

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
10.50

American Omelet *

Ham, mushroom,
Cheddar cheese
11.50

Egg White Omelet *

Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
11.50

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 12.75

Smoked Salmon Quiche

Goat cheese, eggs,
caramelized onions
with a house salad 13.50

Spinach Quiche ³

Goat cheese, caramelized
onions, eggs
with a house salad 12.75

LIGHT

Granola ¹³

FRIEDA homemade
granola, Greek yogurt,
seasonal fruit 6.25

Greek Yogurt

+ Seasonal Fruit ¹³ 6.00

Fresh Fruit Salad ¹² 5.50

Berries only +2.00

Bircher muesli

+ Fresh fruit, almonds 6.25

Prosciutto Croissant *

Brie, FRIEDA chutney 5.75

Ham + cheese croissant *


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
9.75

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
8.50

Avocado Toast *

Multi-grain bread, pesto,
arugula, tomato
12.50
+ add Salmon 3.00

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 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

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.

Lunch

11:30 am - 3:00 pm



* Gluten free bread available upon request

SALADS

with slice of bread*

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

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

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VEGAN

Quinoa Bowl ^{1 2}

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

Wild grain bowl ^{1 2}

Wild rice, roasted butternut squash, curry carrots, pickled slaw, Muhammara 12.00

Chickpea Apricot Tagine ²

With Israeli couscous 12.00

WEEKLY SPECIALS

14.00

MON / TUE

Beef Lasagna with a house salad

WED / THU

Turkey Meatloaf
Mashed potato, cider, dried fruit, apple

FRI

Chicken + Mushroom Vol-au-vent
Puff pastry filled with chicken and mushroom casserole gratinated with a house salad

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!



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

COMBO

1/2 Open Face Toast

+ Cup of soup

11.50

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

¹ No Gluten

² Vegan

³ Vegetarian

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 12.75

Smoked Salmon Quiche ³

Goat cheese, caramelized onions, eggs with a house salad 13.50

Spinach Quiche ³

Goat cheese, caramelized onions, eggs with a house salad 12.75

Organic Chicken Pot Pie

Organic chicken, sweet peas, carrots, puff pastry 14.00

Croque Monsieur*

Brioche, ham, Mornay with a house salad 12.75

SANDWICHES

Turkey*

Slaw, remoulade Multi-grain bread 9.75

Melted Mozzarella ³ *

Roasted cherry tomatoes, red bell peppers, pesto on baguette 11.00

SOUPS

Soup of the day

Cup 5.75 Bowl 7.25'

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
10.50

American Omelet *
Ham, mushroom,
Cheddar cheese
11.50

Egg White Omelet *
Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
11.50

+ 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
10.75

Apple *
Caramelized apples,
cinnamon whipped
cream 11.75

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 3/1/20 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 9.75

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 8.50

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
12.75

"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
12.75

Spinach Quiche ³
Goat cheese, eggs
caramelized onions,
with a house salad
12.75

Smoked Salmon Quiche
Goat cheese, eggs,
caramelized onions
with a house salad
13.50

Avocado Toast *
Multi-grain bread,
pesto, arugula, tomato
12.50
+ 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
**Carrot
cake** 3.25

Brownie 2.75
Scone 2.75

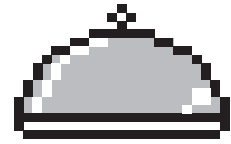
**Coffee
cake** 3.50
**Apple
turnover** 4.25

**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.

DINNER Take Out Delivery



MENU March II

The seasonal menu is prepared by our intergenerational team, with among others Oli, Elton, Val, Carmen under David's supervision. Expect a delicious home-cooked meal from our kitchen to your home, easy to re-heat for one, the family or a dinner with friends.

The menu features a weekly Vegan meal and 2 soups which can be ordered Mon through Thu.

* If you would like to be on the online Dinner Take Out/Delivery mailing list, please send us an email to hello@friedaforgenerations.com

Order

\$15 + tax
per person/dish
\$10.25 + tax
per quart of soup
Order over the phone
48 hours prior with payment.

215 600 1291

Pick-up

You can pick up your meal at FRIEDA from 2:00pm to 4:30pm.

Delivery

Delivery zone from Race Street to Lombard Street and Front Street to 8th Street.

Delivery fee is \$2

The delivery window is from 4:30pm to 6:00pm.

If you are not home at the time of the delivery, it will be handed to the front desk of your building or left at your door.

Cancellation at least 48 hours prior gets full refund. Cancellation less than 48 hours get 50% food and beverage credit to be used at FRIEDA.

