**Gluten-free menu?**

Get involved!

From tasty burgers to creamy pastas and cheesy pizzas, no need for gluten-free guests to eat ‘naked’ around here.

**Something to start?**

**Fully Loaded Potato Skins 7.80**
Cr isp y potato skins filled to the brim. Choose from: Cheese & spring onion (532 kcal) | Bacon, cheese & spring onion (725 kcal)

**Mains**

**Pasta**
Made with gluten-free fusilli pasta

- **Creamy Chicken & ‘Nduja** 16.90
  - Chicken in a creamy spicy ‘Nduja sauce with mushrooms, baby spinach, prosciutto & Italian cheese (582 kcal)
- **Bolognese** 13.90
  - Beef Bolognese sauce tossed with fusilli, finished with prosciutto & Italian cheese (595 kcal)
- **Carbonara** 14.30
  - Creamy carbonara sauce with crispy prosciutto, prosciutto & Italian cheese (591 kcal)
- **Add chicken (+69 kcal) for 2.50**

- **Arrabbiata** 12.90
  - Spicy tomato garlic sauce, mozzarella, red pepper, red onion, chillies & rocket (799 kcal)

- **New York BBQ Chicken** 19.70
  - Grilled chicken breast, bacon, melted cheese. BBQ sauce, grilled corn & jacket potato (795 kcal)
  - Add half rack of ribs (+324 kcal) for 4.90

- **Smoky Ultimate BBQ Ribs**
  - Slow-cooked rack of tender pork ribs, BBQ sauce, grilled corn & jacket potato. Choose from:
  - Whole rack (1537 kcal) | Half rack (841 kcal)
  - Whole rack (22.70) | Half rack (18.60)

- **Lemon Pepper Salmon** 17.60
  - Baked salmon on a bed of cheesy basil mash, served with broccoli & salad verde (910 kcal)

- **Burgers**
  - Served in a gluten-free bun with a jacket potato
  - **Classic Beef 13.20**
    - 6oz* burger with mayo & lettuce (1473 kcal)
  - **Classic Cheese 13.80**
    - 6oz* burger with Monterey Jack cheese, mayo & lettuce (1548 kcal)
  - **Double Bacon Cheese 19.20**
    - Two 6oz* beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (2042 kcal)

  **Toppings 2.00 each**
  - Bacon (+16 kcal)
  - Monterey Jack cheese (+15 kcal)
  - Pulled beef brisket (+19 kcal)

- **Desserts & Shakes**

- **Ice Cream**
  - Choose from:
    - Vanilla (78 kcal/ps)
    - Chocolate (103 kcal/ps)
    - Strawberry (83 kcal/ps)
    - Vegan Choc-Chip (89 kcal/ps)
  - 2 Scoops 4.50 | 3 Scoops 5.40

- **Brownie & Ice Cream** 6.90
  - Served warm with whipped cream, vanilla ice cream & chocolate sauce (745 kcal)

- **Ice Cream Shake** 5.40
  - Choose from:
    - Vanilla (127 kcal)
    - Chocolate (83 kcal/ps)
    - Strawberry (82 kcal/ps)

- **Choose from:**
  - **Salted Caramel (518 kcal)**
  - **Strawberry (499 kcal)**
  - **Chocolate (513 kcal)**
  - **Vanilla (512 kcal)**

Choose from:

- **Pastas**
  - **Creamy Chicken & ‘Nduja**
  - **Bolognese**
  - **Carbonara**
  - **Arrabbiata**
  - **New York BBQ Chicken**
  - **Smoky Ultimate BBQ Ribs**
  - **Lemon Pepper Salmon**
  - **Burgers**
  - **Ice Cream**

- **Exclusive!**

**Classic vs Dirty: DOG FIGHT in local restaurant showdown**

It was a battle everyone saw coming, but few knew who would come out on top. The Classic, a real underdog, stole the hearts of Frankie & Benny’s customers with its laidback simplicity—but that Dirty Dog and it’s slow-cooked BBQ brisket...woof.
Pastas

Bolognese 13.80
Bolognese sauce tossed with fusilli, finished with parmesan & Italian cheese (372 kcal)

Spicy Meatball Feast 17.90
Fettuccine with our famous pork & beef meatballs in a Napolitana sauce, topped with N'duja, bacon, pepponcini, roasted red pepper, parley & Italian cheese (547 kcal)

Carbonara 13.40
Fettuccine in a creamy sauce with crumbly bacon, parmesan & Italian cheese (326 kcal)
Add: chicken (+149 kcal) for 2.50

Arrabiatta 12.90
Spicy tomato garlic sauce with roasted red pepper, red onion, chillies & rocket (360 kcal)

Creamy Chicken 'Nduja 16.90
Fettuccine with chicken in a creamy spicy Nduja sauce with mushrooms, body-organic, parley & Italian cheese (348 kcal)

Classic Beef Lasagne 13.80
Just like mamma used to make - now more indulgent than ever! (344 kcal)

Ultimate Mac 'n' Cheese 13.20
Baked with a creamy crumb until golden (529 kcal)
Add: Bacon (+172 kcal) for 2.00

Vegan Mac 'n' Cheese 13.20
Topped with sous vide macro in a delicately spiced tomato sauce (476 kcal)

Frankie’s Classic Meatballs 17.30
Our famous tender pork & beef meatballs in a rich Bolognese sauce, served with fusilli, Italian cheese & basil (919 kcal)

Out of town? Frankie’s meatballs are now available in a pouch - shop the range online!

