

BREAKFAST

LUNCH

WEEKEND BRUNCH

(re)connecting generations

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
12.00

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
15.00

HEARTY

Quiche Lorraine

Mushroom, Gruyère, eggs,
caramelized onions, ham
with a house salad
14.00 📉

Spinach Quiche³

Goat cheese, caramelized
onions, eggs
with a house salad
14.00 📉
+ add Salmon 4.00

Croque Monsieur^{*}

Brioche, ham, Mornay
with a house salad
15.00 📉

Avocado Toast^{3*}

Multi-grain bread,
pesto, arugula, tomato
13.00
+ add Salmon 4.00

VIENNOISERIES PATISSERIE³

Butter croissant 4.00
Pain au chocolat 4.25
Almond croissant 4.75
Choc. Almond croissant 5.00
Coffee cake 3.50
Apple turnover 4.50
Scone 3.50
Brownie 4.00
Carrot cake 5.75
Seasonal tart 5.00
Lemon Bar 3.75
Chocolate espresso cake 5.75
Almond orange cake¹ 6.00

LIGHT

Le Petit Déjeuner^{3*}

FRIEDA granola,
Greek yogurt, seasonal
fruit with 1 butter croissant
and FRIEDA jam
10.00

Oatmeal^{1,2}

Berries, side of maple syrup
7.00

Granola parfait^{1,3}

FRIEDA homemade
granola, Greek yogurt,
seasonal fruit
7.00

Greek Yogurt

+ Seasonal Fruit^{1,3}
7.00

Bircher muesli^{1,2}

Berries, almonds 7.00

Fresh Fruit Salad^{1,2}

6.00
Berries only +2.00

Prosciutto Croissant^{*}

Brie, FRIEDA chutney 7.00

Turkey Croissant^{*}

Brie, FRIEDA chutney 6.00

Salmon Croissant^{3*}

Fresh whipped Herb cream
cheese, capers 8.00

+ ADD EXTRAS

Ham 4.00 Chorizo 4.00 Smoked salmon 4.00 Fried egg 3.00
Hard-boiled egg 2.00 Side house salad² 4.00
Multi-grain bread 1.50 Gluten-free toast 2.00 Butter, Jam 0.50

FRIEDA OMELETS

with choice of bread,
FRIEDA preserve + fresh fruit

French Omelet^{3*}

Fresh herbs, Gruyère
14.00

American Omelet^{*}

Ham, mushroom,
Cheddar cheese
15.00

Egg White Omelet^{3*}

Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
15.00

BRIOCHE FRENCH TOAST

with butterscotch sauce

Classic^{3*}

Topped with berries
+ whipped cream
13.00 📉

Apple^{3*}

Caramelized apples,
cinnamon + whipped
cream 14.00 📉

Mini Waffles^{3*}

with berries
+ Butterscotch sauce
+ Chocolate sauce
+ Whipped cream 10.00 📉

¹ No Gluten

² Vegan

³ Vegetarian



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. Additional Take-out
cup/container 0.50



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

Chickpea & Apricot Tagine ^{1 2}

Chickpeas, dried apricot, medley of vegetables, quinoa, side of muhammara
15.00

Quinoa Bowl ^{1 2}

Avocado, arugula, roasted pecans, cherry tomatoes, cucumber, chickpeas, House vinaigrette
15.00

Vegan Toast ²

Housemade Focaccia, eggplant spread, portobello mushroom, roasted red bell peppers, arugula
14.00

SALADS

FRIEDA Nicoise Salad ^{1 3}

Mixed greens, cucumber, cherry tomato, olives, green beans, hard boiled egg, tarragon tuna salad
15.00

Goat Cheese

+ Raw Beet Salad ^{1 3}
Mixed greens, roasted pecans, cherry tomatoes, cucumber, House vinaigrette
14.00

Smoked Salmon Salad ^{1 3}

Carrots, hard-boiled egg, capers, mixed greens, cherry tomatoes, cucumber, House vinaigrette
16.00

Waldorf Salad ^{1 3}

Chicken, blue cheese, grapes, apples, radish, mixed greens, cherry tomatoes, cucumber, candied pecans, House vinaigrette
15.00

