



Rumour has it that Frankie Giuliani was 10 years old when, with his Mamma and Poppa, he left Sicily and landed at Ellis Island, New York in 1924. They moved in with relatives in Little Italy, a predominantly Italian neighbourhood. Poppa soon found work, but from the home country he'd brought a little money and a lot of ambition. It was no surprise then, when the family opened a restaurant within a year, everybody helping with the building and the cooking in equal measure. Each of them had a favourite dish to contribute, but it was Mamma's home style cooking that was the base from which the business prospered. Frankie went to the nearby High School and became lifetime friends with Benny, already a third generation American. In 1953 Poppa retired and Frankie and Benny took over the business, combining the best of popular American food with traditional Italian dishes. The rest, as they say, is history...

SOFT DRINKS

Draught		
  	16oz glass	£2.55
Bottles		
  	The original classic icon glass bottle	330ml bottle £2.95
	Sparkling lemon and lime	330ml bottle £2.95
	Sparkling orange	330ml bottle £2.95
 	Diet	330ml bottle £2.95
Stathmore Still or Sparkling Water		
	330ml	1ltr £3.95
Orange or Apple Juice		glass £2.60
	100% apple juice with a touch of sparkle	275ml bottle £2.95
	Apple Et Mango or Orange Et Passionfruit	275ml bottle £2.95

Sprite Lemonade will be served in Northern Ireland.

BEERS

	ABV				ABV		
	330ml	4.8%	£3.95		330ml	5.1%	£4.25
	275ml	4.8%	£3.65		330ml	2.8%	£3.85
	330ml	4.6%	£3.95		330ml	2.8%	£3.85
	330ml	4.8%	£3.85	 Original Irish Cider	330ml	4.5%	£4.25
	300ml	4.0%	£3.85	 Pear Cider	330ml	4.5%	£4.25
	330ml	4.5%	£3.85	 Berry Cider	330ml	4.0%	£4.25
				 Low Alcohol	275ml	0.05%	£3.45

A RANGE OF DRAUGHT BEER IS ALSO AVAILABLE. PLEASE ASK YOUR SERVER

WINES

F&B Sparkling				Bottle
<i>Perfect for any occasion</i>				
Mateus Rosé Sparkling Brut Portugal				£22.95
Rose-petal-pink: apples, pears and raspberries.				
Fantinel Prosecco Italy				£23.95
A wonderful light and frothy fizz full of pear and peach flavours.				
F&B Rosé				
<i>Great with Pizza and Shared Platters</i>				
	175ml	250ml	Bottle	
Turner Road Reserve Rosé USA	£4.65	£5.95	£17.75	
Lively aromas of fresh summer berry fruits, with notes of strawberry, citrus and cherry.				
Vendange White Zinfandel USA	£4.95	£6.95	£20.95	
A delicious light and fruity rosé with strawberry flavours.				
F&B Whites				
<i>Crisp, Light Whites</i>				
<i>A perfect complement for any meal</i>				
	175ml	250ml	Bottle	
Turner Road Chardonnay-Pinot Grigio USA	£4.25	£5.55	£16.55	
Fresh, crisp and unoaked with light, fruity flavours.				
Frascati Superiore - Fontana Candida Italy	£4.25	£5.55	£16.55	
A soft and fresh wine with delicate flavours.				
Vendange Pinot Grigio USA	£4.95	£6.25	£18.65	
Fruitily friendly flavours of melons and pears.				
Medium Bodied, Soft Whites				
<i>Enjoy with Appetisers, Chicken and creamy Pasta</i>				
F&B House Chardonnay Italy	£3.65	£4.95	£14.85	
Fruity and round with citrus and peach fruit.				
HARDYS The Riddle Chardonnay-Semillon Australia	£4.65	£5.95	£17.75	
A delicious whirl of creamy lime layers.				
Jacob's Creek Moscato Australia	£4.95	£6.25	£18.65	
Delicately spritzed sherbet flavours with a lively and soft fruity sweetness.				
Veramonte Reserva Sauvignon Blanc Chile				£20.95
Easy drinking, fresh and crisp with delicious fruit flavours.				

