

Pizza

Your Frank & Helen's pizza creation starts with your choices here!

CRUST

Extra Thin
Thin | Thick
10" Gluten-Free (add \$2.50)

SAUCE

Signature Red | Pesto
Alfredo | BBQ
Olive Oil | Marinara

CHEESE

Mozzarella | Provel
Cheddar | Parmesan
Gorgonzola

REGULAR TOPPINGS

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

SPECIALTY TOPPINGS

Grilled Chicken* | Artichoke Hearts | Spinach | Sun-Dried Tomatoes
Shrimp | Kalamata Olives | Meatballs

PIZZA SIZES AND PRICES

	10"	16"	18"
Cheese	7.49	13.79	16.79
Regular Toppings (ea)	99¢	1.79	1.99
Specialty Toppings (ea)	1.49	1.99	2.29
*Grilled Chicken	2.59	4.29	5.99
Extra or Two Cheeses	1.29	2.29	2.79

Specialty Pizzas

FRANK'S SPECIAL

Green peppers, onions, mushrooms, tomatoes, black olives, pepperoni, bacon, Canadian bacon, Italian sausage, hamburger, anchovies and garlic! 10" 10.29 | 16" 21.29 | 18" 24.49

VEGGIE LOVERS

Green peppers, spinach, onions, mushrooms, tomatoes, black olives, oregano and garlic
10" 9.79 | 16" 19.79 | 18" 22.79

BBQ CHICKEN

An extravagant amount of grilled chicken breast, BBQ sauce, red onions and mozzarella
10" 9.99 | 16" 20.49 | 18" 23.49

THE MARGHERITA

Fresh Roma tomatoes and mozzarella topped with extra virgin olive oil, fresh-cut basil and spices drizzled with a balsamic glaze 10" 10.29 | 16" 20.49 | 18" 23.49

SHRIMP PESTO

An alfredo and pesto blend with shrimp (or chicken) and mozzarella.
Topped with fresh tomatoes 10" 9.99 | 16" 20.49 | 18" 23.49

MEATZZA

A carnivore's dream! Heavy portions of pepperoni, Canadian bacon, Italian sausage, bacon and hamburger 10" 10.49 | 16" 21.49 | 18" 24.99

CALZONE

Our own blend of cheeses mixed with up to 3 ingredients inside a pizza dough pocket and baked. Served with a side of our homemade pizza sauce 8.99
(Please allow extra time for baking)

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.

HOW DO I ORDER GENUINE BROASTED CHICKEN?

We offer it three ways:

(1) CHICKEN DINNER

Half of a chicken, a house salad or soup and your choice of a side dish or pasta 12.99 | Substitute a Caesar for 1.00

(2) CHICKEN PLATE

Half of a chicken and your choice of two sides 10.79

(3) A LA CARTE

Breast 2.99 | Thigh 1.99 | Drumstick 1.79 | Wing 1.49
1/2 Broasted Chicken 6.99 | Whole Broasted Chicken 13.79
1 1/2 Broasted Chicken 20.29 | 2 Whole Chickens (tub) 26.99

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

Substitutions may require a small upcharge

Beverages

Pepsi | Diet Pepsi | Sierra Mist | Root Beer | Lemonade
Mt. Dew | Dr Pepper | Diet Dr. Pepper

Regular or Decaf Coffee | Hot Tea | Fresh-Brewed Iced Tea | Raspberry Iced Tea
Milk | Chocolate Milk | Hot Chocolate | Apple Juice

Kids Menu

Your choice with a side and a kids drink for 5.99. For kids 10 and under only, please

Sides: Applesauce, Broccoli, Steak Fries or Green Beans

CHICKEN FINGERS | TOASTED RAVIOLI | 8" PIZZA
CHICKEN LEGS | SPAGHETTI & MEATBALL | GRILLED CHEESE
CHEESEBURGER | MAC & CHEESE

Please let your server know if you have a food allergy.

We will do our best to accommodate food allergies, but we cannot be held responsible for allergic reactions.

*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

Frank & Helen's PIZZERIA

8111 OLIVE STREET | UNIVERSITY CITY, MISSOURI

314-997-0666

WWW.FRANKANDHELENS.COM

Open

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

Antipasti

TOASTED RAVIOLI

A St. Louis original favorite! (6) 5.99 | (12) 10.49 | (18) 14.79

FRANK'S SPECIALTY CHEESY GARLIC BREAD

Topped with melted provol cheese 5.29

CHICKEN WINGS

Our uniquely seasoned wings tossed in Original Spicy, Barbecue or Hot sauce
1 pound 7.99 | 2 pounds 15.49 | Make them Parmesan Garlic for \$1 more per pound!

