

## APPETIZERS

### TOASTED RAVIOLI

Our famous homemade recipe and a St. Louis original favorite!  
(6) 6.99 | (12) 12.49 | (18) 16.99

### FRANK'S SPECIALTY CHEESY GARLIC BREAD

Topped with melted provol cheese  
5.99

### CAPRESE SALAD (GF)

Fresh Roma tomatoes, basil leaves and mozzarella slices topped with our homemade balsamic vinaigrette and extra virgin olive oil 7.99

### FRIED PICKLES

Freshly cut dill pickles, marinated in a seasoned buttermilk & coated in our famous broaster breading 8.99

### CHEESE CURDS

Wisconsin white cheddar cheese curds, lightly breaded and fried 7.99

### POTATO SKINS (GF)

The best in the STL! Topped with our cheese blend, crisp bacon and sour cream 8.99

### CHICKEN WINGS

Our uniquely seasoned wings tossed in Original Spicy, Hot Honey Mustard, Barbecue or Hot sauce  
1 pound 9.49 | 2 pounds 17.49  
Make them Parmesan Garlic for \$1 more per pound!

### SPINACH DIP (GF)

Fresh spinach, roasted garlic, cream, herbs & provol. Baked 'til golden and bubbly, served with house made chips 9.29

## SALADS

Remove croutons from any of salads to make Gluten Free

### FRANK'S SIGNATURE HOUSE SALAD

A colorful mix of Romaine and iceberg lettuces with red onions, pepperoncini, artichokes, croutons, a fresh tomato wedge and a sprinkle of Parmesan.

Small 4.99 | Large 8.99  
Add cheese or anchovies 1.09 (small) or 1.99 (large)

### ANTIPASTO SALAD

A Frank & Helen's original!

Romaine and iceberg lettuces served under a mound of pepperoni, bacon, black olives, pepperoncini peppers, mozzarella and provol cheeses, cucumbers, tomatoes, croutons and anchovies 10.99

### CAESAR

Fresh Romaine tossed in Caesar dressing with croutons, cracked black pepper and Parmesan Small 5.99 | Large 8.99

Dressings: Frank & Helen's Creamy Garlic · Balsamic Vinaigrette · Ranch · Bleu Cheese · French · Italian · Honey Mustard · Oil & Vinegar  
All dressings served on the side. Extra dressing 99¢ each

(GF) - Gluten Free

## DINNER SPECIALS

Dinner served with choice of a classic side & house salad or soup.  
Premium sides are available for an upcharge.

### COUNTRY FRIED STEAK\*

Tenderized breaded beef fried and topped with our chicken gravy 11.99

### GRILLED CHICKEN BREAST DINNER (GF)

A tender chicken breast, specially marinated & grilled to perfection  
14.99 | Half Order 12.99

### CHICKEN SPEDINI

Succulent pieces of chicken marinated in extra virgin olive oil, fresh garlic and lemon then grilled with a dusting of Italian bread crumbs and Parmesan. Can be made GF  
16.99 | Half Order 14.99

### CHICKEN PARMESAN (GF)

Two grilled marinated chicken breasts covered in our signature marinara sauce and baked with mozzarella cheese  
15.99 | Half Order 13.99

### HOMEMADE CHICKEN TENDERS

Four marinated white meat chicken tenders, hand breaded and fried 11.99

### SHRIMP DINNER

Eight large Gulf coast shrimp butterflied. Available grilled (GF) or breaded. 13.99

### SALMON (GF)

A 8 oz. grilled fillet lightly seasoned with lemon pepper, Cajun spices or garlic butter 15.99



# FRANK & HELEN'S PIZZERIA

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314-997-0666

8111 OLIVE STREET | UNIVERSITY CITY, MISSOURI  
WWW.FRANKANDHELENS.COM

### OPEN

TUESDAY - FRIDAY FOR LUNCH & DINNER  
SATURDAY AND SUNDAY FOR DINNER ONLY  
CLOSED MONDAYS

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## SOUPS

### SOUP OF THE DAY

Ask your server about today's fresh selection! Cup 3.49 | Bowl 4.49

### SOUP & SALAD

Our small house salad served with a bowl of soup 8.99

### EDMUND'S CHILI - ST. LOUIS' OWN

Cup 3.99 | Bowl 4.99 | Chili Mac 8.99

Add sour cream or jalapenos for 1.09 each | Add shredded cheddar for 1.09

## SANDWICHES

All sandwiches served with choice of a classic side

### ITALIAN ROAST BEEF

Marinated roast beef and mozzarella on toasted garlic bread served with au jus 9.99

### CHICKEN SANDWICH

Chicken breast marinated with Italian herbs and served on a fresh bun. Available grilled or crispy 9.99

### MEATBALL SANDWICH

Italian meatballs smothered in melted provol on a hoagie 9.99

### FRANK'S BURGER\*

Over a 1/2 pound of Choice ground beef served with your choice of cheese 9.99

### COD SANDWICH

9oz beer battered cod fillet on a bun 9.99

Cheeses: American, Swiss, Cheddar, Mozzarella, Provel

Additions: Blackening or Cajun spice, cheese, bacon, grilled onions, green peppers, grilled mushrooms 1.09 each

## SIDES & EXTRAS

### CLASSIC SIDES: A LA CARTE 2.49 EACH

Applesauce | Baked Potato | Broccoli | Mashed Potatoes & Gravy  
Corn on the Cob | Coleslaw | Steak Fries

### PREMIUM SIDES: A LA CARTE 3.49 EACH

French Green Beans | Four Cheese Mac & Cheese | Sauteed Spinach  
Small Mostaccioli or Spaghetti with Red Sauce

All menu items are cooked to order for the best flavor.

