


SHARES

- Whole Roasted Garlic *toasted focaccia*  6 —
- Fried Zucchini Chips *smoked paprika aioli* 10 —
- Salt & Pepper Eggplant *tzatziki* 11 —
- Grilled Haloumi *grapes & mint*  12 —
- Spiced Beet Dip *feta, sesame & pita* 12 —
- Roasted Cauliflower *creamy garlic dressing & capers*  13 —

MATZO BALL SOUP \$9



PERI-PERI CHICKEN WINGS \$10

FREDA'S LIVER & ONIONS \$13

KEFTA KEBAB \$15

Persian meatballs with Tahini and Pine Nuts

SALADS

add chicken skewer +\$7, add fish +\$8, add steak +\$9

- Greek Salad** 14 —
kale, cucumber, tomato, pickled red onions, salt-cured olives and feta
- House Salad** 14 —
butter lettuce, shaved radish & carrot, avocado, pea shoots, in tarragon vinaigrette
- Tuna Salad** 16 —
chopped tomatoes, avocado, red onions in a sweet soy balsamic dressing, served with arugula and sourdough

SANDWICHES

served with french fries or arugula salad

- Jack's Burger** 15 —
grilled tomato and fried onion 
- Prego Roll** 16 —
portuguese skirt steak sandwich with garlic butter 
- Chicken Prego** 14 —
grilled chicken breast with smoked paprika aioli & watercress
- Madame Freda** 17 —
pressed sandwich with duck prosciutto, cheddar béchamel, gruyere & a sunny side up egg 



JACK'S WIFE FREDA

ALL DAY CAFE — BREAKFAST — LUNCH — BRUNCH — DINNER
50 Carmine St, West Village • 224 Lafayette St, SoHo

ENTREES

- Durban Mussels** *with fennel, coriander curry served with fries*  22 —
- Peri-Peri Chicken** *with diced salad*  23 —
- Fish a la Plancha** *sesame soy glazed with sautéed kale and radish*  21 —
- Whole Fish** *head to tail, served w/ couscous & chopped salad* 29 —
- Sirloin Steak with Maître D** *butter & Fries* 32 —
- Spiced Rack of Lamb** *with herbed Israeli couscous*  29 —
- Chicken Schnitzel** *with mashed potatoes and diced salad* 21 —
- Daily Pasta**  16 —
- Vegetable Curry Bowl** *couscous and house chutney*  19 —

SIDES \$7

Sautéed Kale / French Fries / Chopped Salad / Arugula Salad

HOT SAUCE!

DESSERT \$9

- Flourless Chipotle Chocolate Cake** *with chocolate mousse* 
- Seasonal Baked Fruit Crisp** 
- Homemade Spiced Cheesecake** 
- Malva Pudding** 

@ JACKSWIFE FREDA

*20% gratuity will be added to parties of six or more

PLEASE ADVISE US OF ANY FOOD ALLERGIES

*Although every effort will be made to accommodate food allergies, we're afraid we cannot always guarantee meeting your needs.

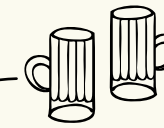
*Eating raw or undercooked fish, shellfish, eggs or meat increases the risk of foodborne illnesses.

WINE

(bottle list available)

Glass / Carafe

- Fleur du Cap Sauvignon Blanc 9 — 26 —
- Schlumberger Pinot Blanc 11 — 29 —
- The Seeker Rosé 11 — 29 —
- Six Hats Cabernet 9 — 26 —
- Delas Freres Cotes du Rhone 11 — 26 —
- Sparkling Wine: Poema Cava Cava Bottle 10 — 38 —



BEER ON TAP

Half & Pint

- Stella Artois 5/8 Hoegaarden 5/8
- Goose Island IPA 5/8 Brooklyn Lager 5/8

COCKTAILS \$13

- Jack's Manhattan** *Michter's Bourbon, Sweet Vermouth, Bitters*
- Freda's Negroni** *Botanist Gin, Campari, Vermouth*
- Margarita Rocks** *El Jimador Tequila, Cointreau Noir, Lime*
- Bootsy Collins** *Stoli Vodka, Lillet Rouge, Lemon*
- Pimm's Cup No.1** *Pimm's, lemonade, mint & ginger*
- Vesper** *Beefeater, Stoli, Lillet Blanc*
- Hemingway's Daiquiri** *Mount Gay Rum, Grapefruit, Maraschino Liqueur*
- New York Sour** *Bulleit Rye, Honey Syrup, Ruby Port*
- French 75** *Hendricks Gin, Lemon, Cava*

DRINKS

- Mint Lemonade 6 — Fresh Cantaloupe 7 —

COFFEE & TEA

Stumptown

- Latte 4.5 — Espresso 3.5 —
- Cappuccino 4.5 — Cold Brew 4.5 —
- HOUSE of WARIS 4.5 —

select teas

