Softtek®

Frida Code Copilot Enterprise — User Manual

User guide for the Frida Code Copilot Enterprise extension

Version: 1.0 **Date:** 2026-09-15

Confidential document — Internal use

1. Installation and Sign-in

1.1 Install the extension

1. Open VS Code.
2. Go to the Extensions view (`Cmd+Shift+X` / `Ctrl+Shift+X`).
3. Search for **Frida Code Copilot Enterprise** and click **Install**.
4. Reload VS Code if requested.

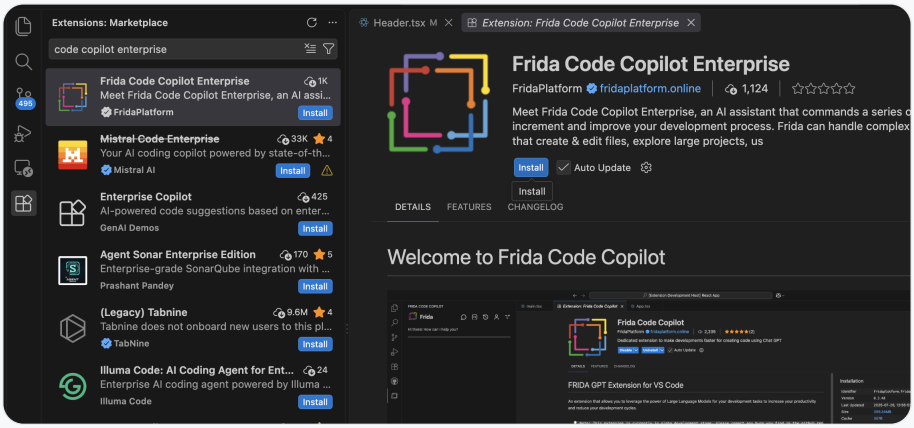


Figure 1.1.1 - VS Code extensions panel showing Frida install

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Figure 1.1.2 - Frida extension details page

1.2 Open Frida

After installation, Frida adds an icon to the VS Code sidebar. Click it to open the chat panel.

For the best workspace layout while working with Frida, drag the Frida panel from the left sidebar and drop it on the far-right secondary sidebar. This keeps the file explorer on the left and Frida on the right, so you can still browse files while chatting.

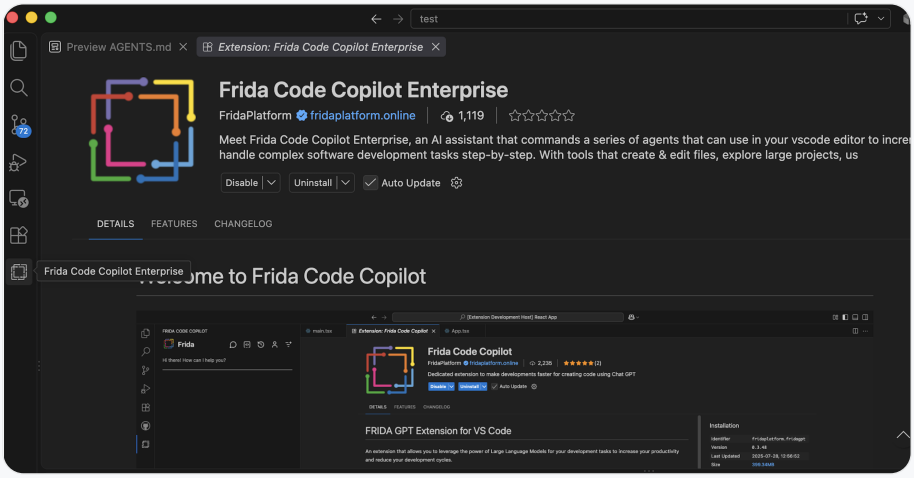


Figure 1.2.1 - Frida sidebar icon location

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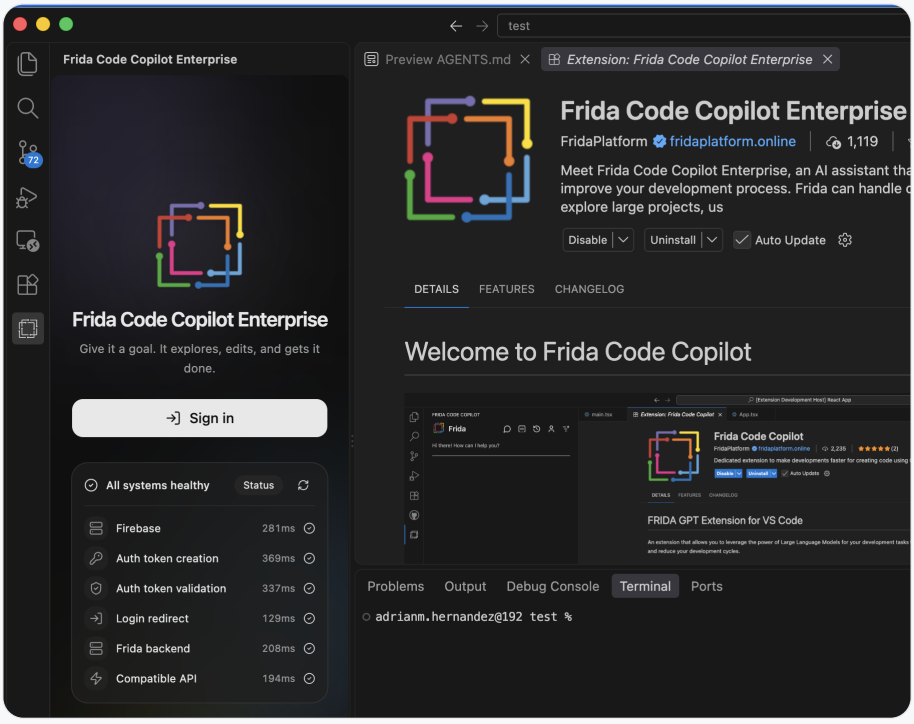


Figure 1.2.2 - Frida chat panel on first launch

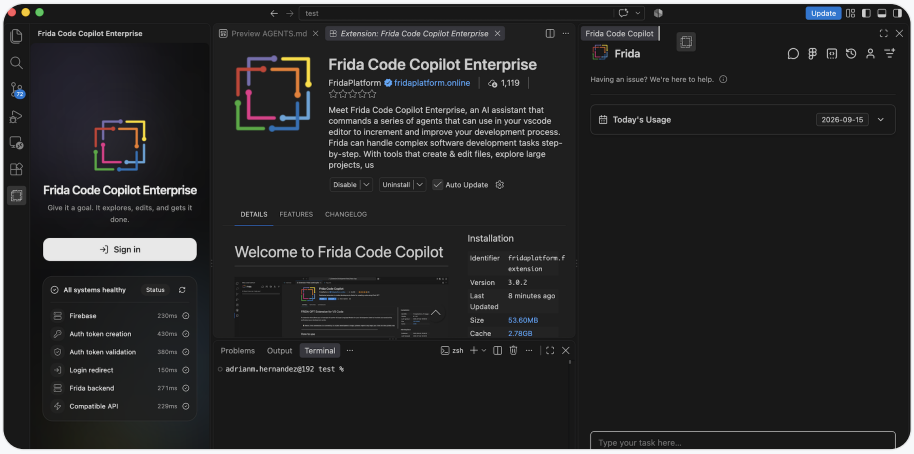


Figure 1.2.3 - Drag Frida panel to right secondary sidebar

1.3 Sign in

Some features require a Softtek account. Click the sign-in prompt in the chat panel and complete the browser OAuth flow.

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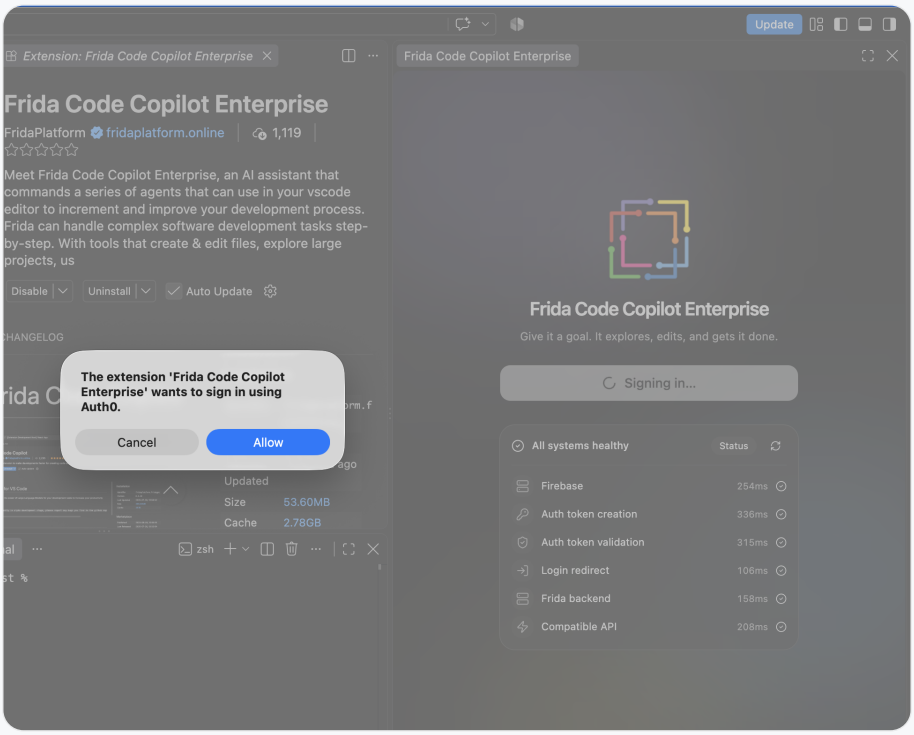


Figure 1.3.1 - Frida sign in prompt

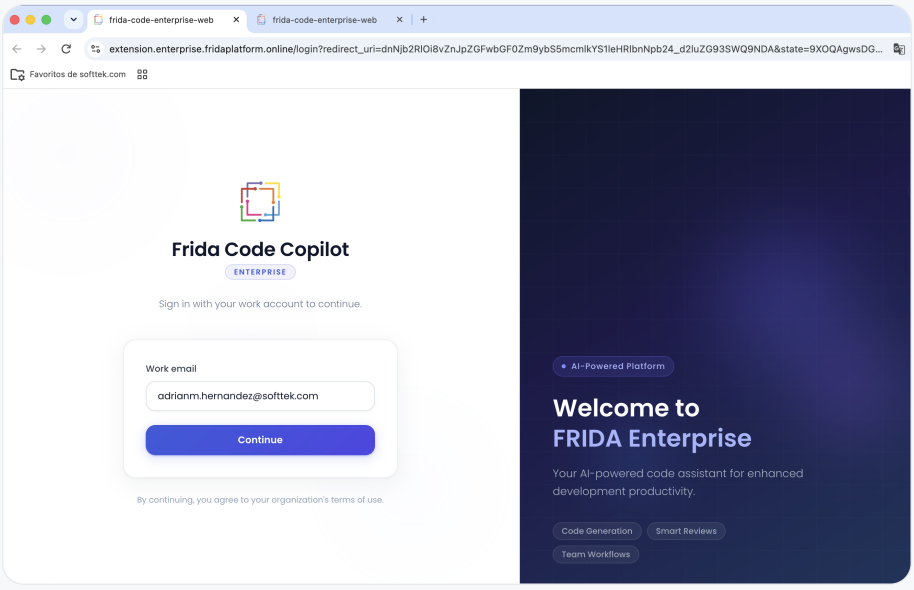


Figure 1.3.2 - Browser authentication complete

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2. Chat Sessions

2.1 Create a new chat

Click the **New chat** button in the chat header to start a fresh conversation. Empty draft tabs are not saved until you send the first message.

