

Gluten-free menu

Get involved!

From tasty burgers to creamy pastas no need for gluten-free guests to eat 'naked' around here



Pictured: Carbs with carbonara

Something to start?

Fully Loaded Potato Skins 7.80
Crispy potato skins filled to the brim **Choose from:** Cheese & spring onion (511 kcal) | Bacon, cheese & spring onion (704 kcal)

Mains

Pastas
Made with gluten-free fusilli pasta

Creamy Chicken & 'Nduja 16.90
Chicken in a creamy spicy 'Nduja sauce with mushrooms, baby spinach, parsley & Italian cheese (1353 kcal)

Bolognese 13.90
Beef Bolognese sauce tossed with fusilli, finished with parsley & Italian cheese (561 kcal)

Carbonara 15.60
Creamy carbonara sauce with crispy bacon, parsley & Italian cheese (1294 kcal)
Add chicken (+59 kcal) for 2.75

Arrabbiata 12.90
Spicy tomato garlic sauce, roasted red pepper, red onion, chillies & rocket (736 kcal)



Pictured: Smoky Ultimate BBQ Ribs

Classics
New York BBQ Chicken 19.70
Grilled chicken breast, bacon, melted cheese, BBQ sauce, grilled corn & jacket potato (958 kcal)
Add half rack of ribs (+344 kcal) for 6.60

Smoky Ultimate BBQ Ribs
Slow-cooked rack of tender pork ribs, BBQ sauce, grilled corn & jacket potato. **Choose from:**
Whole rack (1121 kcal) **25.50** |
Half rack (738 kcal) **19.50**

Lemon Pepper Salmon 19.40
Baked salmon on a bed of cheesy basil mash, served with broccolini & salsa verde (847 kcal)

Burgers
Served in a gluten-free bun with a jacket potato

Classic Beef 13.80
Beef burger with mayo & lettuce (1405 kcal)

Classic Cheese 14.60
Beef burger with Monterey Jack cheese, mayo & lettuce (1480 kcal)

Double Bacon Cheese 19.20
Two beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (2372 kcal)

Toppings 2.00 each
Bacon (+86 kcal)
Monterey Jack cheese (+75 kcal)
Pulled beef brisket (+98 kcal)



Pictured: Gluten free, not flavour free

Desserts & Shakes

Ice Cream 4.50
Choose from:
Vanilla (78 kcal/ps)
Chocolate (83 kcal/ps)
Strawberry (82 kcal/ps)
Mint Choc Chip (121 kcal/ps)
Vegan Choc-Chip (88 kcal/ps)
2 Scoops 4.50 | 3 Scoops 5.40

Brownie & Ice Cream 7.50
Served warm with whipped cream, vanilla ice cream & chocolate sauce (714 kcal)

Ice Cream Shake 5.40
Choose from:
Vanilla (518 kcal)
Chocolate (499 kcal)
Strawberry (513 kcal)
Salted Caramel (501 kcal)

Sides

Jacket Potato (221 kcal) 4.50

Side Salad (77 kcal) 5.40
With garlic & herb dressing

Garlic Broccolini (112 kcal) 4.80

Cajun Grilled Corn (278 kcal) 4.10

These dishes are made from ingredients that do not contain meat or fish. These dishes are not made with any animal products. However we do not have a dedicated preparation or cooking area for vegetarian or vegan food. Gluten-free means foods that contain gluten at a level of no more than 20 parts per million. *All weights are approximate before cooking. 1oz = 28g uncooked weight. Fish may contain bones. Adults need around 2000 kcal a day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/- 20% variance on published calorie values. For the latest calorie information please visit our website. Allergies: we follow strict hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces, other than gluten on our gluten free menu dishes, may be found in any item. Speak to a member of staff if you have any food allergies or intolerance. Full allergen information relating to our menu items can be found at www.restaurantallergens.com/frankies. Service charge is at your discretion, however an optional 10% will be added to the bill for parties of ten or more people, which will be passed directly to your server. OREO® is a registered trademark of Mondelez International. Please check with your server as due to differing licensing laws, we may be unable to serve alcoholic drinks at all times/locations. As a result of the changes to VAT in restaurants and pubs, our menu includes items with a range of VAT rates. Not all ingredients are listed in descriptions. Frankie & Benny's, 5-7 Marshalsea Road, Borough, London SE11EP - FB_CONC_MAIN_1023

THE

Frankie & Benny's

MENU

Real good comfort food • Edition 4

NEVER A WASTED TRIP TO FRANKIE & BENNY'S

Exclusive!



