


















BREAKFAST

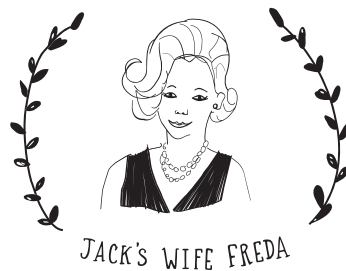
- Grapefruit and Yogurt  13 —
grapefruit and mint, lebanese yogurt, granola and honey
- Rosewater Waffle  16 —
topped with lebanese yogurt, mixed berries and honey syrup
- Madame Freda  22 —
pressed sandwich with duck prosciutto, cheddar béchamel, gruyère & a sunny side up egg
- Green Shakshuka  16 —
2 soft baked eggs in a green tomatillo shakshuka served with challah toast
- Mediterranean Breakfast  17 —
2 eggs served any style, chopped salad, labne, avocado and pita bread
- Poached Eggs with Roasted Tomato and Haloumi  18 —
2 poached eggs, roasted tomato and haloumi, served with sourdough toast
- Maya's Breakfast Bowl 23 —
scrambled or poached eggs, red quinoa, kale, spaghetti squash, roasted tomato, radish & avocado
- Jack's Breakfast  28 —
grilled skirt steak, 2 eggs served any style, roasted tomato, fingerling potatoes, pickled onions & sourdough toast

SANDWICHES

- served with french fries or arugula salad
add avocado +\$4, add haloumi +\$4, add feta +\$3*
- Jack's Burger  19 —
short rib beef burger with tomato and fried onion
 - Prego Roll  22 —
portuguese skirt steak sandwich with garlic butte
 - Chicken Prego  20 —
grilled chicken breast with smoked paprika aioli, watercress & onion
 - Salmon Burger  21 —
with pea shoots & chipotle aioli, served on a potato bun
 - Grilled Eggplant Baguette  18 —
with roasted tomato, mozzarella, olive tapenade & pesto
 - Mashed Avocado on Seeded Bread  17 —
with cherry tomato jam, pickled carrots, and za'atar
 - Duck Bacon, Egg and Cheese Sandwich  20 —
with duck bacon, scrambled eggs, cheddar cheese, tomato jam

SALADS

- add tofu +\$8, add chicken skewer +\$10, add fish +\$11, add steak +\$13*
- Kale Greek Salad  16 —
kale, cucumber, tomato, pickled red onions, salt-cured olives and feta in a red wine vinaigrette
 - Tuna Salad  18 —
with chopped tomatoes, avocado and red onions in a sweet soy balsamic dressing, served with arugula and sourdough toast
 - House Salad  17 —
butter lettuce, shaved radish & carrot, avocado, pea shoots, in tarragon vinaigrette



JACK'S WIFE FREDA






Soho • West Village • Chelsea • Williamsburg

ALL DAY CAFE — BREAKFAST — LUNCH — BRUNCH — DINNER
Served all day

SHARES










GRILLED HALOUMI \$16

PERI-PERI CHICKEN WINGS \$16

- Fried Zucchini Chips with smoked paprika aioli  14 —
- Salt & Pepper Eggplant with tzatziki  14 —
- Spiced Beet Dip with feta, sesame & pita  15 —
- Roasted Cauliflower creamy garlic dressing & capers  16 —
- Kefta Kebab persian meatballs with tahini and pine nuts  18 —

FREDA'S MATZO BALL SOUP \$14





ENTREES

- Chicken Kebab peri peri marinated chicken with couscous & chopped salad  21 —
- Fish a la Plancha sesame soy glazed with sautéed kale & radish  25 —
- Peri-Peri Chicken with diced salad  28 —
- Whole Fish head to tail, served with couscous & chopped salad  35 —
- Sirloin Steak with maître d' butter & fries  39 —
- Bennie's Chicken Schnitzel with mashed potatoes & diced salad  25 —
- Spaghetti & Chicken Meatballs in Freda's tomato sauce  20/25 —
Your choice Spaghetti or Spaghetti Squash
- Vegetable Curry Bowl couscous & house chutney  23 —
- Mustard Seed Crusted Tofu with spaghetti squash  20 —

SIDES

- Arugula 7 • Chopped Salad 10 • Sautéed Kale 11 • Spaghetti Squash 12
Fries 9 • Couscous 8 • Mashed Potatoes 10 • Fingerling Potatoes 9
Duck Bacon 9 • Whole Roasted Garlic 8 • Fillet of Salmon 11
Chicken Skewer 10 all natural freebird chicken • Prego Steak 13 • Tofu 9

DESSERT \$10

- Flourless Chipotle Chocolate Cake with chocolate mousse 
 - Homemade Spiced Cheesecake 
 - Noam's Malva Pudding South African sponge cake 
- ## WINE
- Bottle list available*
- | | Glass | Carafe | Bottle |
|--|-------|--------|--------|
| Fleur du Cap Sauvignon Blanc | 10 — | 26 — | 36 — |
| Pinot Grigio | 12 — | 30 — | 40 — |
| Freda's SIGNATURE Rosé  | 12 — | 30 — | 40 — |
| Pinot Noir | 10 — | 26 — | 36 — |
| Délas Frères Côtes du Rhône | 12 — | 30 — | 40 — |
| Prosecco | 12 — | — | 40 — |

JACK'S WIFE FREDA SIGNATURE COCKTAILS

- | | |
|--|--|
| Pimm's Cup No.1 15 —
<i>Pimm's, cucumber, lemonade, mint & ginger</i> | Bootsy Collins 15 —
<i>Vodka, Lillet Rouge, lemon, mint</i> |
| Margarita Rocks 14 —
<i>Tequila, Triple-Sec, lime</i> | Sunshine on Carmine 15 —
<i>Gin, Cava, ginger, lemon, orange peel</i> |
| Jack's Manhattan 14 —
<i>Bourbon, Sweet Vermouth, Bitters</i> | The Bianca 15 —
<i>White Rum, raspberry, lime, mint</i> |
| Violettes Aviation 15 —
<i>Gin, Luxardo, Violettes, lemon</i> | The Green Dean 15 —
<i>Gin, cucumber, lemon, mint</i> |
| Freda's Negroni 14 —
<i>Gin, Campari, Vermouth</i> | La Vida Loca 15 —
<i>Mezcal, Triple-Sec, lime, honey</i> |
| Freda's Hot Toddy 15 —
<i>Bourbon, honey, lemon, star anise, orange peel</i> | Cantaloupe Mimosa 14 —
<i>Lillet Blanc, Prosecco, fresh cantaloupe</i> |
| Pink Guzzler Seasonal* 15 —
<i>Tequila, watermelon, lime, simple syrup</i> | Freda's Bloody Mary 14 — |
| Espresso Martini 15 — | Aperol Spritz 14 — |



BEER \$6/10

Half & Pint
Stella Artois • Hoegaarden • Goose Island IPA

DRINKS

Mint Lemonade 10 • Fresh Cantaloupe Juice 10

COFFEE & TEA

- | | |
|---|---|
| Latte  6 — | Nana Tea brewed with fresh mint  7 — |
| Cappuccino 6 — | Cold Brew 8 — |
| Matcha 7 — | HOUSE of WARIS select teas 7 — |
| Bottomless drip till 4pm 5 — | Hot Chocolate with whipped cream 9 — |

NO SUBSTITUTIONS - 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. *20% gratuity will be added to parties of six or more.*