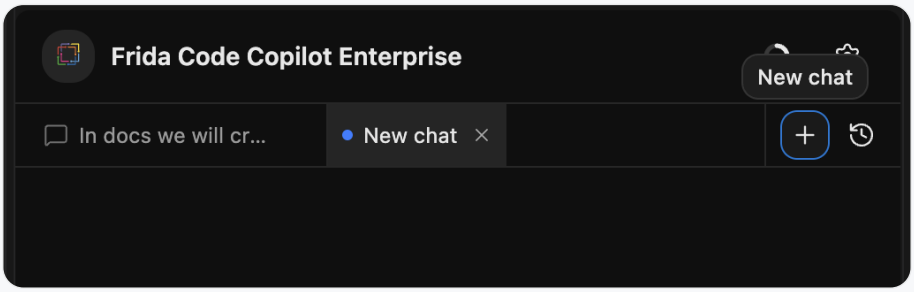


Figure 2.1.1 - New chat button in chat header

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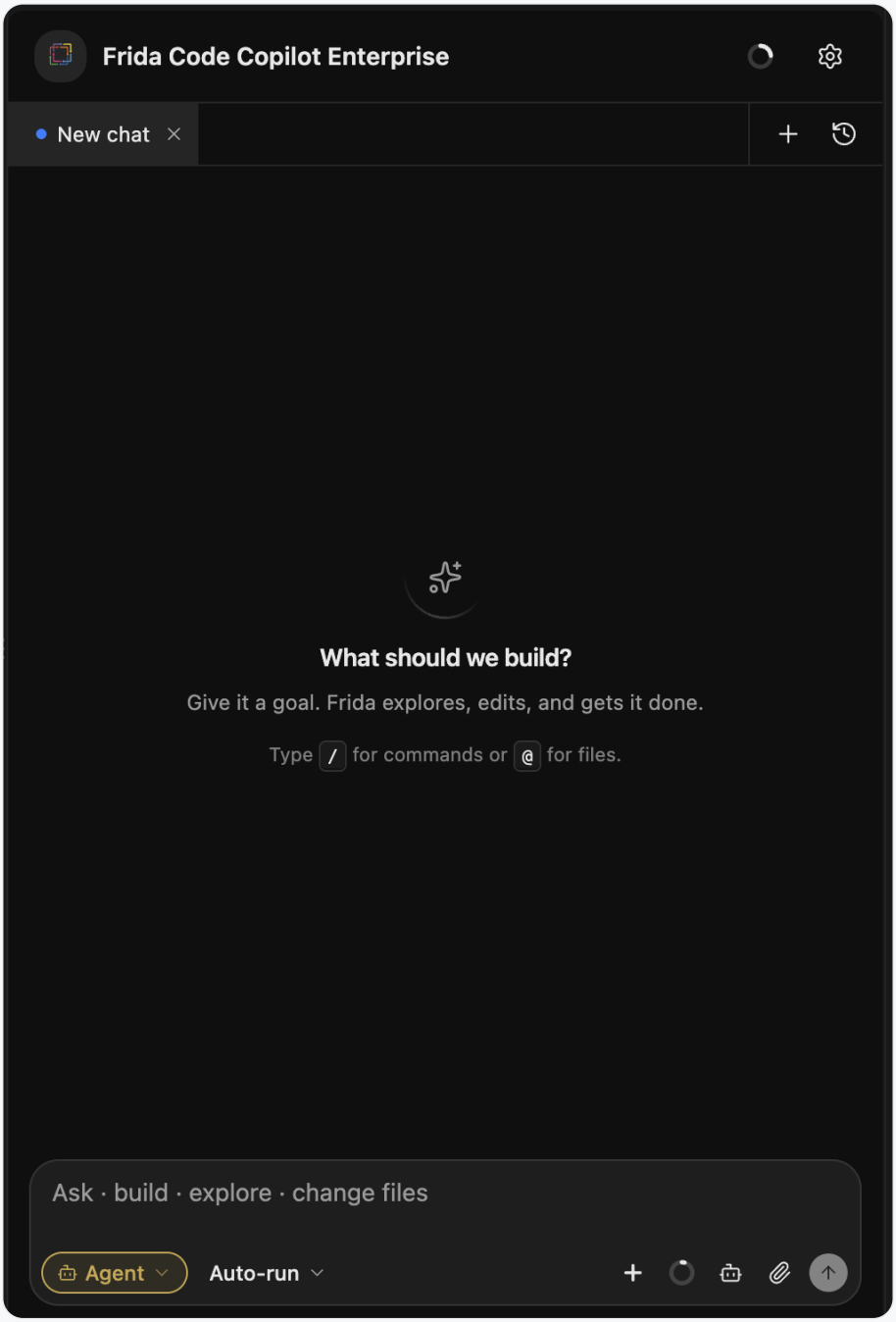


Figure 2.1.2 - New empty chat tab

2.2 Chat history

Click the **History** button to open the full chat history overlay. From there you can open or delete previous chats. Chats with at least one user message are saved.

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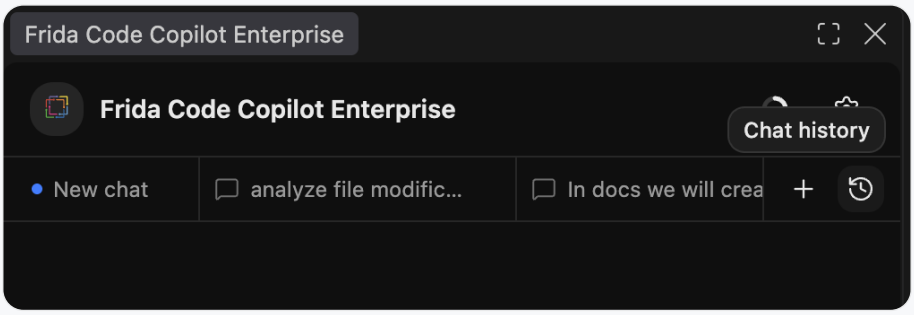


Figure 2.2.1 - History button in chat header

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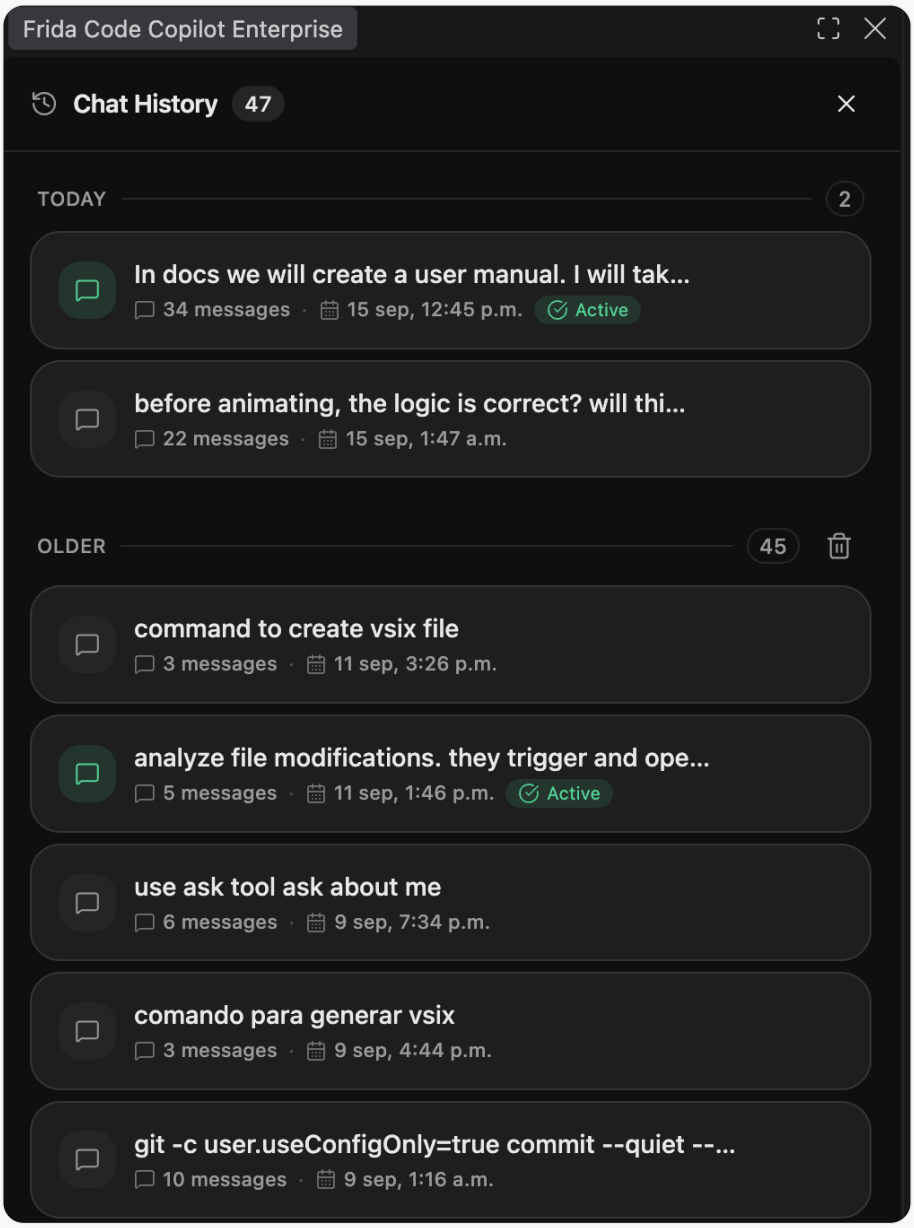


Figure 2.2.2 - Chat history list with groups

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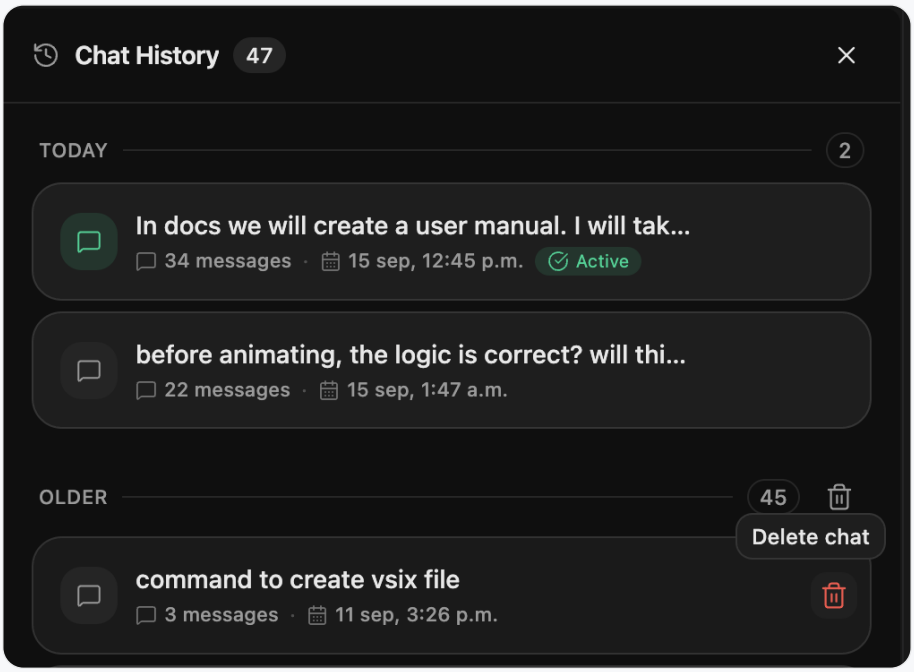


Figure 2.2.3 - Delete chat confirmation

2.3 Chat tabs

Open chats appear as a horizontal tab strip. Switch between tabs, close old ones, or start new ones without losing the underlying conversation.

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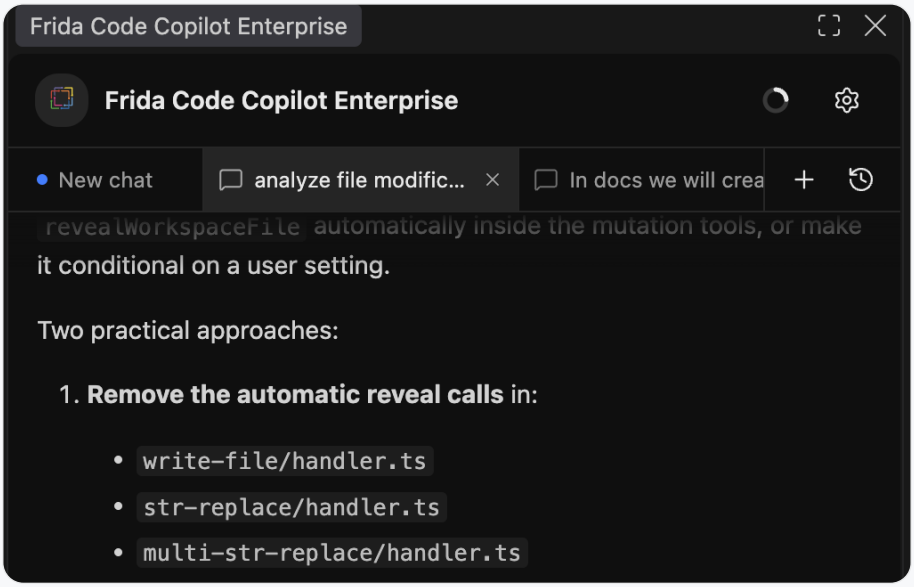


Figure 2.3.1 - Chat tab strip with open chats

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3. Chat Interface

3.1 Panel layout

The chat panel has three main areas:

- **Header** — Frida title, daily usage ring, and settings gear.
- **Message list** — your messages and Frida's replies.
- **Composer** — the input box at the bottom.

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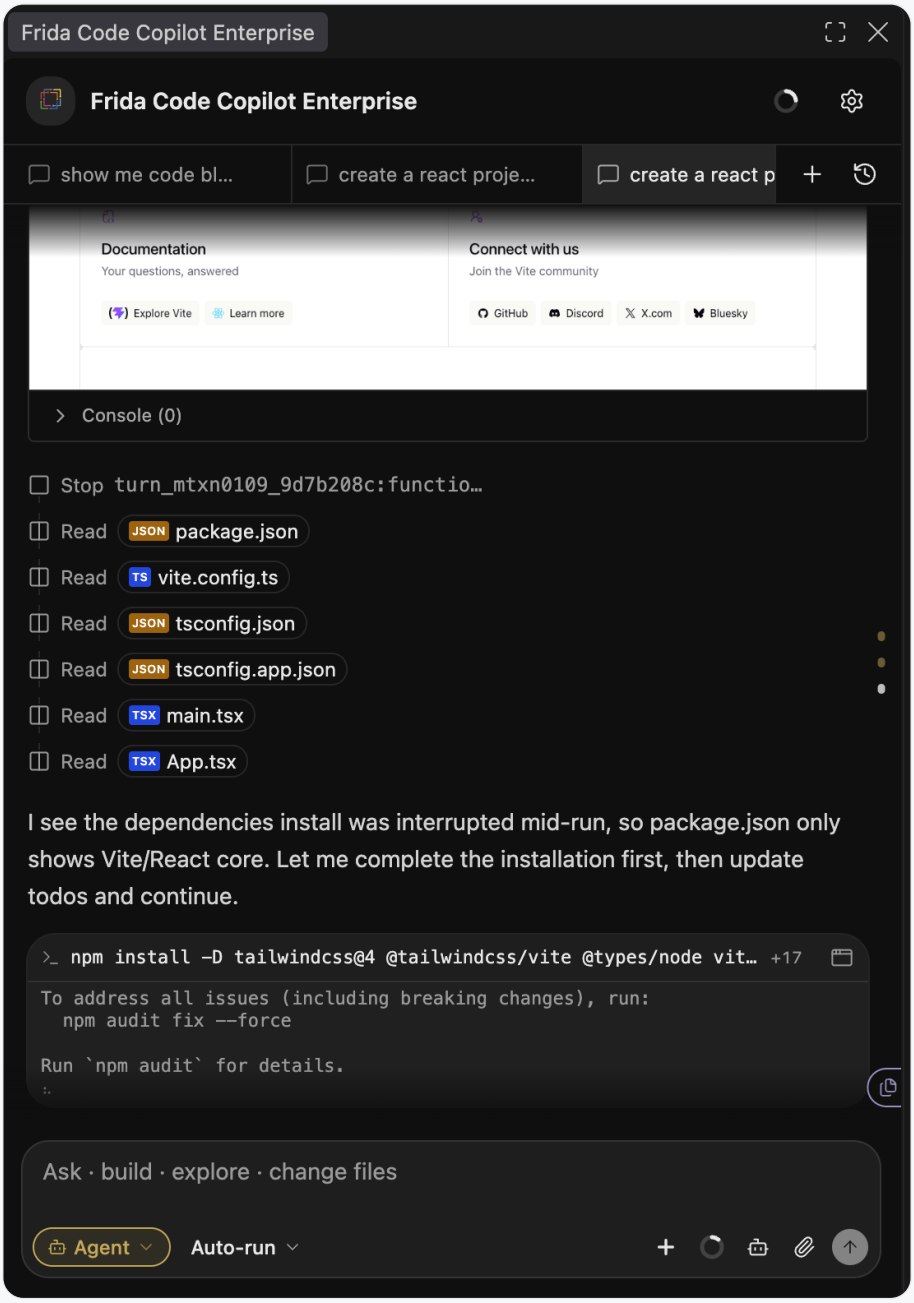


Figure 3.1.1 - Frida chat panel layout labels

3.2 Chat modes

Pick the mode before sending a message.

