

Gluten-free menu?

Get involved!

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



Pictured: Grab a pizza the action with our marg

Something to start?

Fully Loaded Potato Skins 6.90

Crispy potato skins filled to the brim **Choose from:** Cheese & spring onion (516 kcal) | Bacon, cheese & spring onion (666 kcal)

Mains

Pizzas

Served on our rectangular gluten-free base

Pepperoni 12.20

Pepperoni & mozzarella (824 kcal)
Go hotter with green chillies (+4 kcal) on us

BBQ Chicken 12.50

BBQ chicken, mozzarella & parsley on a BBQ base (944 kcal)

Margherita 10.40

Tomato & mozzarella (900 kcal)
Ask for our vegan mozzarella (580 kcal)

Classics

New York BBQ Chicken 16.70

Grilled chicken breast, bacon, melted cheese, BBQ sauce, loaded grilled corn & jacket potato (936 kcal)
Add half rack of ribs (+344 kcal) for 6.10

Sirloin Steak 19.80

Our 8oz* sirloin steak, sautéed mushrooms, roasted tomato & jacket potato (689 kcal)
Add garlic & herb sauce (+413 kcal)

Smoky Ultimate BBQ Ribs

Slow-cooked rack of tender pork ribs, BBQ sauce, loaded grilled corn & jacket potato. **Choose from:**
Whole rack (1280 kcal) **21.90** |
Half rack (792 kcal) **16.70**

Lemon Pepper Salmon† 16.70

Baked salmon† on a bed of cheesy basil mash, served with broccolini & salsa verde (816 kcal)

Pastas

Made with gluten-free fusilli pasta

Creamy Chicken & 'Nduja 16.00

Chicken in a creamy spicy 'Nduja sauce with mushrooms, baby spinach, parsley & Italian cheese (1412 kcal)

Bolognese 12.50

Beef Bolognese sauce tossed with fusilli, finished with parsley & Italian cheese (594 kcal)

Carbonara 13.50

Creamy carbonara sauce with crispy bacon, parsley & Italian cheese (1204 kcal)
Add chicken (+69 kcal) for 2.70

Arrabbiata 11.40

Spicy tomato garlic sauce, roasted red pepper, red onion, chillies & rocket (799 kcal)

Burgers

Served in a gluten-free bun with a jacket potato

Classic Beef 10.40

Burger with mayo & lettuce (1474 kcal)

Classic Cheese 12.50

Burger with Monterey Jack cheese, mayo & lettuce (1549 kcal)

Double Bacon Cheese 16.70

Two beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (2233 kcal)

Desserts & Shakes

Ice Cream

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 3.80 | 3 Scoops 4.80

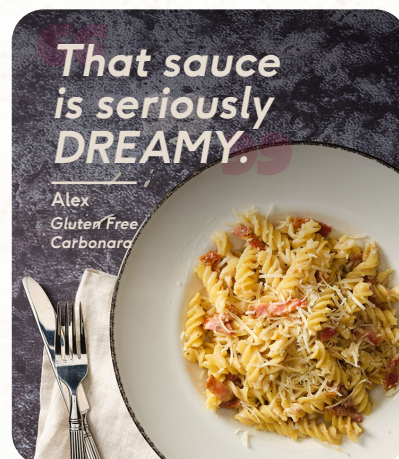
Brownie & Ice Cream 6.90

Served warm with whipped cream, vanilla ice cream & chocolate sauce (745 kcal)

Ice Cream Shake 4.70

Choose from:

Vanilla (492 kcal)
Chocolate (457 kcal)
Strawberry (473 kcal)
Salted Caramel (482 kcal)



Sides

Jacket Potato (274 kcal) **3.80**

Garlic Broccolini (113 kcal) **4.10**

Loaded Grilled Corn

with mayo & Italian cheese (336 kcal) **3.60**

Side Salad with French dressing (48 kcal) **3.80**



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.frankieandbennys.com/allergy. Please refer to www.frankieandbennys.com/covid-19-faq for further information. 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 SE1 1EP - FB_MAIN_1022

THE

Frankie
& Benny's

MENU

Real good comfort food • Edition 2



I devoured
in seconds -
insane
flavour!

