

Frankie & Benny's

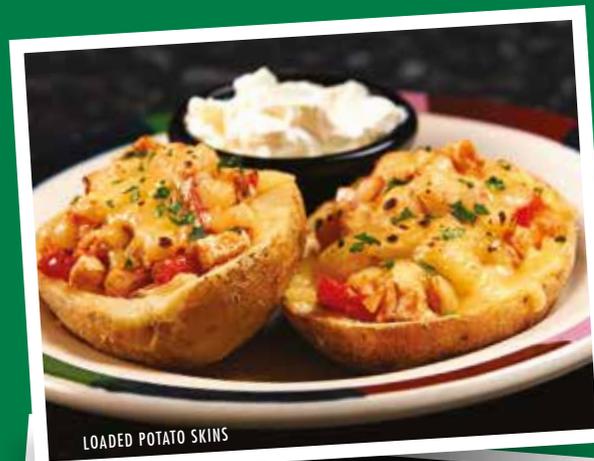
NEW YORK ITALIAN RESTAURANT & BAR



GLUTEN FREE MENU

ACCREDITED BY COELIAC UK 

THE DISHES ON THIS MENU ARE PREPARED WITH NO GLUTEN CONTAINING INGREDIENTS



LOADED POTATO SKINS



SKINNY BURGER

To reduce the risk of cross contamination from allergens during preparation there are controlled procedures in the kitchen. Every care is taken to avoid any cross contamination when processing a specific allergen free order. We do however work in a kitchen that processes allergenic ingredients and do not have a specific allergen free zone or dedicated fryers. All dishes on this menu are subject to ingredients availability.

www.frankieandbennys.com

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★ APPETISERS ★

TOMATO & BASIL SOUP	£4.95	LOADED POTATO SKINS	£6.25
Our chef's favourite, served simple and delicious!		Mouth-watering and fully loaded. Served with sour cream on the side. Choose from:	
PRAWN MEDLEY	£6.50	★ BBQ Chicken, Sweetcorn & Cheddar	
Large prawns, crisp iceberg lettuce, red pepper, red onion and cucumber tossed in our delicious Marie Rose sauce.		★ Crispy Bacon & Cheddar	
		★ Melted Cheddar & Homemade Bruschetta Mix.	

★ MAIN COURSES ★

BOSTON BBQ CHICKEN	£14.75	ZINGY CHICKEN SALAD	£10.60
A chicken breast topped with bacon and cheese smothered in our famous BBQ sauce. Served with coleslaw, a jacket and a side salad.		Warm tender chicken breast served with mixed leaves, roasted red pepper, fresh cherry tomatoes, sweetcorn, cucumber and red onion, drizzled with our delicious chilli, garlic and lime dressing.	
STEAK & SALAD	£12.95	ZINGY SALMON SALAD	£11.60
A 7oz* 28 day aged rump steak served fuss free with a jacket and salad with ranch dressing on the side.		A salmon fillet served with mixed leaves, roasted red pepper, fresh cherry tomatoes, sweetcorn, cucumber and red onion, drizzled with our delicious chilli, garlic and lime dressing.	
SKINNY BURGER	£9.95	FULLY LOADED OMELETTE	£9.95
Our 6oz* grilled beef burger with fresh baby gem lettuce, tomato, red onion and dill pickle – served naked without the bun!		A four egg omelette loaded with mixed peppers, red onion, button mushrooms, Cheddar cheese and mozzarella. Served with a jacket and salad on the side.	
HICKORY BBQ RIBS	£16.95		
A full rack of tender baby back pork ribs glazed in our famous BBQ sauce. Served with a jacket, coleslaw, side salad and extra BBQ sauce on the side.			

★ DESSERTS ★

AUNT CARLA'S REAL DAIRY ICE CREAM	£4.65	SORBET	£3.45
3 generous scoops of our finest real dairy ice cream served with a wafer. Choose any three of the following flavours: Vanilla, Strawberry, Chocolate, Toffee, Mint Choc Chip or Brownies & Cream.		Two refreshing scoops served with a sprig of mint. Choose from: ★ Lemon ★ Mango	

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

Allergies: Gluten-free means food that contain gluten at a level of no more than 20 parts per million. 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. *All weights are approximate before cooking. 1oz=28g uncooked weight.

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Service is at your discretion. Any tips will be passed directly to your server.

We accept all major credit cards. Our prices include Value Added Tax at the current rate.

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