

# Frank and Helen's Pizzeria

8111 Olive Blvd. University City

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## SALADS

### Frank's Signature Salad-

A mix of Romaine & Iceberg lettuces with red onions, pepperoncini, artichokes, croutons, a fresh tomato wedge and sprinkle of parmesan. Add cheese or anchovies for a small upcharge.

Small 5.49 | Large 9.49

### Antipasto Salad-

A Frank & Helen's original! Mix of lettuce served under a mound of pepperoni, bacon, black olives, pepperoncini, mozzarella & provol cheeses, cucumbers, tomatoes, croutons & anchovies.

One Size 11.29

### Caesar-

Fresh Romaine tossed in a Caesar dressing with croutons, cracked black pepper & parmesan.

Small 6.99 | Large 11.29

### Dressings

Frank & Helen's Creamy Garlic, Balsamic, Ranch, Blue Cheese, Italian, French, Honey Mustard, Oil & Vinegar & 1000 Island  
All dressings served on the side.  
Extra dressing 1.09

## Soups

### Soup of the Day

Ask your server about today's fresh selection.  
Cup 3.79 | Bowl 5.79

### Soup & Salad

Our small house salad and bowl of soup  
9.99

### St. Louis' Own Edmonds Chili

Cup 3.99 | Bowl 5.25 | Chili Mac 9.99

Add sour cream, cheese, onions or jalapanos 1.09

## PIZZA

### CRUST

Extra Thin

\*Thin\*

10" GF Cauliflower & Thicker Crust (add 2.99)

### SAUCE

\*Signature Red\*

Alfredo

Pesto

Olive Oil

BBQ

### CHEESE

\*Mozzarella\*

Provel

Cheddar

Fresh Mozz.

### REGULAR TOPPINGS

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

### SPECIALTY TOPPINGS

Artichoke Hearts | Spinach | Meatballs | Fresh Basil  
Roma Tomatoes

## PIZZA SIZES AND PRICES

10" Mini 16" Small 18" Large

Cheese	8.99	15.99	17.99
Regular Topping (each)	1.19	2.19	2.49
Specialty Topping (each)	1.79	2.49	2.79
Grilled Chicken / Shrimp	2.99	5.29	7.29
Extra or Two Cheese	1.99	3.20	3.99

## SPECIALTY PIZZAS

### Frank's Special:

Green Pepper, onion, mushroom, tomato, black olives, pepperoni, bacon, Canadian bacon, Italian sausage, hamburger, anchovies and garlic.

10" 11.99 16" 24.99 18" 27.99

### Meatza:

A Carnivore's Dream! All our meats listed

10" 11.99 16" 24.99 18" 27.99

### Veggie Lovers:

Spinach, green peppers, onions, mushrooms, tomatoes, black olives, and garlic.

10" 10.99 16" 22.99 18" 24.99

### BBQ Chicken:

BBQ sauce base, mozzarella, red onion and grilled chicken breast.

10" 11.99 16" 22.99 18" 26.99

### The Margherita:

Olive oil and light red sauce base, fresh mozzarella, Roma tomatoes, fresh cut basil, and drizzled with balsamic glaze on extra thin crust.

10" 10.99 16" 21.99 18" 25.99

### Antipasto- the pizza

Garlic dressing base, provol, mozzarella, bacon, tomato, pepperoncini, black olives, pepperoni and anchovies.

10" 11.49 16" 23.99 18" 25.99

### Chicken or Shrimp Alfredo:

Alfredo sauce base, chicken or shrimp, broccoli, mushrooms and provol cheese.

10" 11.99 16" 22.99 18" 25.99

## APPETIZERS

Toasted Ravioli - meat sauce or marinara

6pc - 6.99 12pc - 12.49 18pc - 16.99

Frank's Specialty Cheesy Bread 5.99

Cheese Curds 8.49

Potato Skins 9.49

Chicken Wings- spicy, hot, bbq, hot-honey mustard or garlic parmesan.

1lb - 9.99 2lb - 18.49

Stuffed Mushrooms 8.99

Fried Pickles 8.99

Caprese Salad 8.99

## PASTA

All Pasta Dinners include garlic bread & side salad

Pasta Con Broccoli 14.49

Cavatelli Noodles in our garlic cream sauce with fresh broccoli florets and mushrooms.

Fettucine Alfredo 13.99

Fettucine Noodles in our alfredo sauce

Spaghetti or Mostaccioli 12.49

In your choice of marinara or meat sauce, can be baked with mozz. cheese for 1.79

Lasagna 14.49

An original Frank and Helen's favorite!

All Beef Meatball 1.99

Add Chicken or Shrimp for 3.99

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

## DINNERS

Dinners served with choice of classic side & house salad or soup.  
Premium Sides are available for an upcharge

Chicken Spedini Half 15.99 | Full 17.99

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 Gluten Free.

Chicken Parmesan Half 14.99 | Full 16.99

Two grilled marinated chicken breasts covered in our signature marinara sauce and baked with mozzarella cheese. GF

Grilled Breast Dinner Half 13.99 | Full 15.99

A tender chicken breast, specially marinated and grilled to perfection

Country Fried Steak 12.99

Tenderized breaded beef fried and topped with our chicken gravy.

Homemade Chicken Tenders 12.99

Four marinated white meat chicken tenders, hand breaded and fried. Served with your choice of dipping sauce.

Shrimp Dinner 13.99

Eight large Gulf coast shrimp butterflied and fried or Eight large Gulf coast shrimp grilled in garlic butter. GF

Salmon Dinner 17.99

An 8 oz grilled fillet lightly seasoned with your choice of lemon pepper, Cajun spices or garlic butter. GF

## SANDWICHES

All sandwiches served with choice of classic side

Italian Roast Beef 10.99

Roast Beef and mozzarella served on garlic bread with au jus

Frank's Burger 10.99

Over 1/2 lb of choice ground beef with your choice of cheese

Cod Sandwich 10.99

9oz Beer battered cod fillet with your choice of toppings

Meatball Sandwich 10.99

3 Meatballs on a hoagie bun with provol cheese

Chicken Sandwich 10.99

Grilled or Crispy with your choice of toppings

## 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 14.29  
Half a Broasted Chicken, a house salad or soup, and one classic side.
2. Chicken Plate 12.29  
Half a Broasted Chicken and your choice of two classic sides.
3. A La Carte:
 

Breast	3.49	Thigh	2.39
Wing	2.09	Leg	2.19
1/2 Broasted Chicken	8.99		
Whole Broasted Chicken	17.29		
1 1/2 Broasted Chicken	23.99		
2 Whole Chickens (tub)	29.99		

All White Meat Choices: 2 Breasts, 1 Breast & 3 Wings or 5 Wings

All Dark Meat Choices: 2 Legs & 2 Thighs, 3 Thighs

## Sides & Extras

Classic Sides: A La Carte 2.59

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

Premium Sides: A La Carte 3.59

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