

## BREAKFAST

- Grapefruit and Yogurt** 13 —  
*grapefruit and mint, lebanese yogurt, granola and honey*
- Rosewater Waffle** 17 —  
*topped with lebanese yogurt, mixed berries and honey syrup*
- Madame Freda** 23 —  
*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, haloumi and gremolata, served with sourdough toast*
- Maya's Breakfast Bowl** 24 —  
*scrambled or poached eggs, red quinoa, kale, spaghetti squash, roasted tomato, radish & avocado*
- Jack's Breakfast** 29 —  
*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** 21 —  
*short rib beef burger with tomato and fried onion*
- Prego Roll** 23 —  
*portuguese skirt steak sandwich with garlic butter*
- Chicken Prego** 22 —  
*grilled chicken breast with smoked paprika aioli, watercress & onion*
- Mimi's Salmon Burger** 22 —  
*with pea shoots, tomato & chipotle labne aioli, served on a potato bun*
- Grilled Eggplant Baguette** 19 —  
*with roasted tomato, mozzarella, olive tapenade & pesto*
- Mashed Avocado on Seeded Bread** 18 —  
*with cherry tomato jam, pickled carrots, and za'atar*
- Duck Bacon, Egg and Cheese Sandwich** 21 —  
*with duck bacon, scrambled eggs, cheddar cheese, tomato jam*

## SALADS

*add tofu +\$9, add chicken skewer +\$11, add fish +\$12, add steak +\$13*

- Kale Greek Salad** 16 —  
*kale, cucumber, tomato, pickled red onions, salt-cured olives & feta in a red wine vinaigrette*
- House Salad** 18 —  
*butter lettuce, shaved radish & carrot, avocado, pea shoots, in tarragon vinaigrette*
- Tuna Salad** 19 —  
*with chopped tomatoes, avocado and red onions in a sweet soy balsamic dressing, served with arugula and sourdough toast*



Soho • West Village • Chelsea • Union Square • 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** 15 —
- Salt & Pepper Eggplant with tzatziki** 15 —
- Spiced Beet Dip with feta, sesame & pita** 16 —
- Roasted Cauliflower creamy garlic dressing & capers** 17 —
- Kefta Kebab persian meatballs with tahini and pine nuts** 19 —
- Whole Roasted Garlic with toasted baguette** 8 —

FREDA'S MATZO BALL SOUP \$15

## ENTREES

- Chicken Kebab peri peri marinated chicken with couscous & chopped salad** 23 —
- Fish a la Plancha sesame soy glazed with sautéed kale & radish** 27 —
- Peri-Peri Chicken with diced salad** 30 —
- Whole Fish head to tail, served with couscous & chopped salad** 39 —
- Sirloin Steak with maître d' butter & fries** 42 —
- Bennie's Chicken Schnitzel with mashed potatoes & diced salad** 27 —
- Spaghetti & Chicken Meatballs in Freda's tomato sauce** 21/26 —  
*Your choice Spaghetti or Spaghetti Squash*
- Vegetable Curry Bowl couscous & house chutney** 25 —
- Mustard Seed Crusted Tofu with spaghetti squash & radish** 21 —

## SIDES

Arugula 7 • Chopped Salad 10 • Sautéed Kale 12  
Spaghetti Squash 13 • Fries 10 • Couscous 8 • Mashed Potatoes 10  
Fingerling Potatoes 9 • Duck Bacon 10 • Fillet of Salmon 12  
Chicken Skewer 11 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
Muscadet		12—	29—	40—
Sauvignon Blanc		14—	33—	44—
Freda's SIGNATURE Rosé		14—	33—	44—
Pinot Noir		12—	29—	40—
Delas Frères Côtes-du-Rhône		14—	33—	44—
Cava		14—	--	44—

## JACK'S WIFE FREDA SIGNATURE COCKTAILS \$16

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

## BEERS \$6/10

Half & Pint  
Stella Artois • Kona Big Wave • Goose Island IPA

## DRINKS

Mint Lemonade 10 • Fresh Cantaloupe Juice 10

## COFFEE & TEA

Serving Caffé Vita

- |                          |    |                                  |     |
|--------------------------|----|----------------------------------|-----|
| Latte                    | 6— | Nana Tea brewed with fresh mint  | 8—  |
| Cappuccino               | 6— | Cold Brew                        | 8—  |
| Matcha                   | 7— | HOUSE of WARIS select teas       | 8—  |
| Bottomless drip till 4pm | 5— | Hot Chocolate with whipped cream | 10— |

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.