



Unlimited refills for 3.50 on sugar-free sodas

1 course 9.90 • 2 courses 12.90 • 3 courses 15.90 | Monday - Friday

LUNCH SET MENU

Starters

Mozzarella Sticks
With Neapolitan tomato sauce (452 kcal)

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

Garlic Pizza Bread
Big enough for two people (801 kcal)
Add mozzarella (+172 kcal) |
Vegan mozzarella (+93 kcal)

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

Mains

Pasta

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

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

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

NEW **Classic Beef Lasagne**
Just like mamma used to make -
even more indulgent than ever! (946 kcal)

Pizza

**10" San Francisco style sourdough
with an Italian soul**

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

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

Salad

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

Add:
Grilled chicken breast (+195 kcal) for 2.70
Fried halloumi (+297 kcal) for 2.60

Wraps

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

BBQ Brisket Wrap
Pulled beef brisket, BBQ sauce, cheddar,
red onion, roasted peppers & rocket
(621 kcal)

Cajun Chicken Wrap
Chicken strips, lettuce, red onion, cheese,
rocket & cajun mayo (825 kcal)

Halloumi Wrap
Cajun spiced fried halloumi, smashed
avocado, spicy sriracha, roasted peppers,
lettuce & red onion (552 kcal)

Burgers & Hot Dog

All served with skin-on fries (+427 kcal).
**Our fresh 6oz* beef patties are only
ever carefully sourced from British
and Red Tractor certified farms**

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

Classic Chicken
Simply the chicken breast with
lettuce & mayo (608 kcal)

NEW **Classic Dog**
Grilled beef dog with crispy onions &
ketchup (574 kcal)

Dips

**Upgrade your meal with our dips.
Dip, drizzle and enjoy!**

Garlic & Herb (240 kcal) 1.00

Red French (131 kcal) 1.00

Blue Cheese (264 kcal) 1.00

Desserts

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

Ice Cream (2 scoops)
Choose from: Vanilla (78 kcal) |
Chocolate (83 kcal) |
Strawberry (82 kcal) |
Mint Choc-Chip (121 kcal) |
Vegan Choc-Chip (113 kcal)

Vegan dishes

Vegetarian dishes

A lighter option with mains under 650
and desserts under 350 calories



Allergies: 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. Adults need around 2000 kcal a day



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

Gluten-free menu

Starter

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

Mains

Arrabbiata Pasta
Spicy tomato garlic sauce with
gluten-free fusilli, roasted red pepper,
red onion, chillies & rocket (609 kcal)

Bolognese
Beef Bolognese sauce, finished
with parsley & Italian cheese
(565 kcal)

Carbonara Pasta
Gluten-free fusilli in a creamy sauce with crispy
bacon, parsley & Italian cheese (799 kcal)
Add chicken (+117 kcal) for 2.70

Pepperoni Pizza
Pepperoni & mozzarella on a gluten-free
base. Served uncut (903 kcal)
Go hotter with green chillies (+4 kcal) on us

Margherita Pizza
Tomato & mozzarella on a gluten-free base.
Served uncut (945 kcal)
Ask for our vegan mozzarella (693 kcal)

Classic Beef Burger
Beef burger with mayo & lettuce.
Served in a gluten-free bun with a jacket potato
(1089 kcal)

Classic Cheese Burger
Beef burger, Monterey Jack cheese,
mayo & lettuce. Served in a gluten-free bun
with a jacket potato (1164 kcal)

Desserts

Ice Cream (2 scoops)
Choose from: Vanilla (78 kcal) |
Chocolate (83 kcal) |
Strawberry (82 kcal) |
Mint Choc-Chip (121 kcal) |
Vegan Choc-Chip (113 kcal)

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

Sides?

