

# 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)

The most comforting dishes around

Sam



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](http://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)