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Mode	What it does	Best for
Ask	Read-only answers and exploration. Cannot edit files or run shell / MCP.	Understanding code, explanations, reviews.
Agent	Full tools. Can edit files, run commands, and call MCP tools.	Implementing features, fixing bugs, running tooling.
Spec	Writes requirements, design, and tasks, then can hand off to Agent.	Planning a feature before coding.

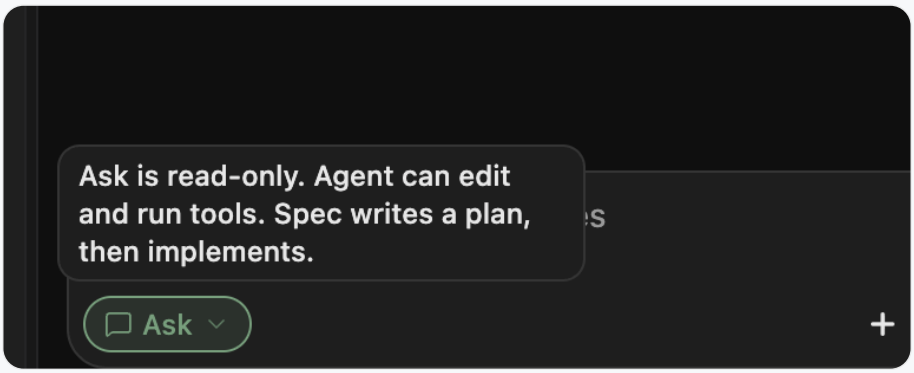


Figure 3.2.1 - Chat mode toggle with Ask Agent Spec

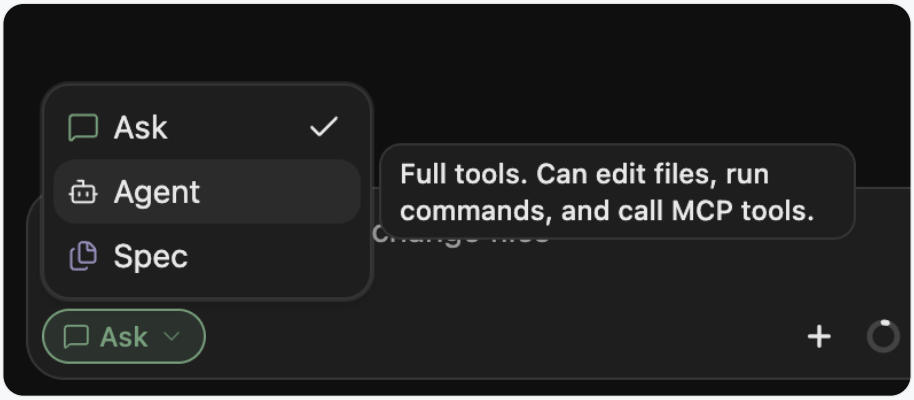


Figure 3.2.2 - Mode dropdown descriptions

You can also cycle modes with `Cmd + .` (Mac) or `Ctrl + .` (Windows/Linux).

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4. Sending a Message

4.1 Write and send

Type in the composer and press `Enter` to send. Press `Shift+Enter` for a new line.

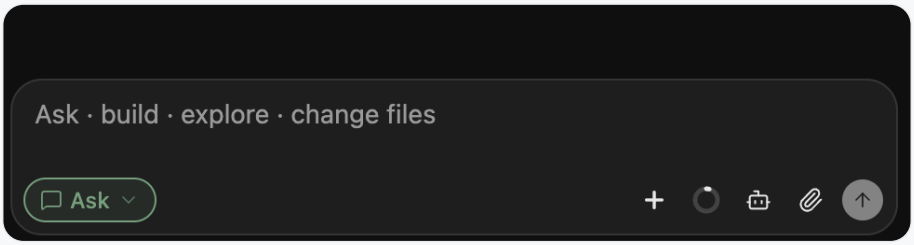


Figure 4.1.1 - Chat composer with placeholder text

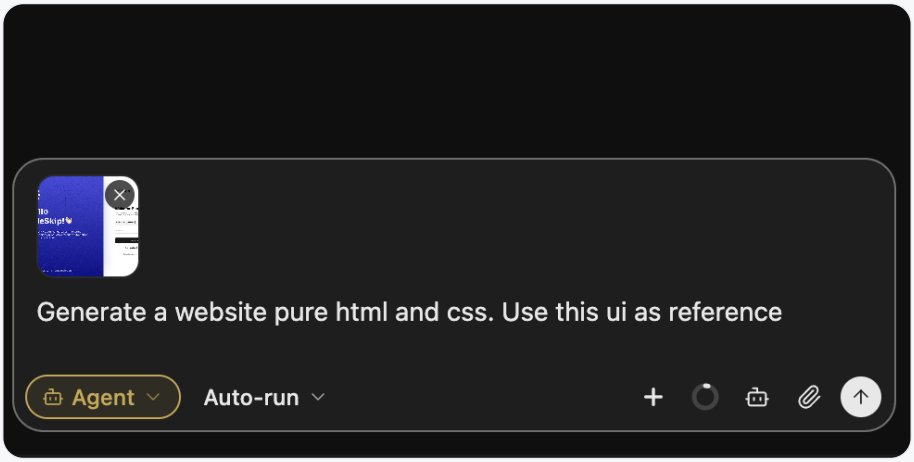


Figure 4.1.2 - Sending a message in composer

4.2 Add context with `@`

Type `@` to mention workspace files or folders. You can also drag files onto the composer.

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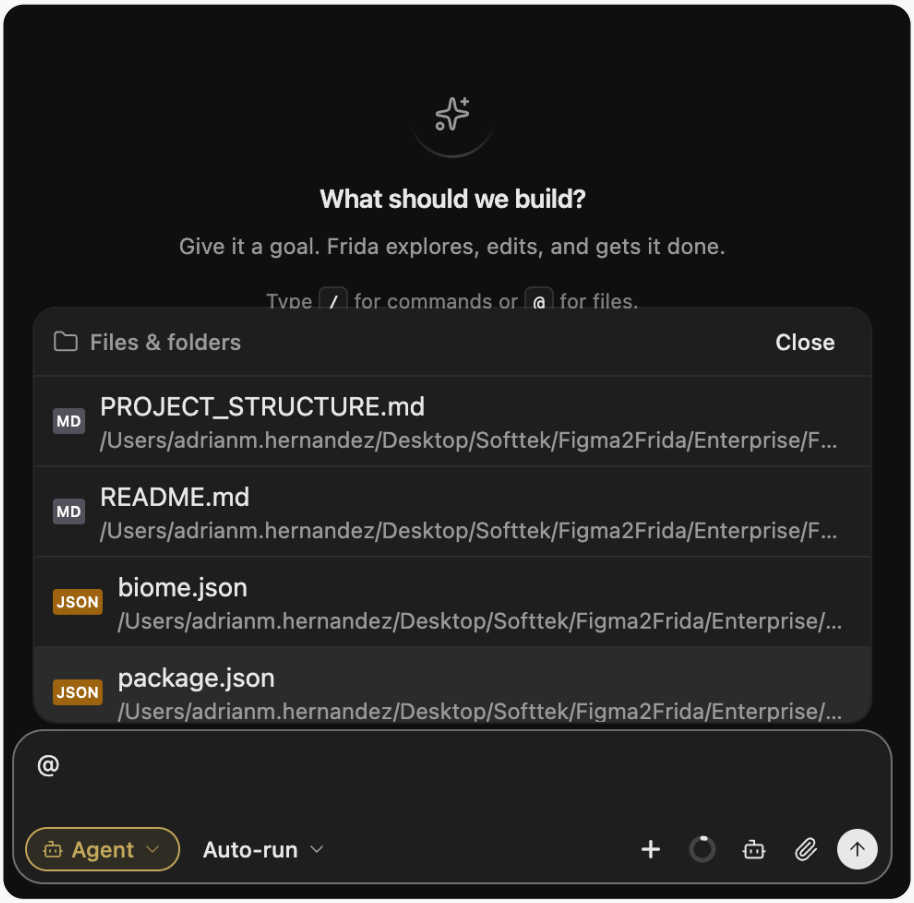


Figure 4.2.1 - File mention picker open

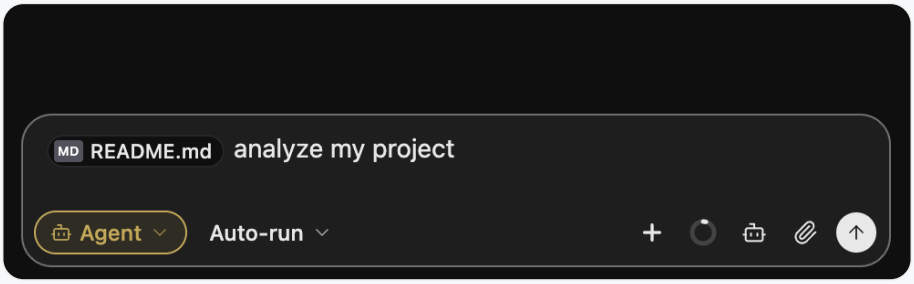


Figure 4.2.2 - Attached file chips in composer

4.3 Attach files

Click the paperclip icon or drag files into the composer. Supported attachments include images, PDFs, Word/Excel documents, and text files.

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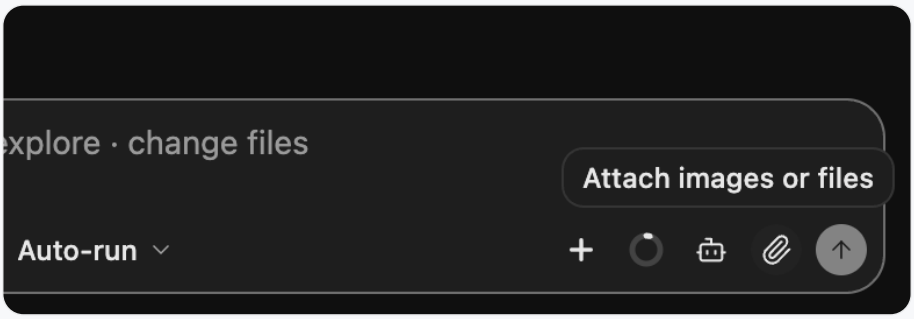


Figure 4.3.1 - Composer attachment menu

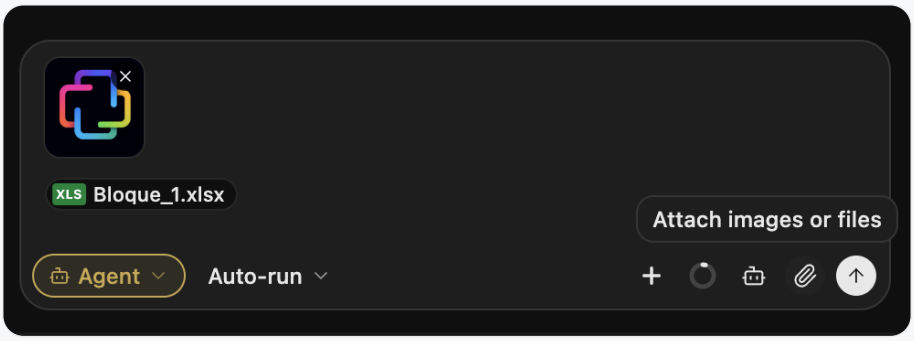


Figure 4.3.2 - Attached image preview in composer

4.4 Stop a turn

While Frida is working, click the stop button to interrupt the current turn.

