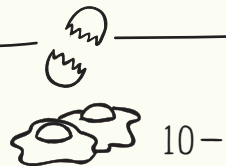


BREAKFAST

Grapefruit and Yogurt

grapefruit and mint, lebanese yogurt, granola and honey



10-

Rosewater Waffle

topped with lebanese yogurt, mixed berries and honey syrup



12-

Madame Freda

Pressed sandwich with duck prosciutto, cheddar béchamel, gruyere & a sunny side up egg

16-

Green Shakshuka

2 baked eggs in a green tomatillo shakshuka served with challah toast



12-

Mediterranean Breakfast

2 eggs any style, chopped salad, labne, avocado and pita bread

13-

Poached Eggs with Grilled Tomato and Haloumi

2 poached eggs, grilled tomato and haloumi, served with sourdough toast

13-

Breakfast Bowl

scrambled or poached eggs, red quinoa, kale, spaghetti squash, grilled tomato and avocado

16-

Jack's Breakfast

2 eggs (any style), grilled skirt steak, grilled tomato, fingerling potatoes and sourdough toast

22-

Toasted Baguette



butter and jam

5-

HOUSE CURED DUCK BACON

\$6



SALADS

Greek Salad

kale, cucumber, tomato, pickled red onions, salt-cured olives and feta add chicken +\$7



13-

Tuna Salad

chopped tomatoes, avocado and red onions in a sweet soy balsamic dressing, served with arugula and sourdough

15-



JACK'S WIFE FREDA

ALL DAY CAFE - BREAKFAST - LUNCH - BRUNCH - DINNER

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

GRILLED HALOUMI \$11

PERI-PERI SWEETBREADS \$12

ENTREES

Chicken Kebab Peri-Peri marinated chicken with couscous and chopped salad 14-

Fish a la Plancha sesame soy glazed with sautéed kale and radish 19-

Mustard Seed Crusted Tofu with Spaghetti Squash 13-

FREDA'S MATZO BALL SOUP \$8

SANDWICHES

served with french fries or arugula salad

Jack's Burger grilled tomato and fried onion 15-

Prego Roll Portuguese skirt steak sandwich with garlic butter 16-

Chicken Prego grilled chicken breast with smoked paprika aioli & watercress 14-

Grilled Eggplant Baguette roasted tomato, mozzarella, olive tapenade & pesto 11-

Mashed Avocado on Seeded Bread cherry tomato jam, pickled carrots, and za'atar 13-

SIDES \$7

Sautéed Kale / French Fries / Chopped Salad / Arugula Salad

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.

DESSERT \$8

Flourless Chipotle Chocolate Cake with chocolate mousse

Baked Fruit Crisp seasonal fruit

Homemade Spiced Cheesecake

Malva Pudding

WINE

(bottle list available)

Glass / Carafe

Fleur du Cap Sauvignon Blanc 9 - 23 -

Schlumberger Pinot Blanc 10 - 26 -

The Seeker Rosé 10 - 26 -

Six Hats Cabernet 9 - 23 -

Delas Freres Cotes du Rhone 10 - 26 -

Sparkling Wine: Poema Cava Cava Bottle

9 - 34 -

BEER

Half & Pint

Stella Artois 5/8 Hoegaarden 5/8

Goose Island IPA 5/8 Guinness 6/9v

Boddington in Can 6-

BOOTSY COLLINS \$13

Stoli Vodka, Lillet Rouge & lemon

PIMM'S CUP NO.1 \$13

Pimm's, lemonade, mint & ginger

CANTALOUPE MIMOSA \$12

BLOODY MARY \$12

DRINKS

Mint Lemonade 6- Fresh Cantaloupe Juice 6-

COFFEE

Stumptown

Bottomless Drip 3.5 - Cold Brew 4.5 -

Espresso 3.5 - Nana Tea with fresh mint 4.5 -

Latte 4.5 - House of Matcha Ice Tea 6 -

Cappuccino 4.5 - Hot Chocolate 6 -

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