

# Frankie & Benny's KIDS MENU



**Small Eaters 6.80**  
**Big Eaters 8.30**  
**Gluten-free 8.30**

Includes a  
drink, main  
& dessert

## WELCOME TO FRANKIE & BENNY'S

Follow our steps below to ordering and eating your delicious meal and see some friends along the way. It's as easy as ABC!

Tackle our activity sheet with the brave Prince Ivandoe (& Bert) & turn over this for a bat-tastic time choosing what to have with Bam & the gang...

**It's time to eat!**



**A**

### TIME TO CHOOSE

Get comfy, choose your drink then flip over your menu to pick your main and dessert!

**B**

### HAVE SOME FUN

Get creative and dive into some activities while we prepare your meal - it's play time!

**C**

### GET MUNCHING

When your food arrives make some room and don't forget to eat your veggies - they'll get you **GROWING**

**1**

## CHOOSE A DRINK

### Fruit Juices

Choose from:

Orange (94 kcal) | Apple (93 kcal) |  
Cranberry\*\* (50 kcal) | Pineapple (108 kcal)  
**Get fizzy! Add a dash of sparkling water**

### Squash

Blackcurrant (4 kcal) |  
Orange (3 kcal)

### Water

Still | Sparkling (0 kcal)

### Milk


Cold Milk

Plain (95 kcal) | Oat  (107 kcal)

### Bambinoccino

Warm & Frothy (47 kcal)

### Softails

Fruity Sunrise 

Orange & apple juice with grenadine (121 kcal)

Apple Twilight 

Apple juice & blackcurrant (93 kcal)

### Speciality Drinks

Tutti Sunset 1.60

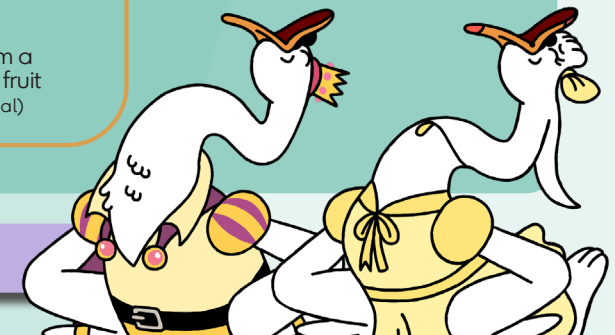
Orange juice, raspberry syrup,  
grenadine & lemonade (119 kcal)

Innocent Sparkling  
Apple & Berry  1.60

Flavoured soft drink made from a  
slightly sparkling blend of pure fruit  
juices and spring water (96 kcal)

All of these  
drinks are  
gluten-free!

Refill your  
drink  
for 50p





## 2

### CHOOSE A MAIN

All meals are served with a veggie pot of cherry tomato, cucumber & pepper

5 a day

Look out for to count your fruit & veg!

#### Small Eaters

**Crispy Omega 3 Fish Fingers†**   
(240 kcal)

**Crispy Chicken Nuggets** (312 kcal)

**Vegan Nuggets** (330 kcal)

**Piccolo Pasta Bolognese**  
Bolognese sauce with spirali pasta with carrot & courgette spirals  
With veggies (320 kcal) |  
No veggies (306 kcal)

**Piccolo Pasta Napoletana**  
Napoletana sauce with spirali pasta, carrot & courgette spirals  
With veggies (228 kcal) |  
No veggies (214 kcal)

Ask your server about our selection of baby food



**Cheesy Tomato Pizza**  
(396 kcal)

**Choose two toppings:**  
Pepperoni (65 kcal) |  
Ham (22 kcal) |  
Chicken (35 kcal) |  
Red pepper (13 kcal) |  
Courgette (8 kcal) |  
Broccolini (28 kcal) |  
Sweetcorn (19 kcal) |  
Mushroom (2 kcal) |  
Cherry tomato (9 kcal)

**Chicken Wrap**   
Chicken breast, red pepper, courgette, carrot, mayonnaise, lettuce & cucumber in a tortilla wrap  
(507 kcal)

#### Big Eaters

**Vegan Pizza**   
with vegan mozzarella  
(356 kcal)

**Choose two toppings:**  
Mushroom (2 kcal) |  
Red Pepper (13 kcal) |  
Courgette (8 kcal) |  
Broccolini (28 kcal) |  
Cherry tomato (9 kcal) |  
Sweetcorn (19 kcal)

**Burger**   
Served in a wholemeal bun with lettuce & ketchup

**Choose from:**  
4oz\* British & Irish Beef Burger (416 kcal) |  
Chicken (258 kcal)  
**Add cheese for free** (+59 kcal)

