
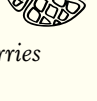
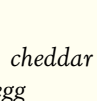
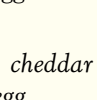
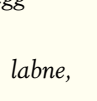
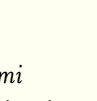
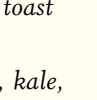


## FAMILY STYLE PLATTERS

### BREAKFAST PLATTERS

Serves 4-6

- Grapefruit & Yogurt**  \$84  
grapefruit and mint, lebanese yogurt, granola and honey
- Rosewater Waffle**  \$108  
topped with lebanese yogurt, mixed berries and honey syrup
- Mini Madame Freda**  \$120  
pressed sandwich with duck prosciutto, cheddar bechamel, gruyere & a sunny side up egg
- Full Madame Freda**  \$144  
pressed sandwich with duck prosciutto, cheddar bechamel, gruyere & a sunny side up egg
- Mediterranean Breakfast**  \$108  
2 eggs served any style, chopped salad, labne, avocado and pita bread
- Poached Egg**  \$114  
2 poached eggs, roasted tomato, haloumi and gremolata, served with sourdough toast
- Maya's Breakfast Bowl**  \$150  
scrambled or poached eggs, red quinoa, kale, spaghetti squash, roasted tomato, radish & avocado

### LUNCH PLATTERS

Serves 6-8

- Prego Rolls**  \$192  
portuguese skirt steak sandwich with garlic butter
- Grilled Eggplant Baguettes**  \$160  
with roasted tomato, mozzarella, olive tapenade & pesto
- Mashed Avocado on Seeded Bread**  \$152  
cherry tomato jam, pickled carrots, and za'atar
- Kale Greek Salad**  \$136  
kale, cucumber, tomato, pickled red onions, alt-cured olives & feta in a red wine vinaigrette
- House Salad**  \$144  
butter lettuce, shaved radish & carrot, avocado, pea shoots in a tarragon vinaigrette
- Tuna Salad**  \$152  
with chopped tomatoes, avocado and red onions in a sweet soy balsamic dressing, served with arugula and sourdough toast

### SHARED PLATTERS

Serves 4-6



- Grilled Haloumi**  \$96
- Fried Zucchini Chips**  \$96  
with smoked paprika aioli
- Salt & Pepper Eggplant**  \$96  
with tzatziki
- Spiced Beet Dip**  \$96  
with feta, sesama & pita
- Peri-Peri Chicken Wings**  \$96
- Roasted Cauliflower**  \$108  
creamy garlic dressing & capers
- Kefta Kebab**  \$114  
persian meatballs with tahini and pine nuts



Customized platters of additional larger sizes available

### ENTREE PLATTERS

Serves 6-8

- Chicken Kebab**  \$192  
peri-peri marinated chicken with couscous & chopped salad
- Salmon a la Plancha**  \$224  
sesame soy glazed with sautéed kale & radish
- Peri-Peri Chicken**  \$240  
with diced salad
- Spaghetti & Chicken Meatballs**  \$176  
in Freda's tomato sauce
- Spaghetti Squash & Meatballs**  \$208  
in Freda's tomato sauce
- Vegetable Curry Bowl**  \$208  
couscous & house chutney
- Mustard Seed Crusted Tofu**  \$176  
with spaghetti squash & radish

### SOLO MEALS

#### BREAKFAST

Offered individually

- Rosewater Waffle**  \$18  
topped with lebanese yogurt, mixed berries and honey syrup
- Madame Freda**  \$24  
pressed sandwich with duck prosciutto, cheddar bechamel, gruyere & a sunny side up egg
- Green Shakshuka**  \$18  
2 soft baked eggs in a green tomatillo shakshuka served with challah toast
- Mediterranean Breakfast**  \$18  
2 eggs served any style, chopped salad, labne, avocado and pita bread

#### LUNCH SANDWICHES

Offered individually  
Choice of fries or salad


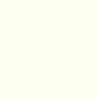



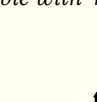
- Jack's Burger**  \$22  
short rib beef burger with tomato and fried onion
- Prego Roll**  \$24  
portuguese skirt steak sandwich with garlic butter
- Chicken Prego**  \$23  
grilled chicken breast with smoked paprika aioli, watercress & onion
- Mimi's Salmon Burger**  \$23  
with pea shoots, tomato & chipotle labne aioli, served on a potato bun
- Grilled Eggplant Baguette**  \$20  
with roasted tomato, mozzarella, olive tapenade & pesto

### FREDA'S MIXED GRILL PLATTER \$100

Serves 2-4


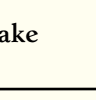

### FREDA'S SIDES

Offered individually


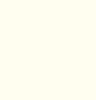



- Arugula**  \$8
- Chopped Salad**  \$10
- Sauteed Kale**  \$12
- Spaghetti Squash**  \$13
- Fries**  \$10
- Couscous**  \$8
- Mashed Potatoes**  \$10
- Fingerling Potatoes**  \$10
- Salmon Fillet**  \$13
- Chicken Skewer**  \$12
- Prego Steak**  \$14
- Tofu**  \$12

### DESSERTS

Whole cake available with 48 hours notice


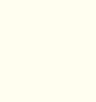



- Chocolate Cake**  \$10  
with chocolate mousse
- Noam's Malva Pudding**  \$10  
South Africa sponge cake
- Homemade Spiced Cheesecake**  \$10

### FREDA'S PANTRY

- 7 oz. Jar of Hot Sauce**  \$8
- 7 oz. Pickled Onions**  \$8
- 7 oz. Tzatziki**  \$8
- Trio of Sauces**  \$21
- Cookbook**  \$45

### JACK & FREDA BEVERAGES

64 oz.

- Coffee**  \$35
- Mint Lemonade**  \$40
- Regular Lemonade**  \$40
- Fresh Cantaloupe Juice**  \$40
- Evian Still or Sparkling 750ml**  \$10