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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 SE11EP **FB18040-GF3**

GLUTEN FREE MENU

Gluten freedom!



Frankie & Benny's

Starters



FeelGood

Watermelon & Feta Salad
4.59

FeelGood **Marinated Olives** **VG** **2.99**
Great nibble while you wait

Fully Loaded Potato Skins **5.39**
Three crispy potato skins with creamy cheesy mash filling
Choose from: Cheese & chives | Bacon, cheese & chives

FeelGood **Watermelon & Feta Salad** **V** **New** **4.59**
Tossed with rocket, mint and fresh basil

FeelGood **Nashville Chicken Skewers** **New** **5.89**
Marinated chicken in Nashville Hot sauce with cucumber, roasted pepper and sour cream

Pasta

Made with gluten-free fusilli pasta

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

Pomodoro **V** **7.99**
Tossed in Neapolitan tomato sauce with garlic, basil and mozzarella

Carbonara **9.99**
Tossed in cheese sauce with crispy bacon
Add chicken for 1.50

Bolognese **9.99**
Rich beef Bolognese sauce. Classic!

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

Burgers

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

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 sliced gherkin. A true Frankie's special

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

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

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

Classic Chicken **9.99**
Simply the breast, with mayo

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

Sides

'Slaw **V** **2.99**

Corn on the Cob **V** **2.99**

Green Vegetables **V** **3.29**

Side Salad **V** **3.49**

Jacket Potato **3.99**

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

Pizza

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

BBQ Chicken Slices of tender chicken, mozzarella and BBQ sauce	9.99	Goat's Cheese V <i>New recipe</i> Creamy goat's cheese, caramelised red onions and mozzarella finished with rocket	10.49
Margherita V Tomato and mozzarella. Nice and simple	8.19	The Hawaiian Ham, mozzarella and juicy pineapple. Aloha!	8.99
Pepperoni New Pepperoni and mozzarella. Go hotter with green chillies (on us)	9.99	Spicy Chicken Americano Chicken, pepperoni, red onion, green chilli and mozzarella	11.69

Grills & Salads

New York BBQ Chicken Chicken breast topped with bacon, cheese and BBQ sauce with a jacket potato, 'slaw and corn on the cob	13.99	FeelGood Nashville Chicken Skewers Heart New High Protein Chicken breast marinated in Nashville Hot sauce with salad and sour cream	10.69
Smoky BBQ Ribs Falling-off-the-bone tender pork ribs smothered in BBQ sauce, served with a jacket potato, 'slaw and corn on the cob Choose from: Whole rack of ribs Half rack of ribs	15.99 11.69	FeelGood Chicken, Bacon & Avocado Salad High Protein Served over dressed leaves, tomatoes and red onion	11.99
Sirloin Steak 8oz* sirloin steak, sautéed mushrooms, roasted tomato and a jacket potato	16.99	FeelGood Seared Steakhouse Salad Heart High Protein Juicy 7oz* rump steak sliced over mixed leaves, tomatoes, cucumber, radish, red onion, pumpkin seeds, basil and fresh mint, all drizzled with chilli dressing	12.79
Salmon Fillet New recipe Served with a jacket potato & sour cream, peas, broccoli, green beans and pesto	13.99	FeelGood Watermelon & Feta Salad Heart V New With rocket, lettuce, red onion, mint and fresh basil	7.99

Desserts

Peaches & Cream Sundae New V Peach slices, vanilla ice cream, whipped cream, maple syrup and gluten-free shortbread. Creamy does it!	5.09
Sticky Toffee Pudding V <i>New recipe</i> Toffee sponge made with gluten-free flour and served with vanilla ice cream	6.09
FeelGood Fruit Salad Heart V <i>New recipe</i> With creamy natural yoghurt	3.59
FeelGood Ice Cream Heart V Choose from: Vanilla Chocolate Strawberry Coconut Delight VG One scoop Two scoops Three scoops	2.19 3.19 3.59
FeelGood Sorbet Heart VG Choose from: Lemon Mango Coconut Delight One scoop Two scoops Three scoops	2.19 3.19 3.59



Brownies & Ice Cream *New recipe* **5.69**
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