

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

Mains

Pizzas

Your GF pizza should arrive uncut. If your pizza arrives pre-cut please speak to your server

Pepperoni 12.80

Pepperoni & mozzarella (903 kcal)
Go hotter green chillies (+4 kcal) on us

BBQ Chicken 13.10

BBQ chicken, mozzarella & parsley on a BBQ base (990 kcal)

Margherita 10.90

Tomato & mozzarella (945 kcal)
Ask for our vegan mozzarella (693 kcal) **VG**

Classics

New York BBQ Chicken 17.50

Grilled chicken breast, bacon, melted cheese, BBQ sauce, 'slaw, cajun grilled corn and jacket potato (768 kcal)

Add half rack of ribs (+344 kcal) for 6.10

Sirloin Steak 20.80

Our British & Irish 8oz* sirloin steak, sautéed mushrooms, roasted tomato & jacket potato (635 kcal)

Add garlic & herb sauce (+413 kcal)

Smoky Ultimate BBQ Ribs

Slow-cooked rack of tender pork ribs, BBQ sauce, cajun grilled corn and jacket potato

Choose from:

Whole rack (1124 kcal) 23.00 |
Half rack (739 kcal) 17.50

Lemon Pepper Salmon† 17.50

Baked salmon† on a bed of cheesy basil mash, served with broccolini & salsa verde (847 kcal)

Pastas

Made with gluten-free fusilli pasta

Creamy Chicken & 'Nduja 16.80

In a spicy sauce with mushrooms, baby spinach, parsley & Italian cheese (1410 kcal)

Bolognese 13.10

Beef Bolognese sauce tossed with fusilli, finished with parsley & Italian cheese (584 kcal)

Carbonara 14.20

Creamy carbonara sauce with crispy bacon, parsley & Italian cheese (799 kcal)
Add chicken (+117 kcal) for 2.70

Arrabbiata 12.00

Spicy tomato garlic sauce, roasted red pepper, red onion, chillies & rocket (609 kcal)

Burgers

Served in a gluten-free bun with a jacket potato

Classic Beef 10.90

Burger with mayo & lettuce (1089 kcal)

Classic Cheese 13.10

Burger with Monterey Jack cheese, mayo & lettuce (1164 kcal)

Double Bacon Cheese 17.50

Two beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (1842 kcal)

DIPS

Upgrade your meal

Garlic & Herb (240 kcal) **VG** 1.00

Red French (131 kcal) **VG** 1.00

Blue Cheese (264 kcal) **VG** 1.00

Something to start?

Fully Loaded Potato Skins 7.20

Crispy potato skins filled to the brim

Choose from:

Cheese & spring onion (626 kcal) **VG** |
Bacon, cheese & spring onion (667 kcal)



The most comforting dishes around

Sam

Pictured: Gluten free, not flavour free

Desserts & Shakes

Ice Cream 1.00

Choose from:

Vanilla (78 kcal)
Chocolate (83 kcal)
Strawberry (82 kcal)
Mint Choc-Chip (121 kcal)
Vegan Choc-Chip (113 kcal) **VG**

2 Scoops 3.80 | 3 Scoops 4.60

Brownie & Ice Cream 6.90

Served warm with whipped cream, vanilla ice cream & chocolate sauce (714 kcal)

Ice Cream Shake 4.70

Choose from:

Vanilla (517 kcal) | Chocolate (502 kcal)
Strawberry (513 kcal)
Salted Caramel (501 kcal)

Vegan Choc-Chip Shake 5.60

Oat shake with vegan choc-chip ice cream and chocolate sauce (448 kcal)

Sides

Jacket Potato (221 kcal) **VG** 3.80

Garlic Broccolini (113 kcal) **VG** 3.90

Cajun Grilled Corn (278 kcal) **VG** 3.60

Side Salad with garlic & herb dressing (79 kcal) **VG** 3.80



VG These dishes are made from ingredients that do not contain meat or fish. **VG** 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. †oz = 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. ***support Mind's work by topping up your bill. Every penny you give goes to charity, 90% goes to Mind (registered charity no. 219830) and 10% goes to Pennies (registered charity no. 1122489). **To find out more visit trusselltrust.org (registered Charity in England & Wales 110522 and Scotland SC044246). 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_0823

