

SOFT DRINKS

 glass	£2.55	 glass	£2.55		
 Lemonade	glass	£2.55	 Orange	glass	£2.55
 	in the classic glass profile bottle	330ml	£2.65	330ml	£2.65
	bottle	330ml	£2.65	330ml	£2.65
Still Water	330ml	£2.35	1ltr	£4.25	
Sparkling Water	330ml	£2.35	1ltr	£4.25	
Orange or Apple Juice	glass	£2.35			
 100% pure sparkling apple juice			£2.60		

Orange Juice from freshly squeezed oranges 280ml glass **£2.80**

COFFEE

Enjoy a bitesize brownie with your coffee **75p**

Filter Coffee	regular	£1.95	large	£2.45
Americano	regular	£2.25	large	£2.75
Cappuccino*	regular	£2.60	large	£2.95
Caffe Latte*	regular	£2.60	large	£2.95
Decaffeinated Coffee	regular	£2.25	large	£2.75
Hot Chocolate	regular	£2.75	large	£3.05
Espresso*	single	£1.95	double	£2.25
Pot of Tea				£1.95
Liqueur Coffee				£4.25

Ask your server for available options

*also available decaffeinated

WINES

F&B Sparkling

Perfect for any occasion

Fantinel Prosecco Italy 11.5% **£3.95 £22.45**
A wonderfully light and frothy fizz full of pear and peach flavours.

Griffith Park Sparkling Rosé South-Eastern Australia 12.5% **£22.45**
Strawberries sprinkled with sugar and spice.

F&B Rosé

Great with Pizza and Shared Platters

Vendange White Zinfandel USA 11% **£3.50 £4.90 £6.50 £18.65**
A delicious light and fruity rosé with strawberry flavours.

Fetzer Valley Oaks Syrah Rosé USA 13.6% **£3.70 £5.10 £7.15 £19.15**
A vibrant rosé bursting with red and black cherry fruit.

F&B Whites

Crisp, Light Whites

A perfect complement for any meal

Turner Road Chardonnay-Pinot Grigio USA 13.5% **£3.15 £4.20 £5.80 £16.35**
Fresh, crisp and unoaked with light, fruity flavours.

Frascati Superiore - Fontana Candida Italy 12.5% **£2.95 £4.20 £5.35 £15.30**
A soft and fresh wine with delicate flavours.

Fetzer Valley Oaks Pinot Grigio USA 13.5% **£3.70 £5.10 £6.80 £19.70**
Fruity and soft with a hint of pear.

Pinot Grigio - Collezione Marchesini Italy 12% **£3.50 £4.90 £6.50 £18.45**
Crisp and refreshing with hints of apricot.

Medium Bodied, Soft Whites

Enjoy with Appetisers, Chicken and creamy Pasta

F&B House Chardonnay Italy 11.5% **£2.75 £3.85 £4.95 £13.90**
Fruity and round with citrus and peach fruit.

Veramonte Reserva Sauvignon Blanc Chile 13.5% **£3.70 £5.10 £6.80 £19.70**
Easy drinking, fresh and crisp with delicious fruit flavours.










HARDYS

Nottage Hill Chardonnay Australia 13.7% **£3.50 £4.90 £6.50 £18.45**
A smooth and soft award winning wine with rich citrus notes.

Kleine Zalze Chenin Blanc South Africa 13.5% **£3.30 £4.65 £6.15 £17.45**
A lively wine, packed with tropical fruit flavours.

BEERS

Bottled

	330ml	5.0%	ABV	£4.00
	330ml	4.7%		£3.95
	355ml	4.8%		£3.95
	355ml	5.4%		£4.25
	330ml	5.1%		£4.00
	330ml	4.6%		£4.00
	330ml	4.5%		£4.00
	330ml	4.5%		£4.00
	275ml	0.05%		£2.95

A range of draught beer is also available. Please ask your server.

FRANKIE & BENNY'S MUSIC IS NOW AVAILABLE ON CD EITHER IN THIS RESTAURANT OR VIA OUR WEBSITE: www.frankieandbennys.com PLEASE ASK YOUR SERVER FOR DETAILS. WHILE STOCKS LAST.