Check us out at www.frankieandbennys.com

ALLERGIES: There is a small possibility that nut traces 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. Please note we have a full menu available of dishes prepared with no gluten containing ingredients available on request.

*All weights are approximate before cooking. 1oz=28g uncooked weight.

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.

We accept all major credit cards.

Frankie Et Benny's, 4th Floor, 5-7 Marshalsea Road, Borough, London SE1 1EP

COFFEE

Cappuccino	cup	£2.95	mug	£3.15
Caffe Latte			mug	£3.15
Freshly Ground Coffee	cup	£2.55	mug	£2.75
Espresso	single	£2.15	double	£2.65
Macchiato	single	£2.15	double	£2.65
Decaffeinated Coffee	cup	£2.55	mug	£2.75
TWININGS Tea			mug	£2.45
Choose from Breakfast Tea, Earl Grey or Peppermint.				
 Hot Chocolate Deluxe			mug	£2.95
Served with cream and chocolate malt balls.				
 Hot Chocolate with Cinnamon			mug	£2.95
 Latte				£4.45
 Coffee				£4.45
Liqueur Coffee				£4.45
Ask your server for options available.				

Add some spice to any hot drink by including any of the following syrups for an additional 20p

Vanilla, Caramel
Hazelnut, Gingerbread, Cinnamon

F&B Premium House Recommendations

Treat yourself to one of our delicious premium house wines; you deserve it!

	175ml	250ml	Bottle
F&B Premium Sauvignon Blanc Italy	£4.65	£5.95	£17.75
A zesty white packed with gooseberry, passionfruit and lime.			
F&B Premium Cabernet Italy	£4.65	£5.95	£17.75
An easy-drinking red full of blackcurrants.			
F&B Premium Pinot Grigio Rosé Italy	£4.95	£6.25	£18.65
A crisp and refreshing light blush rosé.			

F&B Reds

	175ml	250ml	Bottle
Smooth, Medium Bodied Reds			
<i>Drink with Steaks, Burgers and Pasta with meat or tomato flavours</i>			
F&B House Merlot Italy	£3.65	£4.95	£14.85
Light and packed full of red berries.			
Chianti Wicker Flask Italy	£4.95	£6.25	£18.65
A classic that boasts delicate red cherry flavours.			
Marques de Morano Rioja Spain			£19.95
Ripe plum fruit married with soft spicy oak.			
Kleine Zalze Pinot Noir South Africa			£20.95
Smooth and soft with raspberry and a hint of pepper.			

Rich, Deep Bodied Reds

Perfect with Steak and BBQ Meats, Pizza and Pasta

Montepulciano d'Abruzzo			
Collezione Marchesini Italy	£4.25	£5.55	£16.55
Wafts of violets, hints of orange.			
HARDYS Nottage Hill Cabernet-Shiraz Australia	£4.95	£6.25	£18.65
Smooth, rich and well balanced with blackberry flavours.			

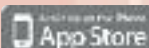
Champagne

For that Special Occasion

Piper Heidseick Brut Champagne France				£29.95
An elegant, multi-award winning Champagne.				

ALL STILL WINE SERVED BY THE GLASS IS AVAILABLE IN 125ML MEASURES. WINE ABVS MAY VARY ACCORDING TO VINTAGE; PLEASE REFER TO THE BOTTLE LABEL.

Frankie & Benny's
NEW YORK ITALIAN RESTAURANT & BAR



Please note we have a full menu available of dishes prepared with no glutencontaining ingredients available on request