Sam

Fancy
a slice?
turn to
page 3

Left: woman cures hanger with a pizza slice • Right: the perfect slice

Exclusive!

RECORD BREAKING pizza show

Brand new hit reality show, *Frankie's Got Food Talent*, has become a record breaker in more than one way. The winner, who fashioned a life-size true to form hand stretched pizza of himself in the showstopper round, has broken

the world record for longest time spent stretching sourdough pizza. Frankie's head chef and pizza extraordinaire told us: "It was the most beautiful display of pizza artistry I have ever seen throughout my career."

See page 2 for more



Scan here
to order
and pay
online

Gluten-free
menu available

See page 4

Vegan
options



Look for the  sign



Starters

What will you choose?


Garlic Pizza Bread 5.30

Big enough for 2 people (801 kcal)
Add: mozzarella (+172 kcal)  |
Vegan mozzarella (+93 kcal)  for 0.50

Mozzarella Sticks 6.90

With Napoletana tomato sauce (466 kcal)

Fully Loaded Potato Skins 6.90

Crispy potato skins filled to the brim
Choose from: Cheese & spring onion
(516 kcal)  | Bacon, cheese &
spring onion (666 kcal)

Vegan BBQ Wingz 7.20

Biff's™ Crispy Jackfruit Wingz, BBQ
sauce, chillies, a sugar cane 'bone'
& vegan mayo (625 kcal)

Sticky Chicken Wings 7.20

With sour cream & sauce
Choose from: BBQ (1034 kcal) |
Hot sauce (981 kcal)

Meatballs al Forno 7.20

Tender lemon & herb pork meatballs,
spicy tomato & red wine sauce, mozzarella
& baked ciabatta bread (524 kcal)
Add 'nduja for 1.10 (+129 kcal)

Calamari 8.00

Lightly floured calamari with lemon
& pepper salt & a lemon wedge
(690 kcal)

Southern Fried Chicken 7.20

Fried chicken strips with your
choice of sauce
Choose from:
BBQ (727 kcal) | Hot sauce (674 kcal)



Pictured: Frankie's finger lickin' strips

Pastas

Bolognese 12.50

Beef Bolognese sauce tossed with fettuccine, finished with parsley & Italian cheese (693 kcal)

Spicy Meat Feast 15.10

Fettuccine with our famous pork & beef meatballs in a Neapolitan sauce, topped with 'Nduja, bacon, pepperoni, roasted red pepper, rocket, parsley & Italian cheese (1240 kcal)

Carbonara 13.50

Fettuccine in a creamy sauce with crispy bacon, parsley & Italian cheese (1149 kcal)
Add chicken (+69 kcal) for 2.70

Arrabbiata 11.40

Spicy tomato garlic sauce & spirali with roasted red pepper, red onion, chillies & rocket (693 kcal)

Creamy Chicken & 'Nduja 16.00

Fettuccine with chicken in a creamy spicy 'Nduja sauce with mushrooms, baby spinach, parsley & Italian cheese (1358 kcal)

Classic Beef Lasagne 12.80

Just like mamma used to make - now more indulgent than ever! (844 kcal)

Ultimate Mac 'n' Cheese 12.20

Baked with a cheesy crumb until golden (691 kcal). Add: Bacon (+114 kcal) | 'Nduja (+264 kcal) for 1.10

Vegan Mac 'n' Cheese 12.20

Topped with soya mince in a delicately spiced tomato sauce (476 kcal)

Something to start?

Turn to the front page



Frankie's Classic Meatballs 14.60

Our famous pork & beef meatballs in a rich Bolognese sauce, served with fettuccine, Italian cheese & basil (1037 kcal)



Pictured: Carb(onara) it up with bacon & cheese


Salads

Classic Caesar 10.90

Baby gem lettuce, croutons, grated Italian cheese & Caesar dressing (463 kcal)

Mediterranean Grain 12.60

Red rice, quinoa, baby spinach, rocket, cherry tomatoes, broccolini & roasted red peppers. Tossed in French dressing with silky houmous (435 kcal)

Add: Grilled chicken breast (+195 kcal) for 2.70 | Fried halloumi  (+356 kcal) for 2.50 | Baked lemon & pepper salmon fillet (+328 kcal) for 3.50 | Sliced 8oz* sirloin steak (+395 kcal) for 4.90



Wow.

