

BREAKFAST

Grapefruit and Yogurt

grapefruit and mint, lebanese yogurt, granola and honey



10 -

Rosewater Waffle

topped with lebanese yogurt, mixed berries and honey syrup



13 -

Madame Freda

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



18 -

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

14 -

Maya's Breakfast Bowl

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

17 -

Eggs Benny

2 poached eggs over potato latkes, smoked salmon and beet hollandaise

16 -

Jack's Breakfast

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

23 -

Toasted Baguette

butter and jam

5 -

HOUSE CURED DUCK BACON \$7

SALADS

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

Greek Salad

kale, cucumber, tomato, pickled red onions, salt-cured olives and feta

14 -

House Salad

butter lettuce, shaved radish & carrot, avocado, pea shoots, in tarragon vinaigrette



15 -

Tuna Salad

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



16 -



JACK'S WIFE FREDA

ALL DAY CAFE - BREAKFAST - LUNCH - BRUNCH - DINNER

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

GRILLED HALOUMI \$12

PERI-PERI CHICKEN WINGS \$12

ENTREES

Chicken Kebab

Peri-Peri marinated chicken with couscous and chopped salad

16 -

Fish a la Plancha

sesame soy glazed with sautéed kale and radish

21 -

Mustard Seed Crusted Tofu with Spaghetti Squash

14 -

SMOKED SALMON AND AVOCADO TOAST \$16

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 -

Eggplant Baguette

roasted tomato, mozzarella, olive tapenade & pesto

13 -

SIDES \$8

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 \$9

Flourless Chipotle Chocolate Cake with chocolate mousse

Baked Fruit Crisp seasonal fruit

Homemade Spiced Cheesecake

Noam's Malva Pudding



WINE

(bottle list available)

Glass / Carafe

Fleur du Cap Sauvignon Blanc

10 - 26 -

Schlumberger Pinot Blanc

11 - 29 -

Château Auguste Rosé

11 - 29 -

Six Hats Cabernet

10 - 26 -

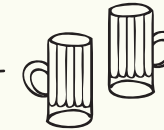
Delas Freres Cotes du Rhone

11 - 29 -

Brut Reserva 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

BOOTSY COLLINS \$13

Stoli Vodka, Lillet Rouge & lemon

PIMM'S CUP NO.1 \$13

Pimm's, lemonade, mint & ginger

CANTALOUPE MIMOSA \$12

BLOODY MARY \$13

DRINKS

Mint Lemonade

7 -

Fresh Cantaloupe Juice

7 -

COFFEE & TEA

Stumptown

Bottomless Drip

4 -

Nana Tea with fresh mint

5 -

Latte

5 -

House of Matcha Tea

6 -

Cappuccino

5 -

HOUSE of WARIS

5 -

Cold Brew

5 -

select teas

@ JACKSWIFEFRED

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

