

Breakfast 9:00 am - 2:30 pm

* Gluten free bread available upon request

CLASSICS

Baker's Basket ³

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

¹ No Gluten

² Vegan

³ Vegetarian

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 ³ *

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

VIENNOISERIES PATISSERIE ³

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
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 ¹ 5.25

LIGHT

Le Petit Déjeuner ³

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

Oatmeal ^{1 2}

Dried cranberries, chopped
apples, toasted pecans, side
of maple syrup
6.25

Granola parfait ^{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

Prosciutto Croissant *
Brie, FRIEDA chutney 5.75

Turkey Croissant *
Brie, FRIEDA chutney 5.00

Salmon Croissant ³ *
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 ² 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 ³ *
Fresh herbs, Gruyère
12.00

American Omelet *
Ham, mushroom,
Cheddar cheese
13.25

Egg White Omelet ³ *
Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
13.25

BRIOCHE FRENCH TOAST

with butterscotch sauce

Classic ³ *
Topped with berries
+ whipped cream
12.00 ↕

Apple ³ *
Caramelized apples,
cinnamon + whipped
cream 12.00 ↕

Mini Waffles ³ *
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 - 2:30 pm

VEGAN

Quinoa Bowl ^{1 2}

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

Fall Vegan Bowl ^{1 2}

Baby kale, lentils, roasted butternut squash & carrots, toasted pecans, dried cranberries, and apples, Tahini maple dressing
13.00

Vegan Toast ²

Housemade Focaccia, eggplant spread, portobello mushroom, roasted red bell peppers, arugula
13.00

SALADS

with choice of housemade focaccia, multi-grain or brioche

FRIEDA Nicoise Salad ^{1 3}

Mixed greens, cucumber, cherry tomato, olives, green beans, hard boiled egg, tarragon tuna salad
13.50

Goat Cheese + Raw Beet Salad ^{1 3}

Mixed greens, roasted pecans, cherry tomatoes, cucumber, House vinaigrette
11.50

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
13.50

Side house salad ^{1 3}

Mixed greens, cucumber, cherry tomatoes, House vinaigrette
3.75

QUICHES & PIES

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

Organic Chicken Pot Pie

Organic chicken, sweet peas, carrots, puff pastry
14.00

3 Meat Lasagna
(beef, veal and pork)
with a house salad
15.00

OPEN FACE TOASTS

Short rib sandwich

Braised short rib, horseradish aioli, pickled vegetables on a brioche bun
with a house salad
16.00

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

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

¹ No Gluten

² Vegan

³ Vegetarian

I WE
YOU
US

FRIEDA
(re)connecting
generations

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

Weekend Brunch

Open - 2:30pm

* Gluten free bread available upon request

BAKED + POACHED EGGS

**FRIEDA Mushroom Toast
+ 2 Poached Eggs** ³
House-made bread
pudding, seasonal
mushrooms, Mornay sauce,
Gruyère
14.00 [Ⓢ]

**Breakfast Potatoes
+ 2 Poached Eggs** ^{1 3 *}
Potatoes, bell peppers,
onions
11.50

**Avocado Toast
+ 2 Poached Eggs** ^{3 *}
Multi-grain bread, pesto,
arugula, tomato
14.50
+ add Salmon 3.00

**Salmon Eggs Benedict
(2 Poached Eggs)**
Sweet potato rosti, smoked
salmon, 2 poached eggs,
Hollandaise
16.75

**Eggs Florentine
(2 Poached Eggs)** ¹
Sweet potato rosti, spinach,
Hollandaise
16.00

**English Breakfast
(2 Poached Eggs)**
Smoky house baked
beans chicken sausage,
mushroom & roasted
tomato, cheddar scone
16.00

FRIEDA
**(re)connecting
generations**

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

CLASSICS

Baker's Basket ³
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

Avocado Toast ^{3 *}
Multi-grain bread, pesto,
arugula, tomato 12.50
+ add Salmon 3.00

Croque Monsieur ^{*}
Brioche, ham, Mornay
with a house salad
12.75 [Ⓢ]

VIENNOISERIES PATISSERIE

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
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 ¹ 5.25

FRIEDA OMELETS

with choice of bread,
FRIEDA preserve + fresh fruit

French Omelet ^{3 *}
Fresh herbs, Gruyère
12.00

American Omelet ^{*}
Ham, mushroom,
Cheddar cheese
13.25

Egg White Omelet ^{3 *}
Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
13.25

BRIOCHE FRENCH TOAST

with butterscotch sauce

Classic ^{3 *}
Topped with berries
+ whipped cream
12.00 [Ⓢ]

Apple ^{3 *}
Caramelized apples,
cinnamon + whipped
cream 12.00 [Ⓢ]

Mini Waffles ^{3 *}
with berries
+ Butterscotch sauce
+ Chocolate sauce
+ Whipped cream \$8.00 [Ⓢ]

LIGHT

Le Petit Déjeuner ³
FRIEDA granola,
Greek yogurt, seasonal
fruit with 1 butter croissant
and FRIEDA jam 9.00

Oatmeal ^{1 2}
Dried cranberries, chopped
apples, toasted pecans, side
of maple syrup 6.25

Granola parfait ^{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

Prosciutto Croissant ^{*}
Brie, FRIEDA chutney 5.75

Turkey Croissant ^{*}
Brie, FRIEDA chutney 5.00

Salmon Croissant ^{3 *}
Fresh whipped Herb
cream cheese, 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
Multi-grain bread,
gluten-free toast 1.50
Butter, Chutney, Jam 0.50



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.

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