

FRIDA'S Bakery and Cafe

26 Main Street Milton, New York |

845.795.5550

Salads

Frida's Farmer | Sm \$7.50 | Lg \$8.50

Specialty Salad of the Day

Add Chicken to any Salad

\$3.00

Seasonal Quinoa *°

\$8.50/lb

Roasted Beets and Walnuts *°

\$8.25/lb

Tuna Salad°

\$6.50/lb

Chicken Salad°

\$6.25/lb

Egg Salad°

\$6.00/lb

Potato Salad°

\$6.00/lb

Whitefish Salad°

\$14.75/lb

Smoked Salmon°

\$34.00/lb

Fruit Salad *°

\$6.95/lb

Choose from over 25 ingredients!

Build-Your-Own Salad

(Pick Up A Build-Your-Own Salad Order Form)

Lunch

Quiche of the Day

Check Our Specials For Today's Quiche | Served With A Side Salad | \$6.00

Chicken Pot Pie

Poached Chicken | Green Beans | Corn | Carrots | Peas | \$7.50

Pulled Pork Pot Pie

Pulled Pork | Red Onion | Red Pepper | Black Beans | BBQ Sauce | \$7.95

Mac and Cheese * | 6.50

Build-Your-Own Burger

Choose your toppings: Lettuce | Tomato

Choose your Fries: Sweet Potato or Shoestring | \$10.50

Add a cheese: American, Cheddar, or Swiss \$.75 | Add Jalapeno, Onion, Spinach, or Mushrooms \$0.25 | Add Bacon, Avocado, Salsa, or Guacamole \$1.00 | Gluten Free Bread \$1.00

Chicken Quesadilla

Pulled Chicken Breast | Pepper | Onion | American & Cheddar Cheese
Side of Sour Cream and Salsa | \$8.50

Soup

Check Our Specials For Today's Soup | Small \$3.50 | Large \$4.50

When Chili is available: Small \$4.50 | Large \$5.50

Fries

Sweet Potato, Shoestring \$3.25 | Tater Tots \$2.50

PANINIS & SANDWICHES

Ham & Cheese

Ham | Gruyere | Dijonnaise | Side Salad
Freshly Baked Sourdough | \$8.50

Mozzarella *

Mozzarella | Tomato | Pesto | Side Salad
Freshly Baked Sourdough | \$8.50

Grilled Veggie *

Eggplant | Zucchini | Summer Squash
Red Pepper | Portobello Mushroom | Goat
Cheese | Side Salad | Freshly Baked
Baguette | \$8.50

California Wrap *

Cucumber | Avocado | Leaf Lettuce | Pine
Nuts | Red Onion | Cilantro | Dijonnaise
Whole Wheat Wrap | \$8.25

Falafel Wrap * □

Falafel | Tzatziki | Lettuce | Red Onion |
Tomato | Cucumber | Whole Wheat Wrap
\$8.50

Frida's Turkey

Turkey | Swiss | Avocado | Arugula |
Dijonnaise | Freshly Baked Baguette or
Whole Wheat Wrap | \$8.50

Grilled Chicken

Grilled Chicken | Mozzarella | Lettuce
Tomato | Balsamic | Side Salad
Freshly Baked Brioche | \$8.50

Funky Grilled Cheese of the Day

Check Our Specials For Today's Funky
Grilled Cheese | On Our Freshly Baked
Sourdough \$5.75

Create A Sandwich Or Wrap:

Choose from: Sourdough | Rye | Multigrain
| Brioche | Whole Wheat Wrap
Tuna Salad \$6.50 | Chicken Salad \$6.50 |
Egg Salad \$6.00

Add to any Panini, Wrap, or Sandwich
Chicken or Falafel | \$2.00
Lettuce, Tomato | \$.50

BREAKFAST

Served All Day!

Frida's Early Bird Special: Available Monday-Saturday: 7am-9am
Bacon, Ham, or Sausage | Egg | American, Cheddar, or Swiss | Freshly Baked Brioche | Small Coffee | \$3.85

Build Your Own Egg Sandwich or Burrito □

Choose your protein - Bacon | Sausage | Ham | Refried Beans

Choose your cheese - American | Cheddar | Swiss

Choose - Wrap or Brioche Roll | \$4.95

Add: Avocado, Salsa, Egg Whites, or Guacamole \$1.00 | **Add:** Jalapeno,

Lettuce, Tomato, Onions, Spinach or Mushrooms \$.25

Choose: Bagel, Croissant, Gluten Free Bread, or English Muffin \$1.00

Omelette □ | \$6.00

Add: Jalapeno, Lettuce, Tomato, Onions, Spinach or Mushrooms \$.25

Add: Avocado, Salsa, or Guacamole \$1.00

Add: Jalapeno or Mushrooms \$.25 | Choose Egg Whites \$2.00

Bagel with Butter | \$1.50

Bagel with Cream Cheese

Plain | Scallion & Chive | Vegetable | \$2.50

Bagel with Lox

Your choice of Onions | Tomatoes | Capers | Cream Cheese | \$10.25

Ham & Swiss Croissant | \$5.50

Fresh Fruit Cup *• | \$3.00

Steel Cut Oatmeal *•

Choose 3 Toppings: Brown Sugar | Maple

Syrup | Dried Cherries | Walnuts | Bananas |

Shaved Coconut | Apple | Sm \$3.50 | Lg \$4.50 |

Additional Toppings \$0.25

Check Out Our Daily Specials

For Our Sunday Brunch!

Frida's Little Chix

Breaded Chicken Strips | Choice of Shoe-string or Sweet Potato Fries | \$6.00

Mac & Cheese | \$6.50

Grilled Cheese | \$5.75

Choice of Bread: Sourdough, Multigrain, Rye

Choice of Cheese: Swiss, Cheddar, American

Choice of Fries: Shoestring, Sweet Potato,

Tater Tots

Frida's PB&J | \$3.75

7am-12pm Waffle With Fresh Fruit \$9.50

COFFEE & TEA

Organic Coffee!

Regular or Decaf | Espresso | Cappuccino | Latte | Americano

Dirty Chai Latte | Chai Latte | Macchiato | Iced Coffee

Look out for our seasonal options!

Harney & Sons Hot Tea

English Breakfast | Earl Grey | Paris | Peppermint (Herbal)

Chamomile (Herbal) | Pan Asia (Green) | GunPowder (Green)

Ceylon (Decaf)

House Brewed Iced Teas

Check Out The Blackboard For Today's Teas!

For The
Littles

Cooler Beverages

Freshly Squeezed Orange Juice | Joia | Harney & Sons Teas |

Bruce Ginger Ale | Coke | Diet Coke | Sprite | Veryfine

Apple and Orange Juice | SanPellegrino | Hudson Valley

Fresh Whole and Chocolate Milk | Found | Poland Spring

CHECK OUT OUR

FRESHLY BAKED

Artisan Breads and Bagels

Make Sure to Check
Out Our Display Case
For Our Latest
Pastries and Sweets!

• Denotes a Gluten Free Item

* Denotes a Vegetarian Item

□ Item that can be made gluten free or vegetarian

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Main Street Phone: 845.795.5550

www.fridasbakeryny.com

MILTON, NEW YORK

Hours: Mon-Sun:

7am-5pm