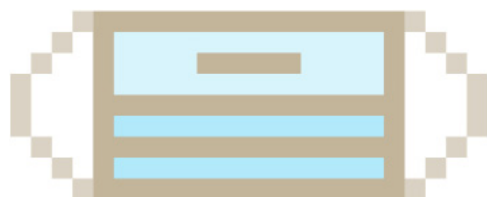


## TAKE-OUT AND DELIVERY

MONDAY - SUNDAY 9:00 AM - 4:00 PM

215.600.1291

WWW.FRIEDA FOR GENERATIONS.COM



FRIEDA will continue offering take-out only and delivery, also limiting the public access to the space to 5 people at any given time. Limited outdoor seating is available, first come first serve.

**Baked goods** and **breakfast all day** + **lunch** weekdays and **brunch** on the weekend can be ordered over the phone for pick-up (215.600.1291) or delivered to your home with UBER Eats.

Our **7-day dinner meal planner** can be ordered online [www.friedafor-generations.com](http://www.friedafor-generations.com) in the Re-heat section for pick-up, and delivery for certain city zip codes (list to be expanded soon).

Thank you for your support!

The FRIEDA Team

**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**.

**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@friedafor-generations.com](mailto:hello@friedafor-generations.com).

## Maximum public access to 5 people

\*The City of Philadelphia will not allow indoor dining and will limit indoor gathering starting 5 pm Friday, 11.20

# 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 <sup>1</sup> 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 <sup>3</sup>

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

## LIGHT

### Granola <sup>1 3</sup>

FRIEDA homemade  
granola, Greek yogurt,  
seasonal fruit 6.25

### Greek Yogurt

+ Seasonal Fruit <sup>1 3</sup>  
6.00

### Fresh Fruit Salad <sup>1 2</sup>

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

<sup>1</sup> No Gluten

<sup>2</sup> Vegan

<sup>3</sup> Vegetarian

## SALADS

### FRIEDA Nicoise Salad <sup>1 3</sup>

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

### Goat Cheese

+ Raw Beet Salad <sup>1 3</sup>  
Mixed greens, roasted  
pecans, cherry tomatoes,  
cucumber, House vinaigrette  
11.00

### Smoked Salmon Salad <sup>1 3</sup>

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

### Organic Chicken Salad <sup>1 3</sup>

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

### Side house salad <sup>1 3</sup>

Mixed greens, cucumber,  
cherry tomatoes 3.75

## VEGAN

### Quinoa Bowl <sup>1 2</sup>

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

### Chickpea Apricot Tagine <sup>2</sup>

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 <sup>3</sup>

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

### Spinach Quiche <sup>3</sup>

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** <sup>1</sup> \*  
**+ 2 Poached Eggs**  
Potatoes, bell peppers,  
onions  
11.50

**Avocado Toast** <sup>2</sup> \*  
**+ 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** <sup>3</sup>  
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** <sup>1 3</sup>  
FRIEDA homemade  
granola, Greek  
yogurt, seasonal fruit  
6.25

**Greek Yogurt**  
**+ Seasonal Fruit** <sup>1 3</sup>  
6.00

**Bircher muesli** <sup>1 2</sup>  
Berries, almonds 6.25

**Fresh Fruit Salad** <sup>1 2</sup>  
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

**Mini** 1.75

**Chocolate almond croissant**  
4.75

**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** <sup>1</sup> 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** <sup>2</sup> 3.75

**Brioche, baguette** 1.00

**Multi-grain bread,**

**gluten-free toast** 1.50

**Butter, Chutney, Jam** 0.50

<sup>1</sup> No Gluten

<sup>2</sup> Vegan

<sup>3</sup> 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**