Add for 2.00

Onion Rings (267 kcal)

Corn on the Cob (29 kcal)

Side Salad (79 kcal)
With garlic & herb dressing

Starters

Garlic Pizza Bread **VG**
Big enough for 2 people (801 kcal)
Add: mozzarella (+172 kcal) **V** |
Vegan mozzarella (+93 kcal) **VG** on us

Fully Loaded Potato Skins
Crispy potato skins filled to the brim
Choose from:
Cheese & spring onion (626 kcal) **V** |
Bacon, cheese & spring onion (667 kcal)

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

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

Mains

Pizza
**10" San Francisco style sourdough
with an Italian soul**

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

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

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

Burgers
All served with skin-on fries (+427kcal).
Our fresh 6oz* beef patties are only
ever carefully sourced from British
farms and Red Tractor certified

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

Smashed Biff's Wing Stacker **VG**
Vegan burger & a smashed Biff's wing
drizzled with sriracha sauce, with lettuce,
green chillies, spring onions, houmous &
vegan mayo (767 kcal)

Upgrade your burger fries:
Sweet Potato Fries (+588 kcal) **VG** 0.60
BBQ Brisket Fries (+815 kcal) 2.90
Buffalo Chicken Fries (+885 kcal) 2.90
Hot Lava Fries (+568 kcal) **VG** 2.90



Pictured: Cheesecake - the ultimate end of meal treat

Pasta
Arrabbiata **L VG**
Spicy tomato garlic sauce and spirali with
roasted red pepper, red onion, chillies &
rocket (540 kcal)

NEW Frankie's Classic Meatballs
Pork & beef meatballs in a rich Bolognese
sauce with fettuccine, Italian cheese & basil
(1018 kcal)

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



NEW Classic Beef Lasagne
Just like mamma used to make -
even more indulgent than ever! (946 kcal)

Salad
Mediterranean Grain **L VG**
Grains, baby spinach, rocket, cherry
tomatoes, broccolini & roasted red peppers.
Tossed in garlic & herb dressing with
houmous (492 kcal)
Add: Grilled chicken breast (+195 kcal) for
2.70 Fried halloumi (+297 kcal) **V** for 2.60

Desserts

Ice Cream (3 scoops) **L V**
Choose from: Vanilla (78 kcal) |
Chocolate (83 kcal) | Strawberry (82 kcal) |
Mint Choc-Chip (121 kcal) |
Vegan Choc-Chip (113 kcal) **VG**

Brownie & Ice Cream **V**
Served warm with whipped cream, vanilla
ice cream & chocolate sauce (729 kcal)

New York Cheesecake **V**
Served with vanilla ice cream
Choose from:
Strawberry sauce (571 kcal) |
Salted caramel sauce (592 kcal)

Gluten-free menu



Starter

Fully Loaded Potato Skins
Crispy potato skins filled to the brim
Choose from: Cheese & spring onion (626 kcal) **V** |
Bacon, cheese & spring onion (667 kcal)

Mains

Arrabbiata Pasta **L VG**
Spicy tomato garlic sauce with
gluten-free fusilli, roasted red pepper,
red onion, chillies & rocket (609 kcal)

Carbonara Pasta
Gluten-free fusilli in a creamy sauce with crispy
bacon, parsley & Italian cheese (799 kcal)
Add chicken (+117 kcal) for 2.70

Pepperoni Pizza
Pepperoni & mozzarella on a gluten-free
base. Served uncut (903 kcal)
Go hotter with green chillies (+4 kcal) on us

Margherita Pizza **V**
Tomato & mozzarella on a gluten-free base.
Served uncut (945 kcal)
Ask for our vegan mozzarella (693 kcal) **VG**

Classic Cheese Burger
Beef burger, Monterey Jack cheese,
mayo & lettuce. Served in a gluten-free bun
with a jacket potato (1164 kcal)

Desserts

Ice Cream (3 scoops) **L V**
Choose from: Vanilla (78 kcal) | Chocolate
(83 kcal) | Strawberry (82 kcal) |
Mint Choc-Chip (121 kcal) |
Vegan Choc-Chip (113 kcal) **VG**

Brownie & Ice Cream **V**
Served warm with whipped cream, vanilla
ice cream & chocolate sauce (714 kcal)

Sides

Garlic Pizza Bread
(801 kcal) **VG** 5.60
Add mozzarella (+172 kcal) **V** for 0.50

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

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

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

For a full range of sides, see our main menu

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650 and desserts under 350 calories

VG Vegan dishes

V Vegetarian dishes



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