

GLUTEN FREE MENU

Frankie & Benny's

Starters

Fully Loaded Potato Skins

Crispy potato skins filled to the brim
Choose from: Bacon, cheese & chive |
Cheese & chives 

6.75

Tuscan Soup

A hearty soup of tomato, mixed vegetables,
beans and mixed herbs.

5.25

Burgers

Served on a sesame seed gluten free bun with a jacket potato on the side

Bacon Cheese

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

13.75

Classic Chicken

Grilled chicken breast. Simply the breast

13.00

The House Special

5oz* burger with our signature burger sauce,
fried onions and gherkin. A true Frankie's special
Add Monterey Jack cheese 1.00

12.50

New York Deli

5oz* burger with Monterey Jack cheese, pastrami,
sauerkraut, gherkin, mayo and deli mustard.
Our very own sky scraper

16.00

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

11.25

Bolognese

Our rich beef Bolognese sauce. Classic!

11.25

Pomodoro

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

10.50

Favourites

Chicken, Bacon & Avocado Salad

Served with tomatoes, red onion and dressed leaves

13.00

Seared Steakhouse

Juicy 7oz* rump steak sliced over mixed leaves, tomatoes
cucumber, radish, red onion, pumpkin seeds, basil and
fresh mint, all drizzled with chilli dressing

13.25

New York BBQ Chicken

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

16.25

BBQ Chicken & Ribs

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

18.00

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

18.75

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.  These dishes are not made with any animal products. *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> 0319