

Lunch

11:30 am - 3:00 pm



OPEN FACE TOASTS

Avocado Toast

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
8.75

Organic Curry Chicken

Multi-grain bread, arugula, tomatoes
10.95

Tarragon Tuna Salad

Multi-grain bread, arugula, cherry tomatoes, hard boiled eggs, olives, Dijon mustard
10.50

ADD EXTRAS

Butter 0.50
Chutney 0.50
Jam 0.50

Extra condiments 0.50

Brioche, baguette 1.00

Multi-grain bread,
gluten-free bread 1.50

FRIEDA

(re)connecting generations

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

WARM TOASTS

FRIEDA Mushroom Toast

House-made bread pudding, seasonal mushrooms, Mornay sauce, Gruyère
12.00

Croque Monsieur

Brioche, ham, Mornay
with a house salad
12.00

SANDWICHES

Turkey

Brie, Dijon mustard, FRIEDA chutney
9.75

Prosciutto

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

COMBO

1/2 Sandwich OR

Open Face Toast

+ Cup of soup

11.50

*Crab and Shrimp Toast,
Avocado and Salmon Toast
+1.00

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

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



QUICHES

Quiche Lorraine

Mushroom, Gruyère, eggs, caramelized onions, ham
with a house salad
12.00

Smoked Salmon Quiche

Goat cheese, caramelized onions, eggs
with a house salad
12.50

Spinach Quiche³

Goat cheese, caramelized onions, eggs
with a house salad 12.50

1/4 Frittata of the day¹

6.75

PIES

Organic Chicken Pot Pie

Organic chicken, sweet peas, carrots, puff pastry
13.95

Shepherd Pie¹

Braised beef stew with mashed potatoes
14.95

SOUPS

Soup of the day

Cup 5.75
Bowl 7.25

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

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



SALADS

with slice of bread

Goat Cheese

+ Raw Beet Salad^{1 3}
Mixed greens, roasted pecans, cherry tomatoes, cucumber, House vinaigrette
10.50

Smoked Salmon Salad¹

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

Organic Chicken Salad¹

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

Side house salad³

Mixed greens, cucumber, cherry tomatoes 3.75

VEGAN

Quinoa Bowl^{1 2}

Avocado, arugula, roasted pecans, cherry tomatoes, cucumber, chickpeas, House vinaigrette
12.50

Vegetable Targine²

Chickpeas, seasonal vegetables, apricot, served with couscous
12.50

¹ Gluten Free

² Vegan

³ Vegetarian

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



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

1/8 4.25

1/4 6.75

ADD EXTRAS

Ham 2.50 Chorizo 3.00

Smoked salmon 3.00

Hard-boiled egg 1.50

Brioche, baguette 1.00

Multi-grain bread, gluten-free toast 1.50

Butter 0.50 Chutney 0.50 Jam 0.50

Extra condiments 0.50

FRIEDA (re)connecting generations

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

HEARTY

Quiche Lorraine

Mushroom, Gruyère, eggs, caramelized onions, ham with a house salad 12.00

Smoked Salmon Quiche

Goat cheese, eggs, caramelized onions with a house salad 12.50

Spinach Quiche ³

Goat cheese, caramelized onions, eggs with a house salad 12.50

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

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 Chocolate almond croissant 4.50 Mini 1.75

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.

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 ³
3.75

Brioche, baguette
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 13.95

Breakfast Potatoes + 2 Poached Eggs
Potatoes, bell peppers, onions 10.50

Avocado Toast ²
+ 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, Mornay sauce 13.95

Mac + Cheese
with a baked egg 7.50

We may politely 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

FRIEDA™ Weekend Brunch 11/1/18 Prices subject to change

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 ¹
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 Coque ¹
Soft-boiled egg, smoked salmon, capers, 2 slices of toasted brioche 6.95

Croque Monsieur
Brioche, ham, Mornay **with a house salad** 12.00

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

¹ Gluten Free
² Vegan
³ Vegetarian

Quiche Lorraine
Ham, mushroom, Gruyère, eggs, caramelized onions **with a house salad** 12.00

Spinach Quiche ³
Goat cheese, eggs, caramelized onions, **with a house salad** 12.50

Smoked Salmon Quiche
Goat cheese, eggs, caramelized onions **with a house salad** 12.50

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 croissant 4.50
Mini 1.75

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 cake ¹ 5.25

(whole cake) 42.00

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





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