That Mac 'n' Cheese really hits the spot every time!

Mark

Ultimate Mac 'n' Cheese

Burgers & Hot Dogs

All served with skin-on fries (+427 kcal). Fresh burger patty from family-owned British and Irish farms.



Pictured: Hallo to the beautiful Chicken & Halloumi

Double Bacon Cheese 16.70

Two beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (1587 kcal)

Crispy BBQ Chicken 13.50

Crispy buttermilk chicken breast, red onions, BBQ sauce, mayo & lettuce (745 kcal)

Classic Cheese 12.50

Beef burger, Monterey Jack cheese, mayo & lettuce (905 kcal)

Chicken & Halloumi 15.30

Grilled chicken breast, cajun spiced fried halloumi, red onions, sriracha, mayo & lettuce (745 kcal)

Black 'n' Blue 15.60

Beef burger, creamy blue cheese, crispy bacon, sautéed mushrooms, rocket & cajun mayo (1208 kcal)

Smashed Biff's™ Wing Stacker 14.70

Vegan 1/4 pounder burger & a smashed Biff's™ wing drizzled with sriracha, lettuce, green chillies, spring onions, houmous & vegan mayo (972 kcal)

Hot dogs

Dirty Dog 13.50

Hotdog loaded with slow-cooked pot-roast BBQ brisket, green chillies, crispy onions, cheese & BBQ sauce (837 kcal)

Vegan Dog 13.50

Vegan hotdog loaded with fried onions, chillies, BBQ sauce & vegan mayo (533 kcal)

Classic Dog 11.40


Hotdog in a soft glazed roll, crispy onions & ketchup (568 kcal)




Toppings 1.35 each

Cajun spiced fried halloumi (+123 kcal) 
Streaky bacon (+66 kcal)
Monterey Jack cheese (+75 kcal) 
Vegan cheddar sauce (+47 kcal) 
Onion rings (+89 kcal) 
Pulled beef brisket (+98 kcal)


Upgrade for 0.70

Sweet potato fries (+586 kcal) 

Upgrade for 2.90

BBQ Brisket Fries (+815 kcal)
Buffalo Chicken Fries (+888 kcal)
Hot Lava Fries (+579 kcal) 

Double up your patty for 2.50

Beef (+478 kcal)
Grilled chicken (+195 kcal)
Crispy chicken (+440 kcal)
Vegan patty (+251 kcal) 

 Vegetarian dishes

 Vegan dishes

 Click & Collect also available

Pizzas 10" San Francisco style sourdough hand-stretched to order

New York Giant 14.60

Tender pork & beef meatballs, chicken, bacon, ham, pepperoni, roasted red pepper, red onion & mozzarella on a BBQ base (1084 kcal)

Vegan Pepperoni 12.20

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

BBQ Chicken 12.50

BBQ chicken, mozzarella & parsley on a BBQ base (958 kcal)

Margherita 10.40

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

Pepperoni 12.20

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



Toppings 1.00 each

- Mozzarella (+172 kcal) **V**
- Mushroom (+11 kcal) **VG**
- Ham (+44 kcal)
- Chicken (+69 kcal)
- 'Nduja (+264 kcal)
- Pepperoni (+130 kcal)
- Sweetcorn (+19 kcal) **VG**
- Broccoli (+28 kcal) **VG**

Classics

Ask your server about upgrading to sweet potato or loaded fries

BBQ Platter 30.30

Big enough to feed two, or one hungry person! Our 8oz* sirloin steak, chicken goujons, sticky BBQ ribs, brisket beans, loaded grilled corn, mac 'n' cheese & skin-on fries (2618 kcal)

Smoky Ultimate BBQ Ribs

Slow-cooked rack of tender pork ribs, BBQ sauce, loaded grilled corn & skin-on fries

Choose from:

