, peanut sauce, sautéed bok choy, green beans and steamed rice; Inspired by the Embassy of the Republic of the Philippines	

THE GLOBAL TABLE 3

Swordfish with Peas N Rice	\$29.00
pan-seared, topped with pepper and onion salsa over rice and pigeon peas with fried plantains; thanks to the Embassy of the Bahamas	
Octopus Dabu Dabu	\$22.00
octopus tentacles, tomato shallot salsa, micro greens, pomegranate; thanks to the Embassy of the Republic of Indonesia	
Goulash & Bread Dumplings	\$24.00
slow-braised beef shank stew served with bread; thanks to the Embassy of the Czech Republic	

SIDES 4

Truffle Mac and Cheese	\$16.00
Poutine Style Fries	\$10.00
Seasonal Vegetables	\$10.00
Bacon Cranberry Brussel Sprouts	\$16.00

DESSERTS 4

Pear Frangipane Tart à La Mode	\$12.00
served with vanilla ice cream	
Mango Raspberry Mirror Cake	\$12.00
Flourless Chocolate Cake	\$10.00
Tiramisu	\$12.00
served with fresh strawberries and whipped cream	

DRINKS 3

Pepsi, Diet Pepsi, Ginger Ale, Lemonade	\$4.00
Coffee or Tea, Iced or Hot	\$5.00
Saratoga Sparkling Water	\$8.00