

Breakfast

Open - 11:00am



FRIEDA OMELETS

with a slice of toasted brioche + FRIEDA preserve

French Omelet

Fresh herbs, Gruyère
8.95

American Omelet

Ham, mushroom,
Cheddar cheese
9.95

Egg White Omelet

Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
9.95

Frittata of the day ^{1 3}

1/8 4.25

1/4 6.75

ADD EXTRAS

Ham Chorizo

2.50 3.00

Smoked salmon

3.00

Hard-boiled egg

1.50

Brioche, baguette, roll

1.00

Multi-grain bread,

gluten-free toast 1.50

Butter Chutney Jam

0.50 0.50 0.50

Extra condiments 0.50

HEARTY

Quiche Lorraine

Mushroom, Gruyère, eggs,
caramelized onions, ham
with a house salad
10.95

Smoked Salmon Quiche

Goat cheese, eggs,
caramelized onions
with a house salad
11.95

LIGHT

Granola ^{1 3}

FRIEDA homemade
granola, Greek yogurt,
seasonal fruit
6.25

Greek Yogurt

+ Seasonal Fruit ^{1 3}
5.95

Fresh Fruit Salad ^{1 2}

5.50

Berries only

+2.00

Tartine

2 slices of baguette,
butter, FRIEDA preserve
4.75

Prosciutto Croissant

Brie, FRIEDA chutney
5.75

Turkey Croissant

Brie, FRIEDA chutney
5.00

Salmon Croissant

Fresh whipped cheese,
capers 5.75

"Good things come to those who wait"
All the food is made here, fresh for you!



CLASSICS

Baker's Basket

1 almond croissant,
1 pain au chocolat, 1 scone,
2 slices of toasted brioche,
butter and FRIEDA jam
9.25

Continental Breakfast

Smoked salmon, prosciutto,
Gruyère, Brie, fresh herb
whipped cheese, sliced
hard-boiled egg, capers.
Served with 1 croissant and
2 slices of toasted brioche,
butter and FRIEDA jam
12.95

Oeuf à la Coque ¹

Soft-boiled egg, smoked
salmon, capers,
2 slices of toasted brioche
6.95

Le Petit Déjeuner

FRIEDA granola, Greek
yogurt, seasonal fruit with
1 croissant and FRIEDA jam
8.25

Avocado Toast ²

Multi-grain bread, pesto,
arugula, tomato
10.95

Salmon Avocado Toast

Multi-grain bread, pesto,
arugula, tomato
13.95

We may politely decline customization. Customization will incur additional cost.

Think of the next generations, be environmentally friendly
Take-out cup /container 0.50



VIENNOISERIES PATISSERIE

Butter
croissant
2.95

Almond
croissant
3.95

Pain au
chocolat
3.75
Mini 1.75

Chocolate
almond
croissant
4.50

Sweet roll 3.50

Lemon
Bar
3.75

Carrot
cake
3.25

Brownie
2.75

Scone
2.75

Coffee
cake
3.50

Apple
turnover
4.25

Almond orange
cake ¹
5.25

Flourless chocolate
cake¹
5.25

(whole cake) 42.00

¹ Gluten Free

² Vegan

³ Vegetarian

Party of 6 or more requires reservation and 20% service charge will be applied.

Please be respectful.
No computers in the main area. No outside food / drinks allowed.



FRIEDA
(re)connecting
generations

320 Walnut Street
Philadelphia, PA 19106
215 600 1291
hello@friedaforgenerations.com
www.friedaforgenerations.com

Lunch

11:30 am - 3:00 pm



SALADS

with a roll

Summer Salad ^{1 3}

Burrata, arugula, heirloom tomato, watermelon, pesto 13.50

Quinoa Bowl ^{1 2}

Avocado, arugula, roasted pecans, cherry tomatoes, cucumber, chickpeas, House vinaigrette 12.00