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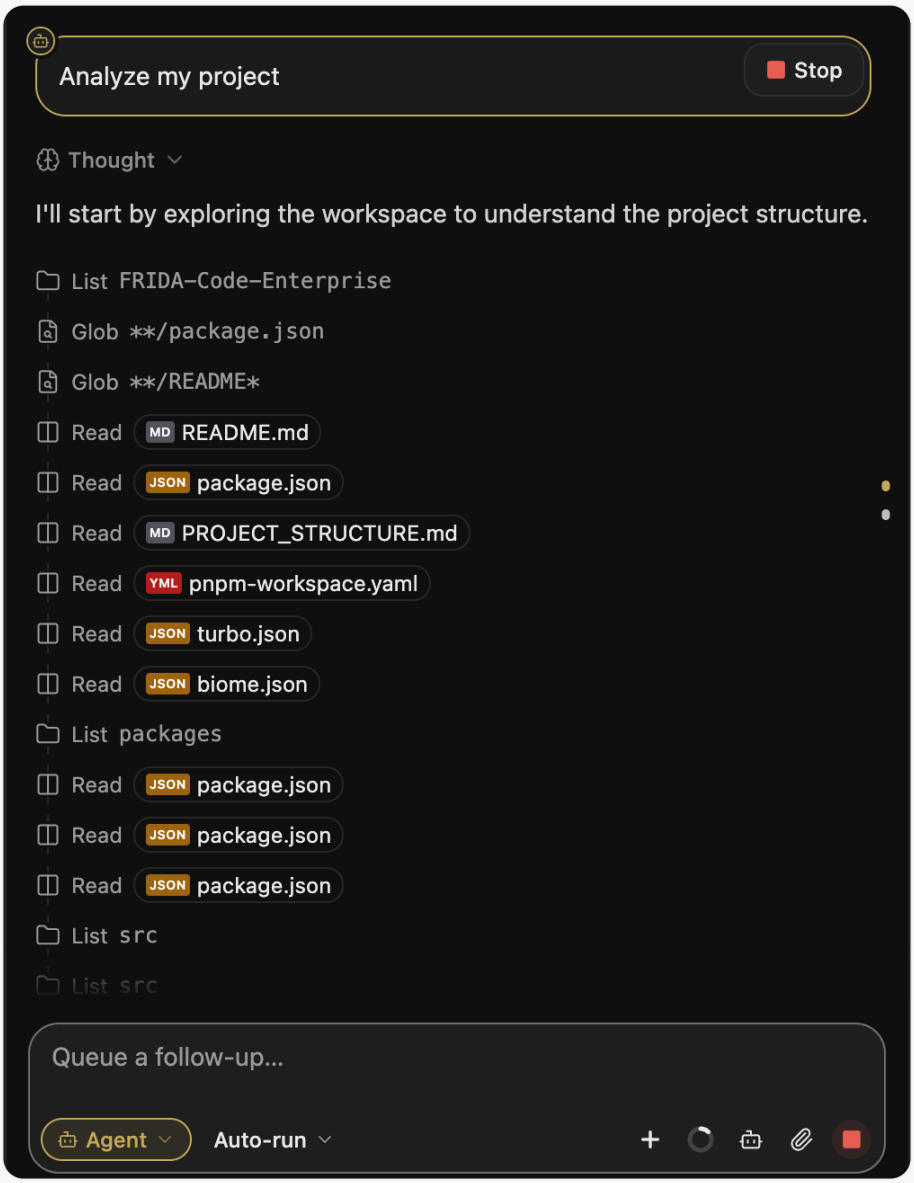


Figure 4.4.1 - Stop button during agent turn

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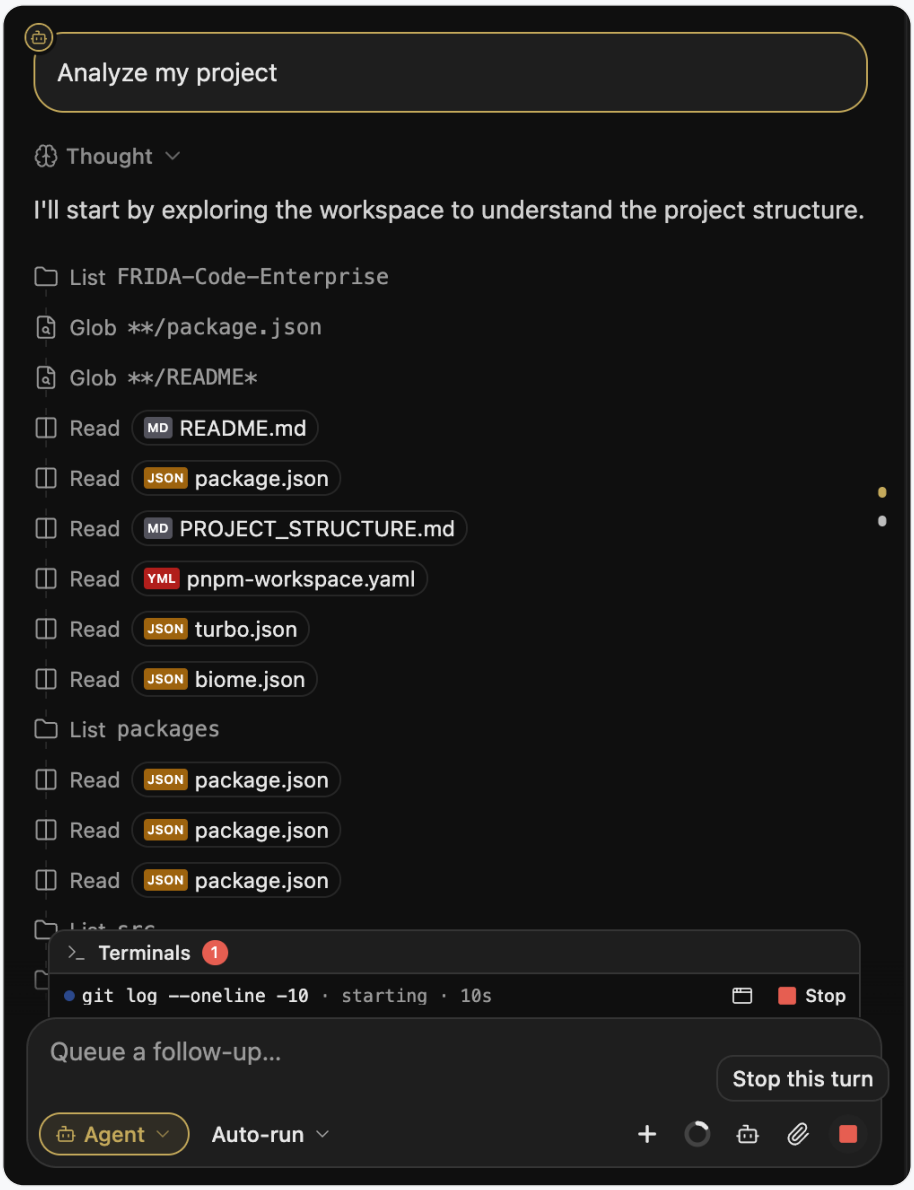


Figure 4.4.2 - Turn stopped message

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5. During an Agent Turn

5.1 Tasks tracker

During multi-step Agent work, Frida shows a **Tasks** panel above the composer. It lists the steps Frida is following and marks them as pending, in progress, completed, or cancelled. You can expand or collapse the list, and clear finished tasks.

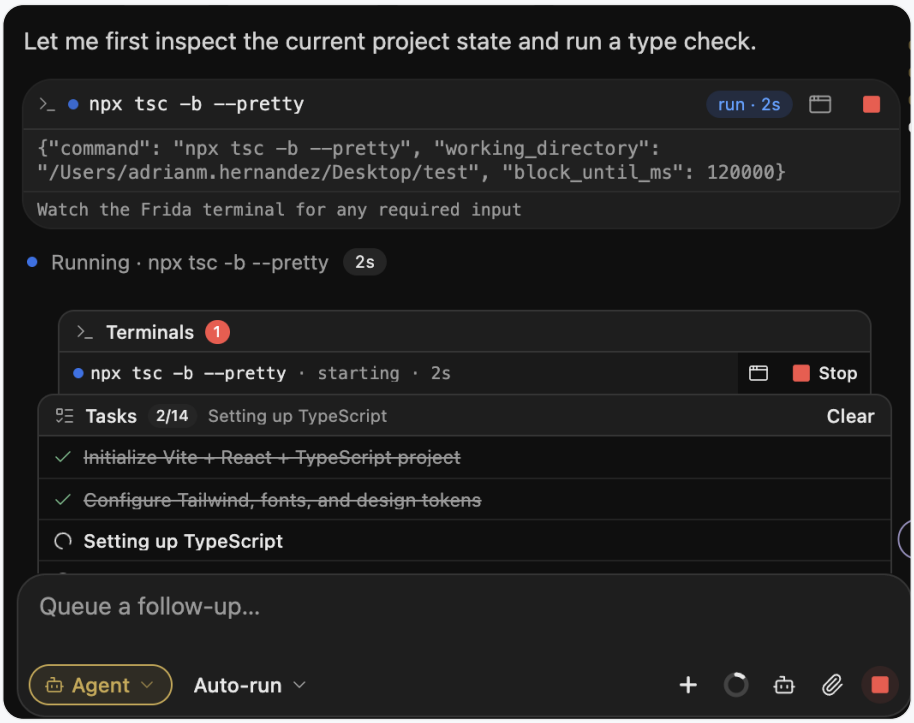


Figure 5.1.1 - Tasks panel above composer

5.2 Queued messages

While Frida is answering, you can type follow-up messages. They are placed in a **Queued** panel above the composer and are sent one by one after the current turn finishes. From the queue you can edit, remove, or send a queued message immediately.

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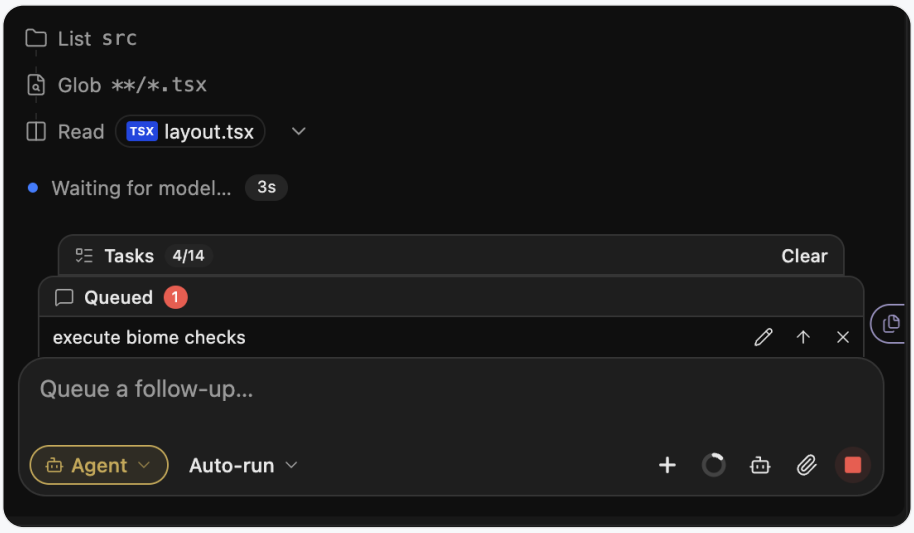


Figure 5.2.1 - Queued messages panel above composer



Figure 5.2.2 - Editing a queued message

5.3 Tool cards and approvals

When Frida uses a tool, a card appears in the chat showing the tool name and result. If the run policy is set to **Manual**, destructive actions such as file edits and shell commands show an approval card. Review the action and click **Approve** or **Deny**.

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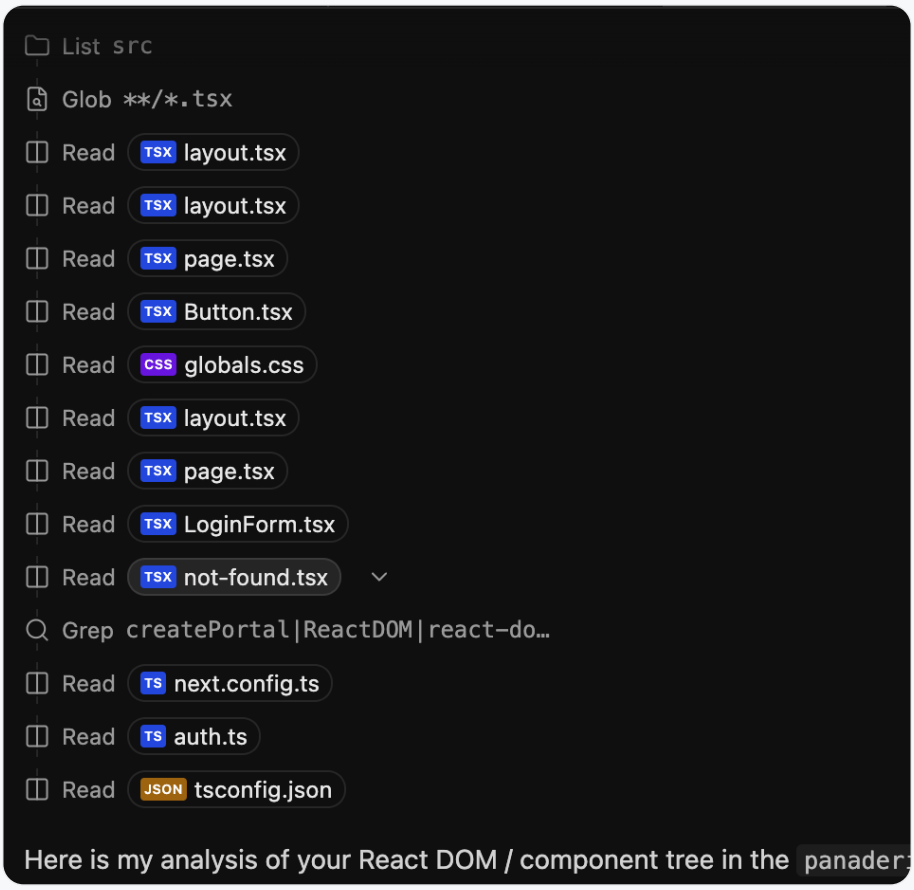


Figure 5.3.1 - File read tool card

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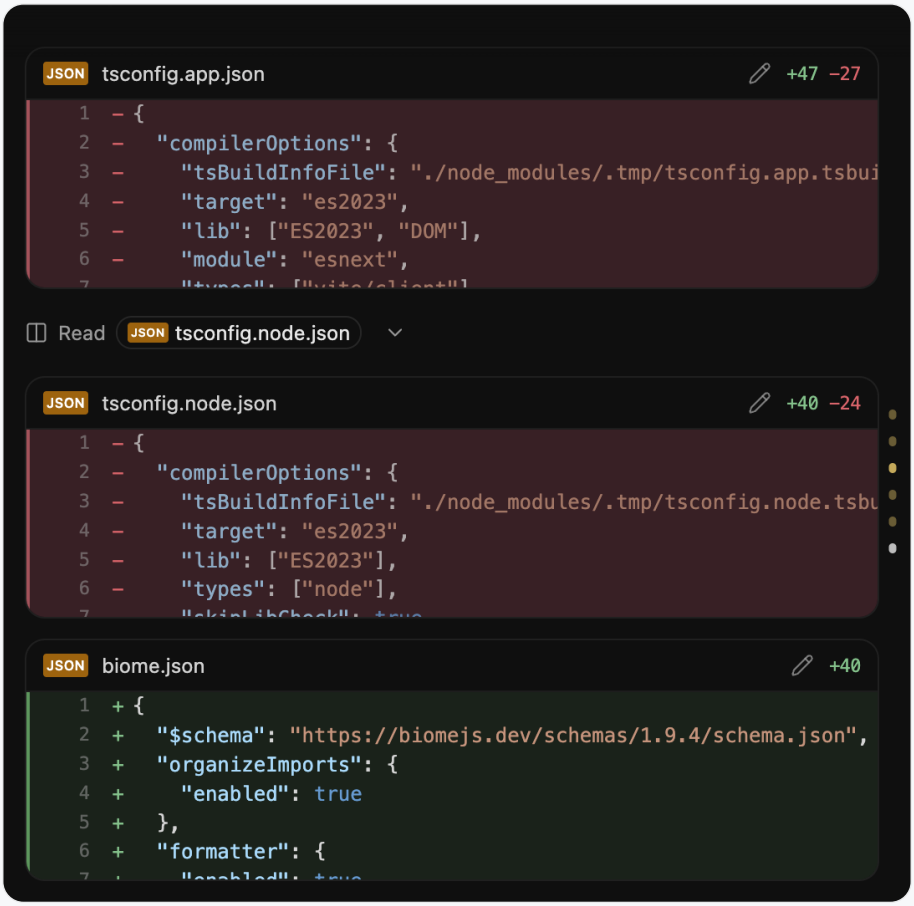


