



GOOD MORNING ENGLAND

f i t @frankiebennys

Real good comfort food • Edition 4

STACK EM UP! Breakfast breaks world record

Don't miss out!

The 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

Classics

We only use RSPCA Assured free-range eggs

Traditional Fry Up 7.20

Sausage, bacon, fried eggs, tomato, mushrooms, baked beans and crispy cubed potatoes (880 kcal)

Veggie Fry Up 7.20

Fried eggs, mushrooms, tomato, baked beans, potato tots, smashed avocado and brown toast (698 kcal)

Make it vegan by swapping your eggs for scrambled tofu (720 kcal) **VG**
Add vegan sausage for 1.60 (+105 kcal) **VG**

The Big One 10.90

Two sausages, three rashers of bacon, black pudding, two fried eggs, tomato, mushrooms, baked beans, potato tots and crispy cubed potatoes. Served with toast (1672 kcal)

Breakfast Bap 4.70

Served in a soft white bun
Choose from: Bacon (523 kcal) | Sausage (475 kcal) **L** | Egg (385 kcal) **L V** | Vegan sausage (485 kcal) **L VG** | **Double** your topping for 1.10

Breakfast Wrap 6.20

Flour tortilla, cheese, sausage, bacon, potato tots, fried egg
Choose from: Ketchup (889 kcal) | Red chilli dressing (894 kcal) | Brown sauce (898 kcal)

Breakfast Stacker 8.40

Ciabatta filled with sausages, bacon, potato tots, cheese, fried egg and ketchup. Served with crispy cubed potatoes (1467 kcal)

Beef Brisket Hash 7.80

Potato tots loaded with beef brisket, fried onions and topped with fried eggs, red chilli sauce and parsley (552 kcal)

Mushroom & Cherry

Tomato Hash 6.60
Potato tots loaded with mushroom, cherry tomatoes, fried onions and topped with fried eggs, red chilli sauce and parsley (484 kcal)
Make it vegan by swapping your eggs for scrambled tofu (473 kcal) **VG**



Scan to order and pay online

Adults need around 2000 kcal a day




We advise you to speak to a member of staff if you have any food allergies or intolerances. Full allergen information relating to our menu items and how kitchen practices may create allergy risks can be found at www.frankieandbennys.com/allergy

Turn the page for more

Eggs

All our eggs are RSPCA Assured Free Range*


Scrambled Eggs

& Toast (545 kcal)  5.90

Add smashed avocado for 1.10 (+75 kcal)

Vegan Eggs & Toast

(410 kcal)   5.90

Add smashed avocado for 1.10 (+75 kcal) 

Poached Eggs & Smashed Avocado

Toasted muffin topped with smashed avocado and poached eggs (429 kcal)
Add bacon for 1.10 (+194 kcal)

Eggs Benedict 7.20

Toasted muffin, two poached eggs and hollandaise sauce

Choose from: Ham (567 kcal) |

Bacon (642 kcal) |



Mushroom (468 kcal)  

Sweet Stuff

Buttermilk Pancakes

Choose topping:


Chocolate & Banana (458 kcal)   6.80


Maple flavour syrup (496 kcal)   6.20

Bacon & Maple flavour syrup (616 kcal) 6.80

Waffles

Choose topping:

Chocolate & Banana (625 kcal)  7.70


Maple flavour syrup (663 kcal)  7.10


Bacon & Maple flavour syrup (783 kcal) 7.70


Chicken & Waffle with

Maple Flavoured Syrup (1045 kcal) 7.70

Sides


Baked Beans (111 kcal)  1.60


Two Fried Eggs (147 kcal)  2.10

Toast with Flora (317 kcal)  2.00

Black Pudding (276 kcal) 2.10

Potato Tots (369 kcal)  4.20

Vegan Sausage (105 kcal)  1.60

Gluten-free Toast (200 kcal)  2.10

 A lighter option with dishes under 500 calories

 Vegan dishes

 Vegetarian dishes



Kids Breakfast

Includes a kids drink & main 4.20

Drinks

Apple Juice (93 kcal),
Orange Juice (94 kcal) or
Milk (95 kcal)

Mains


Kids Classic Breakfast

Sausage, bacon, fried egg and baked beans (360 kcal)

Kids Pancakes

Choose from:

Chocolate & banana



(218 kcal)  |



Bacon & maple

flavour syrup (387 kcal)

French toast

Choose topping:

Chocolate & Banana (772 kcal)   8.90

Maple flavour syrup (810 kcal)   8.30

Bacon & Maple flavour syrup (930 kcal) 8.90

Porridge 4.20

Choose from:

Banana (240 kcal) |

Maple Flavour Syrup (298 kcal) |

Strawberries (246 kcal)

Drinks

Hot drinks

Cappuccino (122 kcal) 3.40

Caffe Latte (121 kcal) 3.40

Flat White (73 kcal) 3.40

Americano (25 kcal) 2.60

Espresso  (1 kcal) 2.60

Hot Chocolate (212 kcal) 3.40

Yorkshire Breakfast Tea (24 kcal) 2.30

Earl Grey Twinings Tea (24 kcal) 2.30

Fresh Mint Tea  (2 kcal) 2.00

Add syrup  for 0.50
Choose from: Vanilla (+85 kcal) |
Caramel (+85 kcal)

Add a shot of espresso (1 kcal) 0.50

Choose decaff coffee | Oat drink 

Juices

Fruit Juices  3.40

Choose from: Apple (160 kcal) |

Orange (174 kcal) | Cranberry** (85 kcal) |

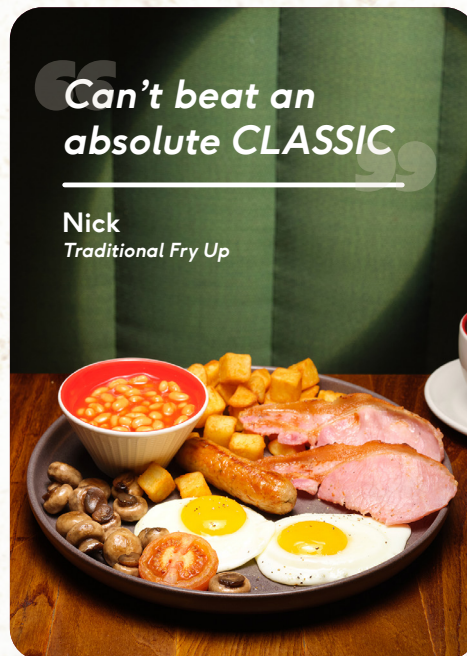
Pineapple (185 kcal)

Smoothies  3.80

Choose from:

Strawberry, banana and apple (208 kcal) |

Pineapple, mango, passionfruit and apple (177 kcal)



Can't beat an absolute CLASSIC

Nick

Traditional Fry Up

Gluten-free menu




Traditional Fry Up 7.20

Sausage, bacon, fried eggs, tomato, baked beans, mushrooms & gluten-free toast (727 kcal)

Scrambled Eggs & Gluten-free Toast

(502 kcal)

 5.90

Add smashed avocado for 1.00 (+75 kcal)

Eggs Benedict 7.20

Toasted gluten-free seeded bun, two poached eggs and hollandaise sauce

Choose from:

Ham (587 kcal) |

Bacon (663 kcal) |

Mushroom (405 kcal) 