Pictured: Real good comfort food doing some real good things

Guess who's grooving to a new beat? At Frankie & Benny's, we're serving up real good vibes with a delicious twist. We've bid farewell to plastic straws and cutlery, it's now all about biodegradable, recyclable and reusable options. Choosing non-plastic options wherever possible, we are working to continuously improve the sustainability of our products—packaging and all!

But here's the real scoop—we're tackling food waste. According to WRAP, restaurants alone contribute a whopping 199,000 tonnes of food waste per year, and we want to change that. If you can't finish your

meal, be sure to take your leftovers with you, just ask your server! We are also trying to be more conscious about what we dish you up. Are you craving a taste of Britain while supporting responsible farmers? Try our new burger patties made with fresh British beef, guaranteed by Red Tractor certified farms.

When you dine at Frankie's you're not just eating real good comfort food, you're supporting our 3 star rating in Food Made Good*. We're also working on some exciting new sustainability projects—watch this space!



Scan here to order and pay online

Pennies! Join us to help Mind provide support to anyone experiencing mental health problems. Round up your bill to the nearest £1!™

Gluten-free menu available
See page 4

Vegan options
Look for the VG sign

*We've been awarded the maximum 3 star rating in the Sustainable Restaurant Association Food Made Good standard

Starters

Garlic Pizza Bread **VG** 6.40
Big enough for 2 people (801 kcal)
Add: mozzarella (+172 kcal) **V** |
Vegan mozzarella (+94 kcal) **VG** for 0.70

Sticky Chicken Wings 8.40
With sour cream & sauce
Choose from:
BBQ (1020 kcal) | Hot sauce (969 kcal)

Vegan BBQ Wingz **VG** 8.40
Biff's™ Crispy Jackfruit Wingz, BBQ sauce, a sugar cane 'bone' & vegan mayo (568 kcal)

Southern Fried Chicken 8.40
Tender chicken strips with your choice of sauce. **Choose from:**
BBQ (615 kcal) | Hot sauce (564 kcal)

Mozzarella Sticks **V** 7.90
With Neapolitana tomato sauce (578 kcal)

Fully Loaded Potato Skins 7.80
Crispy potato skins filled to the brim
Choose from:
Cheese & spring onion (511 kcal) **V** |
Bacon, cheese & spring onion (713 kcal)

NEW Meatballs al Forno 8.90
Tender lemon & herb pork & beef meatballs, spicy tomato sauce, mozzarella & toasted ciabatta (641 kcal)
Add hot soft spicy 'nduja sausage for 1.50 (+129 kcal)

Calamari 9.40
With lemon & pepper salt & a lemon wedge (674 kcal)

All Day Breakfast

The Big One 13.50
Two sausages, two rashers of bacon, black pudding, two fried eggs, tomato, mushrooms, baked beans and fries (1218 kcal)

Veggie Breakfast 11.00
Vegan sausage, fried (600 kcal) or scrambled (753 kcal) egg, mushrooms, roasted tomato, baked beans, fries and smashed avocado

Salads

Classic Caesar **L** **V** 12.60
Baby gem lettuce, croutons, grated Italian cheese & Caesar dressing (460 kcal)

Mediterranean Grain **L** **VG** 14.60
Grains, baby spinach, rocket, cherry tomatoes, broccolini & roasted red peppers. Tossed in garlic & herb dressing with houmous (492 kcal)

Add:
Fried halloumi **V** (+297 kcal) 2.70
Grilled chicken breast (+195 kcal) 3.00