Figure 5.3.2 - File change tool card with diff

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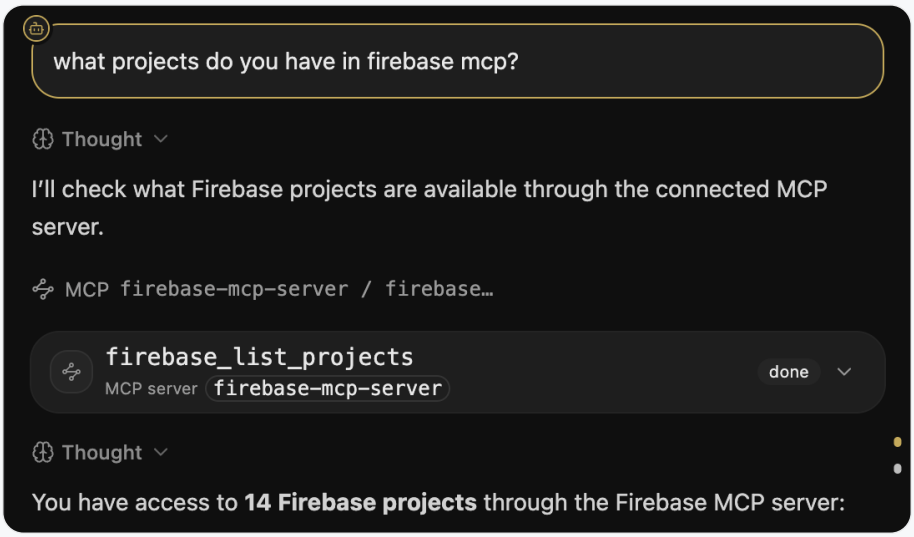


Figure 5.3.3 - MCP tool result card

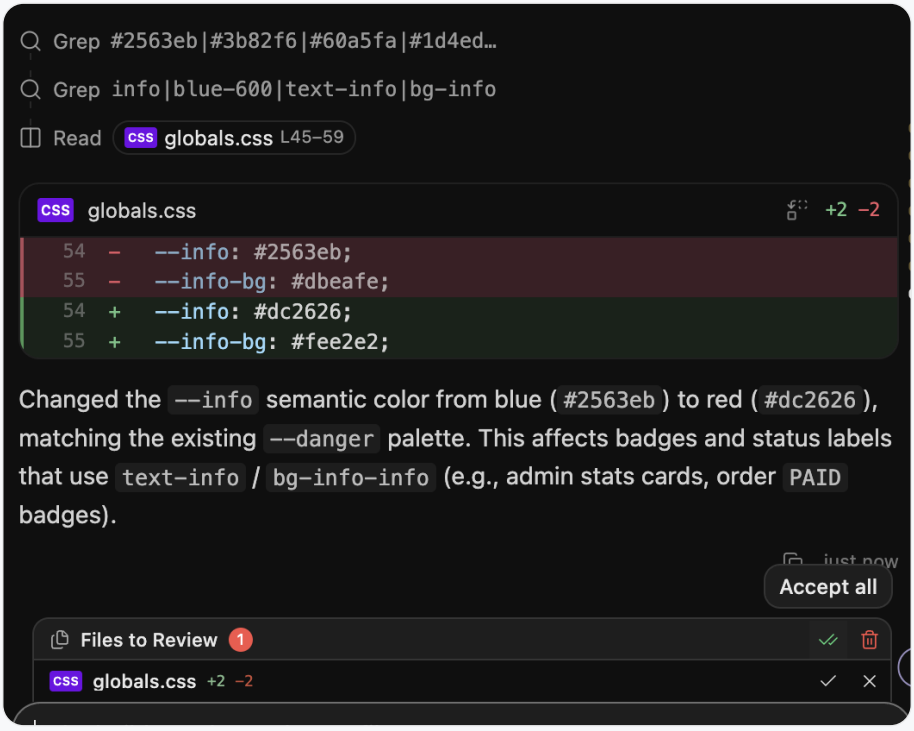


Figure 5.3.4 - Approval card for file edit

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5.4 Files to review

After Frida edits files in Agent mode, the **Files to Review** panel appears. You can open each file, accept the changes, or reject them to restore the previous version.

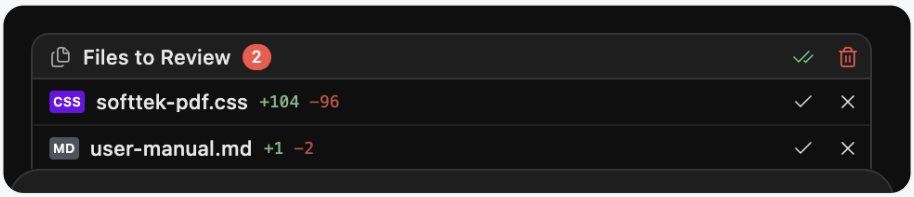


Figure 5.4.1 - Files to Review panel

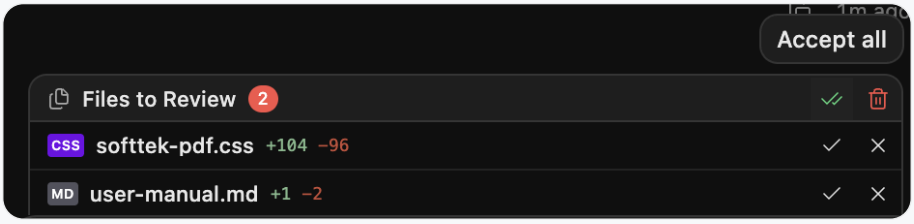


Figure 5.4.2 - Accepting a file change

5.5 Manual vs Auto-run

The composer toolbar has a run-policy toggle:

- **Manual** — Frida asks for approval before every shell command and MCP tool call.
- **Auto-run** — Frida runs shell commands and MCP tools without asking first.

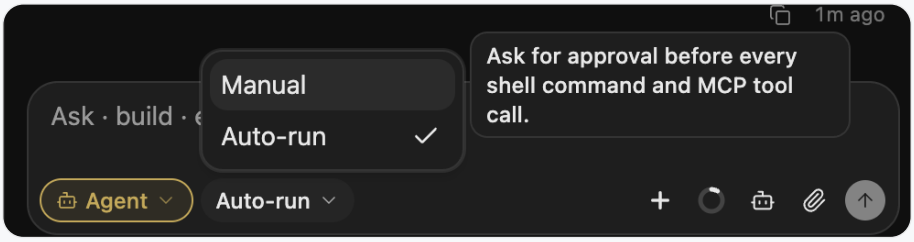


Figure 5.5.1 - Shell auto-run toggle set to Manual

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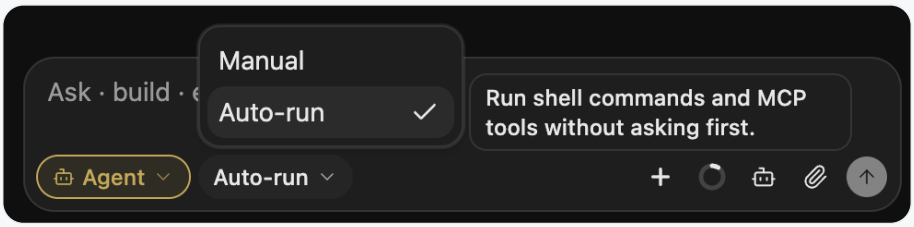


Figure 5.5.2 - Shell auto-run toggle set to Auto-run

Use Manual when you want to review every action; use Auto-run for trusted, repetitive tasks.

---

6. Ask Mode

Use Ask mode when you want to understand code without changing anything. Attach files or folders with `@` to ground the answer.

Example prompts:

- “What does this function do?”
- “Explain the attached folder’s architecture.”
- “Find where login is handled.”

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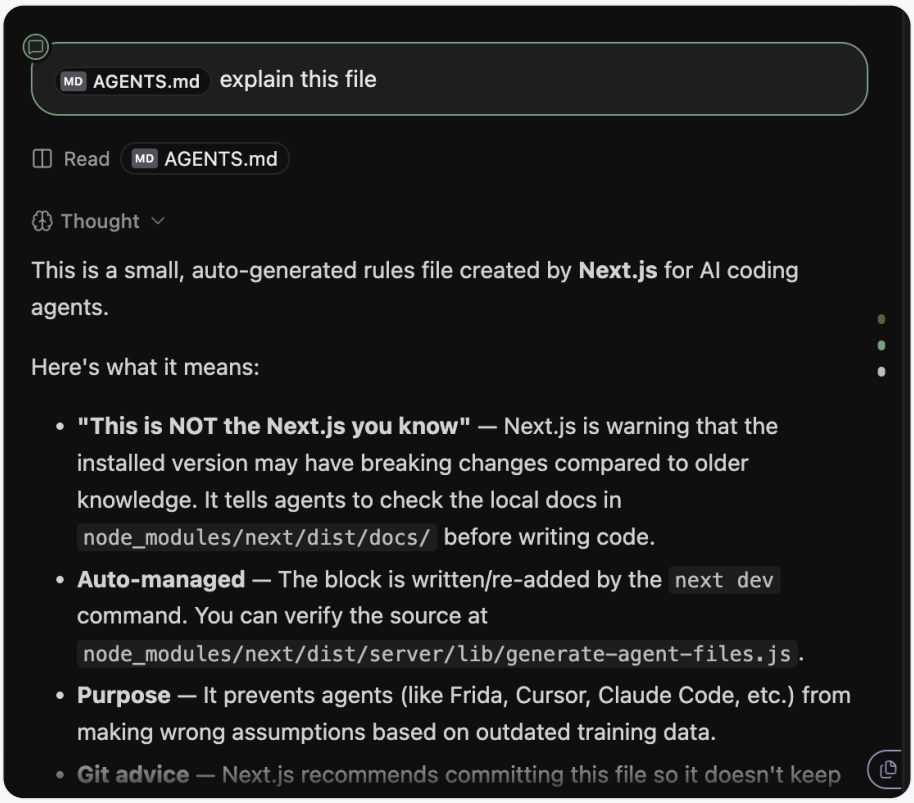


Figure 6.1.1 - Ask mode response with code explanation

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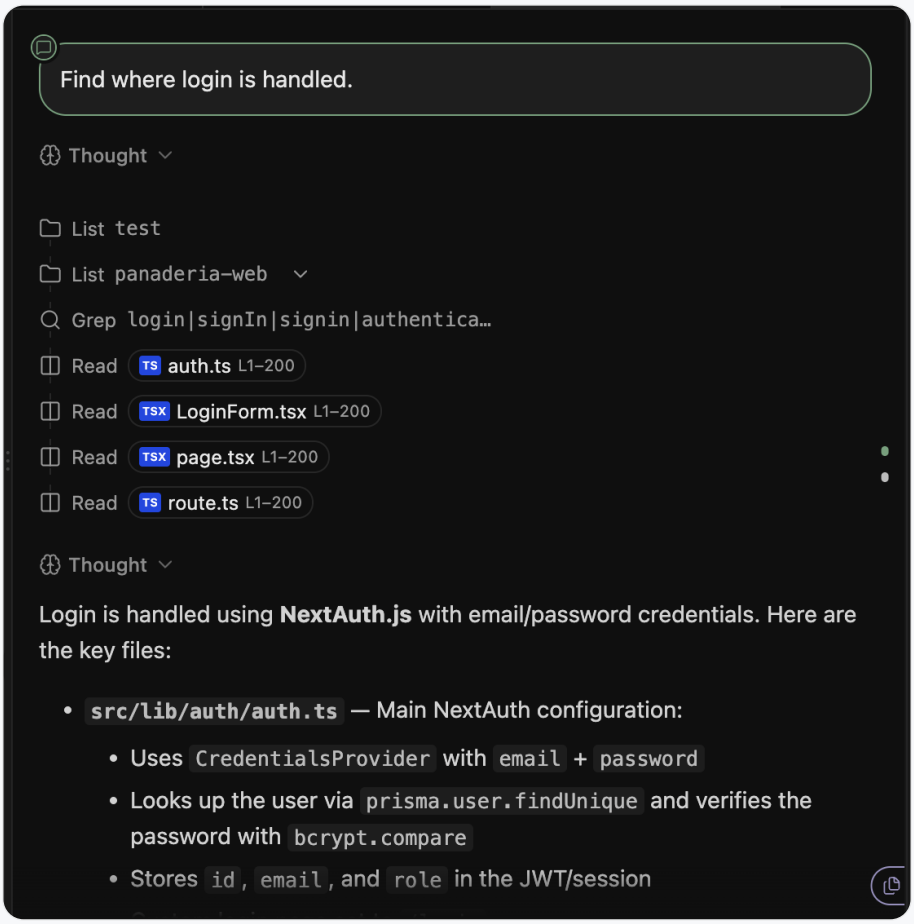


Figure 6.1.2 - Ask mode reading a file tool card

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7. Agent Mode

Use Agent mode to let Frida do work: edit files, run terminal commands, use MCP tools, browser actions, and web search.

Example prompts:

- “Add input validation to the signup form and update the tests.”
- “Find why the build fails and fix it.”