Your patience is greatly appreciated!

A gratuity of 18% may be included in parties of 6 or more or with separate checks

## PIZZA

### CRUST

Extra Thin | Thin | Thick  
10" GF Cauliflower Crust  
(add 2.99)

### SAUCE

Signature Red | Pesto  
Alfredo | BBQ | Olive Oil

### CHEESE

Mozzarella | Provel  
Cheddar

### REGULAR TOPPINGS

Green Peppers | Onions | Mushrooms | Red Onions | Tomatoes | Garlic  
Green Olives | Black Olives | Jalapenos | Pepperoni | Canadian Bacon | Italian  
Sausage | Hamburger | Broccoli | Bacon | Pineapple | Anchovies

### SPECIALTY TOPPINGS

Grilled Chicken\* | Artichoke Hearts | Spinach | Shrimp | Meatballs | Roma Tomatoes  
Fresh Basil

### PIZZA SIZES AND PRICES

	10" - Mini	16" - Small	18" - Large
Cheese	8.99	15.99	17.99
Regular Toppings (ea)	1.19	2.19	2.49
Specialty Toppings (ea)	1.79	2.49	2.79
*Grilled Chicken	2.99	5.29	7.29
Extra or Two Cheeses	1.79	2.99	3.79

## SPECIALTY PIZZAS

### BBQ CHICKEN

An extravagant amount of grilled chicken breast, BBQ sauce, red onions and mozzarella  
10" 10.99 | 16" 21.99 | 18" 25.99

### THE MARGHERITA

Fresh Roma tomatoes and mozzarella topped with extra virgin olive oil, fresh-cut basil and spices drizzled with a balsamic glaze  
10" 10.79 | 16" 21.79 | 18" 24.99

### VEGGIE LOVERS

Green peppers, spinach, onions, mushrooms, tomatoes, black olives, oregano and garlic  
10" 10.99 | 16" 20.99 | 18" 23.99

### PESTO

An Alfredo and pesto blend with mozzarella and your choice of shrimp or chicken. Topped with fresh tomatoes  
10" 10.99 | 16" 21.99 | 18" 24.99

### ALFREDO PIZZA

White sauce, chicken or shrimp, broccoli, mushrooms, provol cheese  
10" 10.99 | 16" 21.99 | 18" 24.99

### MEATZZA

A carnivore's dream! Heavy portions of pepperoni, Canadian bacon, Italian sausage, bacon and hamburger  
10" 10.99 | 16" 23.99 | 18" 26.99

### ANTIPASTO-THE PIZZA

Garlic Dressing base with provol and mozzarella, cheese, peppers, bacon, tomato, pepperoncini, black olives.  
10" 10.99 | 16" 21.99 | 18" 24.99

### FRANK'S SPECIAL

Green peppers, onions, mushrooms, tomatoes, black olives, pepperoni, bacon, Canadian bacon, Italian sausage, hamburger, anchovies and garlic!  
10" 10.99 | 16" 23.49 | 18" 26.99

## GENUINE BROASTED CHICKEN

### JUST WHAT IS GENUINE BROASTED CHICKEN?

Genuine broasted chicken seems similar to fried chicken, but the preparation and cooking process differs greatly. Our hand-selected chicken is first marinated in a special blend of spices up to 12 hours, and then it is lightly breaded in a carefully blended flour mixture. It is finally cooked under pressure in a unique commercial Broaster so that the canola oil we use never permeates the skin. The chicken, in turn, cooks from the inside out. It is seared and sealed instantly, creating a crispy-battered skin, yet the meat retains moisture and tenderness. Our chicken is breaded and cooked special, just for you. Please allow us time to prepare it. We promise, it's worth the wait!

### HOW DO I ORDER GENUINE BROASTED CHICKEN?

We offer it three ways:

- (1) CHICKEN DINNER  
Half of a chicken, a house salad or soup, one classic side 14.29  
Substitute a Caesar for 1.00
- (2) CHICKEN PLATE  
Half of a chicken and your choice of two classic sides 12.29
- (3) A LA CARTE  
Breast 3.29 | Thigh 2.19 | Drumstick 1.99  
Wing 1.89  
1/2 Broasted Chicken 7.79  
Whole Broasted Chicken 14.99  
1 1/2 Broasted Chicken 21.99  
2 Whole Chickens (tub) 28.99
- ALL WHITE MEAT:  
(2) Breasts or (1) Breast & (3) Wings or (5) Wings
- ALL DARK MEAT:  
(2) Legs & (2) Thighs or (3) Thighs or (4) Legs

## PASTA

All dinners include garlic bread and side salad

### PASTA CON BROCCOLI

Cavatelli noodles tossed in our garlic cream sauce with fresh broccoli florets & mushrooms 13.99

### LASAGNA

An original Frank & Helen's favorite!  
13.99

### SPAGHETTI OR MOSTACCIOLI

In your choice of marinara or meat sauce 12.49  
Get your pasta baked for 1.79

### FETTUCCHINE ALFREDO

Fettuccine noodles in our Alfredo sauce  
13.29

Add chicken or shrimp 3.49 | Meatball 1.49/ea | Grilled mushrooms 1.09

\*Item may be served raw or undercooked. Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness