

Embark on your  
next adventure at

Frankie & Benny's

# KIDS MENU

**Small Eaters 6.80**  
**Big Eaters 8.30**  
**Non-gluten 8.30**

## WELCOME TO FRANKIE & BENNY'S

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

Don't forget to join in on the action with our fun activity  
sheet, featuring Illumination's Migration.

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

Refill your  
drink for 50p

#### 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)

#### Bambinoccio

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)

## 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** (247 kcal)

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

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

Ask your server  
about our  
selection of  
baby food

## 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

### Big Eaters

**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)

**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  
Neapolitan 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)

## NON-GLUTEN MENU

Non-gluten 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  
non-gluten!

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: [www.frankieandbennys.com/allergy-information](http://www.frankieandbennys.com/allergy-information). 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. Non-gluten means these dishes are made with non-gluten-containing ingredients. 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/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, Lower Ground Floor, Elsie House, 24/30 Great Titchfield St, London W1W 8BF FB\_KIDS\_1023

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