

Starters



Tuscan Soup

FeelGood **Marinated Olives** **VG** 2.99

Great nibble while you wait

Dough Balls **VG** 4.49

Fresh from the oven, with a garlic & herb dip

Garlic Pizza Bread **VG** 3.99

Baked and loaded with herbs

Add mozzarella for 0.50

Add vegan mozzarella alternative for 0.50 **VG** **New**

Add mozzarella, tomato and chilli for 1.00

Cheeseburger Dough Balls 5.79

Filled with beef, cheese and pickles, with our dipping burger sauce. Great balls of flavour!

Sticky Chicken Wings 5.99

Served with sour cream and coated in your choice of sauce

Choose from BBQ | Nashville Hot

Southern Fried Chicken 5.99

Tender chicken strips with a BBQ sauce dip

Super Slider Burgers 7.29

Mini cheese, southern fried chicken and crispy crab & cod[†] cake burgers. Because good things come in threes

FeelGood **Tuscan Soup** **VG** **New** **We recommend** 4.49

A hearty soup of tomato, mixed vegetables, beans and mixed herbs. Served with toasted ciabatta and garlic & herb dip

Mozzarella Sticks **V** 4.99

Crispy sticks of melting mozzarella, with Neapolitan tomato sauce. Cheesy does it

Chickenless Nuggets **VG** **New** 5.99

Rice protein & chia nuggets tumbled in spicy vegan Sriracha mayo and served with vegan mayo

FeelGood **Nashville Chicken Skewers** **HP** 5.79

Marinated in Nashville Hot sauce with cucumber, roasted pepper and sour cream

Fully Loaded Potato Skins 5.29

Crispy potato skins filled to the brim

Choose from Cheese & chive **V** or bacon, cheese & chive

Calamari **We recommend** 6.59

Served with garlic mayo and lemon

Mushroom Bruschetta **V** **New** 4.99

Toasted ciabatta topped with creamy garlic mushrooms, onion and mushroom sauce, finished with cheese and fresh herbs

Crab & Cod Bites[†] 6.99

Breaded crab & cod bites with a hint of chilli, served with rocket and garlic mayo

FeelGood **Bruschetta Napoli** **V** 4.29

Toasted ciabatta bread topped with tomato, red onion, basil and pesto

Mushroom Bruschetta



Sharing Starters

Sticky Wings Feast - Great for 2-3 people 10.99

Wings served with sour cream and blue cheese dips coated in your choice of sauce

Choose from BBQ | Nashville Hot

Dough Ball Delight **V** - Great for 2-3 people 8.79

A double serving of oven fresh dough balls, with garlic & herb, Neapolitan tomato and pesto dips.

Grab some extra dough!

Meat Feast - Great for 3-4 people 11.59

Tender chicken bites, BBQ ribs, cheese and bacon topped garlic ciabatta, loaded potato skins, plus sour cream and dips. Feast on this!

Chicken Variety - Great for 3-4 people 15.79

Southern fried chicken, skewers and BBQ wings, served with onion rings, garlic ciabatta and dips.

A chicken lover's dream

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

V Vegetarian

VG Vegan

HP Our high protein options

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

Gluten Free versions of many of our dishes are available on request. Please ask your server for more details!

Burgers

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 gherkin. A true Frankie's special

New York Deli 15.29

6oz* burger with Monterey Jack cheese, pastrami, sauerkraut, gherkin, mayo and deli mustard. Our very own sky scraper

Double Bacon Cheese 13.99

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

The All American 14.69

6oz* burger with lettuce, tomato, mayo, mac 'n' cheese, streaky bacon and onion rings U-S-A! U-S-A!

Barbacoa Burger 15.69

6oz* burger with lightly spiced pulled BBQ beef, Monterey Jack cheese, mayo and onion rings

Bacon Cheese 10.99

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

Chilli Cheese 11.99

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



Viva La Vegan

Veggie

The Smoky Beet *We recommend* 9.99

Soya, beetroot, & tomato patty plus lettuce and gherkin. With vegan mayo (naturally)

Viva la Vegan *VG New* 9.99

Vegan 1/4 pounder, lettuce, tomato, red onions, gherkin and vegan burger sauce

Chicken

Classic Chicken 9.99

Simply the breast, with mayo

Crispy BBQ Chicken 11.49

Breaded buttermilk chicken breast with red onions, mayo, lettuce and BBQ sauce

Nashville Hot Chicken 12.99

Breaded buttermilk chicken breast with Monterey Jack cheese, gherkin, lettuce, Nashville Hot sauce and mayo

Milkshakes

Vanilla | Chocolate | Strawberry 3.59
 Cookie Crumble with OREO® 3.99
 Caramel Biscuit 3.99



