

# Breakfast 9:00 am - 3:00pm

\* Gluten free bread available upon request

## CLASSICS

### Baker's Basket <sup>3</sup>

1 almond croissant,  
1 pain au chocolat,  
1 scone, 2 slices of  
toasted brioche, butter and  
FRIEDA jam  
10.75

### Continental Breakfast \*

Choice of Bircher Muesli  
OR Granola, smoked  
salmon, prosciutto, Gruyère,  
Brie, fresh whipped Herb  
cream cheese, sliced  
hard-boiled egg, capers.  
Served with 1 Butter  
croissant and 2 slices  
of toasted brioche, butter  
and FRIEDA jam  
13.00

<sup>1</sup> No Gluten

<sup>2</sup> Vegan

<sup>3</sup> Vegetarian

## HEARTY

### Quiche Lorraine

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

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

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 <sup>3</sup> \*

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

## VIENNOISERIES PATISSERIE <sup>3</sup>

Butter croissant 3.25

Pain au chocolat 4.00

Almond croissant 4.75

Choc. Almond croissant 4.95

Coffee cake 3.50

Apple turnover 4.25

Pastel de nata 3.75

Scone 3.25

Brownie 2.95

Carrot cake 4.50

Seasonal tart 4.50

Lemon Bar 3.75

Chocolate espresso cake 4.75

Almond orange cake <sup>1</sup> 5.25

## LIGHT

### Le Petit Déjeuner <sup>3</sup>

FRIEDA granola,  
Greek yogurt, seasonal  
fruit with 1 butter croissant  
and FRIEDA jam 9.00

### Oatmeal <sup>1 2</sup>

Fruits, Pecan 5.50

### Granola parfait <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

### Prosciutto Croissant \*

Brie, FRIEDA chutney 5.75

### Turkey Croissant \*

Brie, FRIEDA chutney 5.00

### Salmon Croissant <sup>3</sup> \*

Fresh whipped Herb cream  
cheese, capers 5.75

## + ADD EXTRAS

Ham 2.50 Chorizo 3.00 Smoked salmon 3.00

Fried egg 3.00 Hard-boiled egg 1.50

Side house salad <sup>2</sup> 3.75

Multi-grain bread, gluten-free toast 1.50

Butter, Chutney, Jam 0.50

## FRIEDA OMELETS

with choice of bread,  
FRIEDA preserve + fresh fruit

### French Omelet <sup>3</sup> \*

Fresh herbs, Gruyère  
11.75

### American Omelet \*

Ham, mushroom,  
Cheddar cheese  
12.75

### Egg White Omelet <sup>3</sup> \*

Goat cheese, cherry  
tomatoes, mushroom,  
roasted vegetables  
12.75

## BRIOCHE

## FRENCH TOAST

with butterscotch sauce

### Classic <sup>3</sup> \*

Topped with berries  
+ whipped cream  
12.00 ☺

### Apple <sup>3</sup> \*

Caramelized apples,  
cinnamon + whipped  
cream 12.00 ☺

### Mini Waffles <sup>3</sup> \*

with berries  
+ Butterscotch sauce  
+ Chocolate sauce  
+ Whipped cream \$8.00 ☺



**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.

# Lunch 11:30 am - 3:00 pm

## VEGAN

**Soba noodle Salad** <sup>2</sup>  
Pickled vegetables, tofu,  
in soy, mirin, sesame oil  
dressing  
13.00

**Quinoa Bowl** <sup>1 2</sup>  
Avocado, arugula, roasted  
pecans, cherry tomatoes,  
cucumber, chickpeas,  
House vinaigrette  
13.00

**Vegan Toast** <sup>2</sup>  
Housemade Focaccia,  
eggplant spread, portobello  
mushroom, roasted red bell  
peppers, arugula  
13.00

## QUICHES

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

**Spinach Quiche** <sup>3</sup>  
Goat cheese, caramelized  
onions, eggs  
**with a house salad**  
12.75  
+ add Salmon 3.00

<sup>1</sup> No Gluten  
<sup>2</sup> Vegan  
<sup>3</sup> Vegetarian

## SALADS

*with choice of housemade  
focaccia, multi-grain or brioche*

**Summer Salad** <sup>1 3</sup>  
Burrata, heirloom tomato,  
watermelon, arugula, pesto  
14.00

**FRIEDA Nicoise Salad** <sup>1 3</sup>  
Mixed greens, cucumber,  
cherry tomato, olives, green  
beans, hard boiled egg,  
tarragon tuna salad  
13.50

**Salade de la mer** <sup>1 3</sup>  
Carrots, capers, mixed  
greens, cherry tomatoes,  
cucumber, crab and shrimp,  
tarragon tuna salad, House  
vinaigrette  
14.50

**Goat Cheese  
+ Raw Beet Salad** <sup>1 3</sup>  
Mixed greens, roasted  
pecans, cherry  
tomatoes, cucumber,  
House vinaigrette  
11.50

**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  
13.50

**Side house salad** <sup>1 3</sup>  
Mixed greens, cucumber,  
cherry tomatoes, House  
vinaigrette  
3.75

## OPEN FACE TOASTS

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

**Organic Curry Chicken  
Salad\***  
Multi-grain bread, arugula,  
tomatoes  
12.00

**Tarragon Tuna Salad\***  
Multi-grain bread,  
arugula, cherry tomatoes,  
hard boiled eggs, olives,  
Dijon mustard  
11.50