F&B Premium House Recommendations

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

F&B Premium Sauvignon Blanc Italy 12% £3.15 £4.20 £5.80 £16.35 A zesty white packed with gooseberry, passionfruit and lime.	125ml	175ml	250ml	Bottle
F&B Cabernet Sauvignon Italy 12% £3.15 £4.20 £5.80 £16.35 An easy-drinking red full of blackcurrants.				
F&B Premium Pinot Grigio Rosé Italy 12% £3.35 £4.65 £6.40 £17.70 A crisp and refreshing light blush rosé.				

F&B Reds

Smooth, Medium Bodied Reds

Drink with Steaks, Burgers and Pasta with meat or tomato flavours

F&B House Merlot Italy 12% **£2.75 £3.85 £4.95 £13.90**
Light and packed full of red berries.

Chianti Wicker Flask Italy 12.5% **£3.30 £4.65 £6.15 £17.45**
A classic that boasts delicate red cherry flavours.

Kleine Zalze Pinot Noir South Africa 14% **£3.70 £5.10 £6.80 £19.70**
Smooth and soft with raspberry and a hint of pepper.

Marques de Morano Rioja Spain 13% **£3.50 £4.90 £6.50 £18.45**
Ripe plum fruit married with soft spicy oak.

Rich, Deep Bodied Reds

Perfect with Steak and BBQ Meats, Pizza and Pasta

HARDYS Nottage Hill Cabernet-Shiraz Australia 13.1% **£3.50 £4.90 £6.50 £18.45**
Smooth, rich and well balanced with blackberry flavours.

Turner Road Cabernet-Zinfandel USA 13.5% **£3.15 £4.20 £5.80 £16.35**
Full and fruity with blackcurrants and plums.

Champagne

For that special occasion

Piper Heidsieck Brut Champagne France 12% **£34.95**
An elegant, multi-award winning Champagne.

WINE ABVS MAY VARY ACCORDING TO VINTAGE, PLEASE REFER TO THE BOTTLE LABEL.

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.

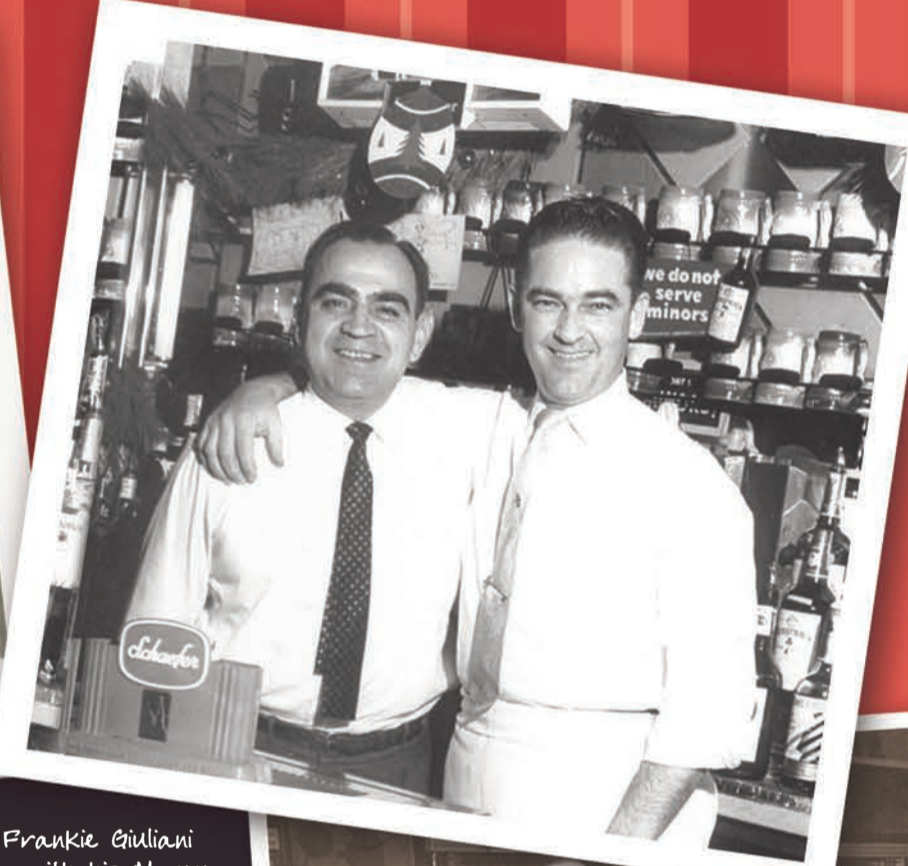
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www.eatdrinkandfly.com

