

BREAKFAST

Soft Boiled Eggs with Soldiers
2 soft boiled eggs, with challah soldiers



7-

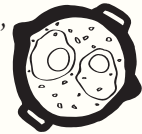
Grapefruit and Yogurt
grapefruit and mint, lebanese yogurt, granola and honey

9-

Rosewater Waffle
topped with lebanese yogurt, mixed berries and honey syrup

11-

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



15-

Green Shakshuka
2 baked eggs in a green 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

12-

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

16-

Jack's Breakfast
2 eggs (any style), grilled skirt steak, grilled tomato, pickled red onions and sourdough toast

20-

Toasted Baguette butter and jam



5-

HOUSE CURED DUCK BACON \$6

SALADS

Greek Salad
kale, cucumber, tomato, pickled red onions, salt-cured olives and feta
add chicken +\$7



13-

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

15-



JACK'S WIFE FREDA

ALL DAY CAFE - BREAKFAST - LUNCH - BRUNCH - DINNER

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



GRILLED HALOUMI \$10

PERI-PERI SWEETBREADS \$12

ENTREES

Chicken Kebab 14-
Peri-Peri marinated chicken with couscous and chopped salad



Fish a la Plancha 19-
sesame soy glazed with sautéed kale and radish



Mustard Seed Crusted Tofu with Spaghetti Squash 13-



FREDA'S MATZO BALL SOUP \$8



SANDWICHES

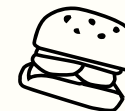
served with french fries or arugula salad

Jack's Burger 14-
grilled tomato and fried onion

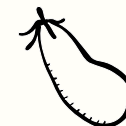


Prego Roll 16-
Portuguese skirt steak sandwich with garlic butter

Chicken Prego 14-
grilled chicken breast with smoked paprika aioli & watercress



Grilled Eggplant Baguette 11-
roasted tomato, mozzarella, olive tapenade & pesto

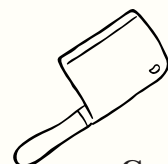


Mashed Avocado on Seeded Bread 13-
cherry tomato jam, pickled carrots, and za'atar

SIDES \$6

Couscous / French Fries / Chopped Salad / Arugula Salad

TRY OUR HOT SAUCE!



DESSERT \$8



Flourless Chipotle Chocolate Cake with chocolate mousse

Baked Fruit Crisp seasonal fruit

Homemade Spiced Cheesecake



Malva Pudding

WINE



(bottle list available)

Glass / Carafe

Fleur du Cap Chenin Blanc 9- 23-

Schlumberger Pinot Blanc 10- 26-

Lauren Miquel Rose' 10- 26-

Six Hats Pinotage 9- 23-

Delas Freres Cotes du Rhone 10- 26-

Sparkling Wine: Segura Viudas Brut Reserva Cava Bottle

9- 34-



BEER

Half & Pint

Stella Artois 5/8 Hoegaarden 5/8

Goose Island IPA 5/8 Guinness 6/9v

Boddington in Can 6-

BOOTSY COLLINS \$12

Tito's Vodka, Lillet Rouge & lemon

PIMM'S CUP NO.1 \$12

Pimm's, lemonade, mint & ginger

CANTALOUPE MIMOSA \$10

BLOODY MARY \$12



DRINKS

Mint Lemonade 5- Fresh Cantaloupe Juice 5-

COFFEE

Stumptown

Bottomless Drip 3.5- Cold Brew 4.5-

Espresso 3.5- Nana Tea with fresh mint 4.5-

Latte 4.5-

Cappuccino 4.5-

JACKSWIFEFREDa

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

