











JACK'S WIFE FREDA

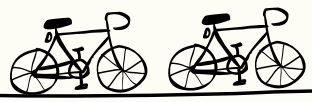
ALL DAY CAFE - BREAKFAST - LUNCH - BRUNCH - DINNER

Served all day




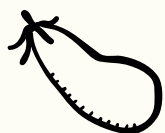
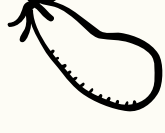



BREAKFAST

- Grapefruit and Yogurt** 12 -
grapefruit and mint, lebanese yogurt, granola and honey 
- Rosewater Waffle** 14 -
topped with lebanese yogurt, mixed berries and honey syrup 
- Madame Freda** 19 -
pressed sandwich with duck prosciutto, cheddar béchamel, gruyère & a sunny side up egg 
- Green Shakshuka** 14 -
2 baked eggs in a green tomatillo shakshuka served with challah toast 
- Mediterranean Breakfast** 15 -
scrambled or poached eggs, chopped salad, labne, avocado and pita bread 
- Maya's Breakfast Bowl** 19 -
scrambled or poached eggs, red quinoa, kale, spaghetti squash, grilled tomato, radish and avocado 
- Jack's Breakfast** 25 -
scrambled or poached eggs, grilled skirt steak, grilled tomato, fingerling potatoes, pickled onions and sourdough toast 
- Toasted Baguette** 6 -
butter and jam 











SANDWICHES

served with french fries or arugula salad
add avocado +\$4 add haloumi +\$4 add feta +\$3

- Jack's Burger** 16 -
with grilled tomato and fried onion 
- Prego Roll** 18 -
portuguese skirt steak sandwich with garlic butter 
- Chicken Prego** 16 -
grilled chicken breast with smoked paprika aioli & watercress 
- Grilled Eggplant Baguette** 15 -
roasted tomato, mozzarella, olive tapenade & pesto 
- Mashed Avocado on Seeded Bread** 14 -
cherry tomato jam, pickled carrots, and za'atar 
- Duck Bacon, Egg and Cheese Sandwich** 17 -
duck bacon, scrambled eggs, cheddar cheese, tomato jam with side of french fries 

SHARES

- Fried Zucchini Chips** 12 -
smoked paprika aioli 
- Salt & Pepper Eggplant** 12 -
tzatziki 
- Grilled Haloumi** 14 -
grapes & mint 
- Spiced Beet Dip** 13 -
feta, sesame & pita 
- Roasted Cauliflower** 15 -
creamy garlic dressing & capers 
- Matzo Ball Soup** 10 -

- Peri Peri Chicken Wings** 14 -

- Kefta Kebab** 16 -
persian meatballs with tahini and pine nuts 

SIDES

Arugula 8 • Chopped Salad 9 • Sautéed Kale 9 • Fries 8
Couscous 7 • Spaghetti Squash 9 • Duck Bacon 9
Prego Steak 10 • Side Salmon 9 • Side Chicken Kebab 8

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.

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

*Substitutions may incur an additional charge.




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SALADS

add tofu +\$8, add chicken skewer +\$8, add fish +\$9, add steak +\$10

- Greek Salad** 15 -
kale, cucumber, tomato, pickled red onions, salt-cured olives and feta, in a red wine vinaigrette 
- Tuna Salad** 18 -
chopped tomatoes, avocado and red onions in a sweet soy balsamic dressing, served with arugula and sourdough 
- House Salad** 16 -
butter lettuce, shaved radish & carrot, avocado, pea shoots, in tarragon vinaigrette 

ENTREES

- Chicken Kebab** 19 -
peri peri marinated chicken with couscous & chopped salad 
- Fish a la Plancha** 23 -
sesame soy glazed with sautéed kale & radish 
- Peri-Peri Chicken** 25 -
with diced salad 
- Whole Fish** 30 -
head to tail, served with couscous & chopped salad 
- Sirloin Steak** 34 -
with maître d' butter & fries 
- Bennie's Chicken Schnitzel** 23 -
with mashed potatoes & diced salad 
- Spaghetti & Chicken Meatballs** 19 -
in Freda's tomato sauce 
- Vegetable Curry Bowl** 20 -
couscous & house chutney 
- Mustard Seed Crusted Tofu** 16 -
with spaghetti squash 

FREDA'S MIXED GRILL PLATTER FOR TWO \$55

prego skirt steak, chicken kebab skewer, grilled haloumi cheese, grilled onions with a mezza of couscous, chopped salad, kale greek salad, spiced beet dip and tzaziki with arugula salad

DESSERT \$10

-  **Homemade Spiced Cheesecake** • **Noam's Malva Pudding**

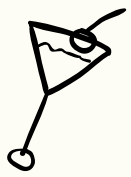
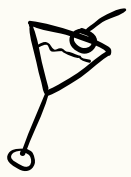
DRINKS

- Mint Lemonade** 8 - 
- Fresh Cantaloupe Juice** 8 - 

WINE

	Glass	Carafe	Bottle
Fleur du Cap Sauvignon Blanc	10 -	26 -	34 -
Délas Frères Côtes du Rhône	12 -	30 -	36 -
Donna Laura Ali Rosé	12 -	30 -	36 -
Schlumberger Pinot Blanc	12 -	30 -	36 -
Seeker Pinot Noir	12 -	30 -	34 -

COCKTAILS \$14

- Bootsy Collins** Stoli Vodka, Lillet Rouge, lemon 
- Pimm's Cup No.1** cucumber, lemonade, mint & ginger 
- Jack's Manhattan** Michter's Bourbon, Sweet Vermouth, Bitters 
- Freda's Negroni** Botanist Gin, Campari, Vermouth 
- Margarita Rocks** El Jimador Tequila, Cointreau Noir, lime 

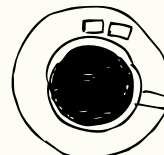
CHEERS!

CANTALOUPE MIMOSA \$14

BEER \$6/9

Stella Artois • Hoegaarden • Goose Island IPA

COFFEE & TEA

- Latte** 7 - 
- Cappuccino** 5 -
- Matcha** 6 -
- Nana Tea** brewed with fresh mint 7 -
- Cold Brew** 7 -
- HOUSE of WARIS** select teas 7 -