

Starters



- FeelGood

Marinated Olives

Great nibble while you wait

2.99
- Dough Balls

Fresh from the oven, with a garlic & herb dip

4.59
- Garlic Pizza Bread

Baked and loaded with herbs

3.99
- Add mozzarella for 0.50

Add mozzarella, tomato and chilli for 1.00
- Cheeseburger Dough Balls

Filled with beef, cheese and pickles, with our new dipping burger sauce. Great balls of flavour!

5.89
- Sticky Chicken Wings

Served with sour cream and coated in your choice of sauce

Choose from BBQ | Nashville Hot

5.99
- Southern Fried Chicken

Tender chicken strips with a BBQ sauce dip

5.99
- Super Slider Burgers

Mini cheese, southern fried chicken and crispy crab & cod⁺ cake burgers. Because good things come in threes

7.39
- FeelGood

Watermelon & Feta Salad

Tossed with rocket, mint and fresh basil

4.59
- Mozzarella Sticks

Crispy sticks of melting mozzarella, with Neapolitan tomato sauce. Cheesy does it

5.19

- FeelGood

Nashville Chicken Skewers

Marinated in Nashville Hot sauce with cucumber, roasted pepper and sour cream

5.89
- Fully Loaded Potato Skins

Crispy potato skins filled to the brim

5.39
- Choose from

Cheese & chive

or bacon, cheese & chive
- Crab & Cod Bites⁺

Breaded crab & cod bites with a hint of chilli, served with rocket and garlic mayo

6.99
- Calamari

Served with garlic mayo and lemon

6.69



- FeelGood

Bruschetta Napoli

Toasted ciabatta bread topped with tomato, red onion, basil and pesto

4.39

Sharing starters

- Sticky Wings Feast

11.19

Great for 2-3 people

Wings served with sour cream and blue cheese dips coated in your choice of sauce

Choose from BBQ | Nashville Hot
- Dough Ball Delight

8.99

Great for 2-3 people

A double serving of oven fresh dough balls, with garlic & herb, Neapolitan tomato and pesto dips.

Grab some extra dough!

- Chicken Variety

15.99

Great for 3-4 people

Southern fried chicken, skewers and BBQ wings, served with onion rings, garlic ciabatta and dips.

A chicken lover's dream

- Meat Feast

11.69

Great for 3-4 people

Tender chicken bites, BBQ ribs, cheese and bacon topped garlic ciabatta, loaded potato skins, plus sour cream and dips.

Feast on this!

FeelGood

Meet our **FeelGood** range - a mix of healthier, lighter dishes with something for everyone

- A lighter option, with starters under 400 calories and mains under 650
- Vegetarian
- Vegan
- Our high protein options

If you have an allergy please discuss with your server before ordering.
Gluten Free versions of many of our dishes are available on request. Please ask your server for more details!

Burgers

Served with fries

Beef

Classic Beef 9.19
6oz* burger with mayo and garnish. No frills, all flavour

Classic Cheese 9.99
All of the above plus Monterey Jack cheese

The House Special New 9.99
6oz* burger with our signature burger sauce, fried onions and gherkin. A true Frankie's special

New York Deli New 15.39
6oz* burger with Monterey Jack cheese, pastrami, sauerkraut, gherkin, mayo and deli mustard. Our very own sky scraper

Double Bacon Cheese 14.19
Two 6oz* burgers, with two lots of bacon, mayo and Monterey Jack cheese. Double. Of. Everything!

The All American 14.79
6oz* burger with lettuce, tomato, mayo, mac 'n' cheese, streaky bacon and onion rings U-S-A! U-S-A!

Barbacoa Burger New 15.79
6oz* burger with sweet mildly spicy pulled beef, Monterey Jack cheese, mayo and onion rings

Chilli Cheese New 12.19
6oz* burger topped with Monterey Jack cheese, beef chilli con carne and mayo



Bacon Cheese 11.19
6oz* burger with lettuce, tomato, mayo, streaky bacon and Monterey Jack cheese

Chicken

Classic Chicken 9.99
Simply the breast, with mayo

Crispy BBQ Chicken New recipe 11.59
Breaded buttermilk chicken breast with red onions, mayo, lettuce and BBQ sauce

Nashville Hot Chicken New 13.19
Breaded buttermilk chicken breast with Monterey Jack cheese, gherkin, lettuce, Nashville Hot sauce and mayo

Veggie

The Vegan Beet VG New 9.99
Quinoa, beetroot, soya & tomato patty plus lettuce and gherkin. With vegan mayo (naturally)

FeelGood Swap Fries for **Salad or Corn**

Milkshakes
Vanilla | Chocolate | Strawberry 3.69
Cookie Crumble 4.09
Biscuit Caramel New 4.09