Wraps

All served with skin-on fries (+427 kcal)

NEW BBQ Brisket Wrap 12.00
Pulled beef brisket, BBQ sauce, cheddar, red onion, roasted peppers and rocket (621 kcal)

NEW Cajun Chicken Wrap 12.00
Chicken strips, lettuce, red onion, cheese, rocket and cajun mayo (825 kcal)

NEW Halloumi Wrap 12.00
Cajun spiced fried halloumi, smashed avocado, spicy sriracha, roasted peppers, lettuce and red onion (561 kcal)

Upgrade to sweet potato fries (+623 kcal) for 1.50

Every bite was tasty and fresh

Leanne



Burgers & Hot Dogs

Double Bacon Cheese 19.20
Two beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (1606 kcal)

Crispy BBQ Chicken 15.60
Breaded buttermilk chicken breast, red onions, BBQ sauce, mayo & lettuce (693 kcal)

Classic Cheese 13.80
Beef burger, Monterey Jack cheese, mayo & lettuce (908 kcal)

NEW Frankie's Signature Buttermilk Chicken 18.00
Crispy buttermilk chicken breast, bacon, Red French dressing & lettuce (732 kcal)

Chicken & Halloumi 16.40
Grilled chicken breast, cajun spiced fried halloumi, red onions, sriracha, mayo & lettuce (765 kcal)

All served with skin-on fries (+427 kcal) and a seeded burger bun. Our fresh 6oz* beef patties are only ever carefully sourced from British farms

Smashed Biff's™ Wing Stacker **VG** 16.20
Vegan quarter pounder burger & a smashed Biff's™ wing drizzled with sriracha, lettuce, green chillies, spring onions, houmous & vegan mayo (816 kcal)

NEW Dirty Dog 16.20
Grilled beef dog with BBQ brisket, green chillies, crispy onions, cheese & BBQ sauce (778 kcal)

Vegan Dog **VG** 15.60
Vegan hotdog loaded with fried onions, chillies, BBQ sauce & vegan mayo (512 kcal)

NEW Classic Dog 13.40
Grilled beef dog with crispy onions & ketchup (571 kcal)



Toppings 2.00 each

Cajun spiced fried halloumi (+192 kcal) **V**
Bacon (+81 kcal)
Monterey Jack cheese (+75 kcal) **V**
Vegan cheddar sauce (+42 kcal) **VG**
Onion rings (+134 kcal) **V**
Pulled beef brisket (+98 kcal)

Upgrade for 1.50
Sweet potato fries (+623 kcal) **VG**

Double up your patty for 2.80
Beef (+478 kcal)
Grilled chicken (+195 kcal)
Crispy chicken (+434 kcal)
Vegan patty (+251 kcal) **VG**

Classics

Ask your server about upgrading your fries to sweet potato or loaded

Smoky Ultimate BBQ Ribs
Slow-cooked rack of tender pork ribs, BBQ sauce, cajun grilled corn & skin-on fries
Choose from:
Whole rack (1333 kcal) 25.50
Half rack (943 kcal) 19.50

New York BBQ Chicken 19.70
Grilled chicken breast, bacon, melted cheese, BBQ sauce, onion rings, cajun grilled corn & skin-on fries (1076 kcal)
Add half rack of ribs (+344 kcal) for 6.60

Chicken Parmigiana 18.00
Buttermilk chicken, Neapolitana tomato sauce, ham, melted cheese, fettuccine & a side (776 kcal)
Choose from: Salad (+46 kcal) | Skin-on fries (+452 kcal) | Broccolini (+28 kcal)

Lemon Pepper Salmon 19.40
Baked salmon* on a bed of cheesy basil mash, served with broccolini & salsa verde (847 kcal)

It was love at first bite

Kate



Pasta

Carbonara 15.60
Fettuccine in a creamy sauce with crispy bacon, parsley & Italian cheese (1278 kcal)
Add chicken (+59 kcal) for 3.00