We accept Visa, MasterCard, Maestro and American Express. All major currencies are accepted. All prices are inclusive of VAT at the current rate. We welcome your feedback, please speak to a member of our management team or write to us at Frankie Et Benny's, TRG Concessions, 4th Floor 5-7 Marshalsea Road, London SE1 1EP
email: concessions@trgplc.com www.trgconcessions.co.uk

F&B/CNC 11.11

Frankie & Benny's

NEW YORK ITALIAN RESTAURANT & BAR



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...



Are you in a hurry? We can give you the bill when you order - simply ask your server

BREADS

Garlic Pizza Bread 🌱	£3.95
Flavoured Garlic Pizza Breads	£4.35
Choose from: • Mozzarella Cheese • Tomato • Tomato & Pesto • Goat's Cheese & Onion	
Olives 🌱 Why not accompany your bread with some olives?	£2.75

STARTERS

Soup of the Day	£4.75
Our chef's daily favourite served with toasted ciabatta.	
Tomato & Basil Soup 150 kcal 🌱🌱	£3.95
Served without toasted ciabatta for a lighter option.	
Bruschetta 🌱	£5.25
A 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.	
Amazing Skins	£5.95
Mouth-watering and fully loaded! Choose from: BBQ chicken, sweetcorn & cheddar; crispy bacon & cheddar or melted goat's cheese & homemade bruschetta.	
Crispy Coated Chicken Strips	£5.80
Three southern fried chicken breast strips served on honey and mustard dressed salad leaves with a pot of our delicious dressing served on the side.	
Sticky Wings	£5.95
Five large chicken wings tossed in either our famous BBQ sauce with a honey mustard dip or Louisiana hot sauce with a cooling blue cheese dip. All served with crunchy celery sticks.	
Prawn Cocktail	£5.45
Large prawns, crisp iceberg lettuce, mixed peppers and celery all tossed in our delicious thousand island dressing.	
Crab Cake 300 kcal 🌱	£5.95
Prepared to Frankie's secret recipe, our large oven baked crab cake is served on a bed of fresh rocket with a tomato chilli drizzle. A true delight!	
Frankie's Calamari	£6.05
Lightly fried and seasoned with salt and cracked black pepper. Sprinkled with Italian cheese and served with a warm Neapolitan dip.	
Grilled Tiger Prawn Skewer 280 kcal 🌱	£5.95
Four large shell on tiger prawns served with fresh rocket and a sweet chilli dip.	
Mozzarella & Tomato Salad 🌱	£5.15
Light and creamy mozzarella with slices of fresh tomato, black pepper, fresh basil and drizzled with olive oil.	
Southern Mushroom 🌱	£5.45
Two flat mushrooms filled with mozzarella, garlic and breadcrumbs, oven baked and served with fresh rocket, Italian hard cheese and balsamic glaze.	
Tomato & Red Onion Salad 180 kcal 🌱🌱	£3.95
Sliced beef tomato and fresh red onion served with rocket, basil and red French dressing.	

F&B Sampler Platter	£14.45
A giant feast of our house favourites; chicken strips, BBQ chicken wings, fully loaded potato skins, spicy onion rings, bread sticks and garlic ciabatta. Served with a selection of delicious dips and crunchy celery sticks. Four of everything, ideal for families!	