Goat Cheese + Raw Beet Salad ^{1 3}

Mixed greens, roasted pecans, cherry tomatoes, cucumber, House vinaigrette 10.50

Smoked Salmon Salad ¹

Carrots, hard-boiled egg, capers, mixed greens, cherry tomatoes, cucumber, House vinaigrette 12.95

Organic Chicken Salad ¹

Green beans, olives, mixed greens, cherry tomatoes, cucumber, House vinaigrette 12.95

Side house salad ^{1 2}

Mixed greens, cucumber, cherry tomatoes 3.75

MAKE YOUR OWN SALAD

Salad base ^{1 2}

Mixed greens, cucumber, cherry tomatoes 4.25

SALAD ADD-ONS

Shrimp salad 8.95 Tuna salad 7.95 Smoked salmon 3.00

Organic chicken 4.25 Curry chicken 7.95 Egg salad 5.95

Hard-boiled egg 1.50

DAILY MARKET

Pasta salad

Side 6.00 Large 10.95

Roasted vegetables with Pesto 10.95

1/4 Frittata of the day ^{1 3} 6.75

Soup of the day ^{1 2}
Cup 5.75 Bowl 7.25

ADD EXTRAS

Butter 0.50 Chutney 0.50 Jam 0.50

Extra condiments 0.50

Brioche, baguette, roll 1.00

Multi-grain bread, gluten-free toast 1.50

WARM

Quiche Lorraine

Mushroom, Gruyère, eggs, caramelized onions, ham with a house salad 10.95

Smoked Salmon Quiche

Goat cheese, caramelized onions, eggs with a house salad 11.95

Croque Monsieur

Brioche, ham, Mornay with a house salad 12.00

Organic Chicken Pot Pie

Organic chicken, sweet peas, carrots, puff pastry 13.00

WRAPS

Vegetarian Wrap ²

Roasted vegetables, mixed greens, hummus, cherry tomatoes 9.25

Organic Curry Chicken Wrap

Mixed greens, cherry tomatoes 10.95

COMBO

1/2 Sandwich or Wrap with cup of soup 11.50

OPEN FACE TOASTS

Avocado Toast ²

Multi-grain bread, pesto, arugula, tomato 10.95
+ add Salmon 3.00

Crab and Shrimp Toast

Multi-grain bread, tomato, arugula, shrimp salad, hard boiled eggs, capers 13.95

Egg salad sandwich

Multi-grain bread, arugula, eggs, mayonaise, celery, tomato, fresh herbs 8.50

SANDWICHES

On brioche, baguette, multi-grain bread or gluten-free toast

Turkey

Brie, Dijon mustard, FRIEDA chutney 9.75

Tuna

Tarragon tuna salad, mixed baby greens, cherry tomatoes, Dijon mustard 10.00

Prosciutto

Pesto, arugula, roasted bell peppers, cherry tomatoes, prosciutto, mozzarella 12.00

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¹ Gluten Free

² Vegan

³ Vegetarian

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Take-out cup /container 0.50



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Weekend Brunch

Open - 3:00pm



FRIEDA OMELETS

with a slice of
toasted brioche
+ FRIEDA preserve

French Omelet

Fresh herbs, Gruyère
8.95

American Omelet

Ham, mushroom,
Cheddar cheese
9.95

Egg White Omelet

Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
9.95

+ ADD EXTRAS

Side of breakfast
potatoes 4.00

Ham Chorizo
2.50 3.00

Smoked salmon 3.00
Hard-boiled egg 1.50

Side house salad^{1 2}
3.75

Brioche, baguette, roll
1.00

Multi-grain bread,
gluten-free toast 1.50

Butter Chutney Jam
0.50 0.50 0.50

Extra condiments 0.50

BAKED + POACHED EGGS

Vegetarian

Roasted vegetables,
2 poached eggs, pesto,
2 slices toasted brioche
9.95

FRIEDA Mushroom Toast + 2 Poached Eggs

House-made bread
pudding, seasonal
mushrooms, Mornay
sauce, Gruyère 13.00

Breakfast Potatoes + 2 Poached Eggs

Potatoes, bell peppers,
onions 10.50

Avocado Toast²

+ 2 Poached Eggs
Multi-grain bread, pesto,
arugula, tomato 13.95
+

add Salmon 3.00

Toad's Eggs

2 poached eggs, puff
pastry, smoked salmon,
Morney sauce 13.95

Mac + Cheese

with a baked egg 7.50

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decline customization.
Customization will
incur additional cost.

