
GLUTEN FREE MENU

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

6.50

Caprese Salad

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

5.00

Burgers

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

Bacon Cheese

5oz* beef burger, back bacon and Monterey Jack cheese

13.50

Classic Chicken

Grilled chicken breast. Simply the breast

13.00

Mushroom Stack

Goat's cheese, roasted pepper and a mushroom

12.00

Classic Beef

5oz* beef burger with garnish. No frills, all flavour

11.50

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

Pasta

Gluten free fusilli pasta

Carbonara

Tossed in cheese sauce with crispy pancetta

11.00

Bolognese

Our rich beef Bolognese sauce. Classic!

11.00

Pomodoro

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

10.00

Favourites

Chicken, Bacon & Avocado Salad

Served with tomatoes, red onion and dressed leaves

12.80

Warm Goat's Cheese Salad

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

12.00

Salmon 'Al Forno'

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

15.30

New York BBQ Chicken

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

16.00

BBQ Chicken & Ribs

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

17.75

Smoky BBQ Ribs

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

18.50

Have an allergy?

Please tell us and we'll give you all the information you need before ordering



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 1118