THE



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 home, 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



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 Certified by the Vegan Society

*We've been awarded the maximum 3 star rating in the Sustainable Restaurant Association Food Made Good standard

Starters

Garlic Pizza Bread **vg** 5.60

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

Southern Fried Chicken 7.60

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

Fully Loaded Potato Skins 7.20

Crispy potato skins filled to the brim
Choose from: Cheese & spring onion (626 kcal)
 | Bacon, cheese & spring onion (667 kcal)

Vegan BBQ Wingz **vg** 7.60

Biff's™ Crispy Jackfruit Wingz. BBQ sauce, chillies, & vegan mayo (577 kcal)

Mozzarella Sticks **vg** 7.20

With Neapolitana tomato sauce (452 kcal)

Sticky Chicken Wings 7.60

With sour cream & sauce **Choose from:**
 BBQ (1012 kcal) | Hot sauce (979 kcal)

NEW Meatballs al Forno 7.60

Tender lemon & herb pork & beef meatballs, spicy tomato sauce, mozzarella & toasted ciabatta (697 kcal)
Add 'nduja for 1.20 (+129 kcal)

Calamari 8.40

with lemon & pepper salt & a lemon wedge (674 kcal)

NEW Frankie's Classic Meatballs 15.30

Pork & beef meatballs in a rich Bolognese sauce with fettuccine, Italian cheese & basil (1018 kcal)

Pastas

Carbonara 14.20

Fettuccine in a creamy sauce with crispy bacon, parsley & Italian cheese (783 kcal)
Add chicken (+117 kcal) for 2.70

Bolognese **l** 13.10

Beef Bolognese sauce tossed with fettuccine, finished with parsley & Italian cheese (572 kcal)

Spicy Meat Feast 15.90

Fettuccine with our pork & beef meatballs in a Neapolitana sauce, topped with 'Nduja, bacon, pepperoni, roasted red pepper, rocket, parsley & Italian cheese (1418 kcal)

Arrabbiata **l** **vg** 12.00

Spicy tomato garlic sauce & spirali with roasted red pepper, red onion, chillies & rocket (540 kcal)

Creamy Chicken & 'Nduja 16.80

Fettuccine in a spicy sauce with mushrooms, baby spinach, parsley & Italian cheese (1341 kcal)

NEW Classic Beef Lasagne 13.40

Just like mamma used to make - even more indulgent than ever! (946 kcal)
Add: Garlic pizza bread (801 kcal) 5.60

Ultimate Mac 'n' Cheese **vg** 12.80

Baked with a cheesy crumb until golden (691 kcal). **Add:** Bacon (+81 kcal) | 'Nduja (+264 kcal) for 1.20

Vegan Mac 'n' Cheese **l** **vg** 12.80

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

Salads

Add: Grilled chicken breast (+195 kcal)
 2.70 | Fried halloumi **vg** (+297 kcal) 2.60

Classic Caesar **l** **vg** 11.40

Baby gem lettuce, croutons, grated Italian cheese & Caesar dressing (460 kcal)

Mediterranean Grain **l** **vg** 13.10

Grains, baby spinach, rocket, cherry tomatoes, broccolini & roasted red peppers. Tossed in garlic & herb dressing with houmous (492 kcal)

Burgers & Hot Dogs

Double Bacon Cheese 17.50

Two beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (1606 kcal)

Crispy BBQ Chicken 14.20

Crispy buttermilk chicken breast, red onions, BBQ sauce, mayo & lettuce (641 kcal)

Classic Cheese 13.10

Beef burger, Monterey Jack cheese, mayo & lettuce (908 kcal)

NEW Frankie's Signature Buttermilk Chicken 16.40

Crispy buttermilk chicken breast, bacon, Red French dressing & lettuce (732 kcal)

Chicken & Halloumi 15.30

Grilled chicken breast, cajun spiced fried halloumi, red onions, sriracha, mayo & lettuce (765 kcal)

Smashed Biff's™ Wing Stacker **vg** 14.70

Vegan burger & a smashed Biff's™ wing drizzled with sriracha, lettuce, green chillies, spring onions, houmous & vegan mayo (767 kcal)

All served with skin-on fries (+427 kcal).