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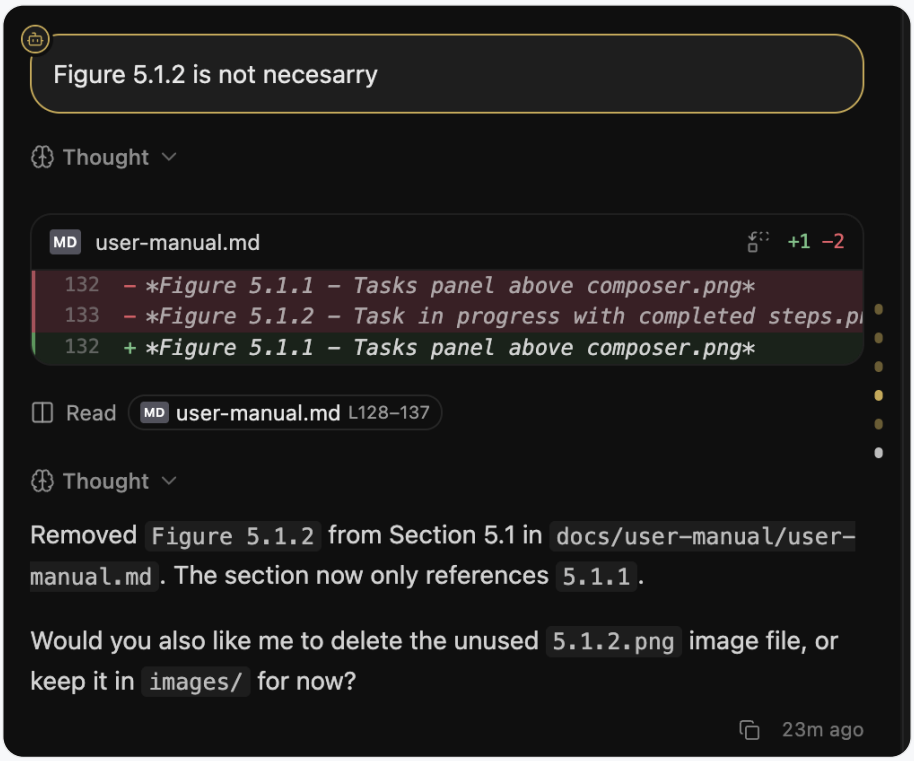


Figure 7.1.1 - Agent mode editing a file

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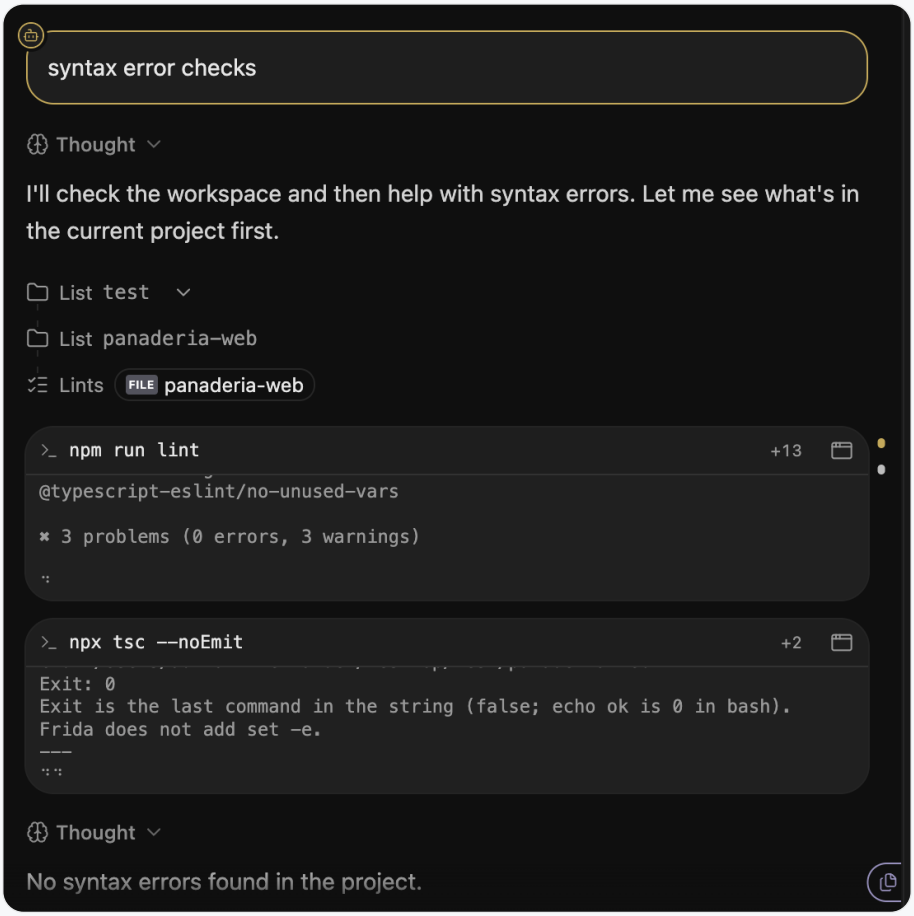


Figure 7.1.2 - Agent mode shell command approval card

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8. Spec Mode

Spec mode writes a structured plan before implementation. The workflow is: Requirements → Template selection (when applicable) → Design → Tasks → Implementation.

You review and approve each phase. After the plan is ready, Frida can continue in Agent mode to implement it.

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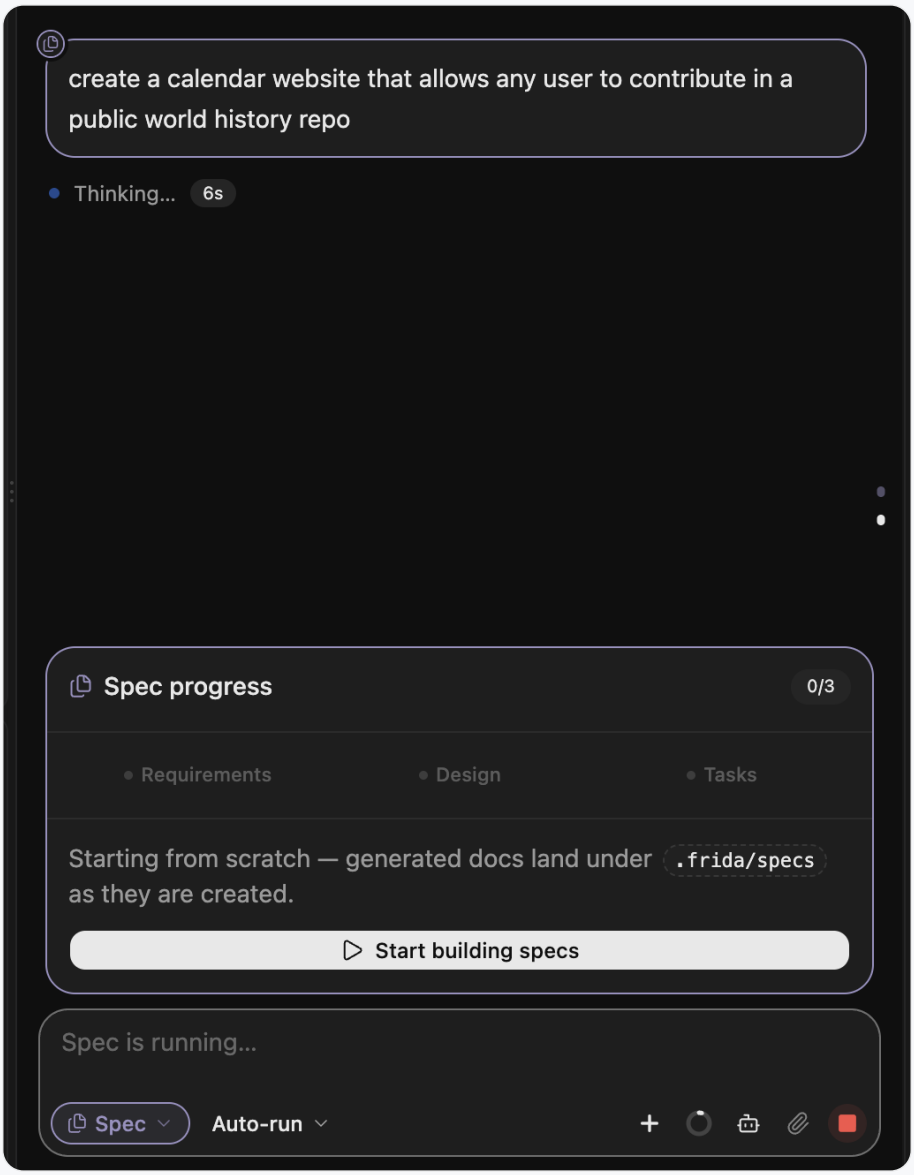


Figure 8.1.1 - Spec mode plan output

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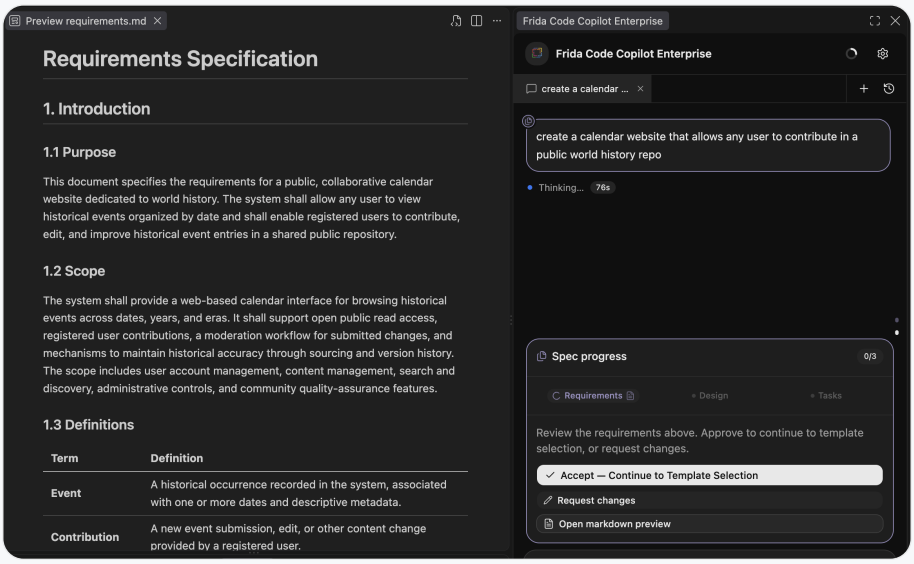


Figure 8.1.2 - Spec mode run implementation button

9. Usage and Context Window

9.1 Daily token usage

The ring in the header shows today's completion-token usage against your daily limit. Hover or click it for exact numbers.

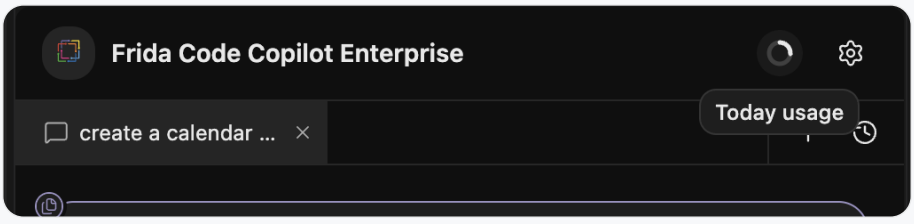


Figure 9.1.1 - Daily usage indicator in chat header

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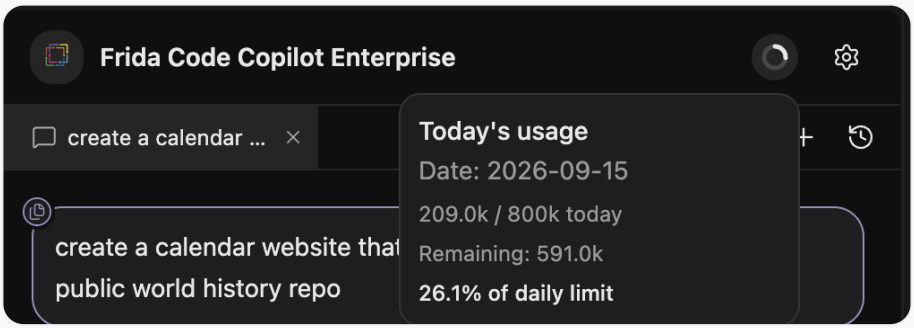


Figure 9.1.2 - Daily usage popover with remaining tokens

9.2 Context window

The ring in the composer toolbar shows how much of the model context window is used. Hover for used / total tokens and click **Compact now** to summarize older turns on demand.

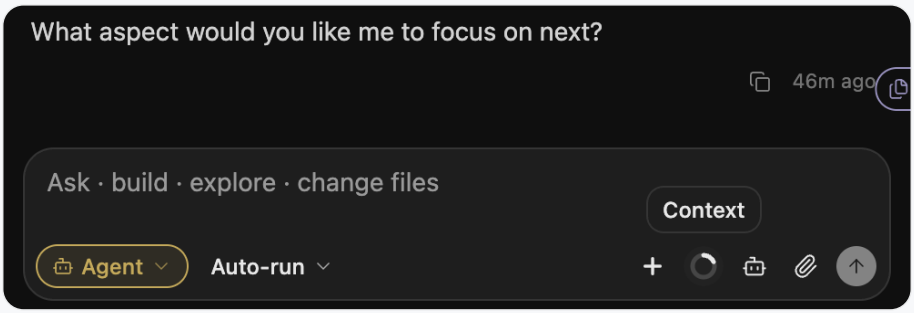


Figure 9.2.1 - Context window indicator in composer toolbar

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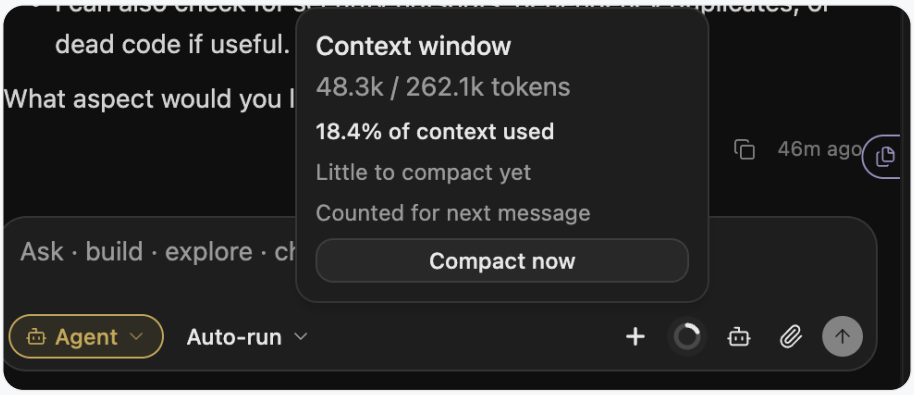


Figure 9.2.2 - Context window popover with Compact now

---

10. Ask Frida

If you have a question about how to use Frida, use **Ask Frida**. Open the `+` menu next to the composer and select **Ask Frida**, or type `/ask-frida`.