**Pasta & Meatballs**  
Delicious pork & beef Napoletana meatballs with spirali pasta, courgette & carrot spirals.  
With veggies (529 kcal) |  
No veggies (515 kcal)

**Mac 'n' Cheese**   
Mixed with broccolini & roasted red pepper (358 kcal)

**Mini Baked Salmon†**   
Served with broccolini  
(196 kcal)

**Mini Grilled Chicken Breast**   
Served with broccolini  
(143 kcal)

## 3

### CHOOSE A SIDE

All our small & big eaters dishes include a side of your choice

**Fries** (214 kcal)

**Side Salad** (23 kcal)

**Garlic Bread** (226 kcal)

**Mashed Potato** (144 kcal)

**Heinz Baked Beans** (59 kcal)

**Peas** (58 kcal)

**Corn On The Cob** (19 kcal)

**Broccolini** (21 kcal)

Additional side orders can be purchased, ranging from 50p to £1

### GLUTEN FREE MENU

Gluten-free options have sides included

**Mini Baked Salmon†**   
Served with broccolini & mash (477 kcal)

**Bolognese Pasta**  
Gluten-free fusilli pasta with bolognese, carrot & courgette  
**Choose from:**  
With veggies (546 kcal) |  
No veggies (532 kcal)

**Mini Grilled Chicken Breast**   
Served with broccolini & mash (323 kcal)

**Tomato Pasta**   
Gluten-free fusilli pasta with tomato sauce, carrot & courgette  
**Choose from:**  
With veggies (455 kcal) |  
No veggies (441 kcal)

**Burger**   
With lettuce & ketchup in a gluten-free bun. Served with mash  
**Choose from:**  
4\*oz British & Irish Beef Patty (679 kcal) | Grilled chicken (531 kcal)  
**Add cheese for free** (59 kcal)

**Cheesy Tomato Pizza** (678 kcal)

**Choose two toppings:**  
Pepperoni (65 kcal) |  
Red pepper (13 kcal) |  
Chicken (41 kcal) |  
Mushroom (2 kcal) |  
Courgette (8 kcal) |  
Broccolini (28 kcal) |  
Cherry tomato (8 kcal) |  
Sweetcorn (19 kcal) |

## 4

### CHOOSE A DESSERT

**Frankie's Ice Cream Pots**   
Northern Bloc lower sugar ice cream in Frankie's own mini pots  
**Choose from:**  
Vanilla (125 kcal) | Chocolate (124 kcal)

**Ice Cream**   
Do it yourself! Two scoops of ice cream with fresh fruit to decorate  
**Choose from:** Strawberry (68 kcal/ps) |  
Mint Choc-Chip (08 kcal/ps) |  
Vegan Choc-Chip (90 kcal/ps)

**Brownie & Ice Cream**   
Warm gluten-free brownie with banana, ice cream & chocolate sauce (411 kcal)

**Fruit Pot With Choco Dip**   
Fresh fruit with chocolate dipping sauce (167 kcal)

**Pip® Organic Berry Fruit Ice Squeezer**   
A very berry ice squeezer packed with organic goodness without any nasties (31 kcal)

**Pip® Organic Tropical Ice Squeezer**   
Totally tropical, full of the sunniest fruits (39 kcal)

**Jelly & Fruit**   
No added sugar raspberry jelly with fresh fruit & whipped cream (121 kcal)

All of these desserts are gluten-free!



Both menus are available for children up to the age of 11 years. We've provided you with the calorie information for each dish to help you make an informed choice. Children between 5-10 years old need around 1,800 calories a day. This will vary by age and level of activity, as some children will need less and some will need more. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/- 20% variance on published calorie values. For latest information please visit our website. 1 of 5 a day = a minimum of 60g of fruit or vegetables, or 150ml pure juice. These dishes are made from ingredients that do not contain meat or fish. These dishes are not made with any animal products. However, we do not have a dedicated area in our kitchen for vegetarian or vegan food. Fish may contain small bones. Cranberry juice drink. Gluten-free means foods that contain gluten at a level of no more than 20 parts per million. Allergies: we follow strict hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces other than gluten, may be found in any item. Speak to a member of staff if you have any food allergies or intolerance. Full allergen information can be found at [www.frankieandbennys.com/allergy-information](http://www.frankieandbennys.com/allergy-information). Service charge 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. Frankie & Benny's, 5-7 Marshalsea Road, Borough, London SE11P. FB\_KIDS\_1022

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WATCH BATWHEELS ONLY ON CARTOONITO