Our fresh 6oz* beef patties are only ever carefully sourced from from British and Red Tractor certified farms

Hot dogs

NEW Dirty Dog 14.20

Grilled beef dog with BBQ brisket, green chillies, crispy onions, cheese & BBQ sauce (783 kcal)

Vegan Dog **vg** 14.20

Vegan hotdog loaded with fried onions, chillies, BBQ sauce & vegan mayo (512 kcal)

NEW Classic Dog 12.00

Grilled beef dog with crispy onions & ketchup (574 kcal)



Pictured: Besties & burgers

Dips

Upgrade your meal with our dips.

Dip, drizzle & enjoy!

Garlic & Herb

(240 kcal) **vg** 1.00

Red French

(131 kcal) **vg** 1.00

Blue Cheese

(264 kcal) **vg** 1.00



Toppings 1.35 each

Cajun spiced fried halloumi (+123 kcal) **vg**

Streaky bacon (+65 kcal)

Monterey Jack cheese (+75 kcal) **vg**

Vegan cheddar sauce (+42 kcal) **vg**

Onion rings (+89 kcal) **vg**

Pulled beef brisket (+98 kcal)

Upgrade for 0.70

Sweet potato fries (+588 kcal) **vg**

Upgrade for 2.90

BBQ Brisket Fries (+815 kcal)

Buffalo Chicken Fries (+885 kcal)

Hot Lava Fries (+568 kcal) **vg**

Double up your patty for 2.50

Beef (+478 kcal)

Grilled chicken (+195 kcal)

Crispy chicken (+315 kcal)

Vegan patty (+251 kcal) **vg**

Pizza

10" San Francisco style sourdough with an Italian soul

NEW

New Yorker Calzone 14.90 **vg** 12.80

Cheesy & crispy folded pizza, with back-to-back toppings. Vegan spicy & smoky pepperoni crumb, pepperoni, ham, mushrooms & Neapolitan roasted red pepper, chillies, fresh basil sauce. Served with dressed salad (1073 kcal)

NEW

Siciliana Calzone 14.90

Cheesy & crispy folded pizza, with meatballs, Bolognese sauce & 'Nduja. Served with dressed salad (1630 kcal)

Pepperoni 12.80

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

Margherita **vg** 10.90

Tomato & mozzarella (892 kcal)
Ask for our vegan mozzarella (641 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**

New York Giant 15.30

Meatballs, chicken, bacon, ham, pepperoni, roasted red pepper, red onion & mozzarella on a BBQ base (1098 kcal)

BBQ Chicken 13.10

BBQ chicken, mozzarella & parsley on a BBQ base (937 kcal)

Add extra toppings:

Mozzarella (+172 kcal) **vg** 1.10

Sweetcorn (+19 kcal) **vg** 1.10

Mushroom (+11 kcal) **vg** 1.10

Ham (+44 kcal) 1.10

Bacon (+114 kcal) 1.70

'Nduja (+264 kcal) 1.70

Pepperoni (+130 kcal) 1.70

Red Pepper (+25 kcal) **vg** 1.70

Broccolini (+28 kcal) **vg** 1.70

BBQ Chicken (+104 kcal) 1.70



Classics

Ask your server about upgrading your fries to sweet potato or loaded

BBQ Platter 31.80

Big enough to feed two, or one hungry person!
 Our British & Irish 8oz* sirloin steak, chicken goujons, sticky BBQ ribs, brisket beans, cajun grilled corn, mac 'n' cheese & skin-on fries (2486 kcal)

