

GLUTEN FREE MENU

Gluten freedom!



Frankie & Benny's

Starters

Fully Loaded Potato Skins

Three crispy potato skins with sour cream dip and your choice of topping

Choose from: BBQ sauce, bacon & Cheddar | Cheddar & chives

6.25

Caprese Salad

Sliced mozzarella, tomato and rocket, drizzled with olive oil and balsamic glaze. A true Italian classic

4.95

Burgers

Served on a sesame seed gluten free bun, with mayo, lettuce and tomato.

Served with a jacket potato

Bacon Cheese

6oz* beef burger, streaky bacon and Monterey Jack cheese

13.45

Classic Chicken

Grilled chicken breast. Simply the breast

12.95

Mushroom

Goat's cheese, roasted pepper and a flat mushroom

11.75

Classic Beef

6oz* beef burger with garnish. No frills, all flavour

10.95

Pasta

Gluten free fusilli pasta

Carbonara

Tossed in cheese sauce with crispy pancetta

10.95

Bolognese

Our rich beef Bolognese sauce. Classic!

10.75

Pomodoro

Tossed in Neapolitan tomato sauce, finished with fresh basil and mozzarella

9.95

Favourites

Chicken, Bacon & Avocado Salad

Served with tomatoes, red onion and dressed leaves

12.75

Warm Goat's Cheese Salad

Served with red onion chutney, mixed leaves, potatoes, pesto and red onion. Dressed with olive oil and balsamic glaze

11.95

BBQ Chicken & Ribs

Half roast chicken, half rack of ribs, BBQ sauce, jacket potato, 'slaw and corn on the cob. Eeeny-meeny-miney-both

17.50

Desserts

Banana Split Sundae

Slices of fresh banana, vanilla and toffee ice cream, salted caramel and dark chocolate sauce layered with red berry sauce, chocolate covered honeycomb pieces and topped with whipped cream

5.95

Mixed Fruit & Dips

A selection of fresh banana, strawberries and blueberries served with dark chocolate and red berry sauces

4.95

Lemon Sorbet Sundae

Vanilla ice cream and lemon sorbet topped with red berry sauce and whipped cream

5.75

Do it your way



DOUBLE UP

2.25 each

Beef burger
Grilled chicken

GO LIGHTER

Free

Remove the bun
and/or swap your
jacket potato
for salad or corn

Pizza

Gluten free pizza base

BBQ Chicken

Slices of tender chicken, mozzarella, chives and BBQ sauce

10.95

American Hot

Pepperoni, green chillies and mozzarella

11.25

Goat's Cheese

Creamy goat's cheese, fresh tomato, red onion and rocket

10.95

Smoky BBQ Ribs

Falling-off-the-bone tender pork ribs covered in BBQ sauce, served with jacket potato, 'slaw and corn on the cob

Choose from:

Whole rack of ribs

18.45

Half rack of ribs

12.95

Salmon 'Al Forno'

Oven baked salmon[†] fillet served with buttered baby potatoes, peas, broccoli, green beans and pesto

14.75

New York BBQ Chicken

Chicken breast topped with bacon, cheese and BBQ sauce with jacket potato, 'slaw and corn on the cob

15.95

Have an allergy? Please tell us and we'll give you all the information you need before ordering.



Not all ingredients are listed in descriptions. These dishes are suitable for vegetarians, however we do not have a dedicated preparation or cooking area within our kitchen for vegetarian food. Gluten free means foods that contain gluten at a level of no more than 20 parts per million. All dishes on this menu are subject to ingredient availability. There is a small possibility that allergen traces, other than gluten, may be found in any menu item. We advise you to speak to a member of staff if you have any food allergies or intolerances. *All weights are approximate before cooking. 1oz=28g uncooked weight. † Fish may contain bones. Service 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. Our prices include Value Added Tax at the current rate. Frankie & Benny's, 5-7 Marshalsea Road, Borough, London SE11EP GF.02.0118.