

Lunch

11:30 am - 3:00 pm



* Gluten free bread available upon request

SALADS

with slice of bread*

Summer Salad ^{1 3}

Burrata, heirloom tomato, watermelon, arugula, pesto
14.00

Fetta Salad ^{1 3}

Watermelon, mint, heirloom tomato, cucumber, arugula Balsamic and Olive oil
13.00

FRIEDA Nicoise Salad ^{1 3}

Mixed greens, cucumber, cherry tomato, olives, green beans, hard boiled egg, tarragon tuna salad
13.00

Goat Cheese

+ Raw Beet Salad ^{1 3}

Mixed greens, roasted pecans, cherry tomatoes, cucumber, House vinaigrette
11.00

Smoked Salmon Salad ^{1 3}

Carrots, hard-boiled egg, capers, mixed greens, cherry tomatoes, cucumber, House vinaigrette
13.00

Organic Chicken Salad ^{1 3}

Green beans, olives, mixed greens, cherry tomatoes, cucumber, House vinaigrette
13.00

Side house salad ^{1 3}

Mixed greens, cucumber, cherry tomatoes 3.75

FRIEDA

(re)connecting generations

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

OPEN FACE TOASTS

Avocado Toast*

Multi-grain bread, pesto, arugula, tomato
12.00
+ add Salmon 3.00

Crab and Shrimp Toast*

Multi-grain bread, tomato, arugula, shrimp salad, hard boiled eggs, capers
14.00

Egg salad sandwich*

Multi-grain bread, arugula, eggs, mayonaise, celery, tomato, fresh herbs
10.00

Organic Curry Chicken*

Multi-grain bread, arugula, tomatoes
12.00

Tarragon Tuna Salad*

Multi-grain bread, arugula, cherry tomatoes, hard boiled eggs, olives, Dijon mustard
11.50

SANDWICHES

Turkey*

Brie, Dijon mustard, FRIEDA chutney 9.75

Prosciutto*

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

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!



VEGAN

Quinoa Bowl ^{1 2}

Avocado, arugula, roasted pecans, cherry tomatoes, cucumber, chickpeas, House vinaigrette
13.00

Ratatouille ^{1 2}

Medley of seasonal vegetable stew, eggplant, yellow squash, zucchini, tomato
Served cold or warm
12.00

SOUPS

Soup of the day

Cup Bowl
5.75 7.25'

COMBO

1/2 Sandwich OR

Open Face Toast

+ Cup of soup

11.50

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

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



QUICHES & PIES

Quiche Lorraine

Mushroom, Gruyère, eggs, caramelized onions, ham with a house salad
12.50

Smoked Salmon Quiche ³

Goat cheese, caramelized onions, eggs with a house salad
13.00

Spinach Quiche ³

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

1/4 Frittata of the day ¹

6.75

Organic Chicken Pot Pie

Organic chicken, sweet peas, carrots, puff pastry
14.00

Croque Monsieur*

Brioche, ham, Mornay with a house salad
12.50

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

¹ No Gluten

² Vegan

³ Vegetarian

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



Breakfast

Open - 11:00am



* Gluten free bread available upon request

FRIEDA OMELETS

with choice of bread,
FRIEDA preserve + fresh fruit

French Omelet *

Fresh herbs, Gruyère
10.00

American Omelet *

Ham, mushroom,
Cheddar cheese
11.00

Egg White Omelet *

Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
11.00

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

HEARTY

Quiche Lorraine

Mushroom, Gruyère, eggs,
caramelized onions, ham
with a house salad 12.50

Smoked Salmon Quiche

Goat cheese, eggs,
caramelized onions
with a house salad 13.00

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} 6.00

Fresh Fruit Salad ^{1 2} 5.50

Berries only +2.00

Prosciutto Croissant *

Brie, FRIEDA chutney
5.75

Turkey Croissant *

Brie, FRIEDA chutney
5.00

Salmon Croissant *

Fresh whipped cheese,
capers 5.75

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
13.00

Oeuf à la Coque ^{1 *}

Soft-boiled egg, smoked
salmon, capers,
2 slices of toasted brioche
7.00

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
12.00
+ add Salmon 3.00

VIENNOISERIES PATISSERIE

Butter croissant 3.00 Almond croissant 4.25

Pain au chocolat 3.75 Chocolate almond croissant 4.75
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 No Gluten


² Vegan

³ Vegetarian


FRIEDA

(re)connecting
generations


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

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

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

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

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

* Gluten free bread available upon request

FRIEDA OMELETS
with choice of bread,
FRIEDA preserve + fresh fruit

French Omelet *
Fresh herbs, Gruyère
10.00

American Omelet *
Ham, mushroom,
Cheddar cheese
11.00

Egg White Omelet *
Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
11.00

+ 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 ²
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
11.50

**FRIEDA Mushroom Toast
+ 2 Poached Eggs**
House-made bread
pudding, seasonal
mushrooms, Mornay
sauce, Gruyère 14.00

**Breakfast Potatoes
+ 2 Poached Eggs**
Potatoes, bell peppers,
onions 11.50

Avocado Toast ^{2 *}
+ 2 Poached Eggs
Multi-grain bread, pesto,
arugula, tomato 14.50
+ add Salmon 3.00

Toad's Eggs
2 poached eggs, puff
pastry, smoked salmon,
Morney sauce 14.50

Mac + Cheese
with a baked egg 8.25

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

**BRIOCHE
FRENCH TOAST**
with butterscotch sauce

Classic *
Topped with fresh fruit
10.50

Apple *
Caramelized apples,
cinnamon whipped
cream 11.50

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}
6.00

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 5/15/19 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 *
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 13.00

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

Oeuf à la Coque *
Soft-boiled egg, smoked
salmon, capers, 2 slices
of toasted brioche 7.00

Croque Monsieur
Brioche, ham, Mornay
with a house salad
12.50

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

¹ No Gluten
² Vegan
³ Vegetarian

Quiche Lorraine
Ham, mushroom,
Gruyère, eggs,
caramelized onions
with a house salad
12.50

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
13.00

Avocado Toast *
Multi-grain bread,
pesto, arugula, tomato
12.00
+ 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** 3.00

**Pain au
chocolat** 3.75
**Almond
croissant** 4.25

Sweet roll 3.50


**Lemon
Bar** 3.75

Brownie 2.75

**Coffee
cake** 3.50

**Almond
orange
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