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	£9.05
Our classic beef ragu cooked to Cousin Mario's Italian recipe, generously heaped onto spaghetti.	
Light Spaghetti Bolognese 350 kcal 🌱	£7.95
For a healthier option, why not try a lighter portion of our classic beef ragu tossed with spaghetti. Served with a fresh rocket, tomato and red onion salad sprinkled with Italian hard cheese and half a char-grilled lemon on the side for added flavour.	
F&B Meatballs on Spaghetti	£10.15
Five large classic pork and beef meatballs, piled high on spaghetti, tossed in our rich tomato and beef ragu. A real big eat!	
Spaghetti Carbonara	£9.25
An Italian classic! Spaghetti tossed with pancetta bacon, sautéed mushrooms and a deliciously creamy cheese sauce. Add chicken £1.00	
Spaghetti Oceana 310 kcal 🌱	£8.75
Spaghetti tossed in our Neapolitan tomato sauce with large prawns, clams and garlic. Served with a fresh rocket, tomato and red onion salad sprinkled with Italian hard cheese and half a char-grilled lemon on the side for added flavour.	
Chicken Penne Romana	£10.25
Chicken breast, spicy pepperoni and pancetta bacon tossed with Mamma's rich Neapolitan tomato and herb sauce. Topped with fresh rocket.	
Penne Arrabbiata 🌱	£9.25
Fresh chilli, olives and garlic tossed in our Neapolitan sauce and served with penne pasta. Spicy, simple and great! Topped with fresh rocket. Add Chicken £1.00	
Chicken & Prawn Alfredo	£10.25
Chicken breast, large prawns and sautéed mushrooms served in a creamy Cajun cheese sauce with penne pasta.	
Lasagne al Forno	£9.75
Pasta sheets layered with cousin Mario's beef ragu, creamy béchamel sauce and mozzarella cheese, glazed in the oven and served piping hot. A real Frankie's favourite!	
Spinach & Ricotta Cannelloni 🌱	£9.25
Cannelloni filled with spinach and ricotta served in a blend of tomato and creamy cheese sauces. Baked in the oven 'til bubbling!	
Mushroom Alfredo Bake 🌱	£9.45
Button mushrooms tossed with penne pasta in our creamy cheese sauce, baked through the oven and glazed with Italian hard cheese. Topped with fresh rocket.	

SPECIALITY PIZZAS

Dare to be different! An exciting range of pizzas straight from The States with great toppings served like never before!

Boston 7	£10.25
Fully loaded with spicy pepperoni, ham, sliced meatball, crispy bacon, chicken, peppers and red onion served on our BBQ sauce base and topped with melted mozzarella.	
Chicken Caesar Pizza	£10.45
Our delicious tomato base with mozzarella cheese and grilled chicken breast pieces topped with a fresh Caesar salad and Italian hard cheese.	
Californian Club	£10.45
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 rocket.	

HOUSE PIZZAS

We love them! Fully loaded 10" thin crust Italian pizzas. Extra toppings are available at £1 each

Margherita 🌱	£8.35
Melted mozzarella and fresh sliced tomato on our tomato topped base. Simple but delicious!	
American Hot	£9.45
Feeling fiery? Loaded with slices of spicy pepperoni and fresh chilli. It's a hot one!	
Chicken Americano	£9.95
Strips of tender chicken breast with lashings of spicy pepperoni, slices of fresh chilli and red onion.	
Red French Pizza 650 kcal 🌱🌱	£8.25
Melted mozzarella, beef tomato and red onion on our tomato base, drizzled with our delicious red French dressing.	
Hawaiian	£9.35
Loaded with slices of tender ham and pineapple, a real classic!	
F&B Californian	£9.95
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.	
BBQ Chicken	£9.95
Strips of tender chicken served on our tangy BBQ sauce base and topped with lashings of mozzarella cheese.	
American Deli	£9.75
A real meat feast! Fully loaded with tender ham, crispy bacon, lashings of spicy pepperoni and mushrooms.	
Marinara Pizza 650 kcal 🌱	£8.95
Large prawns, anchovies and clams on our tomato base topped with fresh rocket.	

DEEP FILLED CALZONE

Big eat, big value! Folded pizzas filled to the brim and served with a salad garnish on the side.

Chicago Grinder	£10.45
Fully loaded with slices of our classic pork and beef meatballs, spicy pepperoni, chicken breast, red onion, sweet corn, red pepper and mozzarella cheese with BBQ sauce.	
New Yorker	£10.45
Full to the brim with spicy pepperoni, ham, bacon, mushrooms and mozzarella. All topped with Mamma's rich Neapolitan tomato and herb sauce.	