BRIOCHE FRENCH TOAST

with butterscotch sauce

Classic

Topped with fresh fruit
9.95

Apple

Caramelized apples,
cinnamon whipped
cream 10.95

LIGHT

Oatmeal

Fruits, Pecan nuts
5.50

Granola^{1 3}

FRIEDA homemade
granola, Greek
yogurt, seasonal fruit
6.25

Greek Yogurt

+ Seasonal Fruit^{1 3}
5.95

Fresh Fruit Salad^{1 2}

5.50
Berries only
+2.00

Think of the next
generations, be
environmentally friendly
Take-out cup / container 0.50



CLASSICS

Baker's Basket

1 almond croissant,
1 pain au chocolat,
1 scone, 2 slices of
toasted brioche, butter
and FRIEDA jam
9.25

Continental Breakfast¹

Smoked salmon,
prosciutto, Gruyère,
Brie, herb whipped
cheese, hard-boiled egg,
capers, with 1 croissant
and 2 slices of toasted
brioche, butter and
FRIEDA jam 12.95

Le Petit Déjeuner

FRIEDA granola, Greek
yogurt and seasonal
fruit with 1 croissant
and FRIEDA jam
8.25

Oeuf à la Coque¹

Soft-boiled egg, smoked
salmon, capers, 2 slices
of toasted brioche
6.95

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to those who wait"
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here, fresh for you!



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² Vegan

³ Vegetarian

Croque Monsieur

Brioche, ham, Mornay
with a house salad
12.00

Quiche Lorraine

Ham, mushroom,
Gruyère, eggs,
caramelized onions
with a house salad
10.95

Smoked Salmon Quiche

Goat cheese, eggs,
caramelized onions
with a house salad
11.95

Avocado Toast

Multi-grain bread,
pesto, arugula, tomato
10.95
+

add Salmon 3.00

Prosciutto Croissant

Brie, FRIEDA chutney
5.75

Turkey Croissant

Brie, chutney 5.00

Salmon Croissant

Fresh herb whipped
cheese, capers 5.75

VIENNOISERIES PATISSERIE

Butter
croissant
2.95

Almond
croissant
3.95

Pain au
chocolat
3.75

Chocolate
almond
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Mini 1.75

4.50

Sweet roll 3.50

Lemon
Bar
3.75

Carrot
cake
3.25

Brownie
2.75

Scone
2.75

Coffee
cake
3.50

Apple
turnover
4.25

Almond
orange
cake¹
5.25

Flourless
chocolate
cake¹
5.25

(whole cake) 42.00

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the main area. No outside
food / drinks allowed.

FRIEDA™ Weekend Brunch 5/1/18 Prices subject to change



At FRIEDA, we believe everyone's lives are richer if they connect with people of other generations.

So we've created a space where people of all ages and backgrounds can meet, eat, drink, share, learn, and create. A serene setting where everyone is treated equally: with respect and kindness.

Stop by for coffee and freshly baked pastries, like our signature almond cake. Come for breakfast or lunch made from sustainable, locally sourced ingredients. And indulge in cookies and preserves thoughtfully prepared by David, our Parisian-trained chef, and a multi-generational team from neighborhoods across the city.

Join a drawing class, social media workshop, language class, film screening, bridge club – or even start an activity of your own.

And while you're here, know that any money you spend at FRIEDA helps us create fair-wage jobs for people of all generations – many of them retired, but still needing to work to make ends meet – as well as support our Outreach Community Program.

All we ask is that you have an open mind. And treat the space, our team and each other with respect.

Discover what FRIEDA can be for you.

~~We aren't a
coffee shop,
bakery,
restaurant,
community center,
gallery, ...~~

(re)connecting generations