



Dear Friends and Customers,

As some of you know, FRIEDA has remained open every day since March 16, 2020 for take-out and delivery.

Please note, that we will continue with this limited service for now.

TAKE-OUT AND DELIVERY from 9:00am 3:00pm.

To place an order for take-out, we encourage you to call **215.600.1291** or come in to place your order using one of our disposable menus. You may also use Uber eats selecting *pick-up* or *delivery*.

For everyone's health and safety, all FRIEDA staff are required to wear a mask and we ask you do the same when you come to FRIEDA.

For everyone's safety, FRIEDA will not allow the public past the limited shopping and ordering area.

A limited number of tables and seats are available (*first come, first use*), respecting the distancing guidelines.

Please use these tables in a responsible way and be mindful of others.

Thank you, The FRIEDA Team

Breakfast All day

*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

BRIOCHE FRENCH TOAST

with butterscotch sauce

Classic *

Topped with berries +
whipped cream 12.00

Apple *

Caramelized apples,
cinnamon + whipped
cream 12.00

Mini Waffles *

Butterscotch sauce
+ Chocolate sauce
+ whipped cream \$7.50

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

VIENNOISERIES PATISSERIE

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

HEARTY

Quiche Lorraine

Mushroom, Gruyère, eggs,
caramelized onions, ham
with a house salad
12.75

Spinach Quiche ³

Goat cheese, caramelized
onions, eggs
with a house salad
12.75
+ add Salmon 3.00

Croque Monsieur *

Brioche, ham, Mornay
with a house salad 12.75

Avocado Toast *

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

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 cream
cheese, capers 5.75

¹ No Gluten

² Vegan

³ Vegetarian

+ ADD EXTRAS

Ham 2.50 Chorizo 3.00 Smoked salmon 3.00

Fried egg 3.00 Hard-boiled egg 1.50

Side house salad ² 3.75 Baguette 1.00

Multi-grain bread, gluten-free toast 1.50

Butter, Chutney, Jam 0.50

FRIEDA
(re)connecting
generations

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



All our take-out packaging
is eco-friendly. Think of the
next generations, help us
care for the environment.



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



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

We may politely decline
customization. Note
that customization may
incur additional cost.

OPEN FACE TOASTS

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

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
* Avocado and Salmon Toast +1.00

SOUPS

Soup of the day
Cup Bowl
5.75 7.25'

QUICHES & PIES

Quiche Lorraine
Mushroom, Gruyère, eggs, caramelized onions, ham
with a house salad
12.75

Spinach Quiche³
Goat cheese, caramelized onions, eggs
with a house salad
12.75
+ add Salmon 3.00

Organic Chicken Pot Pie
Organic chicken, sweet peas, carrots, puff pastry
14.00

Croque Monsieur*
Brioche, ham, Mornay
with a house salad
12.75

Turkey Lasagna
with a house salad
14.00

VEGAN

Quinoa Bowl^{1 2}
Avocado, arugula, roasted pecans, cherry tomatoes, cucumber, chickpeas, House vinaigrette
13.00

Chickpea Apricot Tagine²
With quinoa
13.00

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

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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

BRIOCHE FRENCH TOAST

with butterscotch sauce

Classic *

Topped with berries +
whipped cream 12.00

Apple *

Caramelized apples,
cinnamon + whipped
cream 12.00

Mini Waffles *

Butterscotch sauce
+ Chocolate sauce
+ whipped cream \$7.50

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

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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
+ add Salmon 3.00

Croque Monsieur *

Brioche, ham, Mornay
with a house salad 12.75

Avocado Toast *

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

+ ADD EXTRAS

Breakfast potatoes 4.00 Ham 2.50 Chorizo 3.00
Smoked salmon 3.00 Fried egg 3.00 Hard-boiled egg 1.50
Side house salad ² 3.75 Baguette 1.00 Multi-grain bread,
gluten-free toast 1.50 Butter, Chutney, Jam 0.50

LIGHT

Le Petit Déjeuner

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

Oatmeal

Fruits, Pecan nuts 5.50

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FRIEDA homemade
granola, Greek
yogurt, seasonal fruit
6.25

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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

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