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[www.frankieandbennys.com](http://www.frankieandbennys.com)

If you have an allergy, please let us know before ordering so we can give you all the right information



Not all ingredients are listed in descriptions.  These dishes are made from ingredients that do not contain meat or fish.  These dishes are made from ingredients that do not contain animal products. However, we do not have a dedicated preparation area for vegetarian & vegan food. 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. There is a small possibility that allergen traces, other than gluten, may be found in any menu item. We advise you to speak to a member of staff if you have any food allergies or intolerances. \*All weights are approximate before cooking. 1oz=28g uncooked weight. \* Fish may contain bones. Service 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. Our prices include Value Added Tax at the current rate. Frankie & Benny's, 5-7 Marshalsea Road, Borough, London SE1 1EP **FB18039-GF1&2**

GLUTEN FREE MENU

# Gluten freedom!



*Frankie & Benny's*

# Starters



FeelGood

Watermelon & Feta Salad

4.49

FeelGood **Marinated Olives**

Great nibble while you wait

2.99

**Fully Loaded Potato Skins**

Three crispy potato skins with creamy cheesy mash filling

**Choose from:** Cheese & chives | Bacon, cheese & chives

5.29

FeelGood **Watermelon & Feta Salad**

Tossed with rocket, mint and fresh basil

4.49

FeelGood **Nashville Chicken Skewers**

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

5.79

# Pasta

**Made with gluten-free fusilli pasta**

**Arrabiata**

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

8.59

**Pomodoro**

Tossed in Neapolitan tomato sauce with garlic, basil and mozzarella

7.99

**Carbonara**

Tossed in cheese sauce with crispy bacon  
**Add** chicken for 1.50

9.99

**Bolognese**

Rich beef Bolognese sauce. Classic!

9.99

**King Prawn Risotto**

Creamy risotto and juicy prawns with seasonal green vegetables and a courgette & prosecco sauce

13.79

# Burgers

**Served in our gluten free bun and with a jacket potato on the side**

**Classic Beef**

6oz\* burger with mayo and garnish. No frills, all flavour

8.99

**Classic Cheese**

All of the above plus Monterey Jack cheese

9.99

**The House Special**

6oz\* burger with our signature burger sauce, fried onions and sliced gherkin. A true Frankie's special

9.99

**Bacon Cheese**

6oz\* burger with lettuce, tomato, mayo, streaky bacon and Monterey Jack cheese

10.99

**Double Bacon Cheese**

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

13.99

**New York Deli**

6oz\* burger with pastrami, sauerkraut, sliced gherkin, mayo and deli mustard. Our very own sky scraper

15.29

**Classic Chicken**

Simply the breast, with mayo

9.99

**Chilli Cheese**

6oz\* burger topped with Monterey Jack cheese, beef chilli con carne and mayo

11.99

# Sides

'Slaw

2.99

**Corn on the Cob**

2.99

**Green Vegetables**

2.99

**Side Salad**

3.49

**Jacket Potato**

3.99

**Choose from:** Bacon | Cheese & Chives

# Pizza

All our pizzas are served on our rectangular gluten-free base

<b>BBQ Chicken</b> Slices of tender chicken, mozzarella and BBQ sauce	<b>9.99</b>	<b>Goat's Cheese</b> <span>V</span> <i>New recipe</i> Creamy goat's cheese, caramelised red onions and mozzarella finished with rocket	<b>10.29</b>
<b>Margherita</b> <span>V</span> Tomato and mozzarella. Nice and simple	<b>7.99</b>	<b>The Hawaiian</b> Ham, mozzarella and juicy pineapple. Aloha!	<b>8.99</b>
<b>Pepperoni</b> <span>New</span> Pepperoni and mozzarella. <b>Go hotter with</b> green chillies (on us)	<b>9.99</b>	<b>Spicy Chicken Americano</b> Chicken, pepperoni, red onion, green chilli and mozzarella	<b>11.49</b>

# Grills & Salads

<b>New York BBQ Chicken</b> Chicken breast topped with bacon, cheese and BBQ sauce with a jacket potato, 'slaw and corn on the cob	<b>13.99</b>	<b>FeelGood Nashville Chicken Skewers</b> <span>Heart</span> <span>New</span> <span>High Protein</span> Chicken breast marinated in Nashville Hot sauce with salad and sour cream	<b>10.49</b>
<b>Smoky BBQ Ribs</b> Falling-off-the-bone tender pork ribs smothered in BBQ sauce, served with a jacket potato, 'slaw and corn on the cob <b>Choose from:</b> Whole rack of ribs Half rack of ribs	<b>15.99</b> <b>11.49</b>	<b>FeelGood Chicken, Bacon &amp; Avocado Salad</b> <span>High Protein</span> Served over dressed leaves, tomatoes and red onion	<b>11.99</b>
<b>Sirloin Steak</b> 8oz* sirloin steak, sautéed mushrooms, roasted tomato and a jacket potato	<b>16.99</b>	<b>FeelGood Seared Steakhouse Salad</b> <span>Heart</span> <span>High Protein</span> Juicy 7oz* rump steak sliced over mixed leaves, tomatoes, cucumber, radish, red onion, pumpkin seeds, basil and fresh mint, all drizzled with chilli dressing	<b>12.69</b>
<b>Salmon Fillet</b> <span>New recipe</span> Served with a jacket potato & sour cream, peas, broccoli, green beans and pesto	<b>13.99</b>	<b>FeelGood Watermelon &amp; Feta Salad</b> <span>Heart</span> <span>V</span> <span>New</span> With rocket, lettuce, red onion, mint and fresh basil	<b>7.99</b>

# Desserts

<b>Peaches &amp; Cream Sundae</b> <span>New</span> <span>V</span> Peach slices, vanilla ice cream, whipped cream, maple syrup and gluten-free shortbread. Creamy does it!	<b>4.99</b>
<b>Sticky Toffee Pudding</b> <span>V</span> <i>New recipe</i> Toffee sponge made with gluten-free flour and served with vanilla ice cream	<b>5.99</b>
<b>FeelGood Fruit Salad</b> <span>Heart</span> <span>V</span> <i>New recipe</i> With creamy natural yoghurt	<b>3.49</b>
<b>FeelGood Ice Cream</b> <span>Heart</span> <span>V</span> <b>Choose from:</b> Vanilla   Chocolate   Strawberry   Coconut Delight <span>VG</span> One scoop Two scoops Three scoops	<b>2.19</b> <b>2.99</b> <b>3.49</b>
<b>FeelGood Sorbet</b> <span>Heart</span> <span>VG</span> <b>Choose from:</b> Lemon   Mango   Coconut Delight One scoop Two scoops Three scoops	<b>2.19</b> <b>2.99</b> <b>3.49</b>



**Brownies & Ice Cream** *New recipe* **5.59**  
Gluten-free brownie served warmed with whipped cream, ice cream and chocolate sauce

**FeelGood**

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

- Heart A lighter option, with starters under 400 calories, mains under 650 and desserts under 350
- V Vegetarian
- VG Vegan
- High Protein Our high protein options