STARTERS

Soup of the Day Our chef's daily favourite served with our baked garlic dough balls.	£4.95
F&B Garlic & Cheese Mushrooms 🌱 Garlic button mushrooms tossed in our rich cheese sauce, served over toasted garlic ciabatta bread. Belissimo!	£5.95
Mamma's Cheese Bake Three cheeses baked in our rich Neapolitan sauce. Served with garlic ciabatta bread for dipping. Simply delicious!	£5.75
Bruschetta 🌱 Our homemade mix of fresh tomato, red onion, basil, olive oil and cracked black pepper served over toasted garlic ciabatta bread, finished with a balsamic glaze.	£4.95
Warm Dough Sticks & Dip 🌱 Choose from Philly Cheese, Neapolitan or Garlic Butter dips.	£3.95
Amazing Skins Mouth-watering and fully loaded. Choose from BBQ chicken, sweetcorn & cheese; crispy bacon & cheese or melted goat's cheese and homemade bruschetta mix. Served with sour cream on the side.	£5.75
Crispy Coated Chicken Strips Three southern fried chicken breast strips, served on honey and mustard dressed salad leaves with a pot of our delicious dressing on the side.	£6.25
Large Chicken Wings Five large chicken wings tossed in your choice of American BBQ or Louisiana hot sauce. Served with crunchy celery sticks and cooling dip.	£5.95
Prawn Cocktail Large prawns, crisp iceberg lettuce, red pepper, red onion and cucumber tossed in our delicious homemade Marie Rose sauce.	£5.95
Frankie's Calamari Lightly fried and seasoned with salt and cracked black pepper. Sprinkled with Grana Padano and served with a warm Neapolitan dip.	£6.25
Mozzarella & Tomato Salad Platter 🌱 Light creamy mozzarella, sliced beef tomato, marinated olives and warm garlic dough balls. Served with fresh watercress, olive oil and seasoned with cracked black pepper.	£4.95

HOT BREADS

Flavoured Garlic Pizza Breads Choose from: • Garlic • Mozzarella • Tomato & Garlic • Tomato & Nut Pesto • Goat's Cheese & Onion	£4.45
Warm Garlic Dough Balls 🌱	£4.25
Dough Sticks, Dough Balls & Hot Cheese 🌱	£5.95
Bread & Olives 🌱 Warm ciabatta served with olives, olive oil and balsamic vinegar.	£3.95

The Big Frankie's Platter A giant feast of our house favourites; chicken strips, BBQ chicken wings, fully loaded potato skins, spicy onion rings, bread sticks and toasted garlic ciabatta bread. Served with a selection of delicious dips and crunchy celery sticks. Four of everything, ideal for families!	£14.95
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PASTA & BAKES

Mouth-watering pasta dishes freshly prepared. Why not order some freshly baked garlic pizza bread or a house salad on the side?

Spaghetti Bolognese Our classic beef ragu cooked to Cousin Mario's Italian recipe, generously heaped onto spaghetti.	£9.55
F&B Meatballs on Spaghetti Five large classic beef and pork meatballs, piled high on spaghetti, tossed in our rich tomato and beef ragu. A real big eat!	£10.75
Mushroom Alfredo Mixed mushrooms tossed in garlic with penne pasta in our creamy cheese sauce, topped with fresh watercress.	£9.75
Spaghetti Carbonara An Italian classic! Spaghetti tossed with pancetta bacon, sautéed mushrooms and a deliciously creamy cheese sauce.	£9.95
Chicken Carbonara A twist on our classic carbonara. Pancetta bacon, sautéed mushrooms and creamy carbonara sauce loaded with chicken.	£10.95
Chicken Penne Romana Chicken breast, spicy pepperoni and pancetta bacon tossed with Mamma's rich Neapolitan tomato and herb sauce. Topped with fresh watercress.	£10.45
Penne Arrabbiata 🌱 Fresh chilli, olives and garlic tossed in our Neapolitan sauce, served with penne pasta and topped with fresh watercress. Spicy, simple and great! Add chicken for £1.50	£8.95
Chicken & Prawn Alfredo Chicken breast, large prawns and sautéed mushrooms served in a creamy Cajun cheese sauce with penne pasta. Topped with fresh watercress.	£10.95
Cajun Chicken Pasta Bake Chicken, penne, fresh roasted peppers and onion, oven baked in a creamy Cajun cheese sauce. Glazed with Grana Padano and served piping hot to your table!	£10.95
Philly Steak Bake Strips of tender steak, red onion, peppers and philly cheese sauce, oven baked with penne pasta and topped with cheese.	£11.95
Lasagne al Forno Pasta sheets layered with Cousin Mario's beef ragu, creamy béchamel sauce and mozzarella, glazed in the oven and served piping hot. A real Frankie's favourite!	£9.95
Spinach & Ricotta Cannelloni 🌱 Cannelloni filled with spinach and ricotta served in a blend of tomato and creamy cheese sauces. Baked in the oven 'til bubbling!	£9.75

🌱 These dishes are suitable for vegetarians, however we do not have a dedicated preparation or cooking area within our kitchen for vegetarian food.

