



# GOOD MORNING ENGLAND

f i d @frankiebennys

Real good comfort food • Edition 4

## STACK EM UP! Breakfast breaks world record

Don't miss out!

**T**he Breakfast Stacker at Frankie & Benny's towered over locals in an attempt to break a world record.

Coming in at 200 metres tall and hand stacked by chefs from the local area with the help of cranes, the attempt took over 24 hours and the tasty tower has been declared the tallest ever by the world record officials. They were seen presenting the award for tallest edible tower followed by celebratory Breakfast Stackers for chefs and everyone in the crowd.

What a great start to the day!

Stacked  
to perfection!  
Dean



Pictured: The Breakfast stacker - stack it up, stack it in let your day begin



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## Classics


### Traditional Fry Up 10.50

Sausage, bacon, fried eggs, tomato, mushrooms, baked beans and crispy cubed potatoes (989 kcal)

### Veggie Fry Up 10.50

Fried eggs, mushrooms, tomato, baked beans, potato tots, smashed avocado and brown toast (628 kcal)

**Make it vegan** by swapping your eggs for scrambled tofu (753 kcal) 

**Add** vegan sausage for 2.00 (+105 kcal) 

### The Big One 13.50


Two sausages, three rashers of bacon, black pudding, two fried eggs, tomato, mushrooms, baked beans, potato tots and crispy cubed potatoes (1828 kcal)


### Breakfast Stacker 12.50

Ciabatta filled with sausages, bacon, potato tots, cheese, fried egg and ketchup. Served with crispy cubed potatoes (1590 kcal)

### Breakfast Bap 8.50

Served in a soft white bun with crispy cubed potatoes

**Choose from:** Fried Eggs (845 kcal)  | Bacon (837 kcal) | Sausage (882 kcal) |

Vegan sausage (732 kcal) 

**Double** your topping for 2.00

### Breakfast Wrap 6.90

Flour tortilla, cheese, sausage, bacon, potato tots, fried egg and red chilli sauce on the side (970 kcal)


### Beef Brisket Hash 8.50

Potato tots loaded with beef brisket, fried onions and topped with fried eggs, red chilli sauce and parsley (609 kcal)

### Mushroom & Cherry

#### Tomato Hash 7.30

Potato tots loaded with mushroom, cherry tomatoes, fried onions and topped with fried eggs, red chilli sauce and parsley (547 kcal)

**Make it vegan** by swapping your eggs for scrambled tofu (483 kcal) 

**Add toast to any Breakfast Classic for 3.30** (see the Bakery below for options)

**Why not add a Bloody Mary 10.00 or a Mimosa 9.70**

## Eggs

All our eggs are RSPCA Assured Free Range\*

### Scrambled Eggs & Toast (501 kcal) 9.00

**Add** smashed avocado for 1.10 (+98 kcal)

**Add** crispy cubed potatoes for 2.00 (+318 kcal)

### Poached Eggs & Smashed

#### Avocado 8.80

Toasted muffin topped with smashed avocado and poached eggs (509 kcal)


**Add** bacon for 2.20 (+194 kcal)

### Eggs Benedict 9.00

Toasted muffin, two poached eggs and hollandaise sauce

**Choose from:**

Ham (624 kcal) | Bacon (700 kcal) |


Mushroom (525 kcal) 


## Bakery

**White Toast & Butter**  
(460 kcal)  3.30

**Brown Toast & Butter**  
(479 kcal)  3.30

**Toasted Muffin & Butter**  
(417 kcal)  3.30

**Croissant with Butter**  
(501 kcal)  3.30

**Pain Au Chocolat** (376 kcal)  3.30

### Preserves 1.10


Ask your server for today's selection


**Make it vegan** by swapping your butter for Flora vegan spread (-25 kcal)

## Sweet Stuff

### Buttermilk Pancakes

**Choose topping:**


Chocolate & Banana (526 kcal)  8.40


Maple flavour syrup (564 kcal)  7.80

Bacon & Maple flavour syrup (684 kcal) 8.40

### Waffles

**Choose topping:**

Chocolate & Banana (625 kcal)  7.80

Maple flavour syrup (663 kcal)  7.80

Bacon & Maple flavour syrup (783 kcal) 8.60

### Chicken & Waffle 8.60

The perfect combo of savoury and sweet, with Maple flavour syrup (1004 kcal)

### Porridge 5.50

Warming oat porridge made with water. Ask your server about milk and alternative options.

**Choose from:** Banana (240 kcal) |

Maple Flavour Syrup (298 kcal) |

Strawberries (246 kcal)

*Eggs cooked perfect every single time!*

Nick  
Eggs Benedict



## Drinks

### Hot drinks

Cappuccino (189 kcal) 3.70

Caffe Latte (193 kcal) 3.70

Flat White (97 kcal) 3.70

Americano (13 kcal) 3.50

Macchiato (5 kcal) 3.70

Mocha (253 kcal) 3.70

Espresso  (1 kcal) 3.30

Hot Chocolate (293 kcal) 3.70

Yorkshire Breakfast Tea (0 kcal) 3.30


Earl Grey Twinings Tea (0 kcal) 3.30



**Add syrup  for 0.70**

**Choose from:** Caramel (+81 kcal) | Vanilla (+84 kcal) | Gingerbread (+86 kcal)

**Add a shot of espresso** (1 kcal) 0.70

**Decaf/Coconut and oat alternatives available **

### Juices

Fruit Juices  3.90

**Choose from:** Apple (160 kcal) |

Orange (194 kcal) | Cranberry\*\* (163 kcal) |

Pineapple (185 kcal) | Passion fruit (181 kcal)

## Gluten-free menu



**Scrambled Eggs & Gluten-free Toast** (562 kcal)  9.00


**Poached Eggs & Smashed Avocado**   8.80



Gluten free toast topped with smashed avocado and poached eggs (463 kcal)

**Gluten Free Toast & Butter** (429 kcal)  3.30

 **Vegan dishes**

 **Vegetarian dishes**

 **A lighter option with dishes under 500 calories**

 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. \*\*Cranberry juice drink. 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. Please speak to a member of staff in our restaurants if you have any food allergies or intolerance. \*We only use RSPCA Assured™ shell eggs in our restaurants. This means we use suppliers and farmers that adhere to the RSPCA welfare standard and have been checked by RSPCA assessors. Full allergen information relating to our menu items can be found at [www.restaurantallergens.com/frankies](http://www.restaurantallergens.com/frankies) 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. 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. As a result of the changes to VAT in restaurants and pubs, our menu includes items with a range of VAT rates. Please refer to [www.frankieandbennys.com/covid-19-faq](http://www.frankieandbennys.com/covid-19-faq) for further information. Not all ingredients are listed in descriptions. Frankie & Benny's, 5-7 Marshalsea Road, Borough, London SE11EP **FB\_CONC\_BREAKFAST\_1023**