**Crab and Shrimp Toast\***  
Multi-grain bread, tomato,  
arugula, hard boiled eggs,  
capers  
14.00

## COMBO

**1/2 Open Face Toast  
+ Cup of soup** 11.50  
\* Avocado and Salmon Toast  
+ 1.50

## SOUPS

**Soup of the day**  
Cup Bowl  
5.75 7.25'

I WE  
YOU  
US

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# Weekend Brunch

Open - 3:00pm

\* Gluten free bread available upon request

## BAKED + POACHED EGGS

**FRIEDA Mushroom Toast +  
2 Poached Eggs** <sup>3</sup>  
House-made bread  
pudding, seasonal  
mushrooms, Mornay sauce,  
Gruyère  
14.00 <sup>4</sup>

**Breakfast Potatoes  
+ 2 Poached Eggs** <sup>1 3 \*</sup>  
Potatoes, bell peppers,  
onions  
11.50

**Avocado Toast  
+ 2 Poached Eggs** <sup>3 \*</sup>  
Multi-grain bread, pesto,  
arugula, tomato  
14.50  
+ add Salmon 3.00

## VIENNOISERIES PATISSERIE <sup>3</sup>

Butter croissant 3.25  
Pain au chocolat 4.00  
Almond croissant 4.75  
Choc. Almond croissant 4.95  
Coffee cake 3.50  
Apple turnover 4.25  
Pastel de nata 3.75  
Scone 3.25  
Brownie 2.95  
Carrot cake 4.50  
Seasonal tart 4.50  
Lemon Bar 3.75  
Chocolate espresso cake 4.75  
Almond orange cake <sup>1</sup> 5.25

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## CLASSICS

**Baker's Basket** <sup>3</sup>  
1 almond croissant,  
1 pain au chocolat,  
1 scone, 2 slices of  
toasted brioche, butter and  
FRIEDA jam  
10.75

**Continental Breakfast** <sup>\*</sup>  
Choice of Bircher Muesli  
OR Granola, smoked  
salmon, prosciutto, Gruyère,  
Brie, fresh whipped Herb  
cream cheese, sliced  
hard-boiled egg, capers.  
Served with 1 butter  
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  
+ add Salmon 3.00

**Croque Monsieur** <sup>\*</sup>  
Brioche, ham, Mornay  
*with a house salad* 12.75

**Avocado Toast** <sup>3 \*</sup>  
Multi-grain bread,  
pesto, arugula, tomato  
12.50  
+ add Salmon 3.00

## LIGHT

**Le Petit Déjeuner** <sup>3</sup>  
FRIEDA granola,  
Greek yogurt, seasonal  
fruit with 1 butter croissant  
and FRIEDA jam 9.00

**Oatmeal** <sup>1 2</sup>  
Fruits, Pecan 5.50

**Granola parfait** <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

**Prosciutto Croissant** <sup>\*</sup>  
Brie, FRIEDA chutney 5.75

**Turkey Croissant** <sup>\*</sup>  
Brie, FRIEDA chutney 5.00

**Salmon Croissant** <sup>3 \*</sup>  
Fresh whipped Herb  
creamcheese, capers 5.75

## + 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 <sup>2</sup> 3.75 Multi-grain bread,  
gluten-free toast 1.50 Butter, Chutney, Jam 0.50

## FRIEDA OMELETS

with choice of bread,  
FRIEDA preserve + fresh fruit

**French Omelet** <sup>3 \*</sup>  
Fresh herbs, Gruyère  
11.75

**American Omelet** <sup>\*</sup>  
Ham, mushroom,  
Cheddar cheese  
12.75

**Egg White Omelet** <sup>3 \*</sup>  
Goat cheese, cherry  
tomatoes, mushroom,  
roasted vegetables  
12.75

## BRIOCHE FRENCH TOAST

with butterscotch sauce

**Classic** <sup>3 \*</sup>  
Topped with berries  
+ whipped cream  
12.00 <sup>4</sup>

**Apple** <sup>3 \*</sup>  
Caramelized apples,  
cinnamon + whipped  
cream 12.00 <sup>4</sup>

**Mini Waffles** <sup>3 \*</sup>  
with berries  
+ Butterscotch sauce  
+ Chocolate sauce  
+ Whipped cream \$8.00 <sup>4</sup>

<sup>1</sup> No Gluten

<sup>2</sup> Vegan

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# I WE WOW US

At FRIEDA, we have one driving goal: to create genuine connections between people of all generations and all social, cultural, and ethnic backgrounds.

We invite you to our safe and inclusive space to interact with people.

Join us for breakfast, brunch/lunch, or a special celebration. Our Paris-trained chef, David, and the FRIEDA multigenerational kitchen and baking team from neighborhoods across Philadelphia will craft for you a European-inspired menu, infused with care and love.

And FRIEDA nourishes you beyond food. You are also welcome to learn and discover through our variety of enriching workshops and happenings centered in the arts, culture, and entertainment, all organized by FRIEDAcommunity.

At FRIEDA, we dedicate as much attention to the diverse individuals that make up our community as we do to the dishes we serve. In 2019, we created a Dinner Meal Plan as a service to people who are less mobile, especially during winter. As neighbors, we look out for each other – whether with a meal or a chat or a chance to laugh and learn together.

Whatever you spend at FRIEDA helps strengthen this community. You make it possible for FRIEDA to create fair-wage jobs, provide group healthcare to employees, hire or engage retirees, all while offering – at no cost – our space for curated art exhibitions, installations, and many FRIEDAcommunity activities.

Come for a delicious and fun experience! 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!

**(re)connecting generations**