*Fish may contain bones

Our prices include Value Added Tax at the current rate

SPECIALITY PIZZAS

We love them! Fully loaded thin crust Italian pizzas served in two sizes; 10" individual or 15" family size. Ideal to share with one of our delicious salads.

	10"	15"
Margherita 🌱 Melted mozzarella and fresh sliced tomato on our tomato topped base. Simple but delicious!	£8.45	£12.45
American Hot Feeling fiery? Loaded with slices of spicy pepperoni and fresh chilli, it's a hot one!	£9.95	£13.95
Hawaiian Loaded with slices of ham and fresh pineapple, a real classic!	£9.95	£13.95
Chicken Americano Strips of tender chicken breast with lashings of spicy pepperoni, slices of fresh chilli and red onion.	£10.95	£14.95
American Deli A real meat feast! Fully loaded with ham, crispy bacon, lashings of spicy pepperoni and mushrooms.	£9.95	£13.95
BBQ Meatball Chunky slices of our classic beef and pork meatballs, roasted red pepper and onion served on our tangy BBQ sauce base and topped with melted mozzarella. A fantastic feast!	£10.45	£14.45
BBQ Chicken Strips of tender chicken breast served on our tangy BBQ sauce base, topped with lashings of mozzarella and sprinkled with chives.	£10.45	£14.45
Californian Creamy goat's cheese, slices of fresh tomato, mixed peppers, sautéed mushrooms and red onion, with melted mozzarella on our tomato and nut pesto base.	£10.45	£14.45
F&B Boston 7 Fully loaded with slices of our classic beef and pork meatballs, spicy pepperoni, ham, crispy bacon, chicken, peppers and red onion served on our BBQ sauce base, topped with melted mozzarella.	£11.25	£15.25
Californian Club Strips of tender chicken breast and crispy bacon served on our tomato topped base and smothered with melted mozzarella. Finished with a bruschetta mix and fresh watercress.	£11.25	£15.25
New Yorker Fully loaded with strips of tender chicken breast, bacon and philly cheese sauce on our tomato topped base with melted mozzarella and a cooling bruschetta mix.	£11.25	£15.25
Half & Half Great for sharing and fully loaded! Choose any two of your favourite pizzas to create the perfect half and half! A feast to please everybody.	£14.75	

Extra toppings are available at £1.50 each for 10" pizzas and £2 each for 15" pizzas. Please ask your server.



Cheese & Bacon Fries on the side? £4.25

DEEP FILLED CALZONE

Big eat, big value! Folded pizzas filled to the brim and brushed with butter.

Chicago Grinder Fully loaded with slices of our classic beef and pork meatballs, spicy pepperoni, chicken breast, red onion, sweetcorn, red pepper and mozzarella with BBQ sauce.	£11.25
F&B New Yorker New recipe bursting with even more fillings! Spicy pepperoni, ham, bacon, mushrooms and mozzarella. All topped with Mamma's rich Neapolitan tomato and herb sauce.	£11.25
Cajun Chicken Calzone Fully loaded with tender Cajun spiced chicken breast, sliced mushroom, red onion, peppers and mozzarella in our creamy cheese sauce. All topped with Mamma's rich Neapolitan tomato and herb sauce.	£11.25
Meatball Siciliana Fully loaded with our chunky beef and pork meatballs, Cousin Mario's favourite beef bolognese, mozzarella and spicy pepperoni.	£11.25
Garlic Mushroom & Goat's Cheese 🌱 Loaded with sautéed garlic mushrooms, creamy cheese sauce and a mix of mozzarella and goat's cheese.	£10.45

Our dishes are made to order, just ask your server if there is something you would like prepared differently

OUR SPECIALS

All of our specials are firm Frankie's favourites and we believe you'll think so too.