CHICKEN TENDERS

Served with ranch, honey mustard or barbecue sauce 7.29

POTATO SKINS

The best in the STL! Topped with our cheese blend, crisp bacon and sour cream 7.99

MOZZARELLA STICKS

Served with marinara or meat sauce 6.99

VEGGIE PLATTER

Build a platter of your favorite fried veggies: Green Beans, Zucchini, Mushrooms, Cauliflower.
Served with meat sauce, marinara, cheddar, garlic or horsey ranch (1-2) 6.99 | (3-4) 9.99

Insalata

Dressings: Frank & Helen's Creamy Garlic • Balsamic Vinaigrette • Ranch • Bleu Cheese
French • 1000 Island • Italian • Honey Mustard • Oil & Vinegar

All dressings served on the side. Extra dressing 89¢ each

FRANK'S 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 4.29 | Large 7.49
Add any cheese or anchovies for 99¢ each (small salad) or 1.79 each (large salad)

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 8.99

CHICKEN SALAD

Your choice of crispy or grilled chicken on a large house salad with fresh
mozzarella cheese 8.99 | Atop a Caesar salad add 1.29

CAESAR

Fresh Romaine tossed in Caesar dressing with croutons, cracked
black pepper and Parmesan Small 5.29 | Large 8.49

CAPRESE SALAD

Fresh Roma tomatoes, basil leaves and mozzarella slices topped with our homemade
balsamic vinaigrette and extra virgin olive oil 7.29

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

Dinner Specials

Dinner specials served with your choice of a side and a house salad or soup
Sub Caesar salad for 99¢

FRANK'S STEAK*

A 10 oz. Choice cut of sizzling Black Angus top sirloin grilled to your liking 17.99
Add grilled onions or mushrooms for 1.00

COUNTRY FRIED STEAK*

Tenderized breaded beef fried and topped with our chicken gravy 10.99

SHRIMP DINNER

Eight large Gulf coast shrimp butterflied and breaded 12.79

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 13.99 | Half Order 10.99

GROUPER

A 9 oz. grilled filet lightly seasoned with lemon pepper, Cajun spices or garlic butter 12.99

CHICKEN PARMESAN

Two grilled marinated chicken breasts covered in our signature marinara sauce and
baked with mozzarella cheese 13.29 | Half Order 11.29
Get your chicken breasts plain for 12.29

SALMON

An 8 oz. Alaskan salmon filet lightly seasoned and grilled to perfection 14.99

Pasta

All pastas (except spaghetti or mostaccioli) served with our house salad

PASTA CON BROCCOLI

Cavatelli noodles tossed in our garlic cream sauce with fresh broccoli florets & mushrooms 11.99
Add grilled chicken or shrimp for 2.49

LASAGNA

A traditional, homemade Frank & Helen's favorite! 11.79

FETTUCCINE ALFREDO

Fettuccine noodles in our alfredo sauce with a side order of garlic bread 10.99
Add grilled chicken or shrimp for 2.49

SPAGHETTI OR MOSTACCIOLI

In your choice of marinara or meat sauce Small 5.49 | Large 7.79
Get your pasta baked for 1.00 | Add grilled mushrooms or a meatball for 89¢ each

CANNELLONI

Two shells stuffed with ricotta, beef, pork and spinach baked with meat sauce and provol 10.99

SEAFOOD CANNELLONI

Two shells filled with lobster, scallops and shrimp stuffing then baked
with provol, fresh Parmesan cheese and alfredo sauce 12.99

*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

Sandwiches

All sandwiches served with 1/2 pound of our traditional steak fries
Sub onion rings for 99¢

ITALIAN ROAST BEEF

Marinated roast beef and mozzarella on toasted garlic bread served with au jus 8.99

COD SANDWICH

Our 4 oz. fried cod fillet on a bun 7.29

MEATBALL SANDWICH

Italian meatballs smothered in melted provol on a hoagie 8.29

HERB-GRILLED CHICKEN SANDWICH

Chicken breast marinated with Italian herbs, grilled and served on a fresh bun 7.99

FRANK'S BURGER*

Over a 1/2 pound of Choice ground beef served with your choice of cheese 7.99

REUBEN

Tender top round corned beef with Swiss cheese, sauerkraut and
1000 island served on toasted rye bread 8.29

Cheeses: American, Swiss, Cheddar, Mozzarella, Provol
Additions: Blackening or Cajun spice, cheese, bacon, grilled onions,
green peppers, grilled mushrooms 99¢ each

Zuppa

SOUP OF THE DAY

Ask your server about today's fresh selection! Cup 2.79 | Bowl 3.79

EDMUND'S CHILI - ST. LOUIS' OWN

Cup 3.79 | Bowl 4.79 | Chili Mac 7.99

Add sour cream or jalapenos for 79¢ each | Add shredded cheddar for 99¢

SOUP & SALAD

Our small house salad served with a bowl of soup 7.79

Sides & Extras

A la cart 2.19 each

Applesauce | Baked Beans | Baked Potato | Broccoli
Green Beans | Mac & Cheese | Mashed Potatoes & Gravy
Coleslaw | Corn on the Cob | Cottage Cheese
Sautéed Spinach | Steak Fries | Sweet Potato Fries