Smoky Ultimate BBQ Ribs

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

Choose from:

Whole rack (1335 kcal) 23.00 |

Half rack (951 kcal) 17.50

Chicken Parmigiana 16.40

Buttermilk chicken, Neapolitana tomato sauce, ham, melted cheese, fettuccine & a side (758 kcal). **Choose from:** Salad (+68 kcal) | Skin-on fries (+427 kcal) | Broccolini (+113 kcal)

New York BBQ Chicken 17.50

Grilled chicken breast, bacon, melted cheese, BBQ sauce, onion rings, cajun grilled corn & skin-on fries (988 kcal)

Add half rack of ribs (+344 kcal) for 6.10

Sirloin Steak 20.80

British & Irish 8oz* sirloin steak, sautéed mushrooms, roasted tomato, onion rings & skin-on fries (933 kcal)
Choose from: Garlic & herb (+413 kcal) | Spicy peppercorn sauce (+67 kcal)

Lemon Pepper Salmon† 17.50

Baked salmon† on a bed of cheesy basil mash, served with broccolini & salsa verde (847 kcal)

Desserts

Banana & Speculoos Waffle **vg** 7.10

With banana, Lotus Biscoff crumb, chocolate sauce, Lotus Biscoff sauce, whipped cream & vanilla ice cream (926 kcal)

New York Cheesecake **vg** 6.80

Served with vanilla ice cream
Choose from: Strawberry sauce (571 kcal) | Salted caramel sauce (592 kcal)

Classic Tiramisu **vg** 6.30

Adults only. Creamy mascarpone, espresso & marsala wine soaked sponge (398 kcal)

Brownie & Ice Cream **vg** 6.90

Served warm with whipped cream, vanilla ice cream & chocolate sauce (729 kcal)

Hot Cookie Dough **vg** 7.10

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

Ice Cream **l** **vg**

Choose from: Vanilla (78 kcal) |

Chocolate (83 kcal) |

Strawberry (82 kcal) |

Mint Choc-Chip (121 kcal) |

Vegan Choc-Chip (113 kcal) **vg**

Two Scoops 3.80

Three Scoops 4.60

Apple Crumble **vg** 6.90

Served with vegan custard

Choose from:

Vanilla ice cream (632 kcal) **vg** |

Vegan choc-chip ice cream (667 kcal) **vg**

NEW Lemon Meringue **vg** 7.10

Tangy lemon curd on a biscuit base, topped with baked meringue. Served with whipped cream & vanilla ice cream (686 kcal)

Sides

Garlic Pizza Bread

(801 kcal) **vg** 5.60

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

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

Sweet Potato Fries

(588 kcal) **vg** 4.50

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

NEW Cajun Grilled Corn **vg**
 3.60 (278 kcal)

Side Salad **vg** 3.80

With garlic & herb dressing (79 kcal)

Garlic Broccolini

(113 kcal) **vg** 3.90

BBQ Brisket Beans (237 kcal) 3.80

Loaded Fries

Buffalo Chicken Fries 5.50
 With crispy chicken pieces, cheese sauce, hot sauce & garlic aioli (885 kcal)

Hot Lava Fries **vg** 5.30

Chilli seasoned fries, vegan cheddar sauce, red onion, spicy sriracha, chilli & spring onion (568 kcal)

BBQ Brisket Fries 5.50

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

Look out for **NEW**

For our dishes that have been tested, perfected and improved to be extra delicious for you!

vg Vegetarian dishes

vg Vegan dishes

We are working hard to reduce food waste. Just ask if you would like to take any unfinished food home



We advise you to speak to a member of staff if you have any food allergies or intolerances.

l A lighter option - mains under 650, desserts under 350 calories

Full allergen information relating to our menu items and how kitchen practices may create allergy risks can be found at www.frankieandbennys.com/allergy