

GLUTEN FREE MENU

Frankie & Benny's

NEW YORK ITALIAN RESTAURANT & BAR

GOOD

TIMES

SHARED


TOGETHER

STARTERS

FULLY LOADED POTATO SKINS

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

Choose from:

- Crispy Bacon & Cheese
- Melted Cheese, Tomato, Red Onion & Basil 

5.95

CAPRESE **NEW!**

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

4.95

NEW! BURGERS : Our juicy burgers are served on a sesame seed gluten free bun, topped with mayo, gem lettuce and tomato with a jacket potato.

BACON CHEESE BURGER

12.95

5oz* beef burger, bacon and Monterey Jack cheese

CLASSIC CHICKEN

12.45

Grilled chicken breast

PORTOBELLO MUSHROOM

11.45

Goat's cheese, roasted red pepper and a Portobello mushroom

CLASSIC BEEF

10.95

5oz* beef burger



SWAP JACKET POTATO
for SALAD

NEW! PASTA : All served with our gluten free fusilli pasta.

CARBONARA

Our cheese sauce with crispy pancetta

10.75

BOLOGNESE

Our rich beef Bolognese sauce

10.75

POMODORO

Our classic Neapolitan tomato sauce, finished with basil and mozzarella

9.95

FAVOURITES

CHICKEN, BACON & AVOCADO SALAD **NEW!**

Tender chicken, avocado and grilled bacon, served over mixed leaves, tomatoes, red onion and honey mustard dressing

12.45

WARM GOAT'S CHEESE SALAD

Creamy goat's cheese and red onion chutney with mixed leaves, potatoes, pesto, tomato, cucumber and red onion, all dressed with olive oil

11.95

BBQ CHICKEN & RIBS

A full on feast of half a roast chicken and half a rack of ribs, finished with BBQ sauce, jacket potato, 'slaw and corn on the cob

17.45

NEW YORK BBQ CHICKEN

15.75

The BIG dish from the BIG apple... Tender chicken breast smothered in crispy bacon, Cheddar cheese and BBQ sauce. Served with a jacket potato, 'slaw and corn on the cobb

SMOKY BBQ RIBS

18.45

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

SALMON 'AL FORNO'

14.45

An oven baked salmon fillet* served with buttered baby potatoes, peas, broccoli, green beans and pesto

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

Allergies: We follow good hygiene procedures in our kitchen, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item. We advise you to speak to a member of staff in our restaurants if you have any food allergies or intolerance. Full allergen information relating to our menu can be found at <http://www.restaurantallergens.com/frankies> www.restaurantallergens.com/frankies

* These dishes are made from ingredients that do not contain meat or fish. However we do not have dedicated preparation or cooking area within our kitchen for vegetarian food.

*All weights are approximate before cooking. 1oz=28g, + Fish may contain bones. Service is at your discretion. Any tips will be passed directly to your server. We accept all major credit cards. Our prices include Value Added Tax at the current rate. TRG Concessions, 4th Floor, 5-7 Marshalsea Road, Borough, London SE1 1EP. **Email:** mailto:concessions@trgplc.com concessions@trgplc.com **Website:** <http://www.trgconcessions.co.uk> www.trgconcessions.co.uk