Side house salad ^{1 3}

Mixed greens, cucumber, cherry tomatoes, House vinaigrette
4.00

QUICHES & PIES

Quiche Lorraine

Mushroom, Gruyère, eggs, caramelized onions, ham
with a house salad
15.00

Spinach Quiche ³

Goat cheese, caramelized onions, eggs
with a house salad
15.00
+ add Salmon 3.00

Chicken Pot Pie

Chicken, sweet peas, carrots, puff pastry
16.00

Turkey Lasagne

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
18.00

Avocado Toast

Multi-grain bread, pesto, arugula, tomato
13.00
+ add Salmon 3.00

Curry Chicken Salad

Multi-grain bread, arugula, tomato
14.00

Tarragon Tuna Salad

Multi-grain bread, arugula, tomato, hard boiled eggs, olives, Dijon mustard
14.00

COMBO

1/2 Open Face Toast + Cup of soup

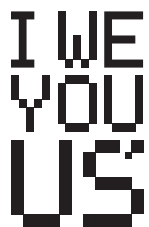
14.00

* Avocado and Salmon Toast +3.00

SOUPS

Soup of the day

Cup	Bowl
7.00	9.00



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Weekend Brunch

Open - 2:30 pm


¹ No Gluten

² Vegan

³ Vegetarian

*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
16.00 

**Breakfast Potatoes
+ 2 Poached Eggs**^{1 3}
Potatoes, bell peppers, onions
14.00

**Avocado Toast
+ 2 Poached Eggs**³
Multi-grain bread, pesto,
arugula, tomato
15.00
+ add Salmon 4.00

**Salmon Eggs Benedict
(2 Poached Eggs)**
Sweet potato rosti, smoked
salmon, 2 poached eggs,
Hollandaise 18.00

**Eggs Florentine
(2 Poached Eggs)**¹
Sweet potato rosti, spinach,
Hollandaise 17.00

**English Breakfast
(2 Poached Eggs)**^{*}
Smoky house baked
beans chicken sausage,
mushroom & roasted
tomato, cheddar scone
17.00



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CLASSICS

Baker's Basket^{3 *}
1 almond croissant, 1 pain au
chocolat, 1 scone, 2 slices of
toasted brioche, butter and
FRIEDA jam 12.00

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,
2 slices of toasted brioche,
butter and FRIEDA jam
15.00

Avocado Toast^{3 *}
Multi-grain bread, pesto,
arugula, tomato 13.00
+ add Salmon 4.00

Croque Monsieur^{*}
Brioche, ham, Mornay
with a house salad 15.00
+ add Fried egg 3.00 

VIENNOISERIES PATISSERIE

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Cheddar cheese
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Goat cheese, cherry
tomatoes, mushroom,
roasted vegetables
15.00

BRIOCHE FRENCH TOAST

with butterscotch sauce

Classic^{3 *}
Topped with berries
+ whipped cream
13.00 

Apple^{3 *}
Caramelized apples,
cinnamon + whipped
cream 14.00 

Mini Waffles^{3 *}
with berries
+ Butterscotch sauce
+ Chocolate sauce
+ Whipped cream 10.00 

+ ADD EXTRAS

Ham 4.00 **Chorizo** 4.00 **Smoked salmon** 4.00 **Fried egg** 3.00
Hard-boiled egg 2.00 **Side house salad**² 4.00
Multi-grain bread 1.50 **Gluten-free toast** 2.00 **Butter, Jam** 0.50

LIGHT

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FRIEDA granola,
Greek yogurt, seasonal
fruit with 1 butter croissant
and FRIEDA jam
10.00

Oatmeal^{1 2}
Berries, side of maple syrup
7.00

Granola parfait^{1 3}
FRIEDA homemade
granola, Greek yogurt,
seasonal fruit 7.00

Greek Yogurt
+ Seasonal Fruit^{1 3} 7.00

Bircher muesli^{1 2}
Berries, almonds 7.00

Fresh Fruit Salad^{1 2}
6.00
Berries only +2.00

Prosciutto Croissant^{*}
Brie, FRIEDA chutney 7.00

Turkey Croissant^{*}
Brie, FRIEDA chutney 6.00

Salmon Croissant^{3 *}
Fresh whipped Herb cream
cheese, capers 8.00

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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.

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