



GOOD MORNING SCOTLAND

f i g @frankiebennys

Real good comfort food • Edition 1

Scary side effects of skipping breakfast REVEALED

Don't miss out!

Missing your first meal of the day can lead to dramatic changes in your personality, experts suggest. Side effects include increased irritability, loud rumbles of the stomach and even over-dramatic tendencies

in cases. Stay safe and make sure to start the day with a hearty breakfast from Frankie's.



Scan here to order and pay online



Classics

Full Scottish 10.50

Sausage, bacon, fried (654 kcal) or scrambled (803 kcal) egg, roasted tomato, flat mushroom, Heinz baked beans and crispy cubed potatoes or a tattie scone (-145 kcal)

Veggie Breakfast 10.50

Vegan sausage, fried (555 kcal) or scrambled (704 kcal) egg, flat mushroom, roasted tomato, Heinz baked beans, smashed avocado and crispy cubed potatoes or a tattie scone (-145 kcal)

Vegan Breakfast 10.50

Scrambled tofu, vegan sausage, flat mushroom, roasted tomato, Heinz baked beans, smashed avocado and crispy cubed potatoes (539 kcal) or a tattie scone (-145 kcal)

The Big One 13.50

Two sausages, two rashers of bacon, black pudding, two fried (1161 kcal) or scrambled (1195) eggs, roasted tomato, flat mushroom, Heinz baked beans and crispy cubed potatoes or two tattie scones (-96 kcal)

Always sets me up for the day

Jessica
Smashed Avocado

Breakfast Rolls

The Classic 8.50

A buttered morning roll, served with crispy cubed potatoes

Choose one from: Sausage (882 kcal) | Vegan sausage (732 kcal) | Bacon (804 kcal) | Fried (777 kcal) or Scrambled (811 kcal) Egg

Full Works Roll 10.50

Bacon, sausage and a fried egg in a buttered morning roll. Served with crispy cubed potatoes (915 kcal)

Why not add a Bloody Mary 10.00 or a Mimosa 9.70

Adults need around 2000 kcal a day



We advise you to speak to a member of staff if you have any food allergies or intolerances. Full allergen information relating to our menu items and how kitchen practices may create allergy risks can be found at www.restaurantallergens.com/frankies

Turn the page for more

Eggs cooked perfect every single time!

Ashton
Eggs Benedict



Eggs

All our shell eggs are free range

Salmon & Eggs 12.00

Scrambled eggs with smoked salmon served on your choice of lightly buttered toast (695 kcal) or English muffin (655 kcal)
Ask to swap to gluten free toast (666 kcal)

Scrambled Eggs and Toast 9.00

Eggs served on your choice of lightly buttered toast (582 kcal) or English muffin (541 kcal)
Ask to swap to gluten free toast (552 kcal)

Eggs Benedict 8.00

Toasted muffin, bacon, poached eggs and hollandaise (614 kcal)

Eggs Fungo 8.50

Toasted muffin, flat mushroom, poached eggs and hollandaise (462 kcal)

Eggs Royale 11.00

Toasted muffin, smoked salmon, poached eggs and hollandaise (554 kcal)

Three Egg Omelette 10.50

Three free range egg omelette with half a roasted tomato and crispy herb potatoes (528 kcal)

Fill up with two of the following:

Ham (44 kcal) | Sausage (168 kcal) | Bacon (86 kcal) | Cheese (79 kcal) | Tomato (7 kcal) | Mushroom (10 kcal)

Pancakes

Buttermilk pancakes with...

Bacon & Syrup 9.50

Two buttermilk pancakes with two rashers of bacon and maple flavour syrup (592 kcal)

Mixed Berry 9.50

Two pancakes topped with fresh strawberries and blueberry compote (354 kcal)

Go Lighter

Wholesome Porridge 5.50

Warming oat porridge with your choice of milk (280 kcal), water (184 kcal) or soya drink (250 kcal)

Add a topping:

Blueberry compote (+27 kcal) | Maple flavour syrup & banana (+155 kcal)

Nut Granola 7.50

With blueberry compote and yoghurt (486 kcal)

Smashed Avocado 8.80

Toasted muffin, with smashed avocado and poached eggs (453 kcal).

Ask to swap to gluten free toast (+11 kcal)

Add Smoked Salmon (+116 kcal) 3.20

Bakery

White Toast & Butter 3.30

Choose butter (459 kcal) or Flora vegan spread (434 kcal)

Brown Toast & Butter 3.30

Choose butter (335 kcal) or Flora vegan spread (390 kcal)

Toasted Muffin & Butter 3.30

Choose butter (418 kcal) or Flora vegan spread (393 kcal)

Gluten Free Toast & Butter 3.30

(342 kcal)

Croissant with Butter 3.30

(501 kcal)

Pain Au Chocolat 3.30

(376 kcal)

Preserves 1.10

Ask your server for today's selection

Drinks

Hot drinks

Cappuccino (189 kcal) 3.70

Caffe Latte (193 kcal) 3.70

Flat White (97 kcal) 3.70

Americano (13 kcal) 3.50

Espresso (1 kcal) 3.30

Hot Chocolate (293 kcal) 3.70

Breakfast Tea (0 kcal) 3.30

Twinings Tea (0 kcal) 3.30

We have a range of teas available, please ask your server for more details



Add syrup for 0.70
Choose from: Vanilla (+84 kcal) | Caramel (+81 kcal)

Add a shot of espresso (1 kcal) 0.70

Decaff coffee and almond, soya, oat & coconut milk alternatives available

Juices

J2O 3.90

275ml - Orange & Passion Fruit (55 kcal)

Big Tom Spicy Tomato Juice 3.20

250ml (45 kcal)

Fresh Orange Juice 4.10

Choose from:
Orange (194 kcal) | Apple (160 kcal) | Pineapple (185 kcal) | Cranberry* (163 kcal) | Passionfruit* (181 kcal)

Fruit Juice Large Glass 5.00

Choose from:
Orange (242 kcal) | Apple (288 kcal) | Pineapple (275 kcal) | Cranberry* (290 kcal) | Passionfruit* (267 kcal)

Extras

Two Sausages (336 kcal) 2.00

Two Vegan Sausages (210 kcal) 2.00

Two Bacon Rashers (172 kcal) 2.00

Two Black Pudding Slices (276 kcal) 2.00

Two Flat Mushrooms (19 kcal) 2.00

Heinz Baked Beans (84 kcal) 2.00

Two Tattie Scones (81 kcal) 2.00

Two Fried Eggs (230 kcal) 2.00

Scrambled Eggs (264 kcal) 2.00

Two Poached Eggs (150 kcal) 2.00

Vegetarian dishes

Vegan dishes

A lighter option with dishes under 500 calories

*These dishes are made from ingredients that do not contain meat or fish. *Fruit juice drink. 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 may be found in any item. Please speak to a member of staff in our restaurants if you have any food allergies or intolerance. Full allergen information relating to our menu items can be found at www.restaurantallergens.com/frankies. 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. All our shell eggs are RSPCA Assured free range. 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. As a result of the changes to VAT in restaurants and pubs, our menu includes items with a range of VAT rates. Please refer to www.frankieandbennys.com/covid-19-faq for further information. Not all ingredients are listed in descriptions. Frankie & Benny's, 5-7 Marshalsea Road, Borough, London SE11EP FB_CONC_BREAKFAST_SCOT_1122