FeelGood Remove bun or Swap Fries for Salad or Corn

Do it your way

ADD TOPPINGS

1.00 each

Streaky bacon
 Pulled pork
 BBQ pulled beef
 Monterey Jack cheese

1.79 each

Mac 'n' cheese
 Onion rings

DOUBLE UP+

2.29 each

Beef burger
 Grilled chicken
 Crispy chicken
 Vegan patty

SWAP YOUR FRIES

Free

Upgrade to sweet potato fries for free

NEW

Big-up your fries

2.99 with any burger

Choose from

Cajun Cheese Fries *VG*
 Bacon & Cheese Fries
 Chilli Cheese Fries
 Pizza Fries

New York Deli



Pasta

Chicken & Mushroom Penne 9.99
Tender chicken breast in a creamy white wine and mushroom sauce, tossed with penne

FeelGood Classic Beef Lasagne 9.79
Just like mamma used to make

Spaghetti Pomodoro 7.99
Spaghetti and garlic tossed in Neapolitan tomato sauce with basil and mozzarella.

FeelGood with a smaller portion and salad 6.49

Spaghetti & Meatballs 11.69
Pork & beef meatballs over spaghetti with Neapolitan tomato sauce. Napkin essential

Ultimate Mac 'N' Cheese 9.29
Macaroni cheese topped with a cheesy crumb. The ultimate comfort food
Add bacon or BBQ pulled pork for 1.00

Spaghetti Bolognese 9.99
Rich beef Bolognese sauce over spaghetti. Classic!

Frankie's Classic Meatballs *We recommend* 12.99
Pork & beef meatballs in a beef Bolognese and Neapolitan tomato sauce with penne pasta, basil and mozzarella

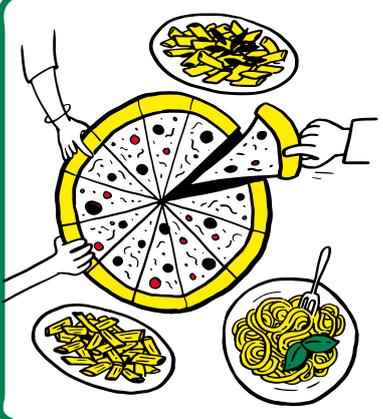
King Prawn Risotto 13.79
Creamy risotto and juicy prawns with seasonal green vegetables and a courgette & prosecco sauce

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

Mac No Cheese **VG** **New** 9.29
Creamy cauliflower sauce with butternut squash, pasta, a crisp herb crumb and rocket

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





Frankie's Super Deal

23.99

Choose your favourite 15" pizza and any three pasta dishes to share
Hope you're hungry!

Frankie's Classic Meatballs



Pizza

Pepperoni



Classic

	10"	15"
Pepperoni Pepperoni and mozzarella. Go hotter with green chillies (on us)	9.99	14.99
BBQ Chicken Slices of tender chicken, mozzarella, chives and BBQ sauce	9.99	14.99
Margherita V Tomato and mozzarella. Nice and simple. Ask for our new vegan mozzarella alternative VG New	7.99	12.99
The Hawaiian Ham, mozzarella and juicy pineapple. Aloha!	8.99	13.99
Kansas City BBQ VG New Vegan chicken strips, BBQ sauce, vegan mozzarella alternative, red onions and chives	9.99	14.99
New York Giant Pork & beef meatballs, mozzarella, chicken, bacon, ham, pepperoni, red pepper and red onion, on a BBQ base	11.79	16.79
Spicy Chicken Americano We recommend Chicken, pepperoni, red onion, green chilli and mozzarella	11.49	16.49
Meatball Deluxe Pork & beef meatballs, ham, pepperoni, mozzarella and cheddar cheese	9.79	14.79
Goat's Cheese V Creamy goat's cheese, caramelised red onions and mozzarella finished with rocket	10.29	15.29

Do it your way

EXTRA TOPPINGS

1.29 each	1.79 each
Mushroom	Pepperoni
Pineapple	Ham
Mozzarella	Bacon

Calzones

Meatball Feast Pork & beef meatballs, pepperoni, chicken, red onion, red pepper, mozzarella and BBQ sauce	12.69
Pepperoni Supreme Pepperoni, ham, bacon, mushrooms and mozzarella	12.49

Skinny - full taste, half the dough

FeelGood Skinny Veggie V Red onion, red peppers, mushrooms, olives, green chillies, mozzarella and rocket. Ask for our new vegan mozzarella alternative VG New	9.99
FeelGood Skinny Prawn Juicy prawns, green chillies, red peppers and mozzarella finished with tomato and red onion	10.29
FeelGood Skinny Chicken We recommend Chicken, ham, mushroom, and mozzarella. Great taste, less calories	9.99



Not on a date?

