










# GOOD MORNING

## HOW YOU DOIN'?




### AMERICAN

- Chicken & Waffle** 8.60  
The classic American combo, served with maple-flavour syrup 948 kcal
- Breakfast Wrap** 8.80  
Flour tortilla filled with sausage, back bacon, cheese, potato tots, fried egg & chilli sauce 976 kcal
- Mushroom & Cherry Tomato Hash**  11.50  
Potato tots loaded with mushroom, cherry tomatoes, fried red onions & topped with fried eggs & red chilli sauce 569 kcal  
**Make it vegan & swap your eggs for scrambled tofu** 521 kcal 
- Beef Brisket Hash** 12.50  
Potato tots loaded with beef brisket, fried red onions, topped with fried eggs & red chilli sauce 572 kcal

### TRADITIONAL

- Locals' Favourite Breakfast** 10.95  
A traditional English breakfast with back bacon, pork sausage, your choice of egg, mushroom, baked beans, tomato & potato tots 1032 kcal
- Go Large Locals' Favourite Breakfast** 13.95  
Take your favourite breakfast up a notch with extra back bacon, eggs, pork sausage, black pudding & potato tots 1608 kcal
- The Veggie One**  11.45  
Quorn® vegan sausage, mushroom, roasted tomato, baked beans, smashed avocado, your choice of eggs, potato tots & toast 972 kcal  
**Make it vegan & swap your eggs for scrambled tofu** 864 kcal 
- Eggs Your Way**  9.00  
How do you like your eggs in the morning? Choose from: Scrambled or fried served with toast & butter 526 kcal  
**Ask to swap to GF toast** 591 kcal  
- Eggs Benedict** 11.20  
Toasted breakfast muffin, poached eggs & hollandaise sauce  
**Bacon** 627 kcal | **Ham** 552 kcal | **Mushroom** 453 kcal 
- Eggs & Avo**  10.95  
Lightly toasted breakfast muffin topped with smashed avocado & two perfectly cooked poached eggs 421 kcal  
**Add: Bacon** 194 kcal **2.25**  
**Ask to swap to GF toast** 485 kcal  


### SANDWICHES


- The Big Apple Stack** 12.60  
Load up with the ultimate breakfast ciabatta. Back bacon, sausages, cheese, a perfectly fried egg & ketchup. Served with potato tots 1527 kcal
- Breakfast Bap** 8.75  
Served in a soft white bun. Choose from:  
Bacon 635 kcal | Cumberland sausage 709 kcal |  
Quorn® vegan sausage 504 kcal  | Fried egg 586 kcal   
**Double your filling** 2.25  
**Add: Potato tots** 264 kcal  **3.95**

## SWEET STUFF



### Buttermilk Pancakes / Waffles

Choose topping:

**Chocolate & banana** 661 kcal  **10.45**

**Maple-flavour syrup** 669 kcal  **9.65**

**Bacon & maple-flavour syrup** 788 kcal **10.45**

**Porridge**  



**5.40**


Choose from:

Banana 293 kcal | Maple-flavour syrup 350 kcal | Strawberries 355 kcal

## SIDES

**Toast & Butter** 391 kcal  **3.00**

**Gluten Free Toast & Butter** 392 kcal   **3.00**

**Croissant & Butter** 501 kcal  **3.40**

**Pain au Chocolat** 386 kcal  **3.60**

*Add a tasty jam or spread - ask for what's available 1.00*

## COCKTAILS & JUICES

**Bloody Mary** **10.00**

Vodka, tomato juice, hot sauce, Worcestershire sauce, lemon juice, celery, salt & black pepper

**Make it virgin - same great taste without the alcohol** 44 kcal **6.00**

**Mimosa** **9.80**

Prosecco topped with orange juice

**Fresh Orange Juice** 127 kcal **4.10**

**Fruit Juice** **4.00**

Apple 160 kcal | Orange 194 kcal | Cranberry\* 163 kcal | Pineapple 185 kcal

## HOT DRINKS

**Americano** 13 kcal **3.65** **Flat White** 97 kcal **3.95**

**Caffe Latte** 193 kcal **3.95** **Mocha** 253 kcal **4.25**




**Cappuccino** 189 kcal **3.95** **Hot Chocolate with Marshmallows** 467 kcal **4.85**

**Double Espresso** 1 kcal **3.65** **Breakfast Tea** 0 kcal **3.45**

**Macchiato** 5 kcal **3.15** **Fruit & Herbal** 0 kcal **3.65**

**UPGRADE  
YOUR COFFEE**

**Syrup: Vanilla** 85 kcal | **Caramel** 85 kcal **0.60**  
**Switch to oat or coconut milk - on us!**

 Vegetarian  Vegan  
 Made with ingredients that do not intentionally contain gluten

If you have any food allergies or intolerances please speak to a member of the team before you order, and ask to see our interactive allergen guide with the 14 legally defined allergens. We take every care to prevent cross-contamination but can't guarantee your dish will be free from allergenic ingredients as our food and drinks are prepared in busy kitchens where cross-contamination may occur. Menu descriptions don't list all ingredients, and recipes are subject to change. Adults need around 2000 kcal per day. For full allergen and nutritional information visit [menus.tenkites.com/frankies](https://www.menus.tenkites.com/frankies).

Prices stated are GBP and include VAT at the current rate. All major credit cards and currencies accepted. Gratuities are discretionary and distributed 100% to our team. We welcome your feedback - email: [guestexperience@trgplc.com](mailto:guestexperience@trgplc.com) or post: trgc, 5-7 Marshalsea Road, London, SE1 1EP [www.trgconcessions.co.uk](http://www.trgconcessions.co.uk) | 0226