Bolognese **L** 14.60
Beef Bolognese sauce tossed with fettuccine, finished with parsley & Italian cheese (574 kcal)

Arrabbiata **L** **VG** 13.20
Spicy tomato garlic sauce & spirali with roasted red pepper, red onion, chillies & rocket (533 kcal)

Spicy Meat Feast 17.90
Fettuccine with our pork & beef meatballs in a Neapolitana sauce, topped with 'nduja, bacon, pepperoni, roasted red pepper, rocket, parsley & Italian cheese (1359 kcal)

NEW Classic Beef Lasagne 14.80
Just like mamma used to make - even more indulgent than ever! (946 kcal)
Add: Garlic pizza bread (801 kcal) 6.40

Ultimate Mac 'n' Cheese **V** 14.20
Baked with a cheesy crumb until golden (629 kcal). **Add:** Bacon (+81 kcal) | 'Nduja (+264 kcal) for 2.00

Vegan Mac 'n' Cheese **L** **VG** 14.20
Topped with soya mince in a delicately spiced tomato sauce (476 kcal)

NEW Frankie's Classic Meatballs 17.30
Pork & beef meatballs in a rich Bolognese sauce with fettuccine, Italian cheese & basil (994 kcal)

Pizza

10" San Francisco style sourdough with an Italian soul

New York Giant 16.90
Tender pork & beef meatballs, chicken, bacon, ham, pepperoni, roasted red pepper, red onion & mozzarella on a BBQ base (1039 kcal)

BBQ Chicken 14.60
BBQ chicken, mozzarella & parsley on a BBQ base (933 kcal)

Margherita **V** 12.00
Tomato & mozzarella (892 kcal)
Ask for our vegan mozzarella (770 kcal) **VG**



For every Margherita sold, 20p will be donated to the Trussell Trust, a charity supporting the UK's largest network of food banks**

Vegan Pepperoni **VG** 14.10
Vegan spicy & smoky pepperoni crumb, roasted red pepper, chillies, fresh basil & vegan mozzarella (820 kcal)

Pepperoni 14.10
Pepperoni & mozzarella (850 kcal)
Go hotter with green chillies (+4 kcal) on us

Dips

Upgrade your meal with our dips. Dip, drizzle & enjoy!

NEW Garlic & Herb (240 kcal) **VG** 1.00
NEW Red French (131 kcal) **VG** 1.00

Add extra toppings for 2.00 each

Mozzarella (+172 kcal)
Vegan Mozzarella (+130 kcal) **VG**
Red Onion (+6 kcal) **VG**
Tomato (+4 kcal) **VG**
Sweetcorn (+25 kcal) **VG**
Mushroom (+11 kcal) **VG**
Ham (+44 kcal)

Bacon (+81 kcal)
'Nduja (+176 kcal)
Pepperoni (+130 kcal)
Broccolini (+28 kcal) **VG**
BBQ Chicken (+103 kcal)
Green Chillies (+4 kcal) **VG** on us!



Sides

Garlic Pizza Bread

(801 kcal) **VG** 6.40
Add: cheese (+172 kcal) **V** for 0.70
Vegan mozzarella (+94 kcal) **VG** for 0.70

Onion Rings (534 kcal) **V** 5.40

Sweet Potato Fries (588 kcal) **VG** 5.50

Skin-on Fries (452 kcal) **VG** 4.50

NEW Cajun Grilled Corn **VG** 4.10
(278 kcal)

Side Salad **VG** 5.40
With garlic & herb dressing (79 kcal)

Garlic Broccolini (112 kcal) **VG** 4.80

Loaded Fries

NEW Buffalo Chicken Fries 6.10
With crispy chicken pieces, cheese sauce, hot sauce & garlic aioli (957 kcal)

NEW Hot Lava Fries **VG** 6.10
Chilli seasoned fries, vegan cheddar sauce, red onion, spicy sriracha, chilli & spring onion (575 kcal)

NEW BBQ Brisket Fries 6.10
With BBQ brisket, cheddar, cheese sauce & spring onion (882 kcal)