

Frankie & Benny's

# KIDS MENU

Try our  
**PURRFECT LASAGNE**

## WELCOME TO FRANKIE & BENNY'S

Follow the steps below to order - it's as easy as ABC. Tuck in and look out for our friends along the way!

Don't forget to join in on the action with our fun activity sheet, featuring The Garfield Movie.

# THE GARFIELD MOVIE

ONLY IN CINEMAS

It's time to eat!

**Small Eaters**  
6.80  
**Big Eaters**  
8.30  
**Gluten Free**  
8.30



### TIME TO CHOOSE

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



### HAVE SOME FUN

Get creative and dive into some activities while our chefs get cooking - it's play time!



### GET MUNCHING

Grab a fork, it's time to tuck in and enjoy. Don't forget to eat your veggies too - they'll make you big and strong!

Refill your drink for 50p

## 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 (95 kcal)

### Apple Twilight

Apple juice & blackcurrant (93 kcal)

### Speciality Drinks

Tutti Sunset 1.60

Orange juice, raspberry syrup, grenadine & lemonade (99 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)



## 2 CHOOSE A MAIN

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

### Small Eaters

**Crispy Omega 3 Fish Fingers†** 1  
(240 kcal)

**Crispy Chicken Nuggets** 1 (313 kcal)

**Vegan Nuggets** 1 (203 kcal)

**Piccolo Pasta Bolognese**  
Bolognese sauce with spirali pasta with carrot & courgette spirals

**Choose from:**

With veggies 2 (337 kcal)

No veggies 1 (323 kcal)

**Piccolo Pasta Napoletana** 1  
Neapolitan sauce with spirali pasta, carrot & courgette spirals

**Choose from:**

With veggies 2 (232 kcal)

No veggies 1 (218 kcal)

## 3 CHOOSE A SIDE

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

**Fries** 1 (213 kcal)

**Side Salad** 1 (70 kcal)

**Garlic Bread** 1 (226 kcal)

**Mashed Potato** 1 (126 kcal)

**Heinz Baked Beans** 1 (55 kcal)

**Sweetcorn** 1 (20 kcal)

**Broccoli** 1 (67 kcal)

**Peas** 1 (58 kcal)

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



Vegan dishes



Vegetarian dishes

### Big Eaters

**Cheesy Tomato Pizza** 1  
(380 kcal)

**Choose two toppings:**

Pepperoni (73 kcal)

Ham (22 kcal)

Chicken (35 kcal)

Red pepper 1 (13 kcal)

Courgette 1 (8 kcal)

Broccoli 1 (89 kcal)

Sweetcorn 1 (17 kcal)

Mushroom 1 (2 kcal)

Cherry tomato 1 (11 kcal)



**Purrfect Lasagne** 1

Cheesy, meaty, with layers of flavour, Garfield may hate Mondays but he loves lasagne! (339 kcal)

**Vegan Pizza** 1

with vegan mozzarella (340 kcal)

**Choose two toppings:**

Mushroom (2 kcal)

Red Pepper (13 kcal)

Courgette (8 kcal)

Broccoli (89 kcal)

Cherry tomato (11 kcal)

Sweetcorn (17 kcal)

**Burger** 1

Served in a wholemeal bun with lettuce & ketchup

**Choose from:**

4oz\* Beef Burger (480 kcal)

Chicken (254 kcal)

**Add** cheese for free

(+62 kcal)

**Mini Baked Salmon†** 2

Served with broccoli (288 kcal)

5 a day

Look out for to count your fruit & veg!

## 4 CHOOSE A DESSERT

**Frankie's Ice Cream Pots** 1

Northern Bloc lower sugar ice cream in Frankie's own mini pots

**Choose from:**

Vanilla (125 kcal) | Chocolate (124 kcal)

**Ice Cream** 1

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 1 (90 kcal/ps)

**Brownie & Ice Cream** 1

Warm brownie with banana, ice cream & chocolate sauce (411 kcal)

**Fruit Pot With Choco Dip** 1

Fresh fruit with chocolate dipping sauce (167 kcal)

**Jelly & Fruit** 1

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

**Pip® Organic Berry Fruit Ice Squeezer** 1

Packed with organic goodness without any nasties (31 kcal)

**Pip® Organic Tropical Ice Squeezer** 1

Totally tropical, full of the sunniest fruits (39 kcal)

All of these desserts are gluten-free!

## GLUTEN FREE MENU Gluten-free options have sides included

**Bolognese Pasta**

Gluten-free fusilli pasta with bolognese, carrot & courgette

**Choose from:**

With veggies 2 (563 kcal)

No veggies 1 (549 kcal)

**Mini Grilled Chicken Breast** 2

Served with broccolini & mash (255 kcal)

**Mini Baked Salmon†** 2

Served with broccolini & mash (485 kcal)

**Tomato Pasta** 1

Gluten-free fusilli pasta with tomato sauce, carrot & courgette

**Choose from:**

With veggies 2 (455 kcal)

No veggies 1 (441 kcal)

**Burger** 1

With lettuce & ketchup in a gluten-free bun.

Served with mash

**Choose from:**

4\*oz Beef Patty (690 kcal)

Grilled chicken (473 kcal)

**Add** cheese for free (62 kcal)

**Cheesy Tomato Pizza** (818 kcal) 1

**Choose two toppings:**

Pepperoni (73 kcal)

Red pepper 1 (13 kcal)

Chicken (35 kcal)

Mushroom 1 (2 kcal)

Courgette 1 (8 kcal)

Broccolini 1 (28 kcal)

Cherry tomato 1 (8 kcal)

Sweetcorn 1 (17 kcal)



THE GARFIELD MOVIE

ONLY IN CINEMAS



Both menus are available for children up to the age of 11 years. 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. 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 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/menuService](http://www.frankieandbennys.com/menuService) 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, Lower Ground Floor, Etsley House, 24/30 Great Titchfield St., London W1W 8BF