My new go to comfort food! Very filling & a little bit naughty, the perfect combo

Pizzas

Vegan Fiat 14.20
Vegan mozzarella (+130 kcal)

BBQ brisket, green chillies, homemade crispy onions & ketchup (778 kcal)

Spicy tomato garlic sauce & spirali with Add: bacon, parsley & Italian cheese (1256 kcal)

Fettuccine in a creamy sauce with crispy bacon, parsley & Italian cheese (1256 kcal)

Add: 'Nduja sausage (+264 kcal) for 2.00

... Check out our menu! It’s packed full of winning combinations.

All Day Breakfast

The Big One 13.50
Two sausages, two rashers of bacon, back pudding, two fried (185 kcal) or scrambled (219 kcal) eggs, tomato, flat mushroom, Heriz baked beans & fries

The Veggie Breakfast 11.00
Vegan sausage, fried (379 kcal) or scrambled (257 kcal) egg, flat mushroom, roasted tomato, Heriz baked beans, fries and smashed avoocado

Burgers & Hot Dogs

All served with skin-on fries (+427 kcal). Fresh burger patty from family-owned British and Irish farms.

Black ‘n’ Blue 15.90
10oz beef burger, creamy blue cheese, crispy bacon, sautéed mushrooms, rocket & cojito mayo (322 kcal)

Chicken & Halloumi 15.40
Grilled chicken breast, Cajun spiced fried halloumi, red onion, spring onion, mayo & lettuce (745 kcal)

Smashed BBQ Wing 15.60
Vegan 1/2 pounder burger & a smashed BBQ wing drizzled with aioli, lettuce, green chillies, spring onions, houmous & vegan mayo (573 kcal)

Hot dogs

Classic Dog 13.40
Hotdog loaded in a soft glazed roll, homemade crispy onions & ketchup (778 kcal)

Dirty Dog 16.20
Hotdog loaded with slow-cooked pork, BBQ brisket, green chillies, homemade crispy onions, cheese & BBQ sauce (745 kcal)

Double up your patty for 2.20

Beef (+220 kcal)
Grilled chicken (+190 kcal)
Crispy chicken (+440 kcal)
Vegan patty (+251 kcal)

Vegan Dog 14.20
Vegan patty loaded with fried onions, chillies, BBQ sauce & vegan mayo (+360 kcal)

Vegan Dog 14.20
Vegan patty loaded with fried onions, chillies, BBQ sauce & vegan mayo (+360 kcal)

Sides

Garlic Pizza Bread 6.60
Vegan cheese sauce served with vanilla ice cream

Toppings 2.00 each
Cajun spiced fried halloumi (+912 kcal)
Bacon (+85 kcal)
Monte cristo cheese (+70 kcal)
Onion rings (+134 kcal)
Pulled beef brisket (+196 kcal)

Upgrade for 1.00
Sweet potato fries (+158 kcal)

Double up your patty for 2.20

Beef (+220 kcal)
Grilled chicken (+190 kcal)
Crispy chicken (+440 kcal)
Vegan patty (+251 kcal)

Vegan Dog 14.20
Vegan patty loaded with fried onions, chillies, BBQ sauce & vegan mayo (+360 kcal)

Desserts

New York Cheesecake 6.90
Vegan cheese sauce served with vanilla ice cream

Choose from:
Strawberry sauce (571 kcal)
Salted caramel sauce (622 kcal)
Strawberry (82 kcal/ps)

Brownie & Ice Cream 4.90
Served warm with whipped cream, vanilla ice cream & chocolate sauce (475 kcal)

Ice Cream 5.40
Choose from:
Vanilla (518 kcal)
Chocolate (553 kcal)
Vanilla (518 kcal)
Strawberry (499 kcal)
Salted Caramel (518 kcal)

Vegan Choc-chip Shake 6.50
Cold shake with vegan chocolate ice cream & chocolate sauce (407 kcal)

Apple Crumble 6.90
Warm crumble topped with a vanilla crumble. Served with vegan custard

Ice Cream Shake 6.40
Choose from:
Vanilla ice cream (525 kcal)
Chocolate (553 kcal)
Vanilla (518 kcal)
Strawberry (499 kcal)
Salted Caramel (518 kcal)

Shakes

Full allergies information relating to our menu items and how kitchens prepare may create allergy risks can be found at www.restaurantallergies.com/frankie’s