

TAKE-OUT ONLY AND DELIVERY
MONDAY - SUNDAY 9:00 AM - 4:00 PM
215.600.1291



June 15, 2020

Dear friends and customers,

This community has weathered the crisis well because we have all been aware of the danger, careful when venturing out in the public mindful of others by wearing a mask. After 3 months, we all know what works, we have done it every day. In this context, as we emerge from confinement and we interact with family and friends again, we cannot let our guard down.

All FRIEDA staff will continue to wear a mask and we ask you do the same when you visit.

For everyone's health and safety, FRIEDA will continue offering take-out only and delivery and limit the public access to the space to the shopping and ordering area.

Baked goods and **breakfast** all day + **lunch** weekdays and **brunch** on the weekend, 7-day **dinner meal planner**.

Limited outdoor seating. A few tables outside are there for your convenience, available for first come first serve, to be used responsibly. Note that for everyone's health involved, there will be **no table service**.

Picnic outdoors away from the crowds. FRIEDA encourages everyone to take advantage of the many public gardens and lawns around FRIEDA. Use one of the benches or a blanket for a picnic. If you are ordering food to go for a picnic, feel free to bring your trash back to FRIEDA, we will be happy to dispose of it. *FRIEDA uses biodegradable and recyclable packaging.*

FRIEDA social activities. Our group gatherings will continue on zoom. If you are interested in joining any of our gatherings, sign-up for our newsletter at hello@friedaforgenerations.com.

Breakfast

Open - 3:00 pm

* 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

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 *

Choice of Bircher Muesli
OR Granola, 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

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

VIENNOISERIES PATISSERIE

Butter croissant 3.00 Pain au chocolat 3.75 Lemon Bar 3.75 Almond croissant 4.25
Chocolate almond croissant 4.75 Coffee cake 3.50 Apple turnover 4.25 Sweet roll 3.75
Pastel de nata 3.75 Scone 2.75 Brownie 2.95 Carrot cake 4.50 Seasonal tart 4.50
Chocolate espresso cake 4.50 Almond orange cake ¹ 5.25

FRIEDA

(re)connecting generations

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 ^{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

Bircher muesli

+ Fresh fruit, almonds 6.25

Ham + cheese croissant *

5.75

Prosciutto Croissant *

Brie, FRIEDA chutney 5.75

Turkey Croissant *

Brie, FRIEDA chutney 5.00

Salmon Croissant *

Fresh whipped cheese,
capers 5.75

Lunch

11:00 am - 3:00 pm

¹ No Gluten

² Vegan

³ Vegetarian

SALADS

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

VEGAN

Quinoa Bowl ^{1 2}

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

Chickpea Apricot Tagine ²

With Israeli couscous
12.00

SOUPS

Soup of the day

Cup Bowl
5.75 7.25

OPEN FACE TOASTS

Avocado Toast*

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

Crab and Shrimp Toast*

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

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

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

FRIEDA™ Breakfast Lunch 8/1/20 Prices subject to change

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
11.50

American Omelet *
Ham, mushroom,
Cheddar cheese
11.50

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

BAKED + POACHED EGGS

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

Breakfast Potatoes ¹ *
+ 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

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 *
Choice of Bircher Muesli
OR Granola, 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

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

BRIOCHE FRENCH TOAST

with butterscotch sauce

Classic *
Topped with fresh fruit
10.50

Apple *
Caramelized apples,
cinnamon, whipped
cream 12.00

LIGHT

Le Petit Déjeuner
FRIEDA granola, Greek
yogurt, seasonal fruit with
1 croissant and FRIEDA jam
8.50

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

Bircher muesli ^{1 2}
Berries, almonds 6.25

Fresh Fruit Salad ^{1 2}
5.50
Berries only +2.00

Ham + cheese croissant *
5.75

Prosciutto Croissant *
Brie, FRIEDA chutney 5.75

Turkey Croissant *
Brie, FRIEDA chutney 5.00

Salmon Croissant *
Fresh whipped cheese,
capers 5.75

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 3.75
Lemon Bar 3.75

Brownie 2.95
Scone 2.75

Coffee cake 3.50
Apple turnover 4.25

Pastel de nata 3.75
Carrot cake 4.50

Seasonal tart 4.50

Chocolate espresso cake 4.50
Almond orange cake ¹ 5.25

+ ADD EXTRAS

Breakfast potatoes 4.00
Ham 2.50
Chorizo 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

¹ No Gluten

² Vegan

³ Vegetarian



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