

# Starters



- FeelGood

Marinated Olives

Great nibble while you wait

2.99
- Dough Balls

Fresh from the oven, with a garlic & herb dip

4.49
- 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!

5.79
- 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<sup>+</sup> cake burgers. Because good things come in threes

7.29
- FeelGood

Watermelon & Feta Salad

Tossed with rocket, mint and fresh basil

4.49
- Mozzarella Sticks

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

4.99

- FeelGood

Nashville Chicken Skewers

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

5.79
- Fully Loaded Potato Skins

Crispy potato skins filled to the brim

5.29
- Choose from

Cheese & chive or bacon, cheese & chive
- Crab & Cod Bites<sup>+</sup>

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

6.99
- Calamari

Served with garlic mayo and lemon

6.59



- FeelGood

Bruschetta Napoli

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

4.29

# Sharing starters

- Sticky Wings Feast

10.99

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

8.79

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

15.79

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

11.59

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** 8.99  
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 15.29  
6oz\* burger with Monterey Jack cheese, pastrami, sauerkraut, gherkin, mayo and deli mustard. Our very own sky scraper

**Double Bacon Cheese** 13.99  
Two 6oz\* burgers, with two lots of bacon, mayo and Monterey Jack cheese. Double. Of. Everything!

**The All American** 14.69  
6oz\* burger with lettuce, tomato, mayo, mac 'n' cheese, streaky bacon and onion rings U-S-A! U-S-A!

**Barbacoa Burger** New 15.69  
6oz\* burger with sweet mildly spicy pulled beef, Monterey Jack cheese, mayo and onion rings

**Chilli Cheese** New 11.99  
6oz\* burger topped with Monterey Jack cheese, beef chilli con carne and mayo



**Bacon Cheese** 10.99  
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 11.49  
Breaded buttermilk chicken breast with red onions, mayo, lettuce and BBQ sauce

**Nashville Hot Chicken** New 12.99  
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)

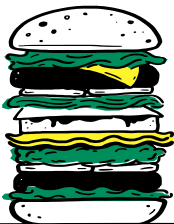
**FeelGood** Swap Fries for **Salad or Corn**



## Milkshakes

Vanilla | Chocolate | Strawberry 3.59  
Cookie Crumble 3.99  
Biscuit Caramel New 3.99

## Do it your way



### ADD TOPPINGS

1.00 each

Streaky bacon  
Pulled pork  
BBQ pulled beef  
Monterey Jack cheese

1.79 each

Mac 'n' cheese  
Onion rings

### 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**  
15.29


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**  9.79  
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  6.49

**Spaghetti & Meatballs** *New recipe* 11.69  
Pork & beef meatballs over spaghetti with Neapolitan tomato sauce. Napkin essential

**Penne Arrabiata**  8.59  
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** 13.79  
Creamy risotto and juicy prawns with seasonal green vegetables and a courgette & prosecco sauce

**Ultimate Mac 'N' Cheese**  9.29  
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

Gluten Free versions of many of our dishes are available on request.  
Please ask your server for more details!



**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"
<b>Pepperoni</b> <span>New</span>	<b>9.99</b>	<b>14.99</b>
Pepperoni and mozzarella. <b>Go hotter with</b> green chillies (on us)		
<b>BBQ Chicken</b>	<b>9.99</b>	<b>14.99</b>
Slices of tender chicken, mozzarella, chives and BBQ sauce		
<b>Margherita</b> <span>V</span>	<b>7.99</b>	<b>12.99</b>
Tomato and mozzarella. Nice and simple		
<b>The Hawaiian</b>	<b>8.99</b>	<b>13.99</b>
Ham, mozzarella and juicy pineapple. Aloha!		
<b>New York Giant</b>	<b>11.79</b>	<b>16.79</b>
Pork & beef meatballs, mozzarella, chicken, bacon, ham, pepperoni, red pepper and red onion, on a BBQ base		
<b>Meatball Deluxe</b>	<b>9.79</b>	<b>14.79</b>
Pork & beef meatballs, ham, pepperoni, mozzarella and cheddar cheese		
<b>Goat's Cheese</b> <span>V</span> <span>New recipe</span>	<b>10.29</b>	<b>15.29</b>
Creamy goat's cheese, caramelised red onions and mozzarella finished with rocket		
<b>Spicy Chicken Americano</b>	<b>11.49</b>	<b>16.49</b>
Chicken, pepperoni, red onion, green chilli and mozzarella		

## Do it your way

### EXTRA TOPPINGS

1.29 each

Mushroom  
Pineapple  
Mozzarella

1.79 each

Pepperoni  
Ham  
Bacon



**Beware!**  
**Chip thieves.**

Add extra fries  
for 3.49

## Calzones

<b>Meatball Feast</b>	<b>12.69</b>
Pork & beef meatballs, pepperoni, chicken, red onion, red pepper, mozzarella and BBQ sauce	
<b>Pepperoni Supreme</b>	<b>12.49</b>
Pepperoni, ham, bacon, mushrooms and mozzarella	

## Skinny - full taste, half the dough

<b>FeelGood</b> <b>Skinny Veggie</b> <span>🌱</span> <span>V</span> <span>New</span>	<b>9.99</b>
Red onion, red peppers, mushrooms, olives, green chillies, mozzarella and rocket	
<b>FeelGood</b> <b>Skinny Prawn</b> <span>🌱</span> <span>New</span>	<b>10.29</b>
Juicy prawns, green chillies, red peppers and mozzarella finished with tomato and red onion	



<b>FeelGood</b> <b>Skinny Chicken Pizza</b> <span>🌱</span> <span>New</span>	<b>9.99</b>
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 **11.49**

**Steak & Fries** **12.99**  
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** **12.79**  
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** **16.49**  
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<sup>+</sup>** *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<sup>+</sup> 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"
<b>Classic</b> With ketchup and mustard	<b>7.49</b>	<b>9.99</b>
<b>Wrapped</b> Bacon wrapped hot dog topped with cheddar cheese	<b>8.69</b>	<b>11.19</b>
<b>BBQ Pulled Pork</b> Fully loaded with BBQ pulled pork. Best in show!	<b>8.29</b>	<b>10.79</b>

	Regular 6"	Footlong 12"
<b>Barbacoa Dog</b> <b>New</b> Topped with sticky sweet and slightly spiced pulled BBQ beef, sour cream and spring onions	<b>8.69</b>	<b>11.19</b>
<b>Philly Steak</b> <i>New recipe</i> Philled to the brim with steak, red peppers, red onion and cheddar cheese	<b>9.29</b>	<b>11.79</b>



**American style  
hot dogs**  
Do your Bockwurst

# Salads



FeelGood

Summer Salad

10.99

Add salmon fillet<sup>†</sup>

2.50

Add grilled chicken breast

2.00

FeelGood

Classic Caesar

♥

9.49

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<sup>†</sup> for 2.50  
Add grilled chicken breast for 2.00

FeelGood

Nashville Chicken Skewers

♥

♿

10.49

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

11.29

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

### FeelGood

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FeelGood

Seared Steakhouse

♥

♿

12.69

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

## Sides

Garlic Pizza Bread	V	3.99
Green Vegetables	V	2.99
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