

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

Crispy potato skins filled to the brim **Choose from:** Cheese & spring onion (522 kcal) | Bacon, cheese & spring onion (725 kcal)

Mains

Pastas

Made with gluten-free fusilli pasta

Creamy Chicken & 'Nduja **NEW** 16.90
Chicken in a creamy spicy 'Nduja sauce with mushrooms, baby spinach, parsley & Italian cheese (1412 kcal)

Bolognese 13.90
Beef Bolognese sauce tossed with fusilli, finished with parsley & Italian cheese (595 kcal)

Carbonara 13.40
Creamy carbonara sauce with crispy bacon, parsley & Italian cheese (1311 kcal)
Add chicken (+69 kcal) for 2.50

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



Classics

New York BBQ Chicken 19.70
Grilled chicken breast, bacon, melted cheese, BBQ sauce, grilled corn & jacket potato (995 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 (1137 kcal) **22.70** | Half rack (861 kcal) **18.60**

Lemon Pepper Salmon **NEW** 17.60
Baked salmon on a bed of cheesy basil mash, served with broccolini & salsa verde (816 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 (2402 kcal)

Toppings 2.00 each
Bacon (+86 kcal)
Monterey Jack cheese (+75 kcal) | Pulled beef brisket **NEW** (+98 kcal)

Desserts & Shakes

Ice Cream | **Choose from:**
Vanilla (78 kcal/ps)
Chocolate (83 kcal/ps)
Strawberry (82 kcal/ps)
Vegan Choc-Chip (88 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 **NEW** 5.40
Choose from:
Vanilla (512 kcal)
Chocolate (513 kcal)
Strawberry (499 kcal)
Salted Caramel (518 kcal)

It was love at first bite

Claudia
Brownies & Ice Cream



Sides

Jacket Potato (274 kcal) 4.50

Side Salad (48 kcal) 5.40
With French dressing

Broccolini (41 kcal) 4.80

Grilled Corn (267 kcal) 4.10
With mayo & Italian cheese

These dishes are made from ingredients that do not contain meat or fish. These dishes are not made with any animal products. However we do not have a dedicated preparation or cooking area for vegetarian or vegan food. Gluten-free means foods that contain gluten at a level of no more than 20 parts per million. All weights are approximate before cooking. 1oz = 28g uncooked weight. Fish may contain bones. 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. 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, other than gluten on our gluten free menu dishes, may be found in any item. Speak to a member of staff if you have any food allergies or intolerance. Full allergen information relating to our menu items can be found at www.restaurantallergens.com/frankies. Please refer to www.frankieandbennys.com/covid-19-faq for further information. 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. OREO is a registered trademark of Mondelez International. Please check with your server as due to differing licensing laws, we may be unable to serve alcoholic drinks at all times/locations. As a result of the changes to VAT in restaurants and pubs, our menu includes items with a range of VAT rates. Not all ingredients are listed in descriptions. Frankie & Benny's, 5-7 Marshalsea Road, Borough, London SE11EP - FB_CONC_MAIN_1122



THE

Frankie & Benny's

MENU

Real good comfort food • Edition 1



Left: a woman laughing • Right: a funny Classic Dog

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 its slow-cooked BBQ brisket...woof.

See page 2 for more

Starters

What will you choose?

Garlic Pizza Bread 5.80
Big enough for 2 people (801 kcal)
Add: mozzarella (+172 kcal) | Vegan mozzarella (+93 kcal) for 0.70

Mozzarella Sticks 7.90
With Napoletana tomato sauce (585 kcal)

Fully Loaded Potato Skins 7.80
Crispy potato skins filled to the brim **Choose from:** Cheese & spring onion (522 kcal) | Bacon, cheese & spring onion (725 kcal)

Vegan BBQ Wingz 8.20
Biff's™ Crispy Jackfruit Wingz, BBQ sauce, chillies, a sugar cane 'bone' & vegan mayo (585 kcal)

Sticky Chicken Wings 8.20
With sour cream & sauce
Choose from: BBQ (1034 kcal) | Hot sauce (990 kcal)

Meatballs al Forno 8.90
Tender lemon & herb pork meatballs, spicy tomato & red wine sauce, mozzarella & baked ciabatta bread (512 kcal)
Add 'nduja sausage for 1.00 (+129 kcal)

Calamari 9.30
Lightly floured calamari with lemon & pepper salt, a lemon wedge & garlic aioli (690 kcal)

Southern Fried Chicken 8.20
Fried chicken strips with your choice of sauce
Choose from: BBQ (617 kcal) | Hot sauce (564 kcal)