SANDWICHES & WRAPS

Why not add our famous house fries £2.25 or onion rings £2.95 to your meal?

Chicken Caesar Wrap	£6.45
A flour tortilla wrap filled with southern fried chicken, cos lettuce, tomato and Italian hard cheese tossed in Caesar dressing.	
Goat's Cheese & Bruschetta Wrap 🌱	£5.95
A flour tortilla wrap with creamy goat's cheese and iceberg lettuce tossed in our bruschetta mix and balsamic glaze.	
Tuna Melt*	£7.15
Tuna mayo, roasted peppers and melting Monterey Jack cheese on ciabatta with a salad garnish.	
F&B Frankie's Steak Ciabatta	£8.75
A 4oz* rump steak cooked to your liking and served on ciabatta bread spread with nut pesto mayo, lettuce and red onion with a salad garnish.	
BLT Ciabatta	£6.95
Bacon, lettuce and tomato on ciabatta bread served with a salad garnish.	
3 Cheese & Roast Tomato Ciabatta 🌱	£6.65
Tomatoes roasted to perfection, smothered in mozzarella, Monterey Jack and goat's cheese on ciabatta with a salad garnish.	

*Our tuna is pole and line caught to ensure sustainability.

🌱 Lighter Options

All main dishes 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 300 calories or less each. We really hope you enjoy them!

Calorie values are approximate based on a typical serving size. As all our dishes are hand-made to order there may be slight variations.

OUR SPECIALS

All of our specials are individually prepared and cooked to order. These dishes are firm Frankie's favourites and we believe you'll think so too.

New England Breakfast	£9.05
Two rashers of bacon, two sausages, two free range fried eggs, Heinz baked beans, grilled tomato, sautéed mushrooms and Frankie's herb potatoes.	
Frankie & Benny's Omelette 🌱	£7.25
Three free range egg omelette served with house fries and a salad garnish. Add ham, bacon, mushroom, tomato or cheese 50p each	
Vegetarian Breakfast 🌱	£6.95
Free range fried or scrambled eggs, grilled flat mushroom, French toast, grilled red and yellow peppers, grilled tomato and baked beans.	
Beer Battered Cod & Chips	£10.25
Two prime fillets of cod in a light golden beer batter. Served with house fries, a salad garnish and tartare sauce on the side.	
F&B New York Chicken	£14.45
A chicken breast topped with crispy bacon and Monterey Jack cheese smothered in our famous BBQ sauce. Served with spicy onion rings, corn on the cob, coleslaw and your choice of herb potatoes or fries.	
Salmon Fishcakes	£10.95
Tender salmon, fresh red pepper and mozzarella cheese fishcakes. Served with a fresh rocket and Italian hard cheese garnish and your choice of herb potatoes, house fries or a jacket. Tartare sauce on the side.	
Chargrilled 6oz* Steak 400 kcal 🌱	£10.95
Our 6oz* strip sirloin cooked to your liking and served with a fresh rocket, tomato, spinach and red onion salad, sprinkled with Italian hard cheese. Cherry tomatoes on the vine and half a char-grilled lemon are served on the side.	
Salt & Pepper Scampi	£10.75
Breaded sea salt and cracked black pepper scampi served with your choice of herb potatoes, house fries or a jacket. Fresh rocket and Italian hard cheese garnish, lemon wedge and tartare sauce are served on the side.	
Mediterranean Vegetable Risotto 🌱	£9.95
Arborio rice cooked in a rich tomato and white wine sauce with sun kissed tomatoes, Mascarpone cheese and a selection of roasted Mediterranean vegetables. Served with garlic ciabatta and sour cream on the side.	
Lemon & Lime Chicken	£10.50
Our lightest special dish. Grilled, marinated chicken served with an avocado and green salad, with corn on the cob and a citrus dressing on the side.	
Little Italy's Big Grill	£17.25
For the meat lovers! Steak, pork sausage, back bacon and grilled chicken breast. Served with onion rings, tomato, mushrooms, free range fried egg and herb potatoes.	
Steak & Fries	£10.95
A 6oz* strip sirloin served plain and simple with house fries and a pot of American mustard on the side. Simple but classic!	
8oz* Rump Steak	£16.45
Cooked just how you like it, served with roasted cherry tomatoes on the vine, flat mushroom, and your choice of herb potatoes, house fries or a jacket. Fresh rocket and Italian hard cheese garnish served on the side.	

