



Meatballs al Forno

STARTERS

Dough Balls VG	4.99	Calamari	6.99
Fresh from the oven, with a garlic and herb dip		Served with garlic mayo and lemon	
Sticky Chicken Wings	6.49	Fully Loaded Potato Skins	5.69
Served with sour cream and coated in your choice of sauce <i>Choose from BBQ Nashville Hot</i>		Crispy potato skins filled to the brim <i>Choose from Cheese & chive VG Bacon, cheese & chive</i>	
Southern Fried Chicken	6.39	Bruschetta Napoli FeelGood V	4.69
Tender chicken strips with a BBQ sauce dip		Toasted ciabatta bread topped with tomato, red onion, basil and pesto	
Meatballs al Forno New	6.49	Mozzarella & Tomato Salad New FeelGood V	5.29
Soft flavoursome lemon and herb pork meatballs in a rich tomato and chilli sauce, topped with mozzarella and baked in our oven. Served with ciabatta bread <i>Add hot soft spicy 'nduja sausage for 1.00</i>		Torn mozzarella, cherry tomatoes and rocket tumbled in basil pesto and finished with a sweet Italian balsamic glaze	
Mozzarella Sticks V	5.69		
Crispy sticks of melting mozzarella, with Neapolitan tomato sauce. Cheesy does it			

PASTA

Classic Beef Lasagne FeelGood	10.59
Just like Mamma used to make	
Ultimate Mac 'N' Cheese V	9.79
Macaroni cheese topped with a cheesy crumb. The ultimate comfort food <i>Add bacon or spicy 'nduja sausage for 1.00</i>	
Frankie's Classic Meatballs	13.59
Pork & beef meatballs in a beef Bolognese and Neapolitan tomato sauce with penne pasta, basil and mozzarella	
Penne Arrabiata VG	9.39
Roasted red peppers, red onion, green chillies and olives in a spicy tomato and garlic sauce. An Italian favourite	
Tortellini 'Nduja New	12.69
Pasta parcels filled with spicy Italian sausage and a soft burrata cheese, in a creamy cheese sauce finished with rocket	
Spaghetti Carbonara	10.29
Spaghetti tossed in a creamy sauce with crispy bacon <i>Add chicken for 1.50</i>	

PIZZA

Pepperoni	10.29	15.29
Pepperoni and mozzarella <i>Go hotter with green chillies (on us)</i>		
Four Cheeses New V	10.29	15.29
Creamy Italian Dolcelatte blue cheese, mozzarella, Italian hard cheese and cheddar. Finished with rocket		
Margherita V	8.29	13.29
Tomato and mozzarella. Nice and simple <i>Ask for our vegan mozzarella alternative VG</i>		
Italian Hot New	12.29	17.29
Soft spicy hot 'nduja sausage with pepperoni slices, chilli and mozzarella. Finished with rocket and basil pesto		
Pollo Peppadew New	12.29	17.29
Cajun dusted chicken with sweet Peppadew® peppers, red onion, mozzarella and tomato		

FeelGood a lighter option – starters under 400 calories and mains under 650

V Vegetarian

VG Vegan

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 our Gluten Free menu.

BURGERS Served with fries

Classic Beef 9.99
6oz* burger with mayo and garnish. No frills, all flavour

Black & Blue New 14.99
6oz* burger patty seasoned with Cajun spice and topped with Italian Dolcelatte blue cheese, onion rings, gherkins and mayo

Bacon Cheese 11.79
6oz* burger with lettuce, tomato, mayo, streaky bacon and Monterey Jack cheese

The Smoky Beet VG 10.29
Soya, beetroot, & tomato patty plus lettuce and gherkin. With vegan mayo (naturally)

Crispy BBQ Chicken 11.89
Breaded buttermilk chicken breast with red onions, mayo, lettuce and BBQ sauce

Nashville Hot Chicken 13.59
Breaded buttermilk chicken breast with Monterey Jack cheese, gherkin, lettuce, Nashville Hot sauce and mayo

FeelGood

Remove bun and
Swap fries for
Salad or Corn

DO IT YOUR WAY

Add toppings

1.79 each
Mac 'n' cheese
Onion rings

BIG-UP YOUR FRIES

Upgrade for 0.50

Sweet potato fries VG

Upgrade for 2.99

Cajun Cheese Fries V
Bacon & Cheese Fries
Vegan Cheese Fries New VG

HOT DOG

Classic
With ketchup and mustard

Reg 6" Footlong 12"

7.89 10.39

GRILLS

New York BBQ Chicken 14.79
Chicken breast topped with bacon, cheese and BBQ sauce with onion rings, fries, 'slaw and corn on the cob

Smoky BBQ Ribs
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

16.49

Half rack of ribs

11.99

Chicken Parmigiana 13.59

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

SALAD

Mediterranean FeelGood VG 11.29

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

Add salmon fillet* for 2.50

Add grilled chicken breast for 2.00

SIDES

Side Salad VG 3.69

Sweet Potato Fries VG 3.99

Fries VG 3.49

'Slaw V 3.29

Onion Rings V 3.89

Corn on the Cob V 2.99

Loaded fries

Cajun Cheese Fries V 4.29

Cajun spice and warm cheese sauce

Bacon & Cheese Fries 4.99

Crispy bacon and warm cheese sauce

Vegan Cheese Fries New VG 4.99

Warm vegan cheese sauce with chilli flakes

SHAKES

Vanilla | Chocolate | Strawberry | Banana New 3.79

Chocolate & Caramel With Rolo New 4.29

Chocolate milkshake with salted caramel sauce. Topped with cream and mini Rolo chocolates

Cookie Crumble With Oreo 4.29

Thick vanilla milkshake with Oreo pieces, whipped cream and Oreo cookies. Smart cookie