F&B BBQ Chicken & Ribs Brand new recipe! Half a roast chicken and half a rack of baby back pork ribs, smothered with BBQ sauce and served with coleslaw, corn on the cob and your choice of house fries, salad or a jacket.	£15.95
Hand Battered Fish & Chips* Our prime fillet of fish in a light golden beer batter. Served with house fries, tartare sauce and a lemon wedge.	£10.95
Half Roast Chicken Half a roast chicken smothered in your choice of BBQ sauce, garlic butter or Louisiana hot sauce. Served with house fries, corn on the cob, coleslaw and extra sauce on the side.	£11.95
Salt & Pepper Scampi Breaded sea salt and cracked black pepper scampi served with your choice of house fries, salad or a jacket. Fresh watercress garnish, half a chargrilled lemon and tartare sauce served on the side.	£11.95
F&B New York Chicken A chicken breast topped with crispy bacon and cheese smothered in our famous BBQ sauce. Served with spicy onion rings, corn on the cob, coleslaw and your choice of house fries, salad or a jacket.	£14.45
Salmon Fishcakes Salmon, red pepper and mozzarella fishcakes. Served with a fresh watercress garnish and your choice of house fries, salad or a jacket. Half a chargrilled lemon and tartare sauce on the side.	£11.95
BBQ Chicken Skewers A whole Cajun spiced chicken breast diced and skewered with mixed peppers and red onion smothered in BBQ sauce. Served with corn on the cob, coleslaw, an extra jug of BBQ sauce and your choice of house fries, salad or a jacket.	£13.75
F&B Benny's Sweet Cured Bacon Steaks Three sweet cured bacon steaks grilled and topped with a fried egg, served with a flat mushroom, roasted tomato and fresh watercress garnish. Choose from house fries, salad or a jacket.	£11.95
Oven Baked Chicken Parmigiana A succulent chicken breast coated in garlic and herb breadcrumbs. Topped with ham, melted mozzarella and Mamma's Neapolitan sauce. Served on a bed of Neapolitan spaghetti with corn on the cob and your choice of house fries, salad or a jacket.	£14.95
New Jersey Chicken A chicken breast topped with crispy bacon and pulled pork, smothered in our famous BBQ and philly cheese sauces. Served with spicy onion rings, corn on the cob, coleslaw and your choice of house fries, salad or a jacket.	£14.95
BBQ Ribs (Full Rack) A full rack of tender baby back pork ribs glazed in our famous BBQ sauce. Served with your choice of house fries, salad or a jacket with coleslaw, corn on the cob and extra BBQ sauce on the side.	£16.75
Chicken Club Triple Decker Grilled chicken breast, crispy bacon, gem lettuce and fresh cut tomato layered between toasted wholemeal bread spread with mayo. Served with house fries and a pot of coleslaw on the side.	£10.95
Oven Baked Pesto Salmon An oven baked salmon fillet brushed with nut pesto and topped with a citrus crust. Served with a roasted tomato and your choice of house fries, salad or a jacket. Fresh watercress and half a chargrilled lemon are served on the side.	£13.95
Sister Rosaria's Lamb Shank A tender lamb shank cooked in rosemary and mint gravy. Served with vegetables and mashed potato.	£12.95
All Day New England Breakfast Crispy bacon, two sausages, two fried eggs and Heinz baked beans served with house fries, flat mushroom and a grilled tomato slice.	£9.25

28 DAY AGED HOUSE STEAKS

All of our steaks are specially selected for Frankie & Benny's, and aged for a minimum of 28 days before being seasoned and seared on our char grill. Why not accompany your steak with a peppercorn sauce or garlic butter topping for an additional £1.45?

Steak & Fries A 7oz rump served fuss free with house fries and a fresh watercress garnish. Simple but classic!	£12.45
8oz* Larder Trim Sirloin Aged sirloin steak cut thick and served with a roasted tomato, flat mushroom and fresh watercress garnish. Choose from house fries, salad or a jacket.	£16.95
10oz* Thick Cut Rib Eye Our 10oz* Thick Cut Rib Eye is best cooked medium for fantastic flavour. Served with a roasted tomato, flat mushrooms and a fresh watercress garnish. Choose from house fries, salad or a jacket.	£22.25
Frankie & Benny's Mixed Grill Platter A 26oz* meat feast! Rump steak, bacon steak, sausage and half a roast chicken smothered in BBQ sauce. Served with a flat mushroom, roasted tomato, house fries and a fresh watercress garnish. BBQ sauce served on the side.	£20.95

F&B denotes that these are our favourite dishes!