Ask Frida can explain commands, shortcuts, chat modes, skills, MCP servers, attachments, approvals, settings, and workflows. It does not change your workspace.

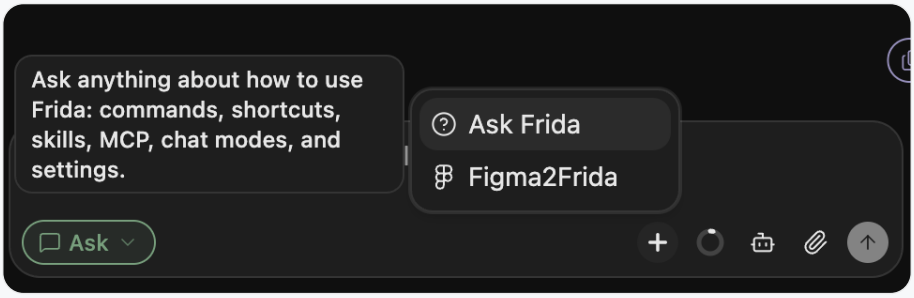


Figure 10.1 - Composer add menu with Ask Frida selected

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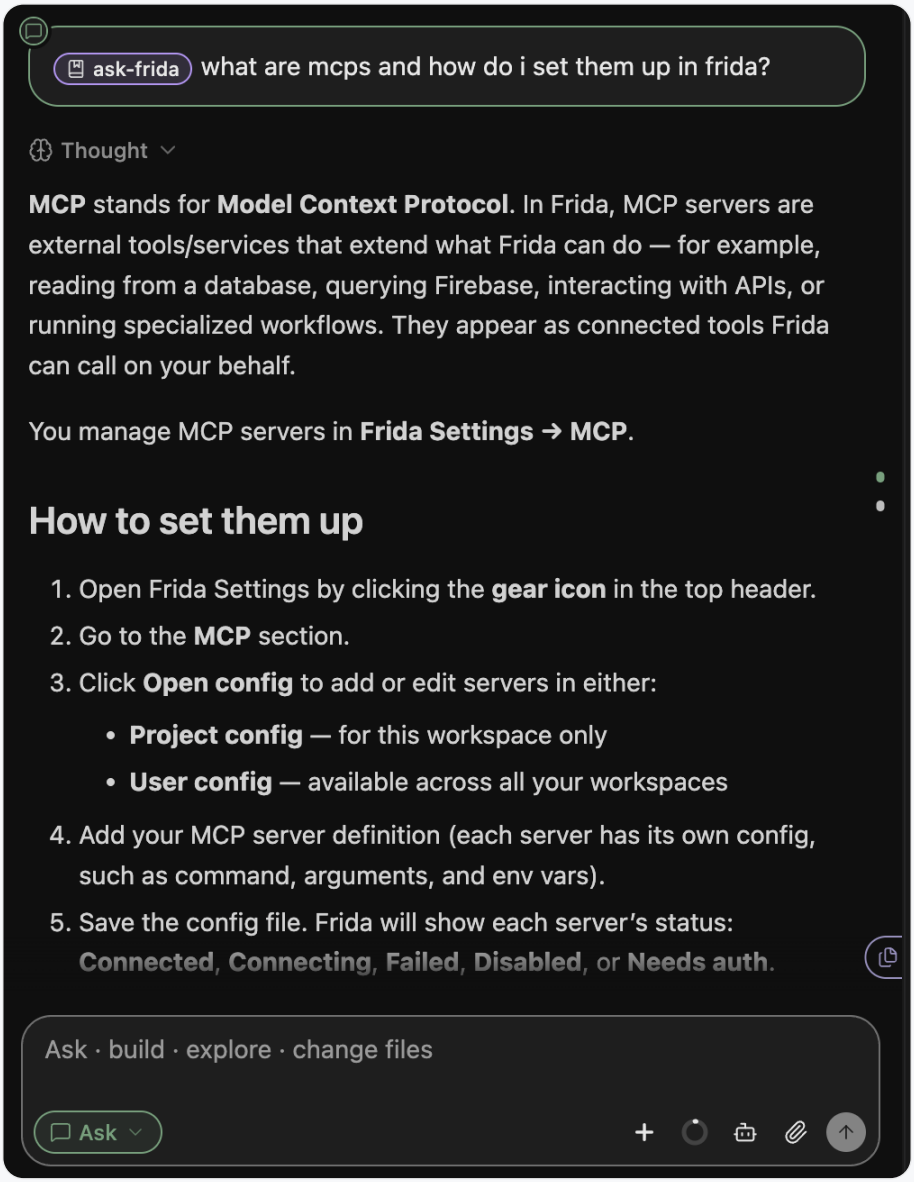


Figure 10.2 - Ask Frida response about a feature

---

11. Settings

11.1 Opening Settings

Click the gear icon in the chat header or run **Frida: Open Settings** from the Command Palette (`Cmd+Shift+P`).

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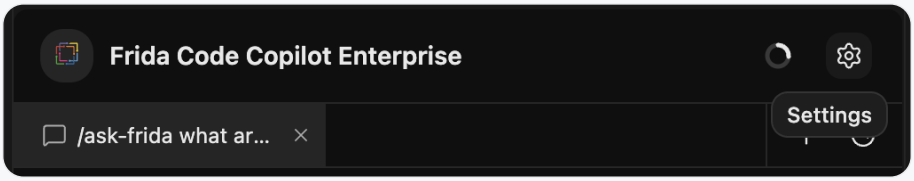


Figure 11.1.1 - Settings navigation rail

11.2 Settings sections

Section	Purpose
Main Settings	Theme, editor options, and connection health.
Profile	Account info and **Sign Out**.
Teams	Enable or disable team packs (skills, MCP, templates, libraries).
Skills	View, open, delete, or reload project/user/team skills.
MCP	Manage MCP servers, secrets, and config files.
Templates	Team Spec templates.
Code Tracker	Coding time, languages, projects, and Frida usage breakdown.

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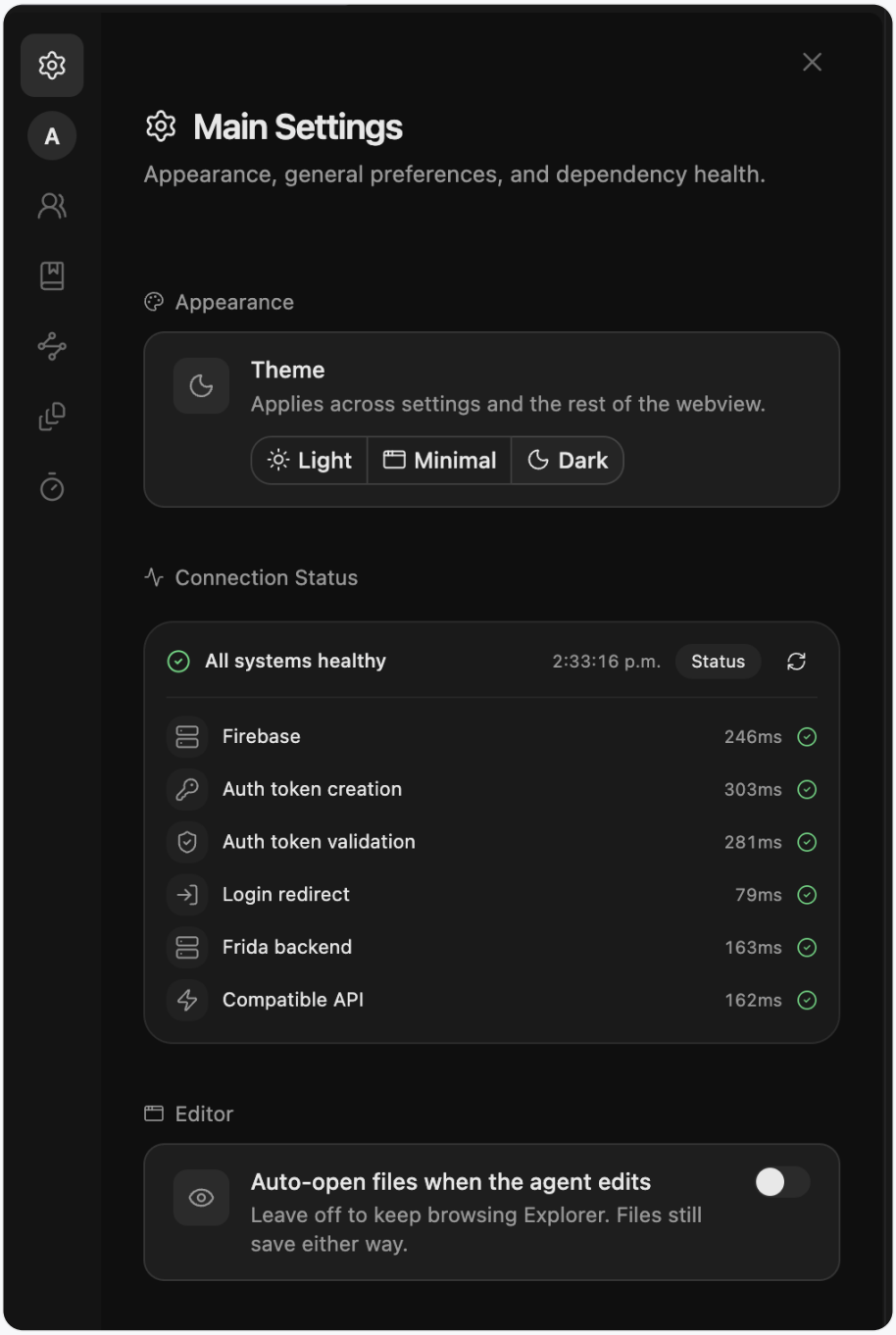


Figure 11.2.1 - Main Settings section

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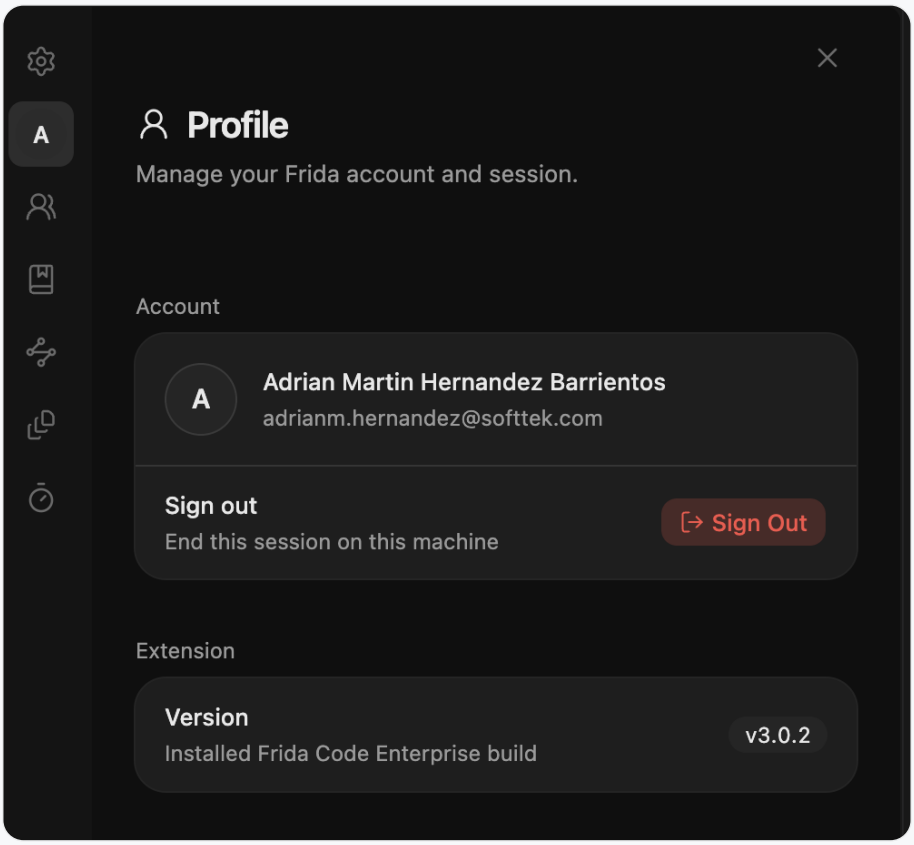


Figure 11.2.2 - Profile section with sign out

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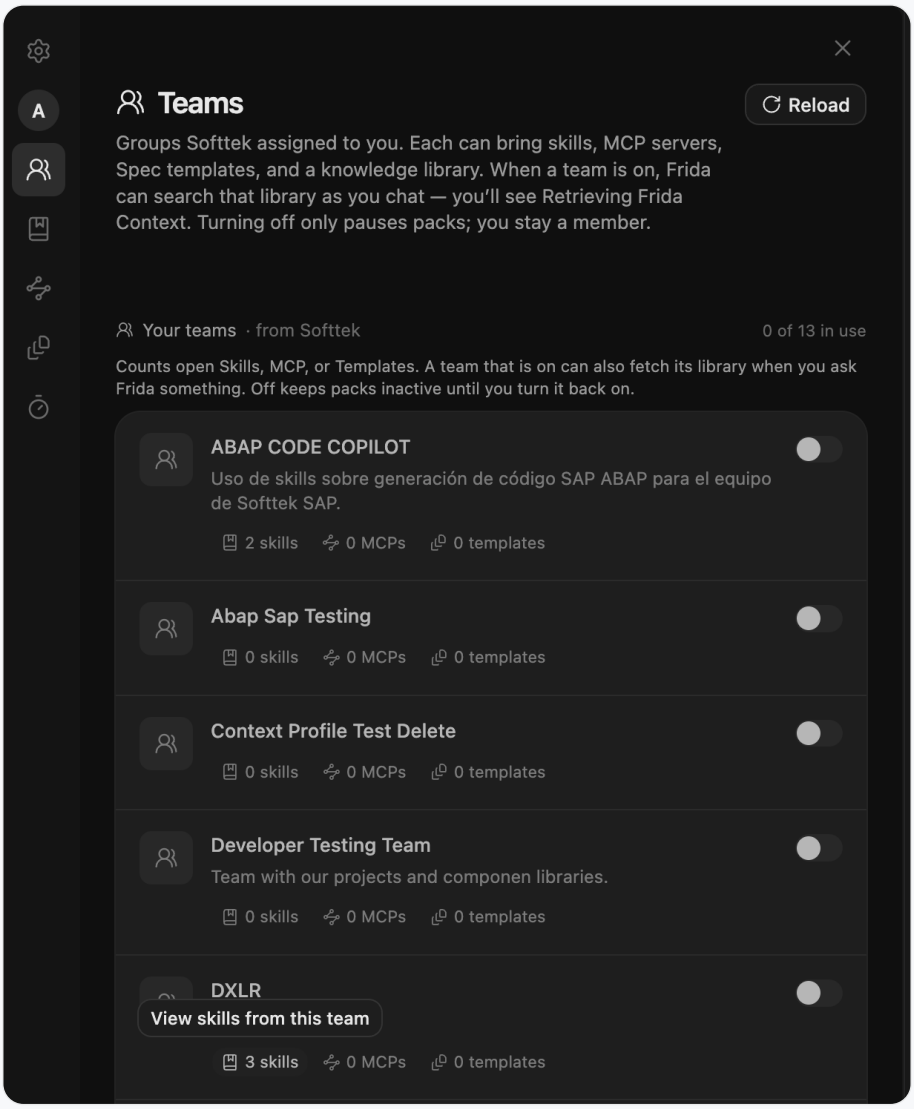