Do it your way



ADD TOPPINGS

1.00 each	1.79 each
Streaky bacon	Mac 'n' cheese
Pulled pork	Onion rings
BBQ pulled beef	
Monterey Jack cheese	

DOUBLE UP+

2.29 each

Beef burger
Grilled chicken
Crispy chicken
Vegan beet patty

BIG-UP YOUR FRIES

1.29 each

Cheese & bacon
Swap for sweet potato fries

FeelGood

Free

Remove bun and/or
Swap your fries for salad or corn





New York Deli
15.39
Our very own sky scraper

Pasta


Chicken & Mushroom Penne 9.99
Tender chicken breast in a creamy white wine and mushroom sauce, tossed with penne

FeelGood Classic Beef Lasagne  9.89
Just like mamma used to make

Spaghetti Pomodoro  7.99
Spaghetti and garlic tossed in Neapolitan tomato sauce with basil and mozzarella.

FeelGood with a smaller portion and salad  6.59

Spaghetti & Meatballs *New recipe* 11.79
Pork & beef meatballs over spaghetti with Neapolitan tomato sauce. Napkin essential

Penne Arrabiata  8.69
Roasted red peppers, red onion, green chillies and olives in a spicy tomato and garlic sauce. An Italian favourite


Spaghetti Bolognese 9.99
Rich beef Bolognese sauce over spaghetti. Classic!

Frankie's Classic Meatballs *New recipe* 12.99
Pork & beef meatballs in a beef Bolognese and Neapolitan tomato sauce with penne pasta, basil and mozzarella



Spaghetti Carbonara 9.99
Spaghetti tossed in cheese sauce with crispy bacon
Add chicken for 1.50

King Prawn Risotto 13.89
Creamy risotto and juicy prawns with seasonal green vegetables and a courgette & prosecco sauce

Ultimate Mac 'N' Cheese  9.39
Macaroni cheese topped with a cheesy crumb. The ultimate comfort food
Add bacon or BBQ pulled pork for 1.00

The Italian Family Feast for 23.99

Choose your favourite 15" pizza and any three pasta dishes to feed the whole family.

Great for 3-4 people



FeelGood

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Frankie's Classic Meatballs
12.99
Italy on a plate

Pizza



Pepperoni

10" 15"
9.99 14.99

Pizza to the max

Classic

	10"	15"
Pepperoni New	9.99	14.99
Pepperoni and mozzarella. Go hotter with green chillies (on us)		
BBQ Chicken	9.99	14.99
Slices of tender chicken, mozzarella, chives and BBQ sauce		
Margherita V	8.19	13.19
Tomato and mozzarella. Nice and simple		
The Hawaiian	8.99	13.99
Ham, mozzarella and juicy pineapple. Aloha!		
New York Giant	11.89	16.89
Pork & beef meatballs, mozzarella, chicken, bacon, ham, pepperoni, red pepper and red onion, on a BBQ base		
Meatball Deluxe	9.89	14.89
Pork & beef meatballs, ham, pepperoni, mozzarella and cheddar cheese		
Goat's Cheese V New recipe	10.49	15.49
Creamy goat's cheese, caramelised red onions and mozzarella finished with rocket		
Spicy Chicken Americano	11.69	16.69
Chicken, pepperoni, red onion, green chilli and mozzarella		

Do it your way

EXTRA TOPPINGS

1.29 each	1.79 each
Mushroom	Pepperoni
Pineapple	Ham
Mozzarella	Bacon



Beware! Chip thieves.

Add extra fries for 3.49

Calzones

Meatball Feast	12.79
Pork & beef meatballs, pepperoni, chicken, red onion, red pepper, mozzarella and BBQ sauce	
Pepperoni Supreme	12.59
Pepperoni, ham, bacon, mushrooms and mozzarella	

Skinny - full taste, half the dough

FeelGood Skinny Veggie 🌱 V New	9.99
Red onion, red peppers, mushrooms, olives, green chillies, mozzarella and rocket	
FeelGood Skinny Prawn 🌱 New	10.39
Juicy prawns, green chillies, red peppers and mozzarella finished with tomato and red onion	



FeelGood Skinny Chicken Pizza 🌱 New	9.99
Chicken, ham, mushroom, and mozzarella. Great taste, less calories	

Grills

New York BBQ Chicken **13.99**
Chicken breast topped with bacon, cheese and BBQ sauce with onion rings, fries, 'slaw and corn on the cob

Smoky BBQ Ribs
Falling-off-the-bone tender pork ribs smothered in BBQ sauce, served with fries, 'slaw and corn on the cob
Choose from
Whole rack of ribs **15.99**
Half rack of ribs **11.69**