Scan here to order and pay online

Gluten-free menu available
See page 4

Vegan options
Look for the sign

Pastas

Bolognese **L** 13.90
Beef Bolognese sauce tossed with fettuccine, finished with parsley & Italian cheese (572 kcal)

Spicy Meatball Feast 17.90
Fettuccine with our famous pork & beef meatballs in a Neapolitan sauce, topped with 'Nduja, bacon, pepperoni, roasted red pepper, rocket, parsley & Italian cheese (1347 kcal)

Carbonara 13.40
Fettuccine in a creamy sauce with crispy bacon, parsley & Italian cheese (1256 kcal)
Add chicken (+69 kcal) for 2.50

Arrabbiata **L** **VG** 12.90
Spicy tomato garlic sauce & spirali with roasted red pepper, red onion, chillies & rocket (560 kcal)

Creamy Chicken & 'Nduja **NEW** 16.90
Fettuccine with chicken in a creamy spicy 'Nduja sauce with mushrooms, baby spinach, parsley & Italian cheese (1406 kcal)

Classic Beef Lasagne 13.80
Just like mamma used to make - now more indulgent than ever! (844 kcal)

Ultimate Mac 'n' Cheese **L** **V** 13.20
Baked with a cheesy crumb until golden (629 kcal).
Add: Bacon (+172 kcal) | 'Nduja sausage (+264 kcal) for 2.00

Vegan Mac 'n' Cheese **L** **VG** 13.20
Topped with soya mince in a delicately spiced tomato sauce (476 kcal)



Something to start?
Turn to the front page

Frankie's Classic Meatballs 17.30
Our famous tender pork & beef meatballs in a rich Bolognese sauce, served with fettuccine, Italian cheese & basil (969 kcal)



Pictured: Fettuccine ft. Frankie's meatballs

All Day Breakfast

The Big One 13.50
Two sausages, two rashers of bacon, black pudding, two fried (1185 kcal) or scrambled (1219 kcal) eggs, tomato, flat mushroom, Heinz baked beans and fries

The Veggie Breakfast **V** 11.00
Vegan sausage, fried (579 kcal) or scrambled (728 kcal) egg, flat mushroom, roasted tomato, Heinz baked beans, fries and smashed avocado

Burgers & Hot Dogs

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



Pictured: Burger gets bapped

Double Bacon Cheese 19.20
Two 6oz* beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (1699 kcal)

Crispy BBQ Chicken 15.40
Crispy buttermilk chicken breast, red onions, BBQ sauce, mayo & lettuce (745 kcal)

Classic Cheese 13.80
6oz* beef burger, Monterey Jack cheese, mayo & lettuce (974 kcal)

Black 'n' Blue **NEW** 15.90
6oz* beef burger, creamy blue cheese, crispy bacon, sautéed mushrooms, rocket & cajun mayo (1229 kcal)

Chicken & Halloumi **NEW** 15.40
Grilled chicken breast, cajun spiced fried halloumi, red onions, sriracha, mayo & lettuce (745 kcal)

Smashed Biff's™ Wing Stacker **NEW** **VG** 15.60
Vegan 1/4 pounder burger & a smashed Biff's™ wing drizzled with sriracha, lettuce, green chillies, spring onions, houmous & vegan mayo (875 kcal)

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

Dirty Dog 16.20
Hotdog loaded with slow-cooked pot-roast BBQ brisket, green chillies, homemade crispy onions, cheese & BBQ sauce (1047 kcal)

Vegan Dog 14.20
Vegan hotdog loaded with fried onions, chillies, BBQ sauce & vegan mayo (660 kcal)

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

Ben
Frankie's Classic Meatballs



Toppings 2.00 each
Cajun spiced fried halloumi (+192 kcal)
Bacon (+86 kcal)
Monterey Jack cheese (+75 kcal) **V**
Onion rings (+134 kcal) **V**
Pulled beef brisket **NEW** (+98 kcal)

Upgrade for 1.00
Sweet potato fries (+589 kcal) **VG**

Double up your patty for 2.20
Beef (+478 kcal)
Grilled chicken (+195 kcal)
Crispy chicken (+440 kcal)
Vegan patty (+251 kcal) **VG**

Salads

Classic Caesar **L** **V** 12.40
Baby gem lettuce, croutons, grated Italian cheese & Caesar dressing (459 kcal)

Mediterranean Grain **NEW** **L** **VG** 13.20
Red rice, quinoa, baby spinach, rocket, cherry tomatoes, broccolini & roasted red peppers. Tossed in French dressing with silky houmous (428 kcal)