Figure 11.2.4 - Teams list in Settings

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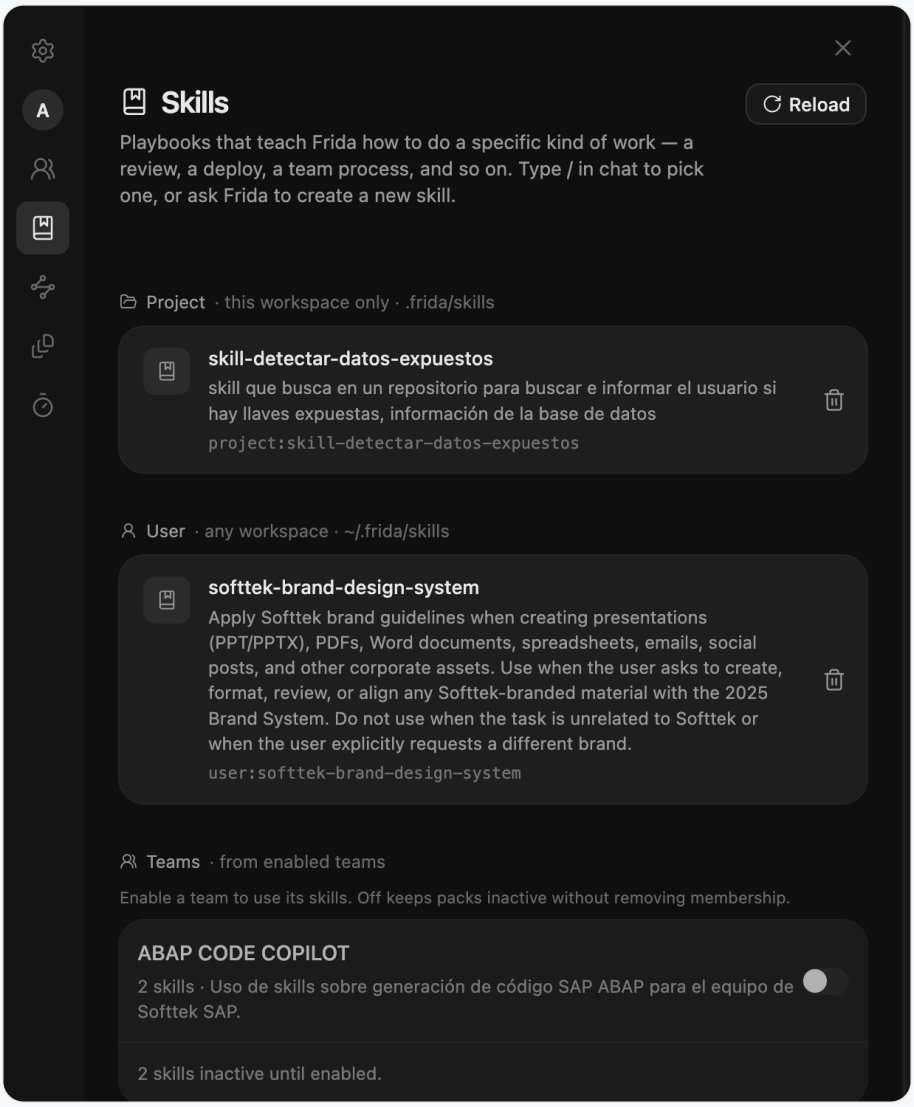


Figure 11.2.5 - Skills section list

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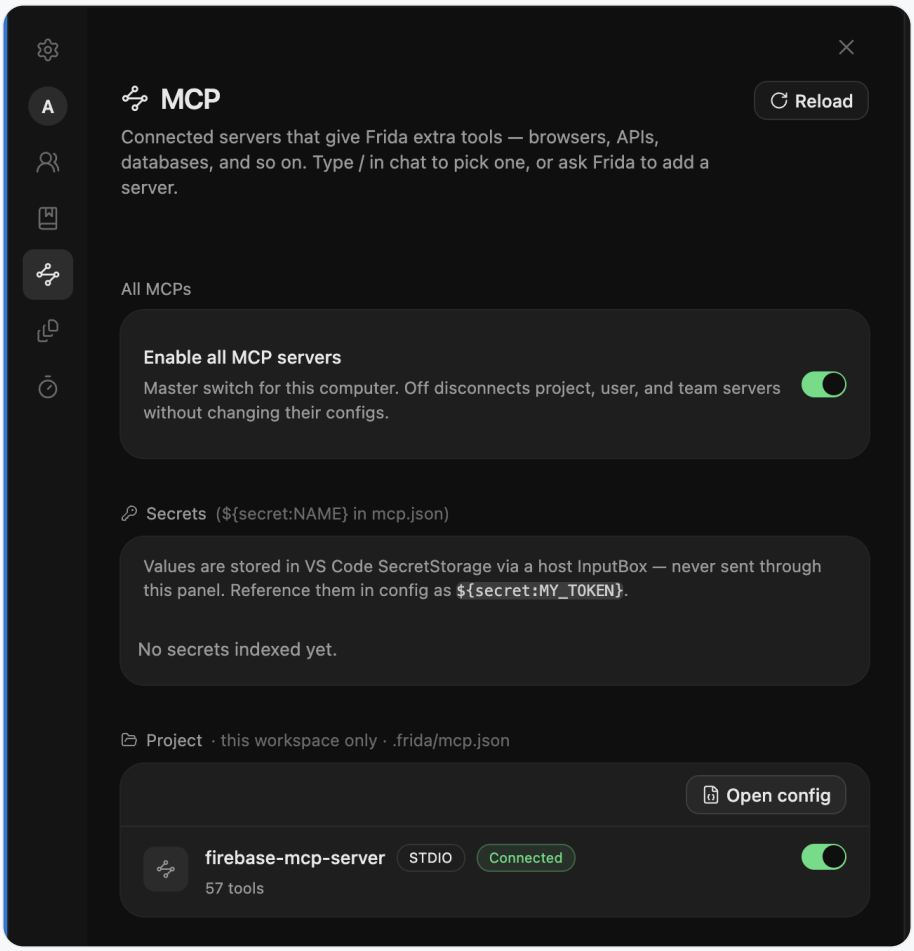


Figure 11.2.6 - MCP server list

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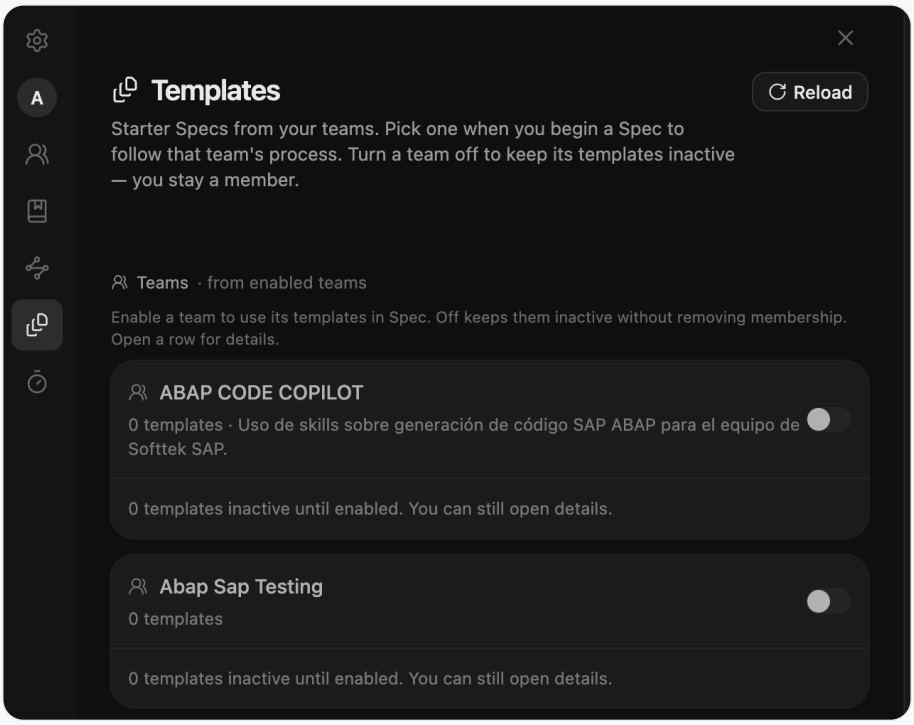


Figure 11.2.7 - Templates section list

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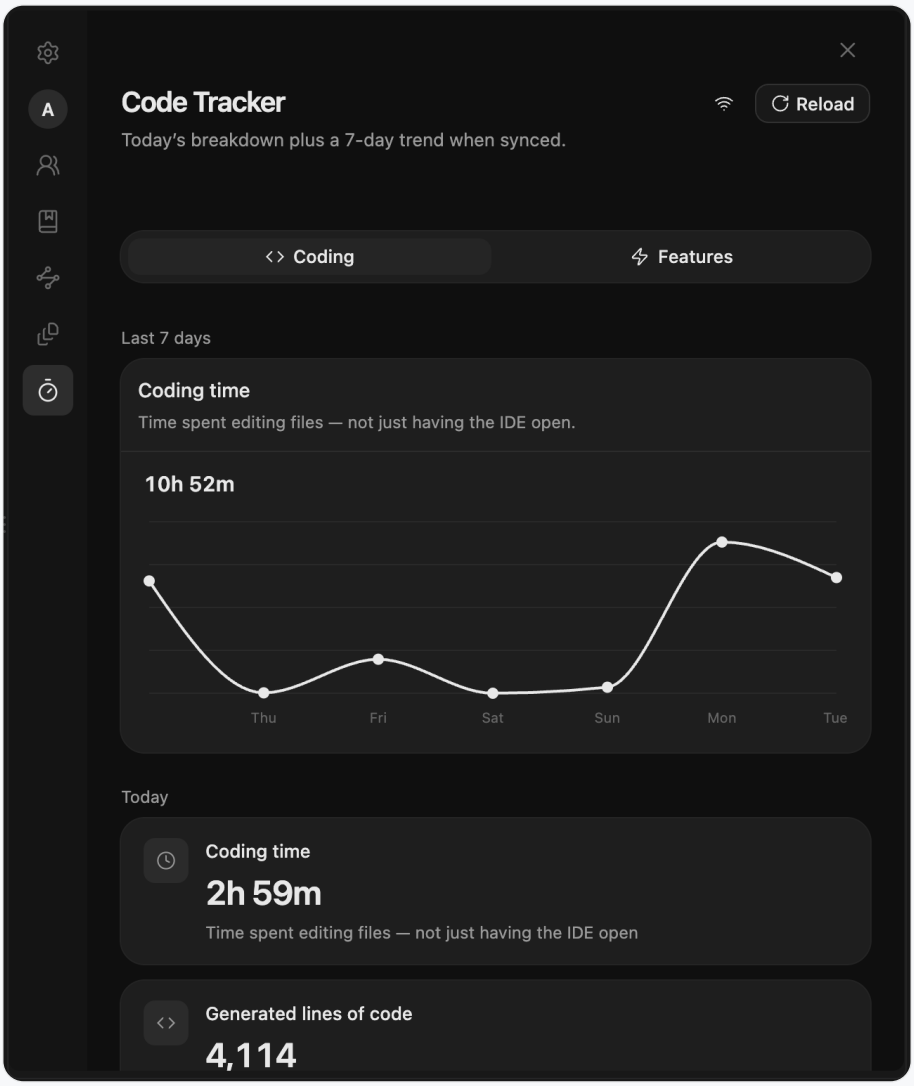


Figure 11.2.8 - Code Tracker section in Frida Settings

12. Troubleshooting

12.1 Extension does not load

- Check the Extension Host output (`View → Output → Extension Host`).
- If developing locally, run `pnpm install` and `pnpm build` from the project root first.

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12.2 Sign-in issues

- Make sure your default browser can complete the OAuth redirect.
- Run **Frida: Sign Out** and sign in again.

12.3 Usage or context concerns

- Hover the daily usage ring to see remaining tokens.
- Hover the context window ring and click **Compact now** if responses slow down.

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13. Keyboard Shortcuts

Action	Shortcut
Cycle chat modes (Ask → Agent → Spec)	`Cmd + .` / `Ctrl + .`
Open Frida Settings	Command Palette → `Frida: Open Settings`
Send message	`Enter`
New line in composer	`Shift+Enter`

Appendix A. Glossary

- **Ask mode** — read-only assistant mode.
- **Agent mode** — full-tool assistant mode that can edit files and run commands.
- **Spec mode** — planning assistant mode that writes requirements and tasks.
- **MCP** — Model Context Protocol; external tool servers Frida can call.
- **Skill** — reusable instruction pack for specialized tasks.
- **RTDB** — Firebase Realtime Database.

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