Steak & Fries **13.19**
7oz* rump steak, served with sautéed mushrooms, roasted tomato, onion rings and fries
Choose from Garlic & herb | Spicy peppercorn

Sirloin Steak **16.99**
8oz* sirloin steak, sautéed mushrooms, roasted tomato, onion rings and fries
Choose from Garlic & herb | Spicy peppercorn

Ultimate Mixed Grill **19.99**
7oz* rump steak, chicken breast, half rack of ribs, BBQ wings, mushrooms, tomato, onion rings and fries
Choose from Garlic & herb | Spicy peppercorn

Chicken Parmigiana **12.99**
Crispy chicken topped with ham, cheese and Neapolitan tomato sauce, served over spaghetti with a side
Choose from Green vegetables | Salad | Fries

BBQ Chicken & Ribs **16.69**
Half roast chicken, half rack of ribs, BBQ sauce, fries, 'slaw and corn on the cob. Eeeny-Meeny-miney-both



FeelGood **Half Roast Chicken** **New** **15.99**
With a summer salad including couscous, bulgar wheat, black lentils, butternut squash in a vinaigrette dressing
Choose from Lemon & Herb | BBQ | Nashville Hot

Fish

Salmon Fillet⁺ *New recipe* **13.99**
Served with a jacket potato & sour cream, peas, broccoli, green beans and pesto

Fish & Chips **10.99**
Prime fillet of cod⁺ in golden batter, served with fries, peas and tartar sauce

FeelGood **Swap Fries for Salad or Corn**

Hot Dogs

Served with fries

	Regular 6"	Footlong 12"
Classic With ketchup and mustard	7.59	9.99
Wrapped Bacon wrapped hot dog topped with cheddar cheese	8.79	11.29
BBQ Pulled Pork Fully loaded with BBQ pulled pork. Best in show!	8.39	10.89

	Regular 6"	Footlong 12"
Barbacoa Dog New Topped with sticky sweet and slightly spiced pulled BBQ beef, sour cream and spring onions	8.79	11.29
Philly Steak <i>New recipe</i> Philled to the brim with steak, red peppers, red onion and cheddar cheese	9.39	11.89



**American style
hot dogs**
Do your Bockwurst

Salads



FeelGood

Summer Salad

10.99

Add salmon fillet[†]

2.50

Add grilled chicken breast

2.00

- FeelGood

Classic Caesar

♥

9.59
- Baby gem lettuce, croutons and Gran Levanto cheese smothered in Caesar dressing. Hail Caesar!
Add grilled chicken breast for 1.50
- FeelGood

Goat's Cheese

♥

V

New recipe

9.99
- Creamy goat's cheese with crunchy croutons, red peppers and mixed salad with olive oil and pesto
- FeelGood

Chicken, Bacon & Avocado

♻️

11.99
- Served over dressed leaves, tomatoes and red onion
- FeelGood

Watermelon & Feta

♥

V

New

7.99
- With rocket, lettuce, red onion, mint and fresh basil
- Chicken Crunch

New

12.99
- Breaded buttermilk chicken, salad leaves, cherry tomato, Gran Levanto cheese and pesto
- FeelGood

Summer Salad

♥

V

New

10.99
- Couscous, bulgar wheat, black lentils, butternut squash, radish and spring onion with a vinaigrette dressing
Add salmon fillet[†] for 2.50
Add grilled chicken breast for 2.00

FeelGood

Nashville Chicken Skewers

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♻️

♻️

10.69

Chicken breast marinated in Nashville Hot sauce with salad and sour cream

Wraps served with fries and 'slaw

- Cajun Chicken Wrap

10.79
- Golden fried chicken with lettuce, red onion, cheese, rocket and Cajun mayo
- BBQ Cheese Chicken Wrap

11.39
- Golden fried chicken with BBQ sauce, cheese, red onion, rocket and lettuce



FeelGood

Seared Steakhouse

♥

♻️

♻️

12.79

Juicy 7oz* rump steak sliced over mixed salad, radish, pumpkin seeds, basil and fresh mint, with chilli dressing

FeelGood

Gluten Free versions of many of our dishes are available on request.
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Sides

- Garlic Pizza Bread

V

3.99
- Green Vegetables

V

3.29
- Side Salad

V

3.49
- Jacket Potato

3.99
- Choose from

Bacon, sour cream & chives |

Cheese, sour cream & chives

V
- Cheese & Bacon Fries

New recipe

4.99
- Sweet Potato Fries

V

3.99
- Fries

V

3.49
- 'Slaw

V

2.99
- Onion Rings

V

3.69
- Corn on the Cob

V

2.99