Tuck into our garlic bread for 3.99

Skinny Chicken



Barbacoa Dog



Hot Dogs Served with fries

	Reg 6"	Footlong 12"		Reg 6"	Footlong 12"
Classic With ketchup and mustard	7.49	9.99	Not Dog VG New American style vegan sausage, fried onions and tomato ketchup	7.49	-
Wrapped Bacon wrapped hot dog topped with cheddar cheese	8.69	11.19	Barbacoa Dog Topped with lightly spiced pulled BBQ beef, sour cream and spring onions	8.69	11.19
BBQ Pulled Pork Fully loaded with BBQ pulled pork. Best in show!	8.29	10.79	Philly Steak Philled to the brim with steak, red peppers, red onion and cheddar cheese	9.29	11.79

Grills

New York BBQ Chicken 13.99
Chicken breast topped with bacon, cheese and BBQ sauce with onion rings, fries, 'slaw and corn on the cob

Smoky BBQ Ribs We recommend
Falling-off-the-bone tender pork ribs smothered in BBQ sauce, served with fries, 'slaw and corn on the cob
Choose from
Whole rack of ribs 15.99
Half rack of ribs 11.49

Steak & Fries 12.99
7oz* rump steak, sautéed mushrooms, roasted tomato, onion rings and fries
Choose from Garlic & herb | Spicy peppercorn

Sirloin Steak 16.99
8oz* sirloin steak, sautéed mushrooms, roasted tomato, onion rings and fries
Choose from Garlic & herb | Spicy peppercorn

Ultimate Mixed Grill We recommend 19.99
7oz* rump steak, chicken breast, half rack of ribs, BBQ wings, mushrooms, tomato, onion rings and fries
Choose from Garlic & herb | Spicy peppercorn

"I ain't no Chicken" Parmigiana VG New 12.79
Crispy vegan schnitzel topped with Neapolitan tomato sauce and vegan mozzarella alternative, served with spaghetti and a side
Choose from Green vegetables | Salad | Fries

BBQ Chicken & Ribs 16.49
Half roast chicken, half rack of ribs, BBQ sauce, fries, 'slaw and corn on the cob.
Eeeny-meeny-miney-both

Half Roast Chicken



Half Roast Chicken New recipe 14.99
With our Mediterranean salad including couscous, bulgar wheat, black lentils, butternut squash in a vinaigrette dressing
Choose from Lemon & Herb | BBQ | Nashville Hot

Chicken Parmigiana 12.79
Crispy chicken topped with ham, cheese and Neapolitan tomato sauce, served over spaghetti with a side
Choose from Green vegetables | Salad | Fries

Fish

Salmon Fillet† 13.99
Served with a jacket potato & sour cream, peas, broccoli, green beans and pesto

Fish & Chips 10.99
Prime fillet of cod† in golden batter, served with fries, peas and tartar sauce

Salads

FeelGood **Classic Caesar** 9.49

Baby gem lettuce, croutons and Gran Levanto cheese smothered in Caesar dressing. Hail Caesar!

Add grilled chicken breast for 2.00

FeelGood **Seared Steakhouse**   12.69

Juicy 7oz* rump steak sliced over mixed salad, radish, pumpkin seeds, basil and fresh mint, with chilli dressing

FeelGood **Nashville Chicken Skewers**   10.49

Chicken breast marinated in Nashville Hot sauce with salad and sour cream

FeelGood **Goat's Cheese**  9.99

Creamy goat's cheese with crunchy croutons, red peppers and mixed salad with olive oil and pesto

FeelGood **Chicken, Bacon & Avocado**   11.99

Served over dressed leaves, tomatoes and red onion

FeelGood **Mediterranean Salad**  *New recipe* 10.99

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

Add salmon fillet* for 2.50

Add grilled chicken breast for 2.00

Seared Steakhouse



Wraps

Served with fries and 'slaw

Cajun Chicken Wrap 10.79

Golden fried chicken with lettuce, red onion, cheese, rocket and Cajun mayo

BBQ Cheese Chicken Wrap 11.29

Golden fried chicken with BBQ sauce, cheese, red onion, rocket and lettuce

FeelGood Swap Fries for Salad or Corn

NEW

Loaded Fries

Cajun Cheese Fries  4.29

Cajun spice & warm cheese sauce

Bacon & Cheese Fries *New recipe* 4.99

Crispy bacon & warm cheese sauce

Chilli Cheese Fries 4.99

Rich beef chilli, sour cream, warm cheese sauce & fresh green chilli

Pizza Fries 4.99

Crispy pepperoni, Neapolitan sauce and warm cheese sauce

Sides

Garlic Pizza Bread  3.99

Green Vegetables  2.99

Side Salad  3.49

Jacket Potato 3.99

Choose from Bacon, sour cream & chives | Cheese, sour cream & chives 

Sweet Potato Fries  3.99

Fries  3.49

'Slaw  2.99

Onion Rings  3.69

Corn on the Cob  2.99

Loaded Fries