Vegan dish of the week: Chickpea, Apricot Tagine + Israeli Couscous

Soups of the week: Butternut squash (GF,VEG) / Mushroom Barley

Mon 16

Turkey Meatloaf
+ Mashed potatoes
+ Roasted vegetables (GF)

Tue 17

Cider Braised Chicken
+ Roasted vegetables
+ Wild & Brown rice (GF,DF)

Wed 18

Braised Lamb Shoulder with fig & red wine reduction
+ Savory polenta cake
+ Roasted vegetables (GF, DF)

Thu 19

Crab Cake
+ Remoulade
+ Roasted vegetables
+ Mixed House salad GF, DF)

Vegan dish of the week: Vegetable Curry Lasagna + Mixed House salad

Soups of the week: Split Pea (GF,VEG) / Minestrone

Mon 23

Beef Chili
+ Cornbread
+ Mixed House salad (GF, DF)

Tue 24

Chicken & Italian Sausage White Bean Cassoulet
+ Roasted vegetables (GF)

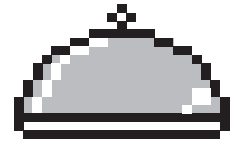
Wed 25

Beef Bourguignon
+ Mashed potatoes
+ Roasted vegetables (GF)

Thu 26

Fish & Seafood Stew
+ Saffron Rice
+ Mixed House salad (GF, DF)

DINNER Take Out Delivery



MENU March III

The seasonal menu is prepared by our intergenerational team, with among others Oli, Elton, Val, Carmen under David's supervision. Expect a delicious home-cooked meal from our kitchen to your home, easy to re-heat for one, the family or a dinner with friends.

The menu features a weekly Vegetarian meal and 2 soups which can be ordered Mon through Thu.

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Order

\$15 + tax
per person/dish
\$10.25 + tax
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Vegetarian Dish dish of the week: Vegetarian Rice Casserole + Mixed salad (GF,DF)

Soups of the week: Chicken noodle soup / Lentil (VEG,GF)

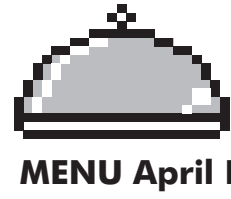
<p>Mon 30</p> <p>Beef Lasagna + Mixed House salad (GF,DF)</p>	<p>Tue 31</p> <p>Curry Chicken (mild) + Saffron rice + Roasted cauliflower (GF)</p>	<p>Wed 1</p> <p>Atlantic Salmon with sauce tartare + Roasted herb potatoes + Mixed House salad (GF,DF)</p>	<p>Thu 2</p> <p>Crab Cake + Remoulade + Roasted vegetables + Mixed House salad (GF,DF)</p>
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Vegetarian Dish dish of the week: Vegetarian Stuffed Pepper + Rice + Mixed salad (GF, DF)

Soups of the week: Mushroom Barley / Kale, 3 Beans (VEG,GF)

<p>Mon 6</p> <p>Mushroom Chicken Casserole + Herbed rice + Roasted vegetables (GF)</p>	<p>Tue 7</p> <p>Beef Pot Roast + Cheddar mashed potatoes (GF)</p>	<p>Wed 8</p> <p>Braised Lamb Shoulder + Baked polenta cake with gremolata + Roasted green vegetables (GF)</p>	<p>Thu 9</p> <p>Brisket with red wine & apricot (DF,GF) + Mashed potatoes (DF) + Roasted vegetables</p>
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DINNER Take Out Delivery



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The menu features a weekly Vegetarian meal and 2 soups which can be ordered Mon through Thu.

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Vegetarian Dish dish of the week: Roasted Root Vegetable Gratin + Mixed salad (GF,DF)

Soups of the week: Chicken, Wild rice (GF) / Butternut squash (GF,VEG)

<p>Mon 13</p> <p>Beef Shepherds Pie + Mashed potatoes + Roasted asparagus and carrots</p>	<p>Tue 14</p> <p>Moroccan Chicken + Israeli couscous + Roasted curry cauliflower (DF)</p>	<p>Wed 15</p> <p>Braised Beef Short Rib in red wine sauce + Potato gratin + Braised swiss chard</p>	<p>Thu 16</p> <p>Cider Braised Chicken + Roasted green beans + Brown & wild rice (GF,DF)</p>
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Vegetarian Dish dish of the week: Vegetarian Tagine + Quinoa + Mixed House salad (GF, DF)

Soups of the week: Smokey tomato (GF) / Minestrone

<p>Mon 20</p> <p>Turkey Meatloaf + Mashed potatoes + Roasted brussel sprouts (GF)</p>	<p>Tue 21</p> <p>Braised Pork with White Wine Sauce + Savory polenta cake + Roasted fennel & green beans (GF,DF)</p>	<p>Wed 22</p> <p>Beef Bourguignon + Roasted red potatoes + Mixed House salad (GF,DF)</p>	<p>Thu 23</p> <p>Monkfish & Shrimp Cassoulet + Roasted vegetables (GF)</p>
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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