Whole rack (1330 kcal) 21.90 |
Half rack (945 kcal) 16.70

Chicken Parmigiana 15.60

Buttermilk chicken, Neapolitan tomato sauce, ham, melted cheese, fettuccine & a side (943 kcal). **Choose from:** Salad (+68 kcal) | Skin-on fries (+427 kcal) | Broccoli (+113 kcal)

New York BBQ Chicken 16.70

Grilled chicken breast, bacon, melted cheese, BBQ sauce, onion rings, loaded grilled corn & skin-on fries (1069 kcal)
Add half rack of ribs (+344 kcal) for 6.10

Sirloin Steak 19.80

Our 8oz* sirloin steak, sautéed mushrooms, roasted tomato, onion rings & skin-on fries (922 kcal)

Choose from: Garlic & herb (+413 kcal) | Spicy peppercorn sauce (+67 kcal)

Lemon Pepper Salmon† 16.70

Baked salmon† on a bed of cheesy basil mash, served with broccolini & salsa verde (816 kcal)

Sides

Garlic Pizza Bread

(801 kcal) **VG** 5.30

Add cheese (+172 kcal) **V** for 0.50
Vegan mozzarella (+93 kcal) for 0.50

Onion Rings (534 kcal) **V** 4.60

Sweet Potato Fries

(588 kcal) **VG** 4.50

Skin-on Fries (427 kcal) **VG** 4.20

Loaded Grilled Corn **V** 3.60

With mayo & Italian cheese (267 kcal)

Side Salad **VG** 3.80

With French dressing (48 kcal)

Garlic Broccolini

(113 kcal) **VG** 3.90

Brisket Beans (270 kcal) 3.80

Loaded Fries

Buffalo Chicken Fries 5.50

Fries with buttermilk chicken pieces, cheese sauce, hot sauce, garlic aioli & spring onion (888 kcal)

Hot Lava Fries **VG** 5.30

Chilli seasoned fries, vegan cheddar sauce, red onion, spicy sriracha, chilli & spring onion (579 kcal)

BBQ Brisket Fries 5.50

Fries with BBQ brisket, cheddar, cheese sauce & spring onion (815 kcal)



Pictured: Your bit on the side

Desserts

Banana & Speculoos Waffle **V** 7.10

Warm waffle topped with pieces of banana, Lotus Biscoff crumb, chocolate sauce, Lotus Biscoff sauce, whipped cream & vanilla ice cream (1008 kcal)

New York Cheesecake **V** 6.80

Vanilla cheesecake served with vanilla ice cream

Choose from: Strawberry sauce (571 kcal) | Salted caramel sauce (619 kcal)

Classic Tiramisu **V** 6.30

Adults only. Creamy mascarpone, espresso & marsala wine soaked sponge topped with chocolate powder (394 kcal)

Ice Cream **L** **V**

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) **VG**

Two Scoops 3.80
Three Scoops 4.60

Brownie & Ice Cream **V** 6.90

Served warm with whipped cream, vanilla ice cream & chocolate sauce (745 kcal)

Apple Crumble **VG** 6.90

Warm crisp pastry with a sweet apple filling topped with a crunchy crumble. Served with vegan custard

Choose from:

Vanilla ice cream (632 kcal) **V** |
Vegan choc-chip ice cream (642 kcal) **VG**



Hot Cookie Dough **V** 7.10

Served with mini rolos & vanilla ice cream (702 kcal)

Speculoos Hot Cookie Dough **VG** 7.10

Topped with cinnamon, banana, honeycomb pieces & chocolate sauce. Served with vegan choc-chip ice cream (720 kcal)

Shakes

Super Ice Cream Shake **V** 5.70

Choose from:

Crunchie (664 kcal) | OREO® (565 kcal)

Speculoos Shake **V** 5.70

Lotus Biscoff, vanilla ice cream & whipped cream (738 kcal)

Ice Cream Shake **V** 4.70

Choose from: Chocolate (527 kcal) | Vanilla (568 kcal) | Strawberry (552 kcal) | Salted Caramel (569 kcal)

Vegan Choc-chip Shake **VG** 5.60

Oat shake with vegan choc-chip ice cream & chocolate sauce (373 kcal)

L A lighter option - mains under 650, desserts under 350