SIDES

House Fries 🌱	£3.65
Cheese & Bacon Fries	£4.25
Spicy Onion Rings 🌱	£4.25
Coleslaw 🌱	£2.65
Corn on the Cob 🌱	£1.95
Baby Caesar Salad	£3.75
Mixed Vegetables 🌱	£2.15

BURGERS

Prime 6oz* beef burgers seasoned and served on a toasted sesame seed bun with house fries and tomato-chilli relish on the side.

Naked Burger Our 6oz* grilled beef burger served naked without the bun! Served with gem lettuce, tomato, red onion and dill pickle.	£9.95
Classic Beef Burger Our 6oz* grilled beef burger served simple. Gem lettuce, tomato, red onion, dill pickle and mayo.	£10.75
Cheeseburger A real favourite! Cheese, gem lettuce, tomato, red onion, dill pickle and mayo.	£11.45
F&B Black Pepper Mayo Burger Our best burger yet! A Cajun spiced burger with crispy grilled bacon, gem lettuce, tomato, red onion and dill pickle, topped with our secret black pepper mayo sauce.	£11.75
Bacon Cheese Burger Crispy grilled bacon, cheese, gem lettuce, tomato, red onion, dill pickle and mayo.	£11.75
Black & Blue Burger A Cajun spiced burger glazed with melted blue cheese and served with gem lettuce, tomato, dill pickle, spicy onion rings and blue cheese dressing.	£11.75
Crispy Chicken Philly Burger Our southern fried chicken breast strips served in our toasted sesame seed bun with mayo, crispy grilled bacon, lettuce and tomato topped with our philly cheese sauce. Served with house fries and a pot of coleslaw on the side.	£11.75
Philly Cheese Steak Sandwich Tender strips of our 28 day aged steak sautéed with red pepper, red onion and sliced mushrooms. Piled high in a toasted sesame seed bun with lettuce, mayo and our philly cheese sauce. Served with house fries and a pot of coleslaw on the side.	£13.95
BBQ Pulled Pork Sandwich Lashings of BBQ pulled pork piled high in a toasted sesame seed bun, with mayo, gem lettuce, tomato and red onion. Served with house fries and a pot of coleslaw on the side.	£10.95
F&B Grilled Chicken Breast Sandwich Choose from Cajun spiced chicken with a Cajun mayo dip or plain chicken breast with coleslaw. Topped with mayo, lettuce, fresh cut tomato and spicy onion rings. Served in a toasted sesame seed bun with house fries.	£11.75
Mediterranean Veg Burger 🌱 A Mediterranean style combination of red peppers, olives, sundried tomatoes and mozzarella. Served in a toasted sesame seed bun with gem lettuce, tomato, red onion, dill pickle and mayo. House fries and a pot of tomato-chilli relish on the side.	£10.75

12oz* DOUBLE STACKS

Manhattan Two 6oz* grilled beef burgers stacked high and topped with crispy grilled bacon, cheese, gem lettuce, tomato, red onion, dill pickle, mayo and spicy onion rings.	£14.75
BBQ Double Cheese Two 6oz* grilled beef burgers each topped with cheese, served with gem lettuce, tomato, red onion, dill pickle, mayo, spicy onion rings and a pot of BBQ sauce for you to pour!	£14.75
Double Philly Stack Two 6oz* grilled beef burgers topped with our own recipe philly cheese sauce. Piled high with crispy bacon, gem lettuce, tomato, red onion, dill pickle, mayo and spicy onion rings.	£14.75

Don't fancy any of the above, then double-up on any burger for an additional £4.00

