

Nashville Chicken Skewers



Starters

FeelGood **Marinated Olives** **VG** 2.99
Great nibble while you wait

Fully Loaded Potato Skins 5.29
Three crispy potato skins with creamy cheesy mash filling
Choose from: Cheese & chives **V** | Bacon, cheese & chives

FeelGood **Tuscan Soup** **VG** **New** **We recommend** 4.49
A hearty soup of tomato, mixed vegetables, beans and mixed herbs

FeelGood **Nashville Chicken Skewers** **HP** 5.79
Marinated chicken in Nashville Hot sauce with cucumber, roasted pepper and sour cream

Pasta

Made with gluten-free fusilli pasta

Arrabiata **VG** 8.59
Roasted red peppers, red onion, green chillies and olives in a spicy tomato and garlic sauce. An Italian favourite

Pomodoro **V** **We recommend** 7.99
Tossed in Neapolitan tomato sauce with garlic, basil and mozzarella

Carbonara 9.99
Tossed in cheese sauce with crispy bacon
Add chicken for 1.50

Bolognese 9.99
Rich beef Bolognese sauce. Classic!

King Prawn Risotto 13.79
Creamy risotto and juicy prawns with seasonal green vegetables and a courgette & prosecco sauce

Burgers

Served in our gluten free bun and with a jacket potato on the side

Classic Beef 8.99
6oz* burger with mayo and garnish. No frills, all flavour

Classic Cheese 9.99
All of the above plus Monterey Jack cheese

The House Special **We recommend** 9.99
6oz* burger with our signature burger sauce, fried onions and sliced gherkin. A true Frankie's special

Bacon Cheese 10.99
6oz* burger with lettuce, tomato, mayo, streaky bacon and Monterey Jack cheese

Double Bacon Cheese 13.99
Two 6oz* burgers, with two lots of bacon, Monterey Jack cheese and mayo. Double. Of. Everything!

New York Deli 15.29
6oz* burger with pastrami, sauerkraut, sliced gherkin, mayo and deli mustard. Our very own sky scraper

Classic Chicken 9.99
Simply the breast, with mayo

Chilli Cheese 11.99
6oz* burger topped with Monterey Jack cheese, beef chilli con carne and mayo

Sides

'Slaw **V** 2.99

Corn on the Cob **V** 2.99

Green Vegetables **V** 2.99

Side Salad **VG** 3.49

Jacket Potato 3.99

Choose from: Bacon | Cheese & Chives **V**




FeelGood A lighter option, with starters under 400 calories, mains under 650 calories and desserts under 350 calories

V Vegetarian **VG** Vegan **HP** Our high protein options

If you have an allergy please discuss with your server before ordering.



Pizza

All our pizzas are served on our rectangular gluten-free base

BBQ Chicken Slices of tender chicken, mozzarella and BBQ sauce	9.99	The Hawaiian Ham, mozzarella and juicy pineapple. Aloha!	8.99
Margherita  Tomato and mozzarella. Nice and simple Ask for our new vegan mozzarella alternative  New	7.99	Goat's Cheese  Creamy goat's cheese, caramelised red onions and mozzarella finished with rocket	10.29
Pepperoni Pepperoni and mozzarella Go hotter with green chillies (on us)	9.99	Spicy Chicken Americano Chicken, pepperoni, red onion, green chilli and mozzarella	11.49






We recommend

Grills & Salads

New York BBQ Chicken Chicken breast topped with bacon, cheese and BBQ sauce with a jacket potato, 'slaw and corn on the cob	13.99	FeelGood Nashville Chicken Skewers  Chicken breast marinated in Nashville Hot sauce with salad and sour cream	10.49
Smoky BBQ Ribs Falling-off-the-bone tender pork ribs smothered in BBQ sauce, served with a jacket potato, 'slaw and corn on the cob Choose from: Whole rack of ribs Half rack of ribs	15.99 11.49	FeelGood Chicken, Bacon & Avocado Salad  Served over dressed leaves, tomatoes and red onion	11.99
Sirloin Steak 8oz* sirloin steak, sautéed mushrooms, roasted tomato and a jacket potato	16.99	FeelGood Seared Steakhouse Salad  Juicy 7oz* rump steak sliced over mixed leaves, tomatoes, cucumber, radish, red onion, pumpkin seeds, basil and fresh mint, all drizzled with chilli dressing	12.69
Salmon Fillet † Served with a jacket potato & sour cream, peas, broccoli, green beans and pesto	13.99		

We recommend

Desserts

Peaches & Cream Sundae  Peach slices, vanilla ice cream, whipped cream, maple syrup and gluten-free shortbread. Creamy does it!	4.99	FeelGood Ice Cream  Choose from: Vanilla Chocolate Strawberry Coconut Delight  Vegan Choc-Chip  One scoop Two scoops Three scoops	2.19 2.99 3.49
Sticky Toffee Pudding  Toffee sponge made with gluten-free flour and served with vanilla ice cream	5.99	FeelGood Sorbet  Choose from: Lemon Mango Coconut Delight One scoop Two scoops Three scoops	2.19 2.99 3.49
FeelGood Fruit Salad  With creamy natural yoghurt	3.49		
Brownies & Ice Cream Gluten-free brownie served warmed with whipped cream, ice cream and chocolate sauce	5.59		

We recommend

Brownies & Ice Cream

