

Plant-based dishes with Italian American roots

While you wait

Marinated Olives Tasty little Mediterranean treats

Mini Breadsticks Basil flavoured breadsticks







Dough Balls Fresh from the oven, with a garlic and herb dip	4.89
Garlic Pizza Bread Add vegan mozzarella alternative for just 0.50	3.99
Plantballs Italiano Flavoursome vegan balls made with oats, broad bean & pea protein, served in a spicy tomato sauce with vegan mozzarella alternative and rocket	6.29
Vegan Loaded Skins Fully loaded with red pepper, olive and sundried tomato, topped with a vegan cheese alternative and served with vegan mayo	5.59
Mushroom Ravioli 😥	5.99

Mini pasta parcels filled with Porcini mushroom, spinach, dairy-free cheese and garlic. Deep-fried until crisp and golden. Served with a spicy Arrabbiata sauce for dipping

Burgers & Hot Dog

The Smoky Beet Burger Soya, beetroot and tomato patty plus lettuce and gherkin. Served with vegan mayo (naturally) and fries

Viva la Vegan Burger

Vegan 1/4 pounder, lettuce, tomato, red onions, gherkin and vegan burger sauce. Served with fries **Add** vegan melted cheese sauce for 1.00

Vegan Hot Dog 🕬

7.79

9.99

9.99

American style 6" vegan sausage, fried onions and vegan mayonnaise. Served with fries



Pizza

Vegan Margherita

8.29 13.29

10"

Tomato and vegan mozzarella alternative. Nice and simple

Verdure 11.99 16.99

Roasted courgettes, pepper and torn vegan balls made with oats, broad bean & pea protein, topped with vegan mozzarella alternative and fresh parsley on tomato sauce

Calzone Vegano 😥

Our folded pizza filled with roasted peppers, courgette, soy protein, Neapolitan tomato sauce, vegan mozzarella alternative and basil. Served with a salad on the side 12.89

15"

Pasta & Salad

Arrabbiata

Roasted red peppers, red onion, green chillies and olives in a spicy tomato and garlic sauce. An Italian favourite Choose from Penne | Spaghetti Add vegan soy pieces to your sauce for 1.50

Mushroom Bianca

9.99

8.99

Mushrooms in a dairy-free creamy garlic sauce and parsley Choose from Penne | Spaghetti

Add vegan soy pieces to your sauce for 1.50



Rigatoni Ragu 😥

10.99

10.99

10.99

A rich lentil & soy mince ragu bake with tomato, grilled red pepper, red wine, fennel & thyme. Tumbled together with rigatoni pasta and smothered in vegan béchamel and dairy-free cheese alternative. Topped with rocket

Mediterranean Lasagne

Layers of grilled Mediterranean vegetables with pasta, dairy-free white sauce, vegan cheese & tomato

Mediterranean Salad

Couscous, bulgar wheat, black lentils, butternut squash, green beans, broccoli and spring onion with a vinaigrette dressing



Sides	
Side Salad	3.59
Sweet Potato Fries	3.99
Fries	3.49
Loaded fries	
Vegan Cheese Fries Warm vegan cheese sauce with chilli flakes	4.99

Desserts

Chocomisu

Vegan sponge soaked in a coffee & brandy syrup, layered with chocolate and coffee vegan cream, and dusted with cocoa powder

Apple Crumble 😥

A sweet apple compote topped with vegan oats and a scoop of vegan ice cream

Chocolate & Raspberry Lava Cake 😥 5.99

A warm chocolate & raspberry sponge with a gooey top. Served with a scoop of vegan choc-chip ice cream



No-Cheesecake

5.89

5.99

5.99

Unbelievably creamy vanilla vegan cheesecake on a crumbly biscuit base with blueberry coulis and vegan choc-chip ice cream

Vegan Choc-Chip Ice Cream 🚟

Two scoops	2.99
Three scoops	3.59
Vegan Chocolate Chip Shake	3.99

Soya milkshake with vegan choc-chip ice cream and chocolate sauce

Kighter option - with mains under 650 and desserts under 350 calories. Gluten Free versions of many of our dishes are available on request. Please ask your server for our Gluten Free menu. All dishes on this menu are vegan and not made with any animal products. However we do not have a dedicated preparation or cooking area for vegetarian or vegan food. Please speak to a member of staff in our restaurants if you have any food allergies or intolerance. An optional 10% service charge will automatically be added to the bill for parties of 10 or more. We reserve the right to amend or withdraw these offers at any time Frankie & Benny's, 5-7 Marshalsea Road, Borough, London, SE1 IEP FB3001-VGN1&2