Add: Grilled chicken breast (+195 kcal) or Fried halloumi (+297 kcal) for 2.50 | Baked lemon & pepper salmon fillet* (+380 kcal) for 3.50



Pizzas

10" San Francisco style sourdough hand-stretched to order

New York Giant 16.20
Tender pork & beef meatballs, chicken, bacon, ham, pepperoni, roasted red pepper, red onion & mozzarella on a BBQ base (1138 kcal)

Vegan Pepperoni **VG** 13.40
Vegan spicy & smoky pepperoni crumb, roasted red pepper, chillies, fresh basil & vegan mozzarella (823 kcal)

BBQ Chicken 13.80
BBQ chicken, mozzarella & parsley on a BBQ base (958 kcal)

Margherita **V** 11.90
Tomato & mozzarella (895 kcal)
Ask for our vegan mozzarella (773 kcal) **VG**

Pepperoni 13.40
Pepperoni & mozzarella (853 kcal)
Go hotter with green chillies (+4 kcal) on us



Toppings 2.00 each
Mozzarella (+172 kcal) **V**
Vegan Mozzarella (+130 kcal) **VG**
Mushroom (+11 kcal) **VG**
Ham (+44 kcal)
Chicken (+114 kcal)
'Nduja (+176 kcal)
Pepperoni (+130 kcal)
Sweetcorn (+19 kcal) **VG**
Red Onions (+6 kcal) **VG**
Chillies (+4 kcal) **VG**
Broccolini (+28 kcal) **VG**

Sides

Garlic Pizza Bread (801 kcal) **VG** 5.80
Add mozzarella (+172 kcal) **V** | Vegan mozzarella (+93 kcal) **VG** for 0.70

Onion Rings (134 kcal) **V** 5.40

Skin-on Fries (569 kcal) **VG** 4.50

Sweet Potato Fries (782 kcal) **VG** 5.50

Broccolini (41 kcal) **VG** 4.80

Grilled Corn (267 kcal) **V** 4.10
With mayo & Italian cheese

Side Salad **VG** 5.40
With French dressing (48 kcal)

Desserts

New York Cheesecake **V** 6.90
Vanilla cheesecake served with vanilla ice cream
Choose from:
Strawberry sauce (571 kcal) | Salted caramel sauce (619 kcal)

Apple Crumble **VG** 6.90
Warm crisp pastry with a sweet apple filling topped with a crunchy crumble. Served with vegan custard
Choose from:
Vanilla ice cream (632 kcal) **V** | Vegan choc-chip ice cream (642 kcal) **VG**

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

Ice Cream **L** **V**
Choose from:
Vanilla (78 kcal/ps) | Chocolate (83 kcal/ps) | Strawberry (82 kcal/ps) | Vegan Choc-Chip (88 kcal/ps) **VG**
2 Scoops 4.50 | 3 Scoops 5.40

Every bite was tasty and fresh

Leanne
Mediterranean Grain with Halloumi



Classics

New York BBQ Chicken 19.70
Grilled chicken breast, bacon, melted cheese, BBQ sauce, onion rings, grilled corn & skin-on fries (1501 kcal)
Add half rack of ribs (+344 kcal) for 4.90

Smoky Ultimate BBQ Ribs
Slow-cooked rack of tender pork ribs, BBQ sauce, grilled corn & skin-on fries
Choose from: Half rack (1289 kcal) 18.60 | Whole rack (1379 kcal) 22.70

Chicken Parmigiana 16.40
Buttermilk chicken, Neapolitan tomato sauce, ham, melted cheese, fettuccine & a side (944 kcal).
Choose from: Skin-on fries (+427 kcal) | Broccolini (+28 kcal) | Salad (+46 kcal)

Lemon Pepper Salmon† **NEW** 17.60
Baked salmon† on a bed of cheesy basil mash, served with broccolini & salsa verde (816 kcal)

Shakes

Ice Cream Shake **NEW** **V** 5.40
Choose from:
Chocolate (513 kcal) | Vanilla (518 kcal) | Strawberry (499 kcal) | Salted Caramel (518 kcal)

Vegan Choc-chip Shake **VG** 6.50
Oat shake with vegan choc-chip ice cream & chocolate sauce (409 kcal)

This crumble is my hero. Ice cream AND custard!

Eve
Apple Crumble



V Vegetarian dishes **VG** Vegan dishes **L** A lighter option - with mains under 650 calories & desserts under 350 calories