Our steaks are UK/Ireland sourced, hand cut and aged for a minimum of 21 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 95p?

SIDES

Spicy Onion Rings 🌱	£3.95
Warm Ciabatta Bread 🌱	£2.95
Olives 🌱	£2.95
House Salad 🌱	£3.75
Baby Caesar Salad	£3.95
Mixed Vegetables 🌱	£3.35
Coleslaw 🌱	£2.75
House Fries 🌱	£3.45
Jacket Potato 🌱	£3.45
Frankie's Herb Potatoes 🌱	£3.45
Corn on the Cob 🌱	£2.15

CHILDREN'S MENU

Available all day from **£4.50**

includes a main course, dessert, drink and a Frankie & Benny's activity pack. Ask for your child's free portion of fresh vegetables or salad.

BURGERS & CLUBS

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

Classic Hamburger	£9.45
Our 6oz* grilled hamburger served simple. Lettuce, tomato, red onion, dill pickle and mayo.	
Cheeseburger	£9.95
A real favourite! Monterey Jack cheese, lettuce, tomato, red onion, dill pickle and mayo.	
F&B Black Pepper Mayo Burger	£10.25
Our best burger yet! A Cajun spiced burger with crispy grilled bacon, lettuce, tomato, red onion and dill pickle, topped with our secret black pepper mayonnaise sauce.	
Bacon Cheese Burger	£10.45
Crispy grilled bacon, Monterey Jack cheese, lettuce, tomato, red onion and dill pickle with mayo.	
F&B Black & Blue Burger	£10.25
A Cajun spiced burger glazed with melted blue cheese and served with lettuce, tomato, dill pickle, spicy onion rings and blue cheese dressing.	
Mediterranean Veg Burger 🌱	£9.45
A Mediterranean style combination of red peppers, olives, sun dried tomatoes and mozzarella cheese. Served with lettuce, tomato, red onion, dill pickle and mayo.	
Grilled Chicken Breast Burger	£10.75
A chicken breast topped with mayo, lettuce, fresh cut tomato and spicy onion rings. Served on a toasted sesame seed bun with house fries and a pot of golden corn relish.	
Manhattan Burger	£12.45
Two 6oz* grilled hamburgers stacked high and topped with crispy grilled bacon, Monterey Jack cheese, lettuce, tomato, red onion, dill pickle, mayo and spicy onion rings.	
Chicken Club Triple Decker	£9.95
Grilled chicken breast, crispy bacon, 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.	
Boston Club	£9.65
Toasted bloomer bread, rocket, egg mayonnaise, ranch dressing, roasted green and red peppers, fresh tomato & chilli relish.	

SALADS

Caesar Salad	£7.95
Crispy Cos lettuce, white anchovies, tomato and fresh garlic ciabatta croutons drizzled with our Caesar dressing, topped with Italian cheese and served with a wedge of lemon. Add one of the following for £2.50 • Grilled chicken breast • Seasoned calamari • Crab cake	
F&B New Yorker Cobb	£9.60
Avocado, boiled egg, baby spinach, bruschetta topping, crispy croutons, toasted pine kernels, mushrooms, mixed salad leaves and ranch dressing. Add bacon & grilled chicken £1.50.	
Warm Chicken Salad	£9.75
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 garlic ciabatta bread on the side.	
Citrus Chicken Salad 600 kcal 🌱	£9.95
Mixed leaves with spinach, tomato, red onion, cucumber and cherry tomatoes, drizzled with our delicious lemon and basil dressing and seasoned with black pepper. Topped with your choice of chicken breast served either plain or with Cajun spices and half a char-grilled lemon on the side for added flavour.	



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

F&B denotes that these are our favourite dishes!

Our prices include Value Added Tax at the current rate

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

Take a look at our DESSERTS MENU

from only **£2.95**

Are you in a hurry? We can give you the bill when you order - simply ask your server.