HOT BAKED WRAPS

Chicken, Bacon, Honey & Mustard Our flour tortilla packed full with breaded chicken, bacon, red onion, grated cheese and lettuce smothered in our honey and mustard dressing. Served with a pot of coleslaw and your choice of house fries, salad or a jacket.	£9.95
F&B New Yorker Our flour tortilla loaded with breaded chicken, red onion, grated cheese and lettuce with BBQ and philly cheese sauces. Served with a pot of coleslaw and your choice of house fries, salad or a jacket.	£9.95
Meatball Our flour tortilla loaded with beef and pork meatballs, spicy pepperoni, mozzarella and our warm Neapolitan tomato and herb sauce. Served with a pot of coleslaw and your choice of house fries, salad or a jacket.	£9.95
Cajun Chicken Melt Our flour tortilla loaded with Cajun spiced crispy chicken, cheese, mayo, lettuce and red onion. Served with a pot of coleslaw and your choice of house fries, salad or a jacket.	£9.95
BBQ Steak Our flour tortilla packed full with strips of 28 day aged steak, red onion, peppers, lettuce and grated cheese, all smothered in our tangy BBQ sauce. Served with a pot of coleslaw and your choice of house fries, salad or a jacket.	£11.95
Goat's Cheese & Caramelised Red Onion 🌱 Our flour tortilla wrap with creamy goat's cheese, caramelised red onion chutney, roasted red pepper and lettuce tossed in balsamic glaze. Served with a pot of coleslaw and your choice of house fries, salad or a jacket.	£9.95

Lighter Options

All dishes below are not only utterly delicious but are 650 calories or less. We have also developed a range of suitable starters and desserts to complement them at 200 calories or less each. We really hope you enjoy them!

STARTERS

Tomato & Basil Soup 🌱 150 kcal Our chef's favourite, simple and delicious.	£4.75
Tomato & Red Onion Salad 🌱 170 kcal Sliced beef tomato and fresh red onion served with fresh watercress, basil and red French dressing.	£4.10
Crab Cake 200 kcal Prepared to Frankie's secret recipe, our large oven baked crab cake is served on a bed of fresh watercress with a tomato-chilli drizzle. A true delight!	£5.95
Grilled Tiger Prawn Skewer 150 kcal Four large shell on tiger prawns served with fresh watercress and a tomato-chilli dip.	£5.95

MAIN COURSES

Spaghetti Bolognese 365 kcal A lighter portion of our classic beef ragu tossed with spaghetti. Served with our delicious lemon and basil dressed salad.	£8.25
F&B Spaghetti Oceana 430 kcal Spaghetti tossed in our Neapolitan tomato sauce with large prawns, anchovies and fresh garlic. Served with our delicious lemon and basil dressed salad.	£9.45
Red French Pizza 🌱 650 kcal Melted mozzarella, beef tomato and red onion on our tomato base, drizzled with our delicious red French dressing.	£8.75
Marinara Pizza 635 kcal Large prawns and anchovies on our tomato base, topped with fresh watercress. Great with Frank's hot sauce.	£9.45
Chargrilled 7oz* Steak Salad 330 kcal Our 7oz* rump cooked to your liking and served with our delicious lemon and basil dressed salad.	£11.45
Crab Salad 425 kcal Our large oven baked crab cake served on a bed of mixed leaves with tomato, roasted red pepper and onion, tossed in our sweet chilli dressing with half a chargrilled lemon on the side.	£11.45
Chicken Citrus Salad 350 kcal Choose between our plain or Cajun spiced chicken breast served with mixed leaves, red pepper, fresh tomato, sweetcorn, cucumber and red onion drizzled with our delicious lemon and basil dressing.	£10.25
Salmon Citrus Salad 470 kcal Our salmon fillet served plain or with Cajun spices. Served with mixed leaves, red pepper, fresh tomato, sweetcorn, cucumber and red onion drizzled with our delicious lemon and basil dressing.	£11.45

Calorie values are approximate based on a typical serving size. All our dishes are handmade to order so there may be slight variations.

FRANKIE'S SALADS

Frankie's Caesar Salads Choose from: • Grilled Chicken Breast • Seasoned Calamari • Oven Baked Cajun Spiced Salmon • Plain Caesar Salad	£11.25
Warm Chicken Salad Chicken breast pieces with red onion and mushrooms, glazed in soy sauce on a bed of mixed leaves with cucumber, peppers and tomatoes. Served with toasted garlic ciabatta bread on the side.	£11.45
Lemon Chicken Salad A seasoned chicken breast served with mixed leaves, red pepper, fresh tomato, sweetcorn, cucumber and red onion drizzled with our delicious lemon and basil dressing with half a chargrilled lemon on the side.	£10.75