



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 SWEETBREADS \$13

FREDA'S CRAB CAKES \$16

KEFTA KEBAB \$15


Persian meatballs with Tahini and Pine Nuts

SALADS

- Greek Salad  14 -
kale, cucumber, tomato, pickled red onions, salt-cured olives and feta
add chicken skewer +\$7, add fish +\$8, add steak +\$9
- 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

224 Lafayette St, SoHo • 50 Carmine St, West Village




ENTREES

- Bloody Mary Mussels *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 -
- Ground Lamb & Eggplant 'Lasagne'  22 -
- 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

DESSERT \$9

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

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 - 29 -
- Sparkling Wine: Poema Cava *Cava* *Bottle*
10 - 38 -

BEER

Half & Pint

- Stella Artois 5/8 **Hoegaarden** 5/8
- Goose Island IPA 5/8 **Guinness** 6/9
- Boddington in Can 6 -

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*

New York Sour *Bulleit Rye, Honey Syrup, Ruby Port*

French 75 *Hendricks Gin, Lemon, Cava*

DRINKS

- Mint Lemonade 6 - **Fresh Cantaloupe Juice** 7 -

COFFEE & TEA

Stumptown

- Latte 4.5 - **Espresso** 3.5 -
- Cappuccino 4.5 - **Cold Brew** 4.5 -
- HOUSE of WARIS, 4.5 -
select teas

@ JACKSWIFEFREDA

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