

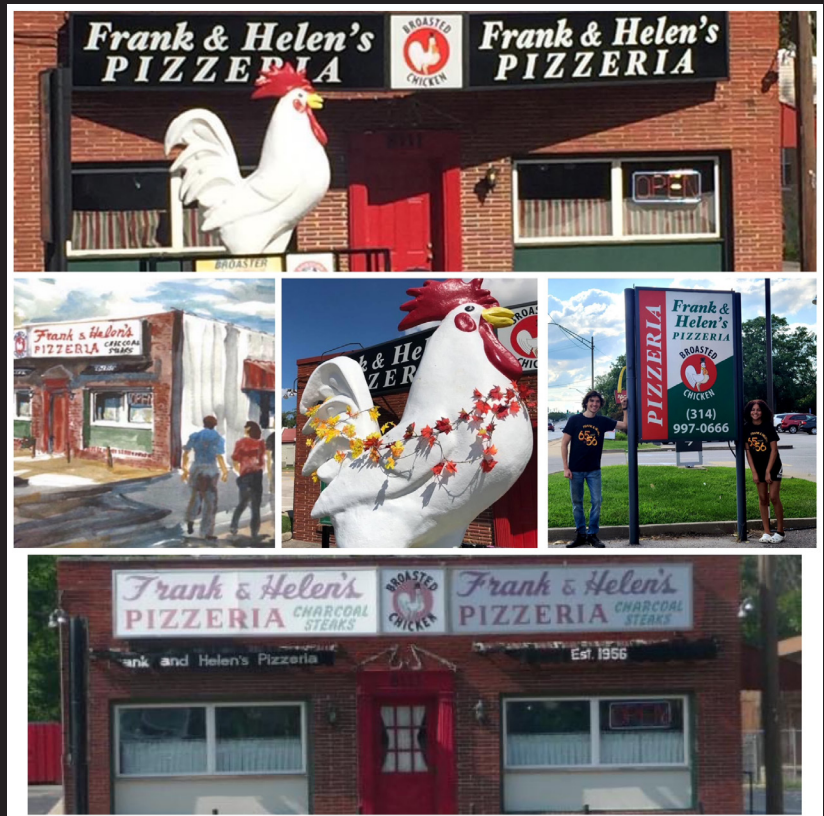
Frank & Helen's Pizzeria

Est. 1956

WELCOME TO FRANK & HELEN'S PIZZERIA

Since 1956, Frank & Helen's has been a family tradition in University City. Over the years, our pizza, entrees, and Broaster™ chicken have remained the favorites of our loyal customers. Children who grew up with us now introduce us to their families, and they are happy to find the food is just as good as they remember it (if not a little better). The devotion of our customers fills us with pride as we fill your plates in the same manner that we learned over the years. Frank Seitz, his wife Betty, and his sister Helen began a tradition that has been passed along to us. In keeping with this family tradition, and with our care and guidance, we pledge to keep Frank & Helen's a place to find good food and good friends in a relaxed family atmosphere.

- Patrick & Rebecca Horvath



8111 Olive Blvd. University City

314-997-0666

www.frankandhelens.com • Online Ordering

APPETIZERS

Toasted Ravioli

Meat sauce or marinara
6pc 8 | 12pc 13 | 18pc 18

Frank's Specialty

Cheesy Bread | 7

Cheese Curds | 9

Potato Skins | 11

Chicken Wings

Spicy, hot, bbq, hot-honey mustard or
garlic parmesan
1lb 12 | 2lb 23

Stuffed Mushrooms | 10

Fried Pickles | 9

Caprese Salad | 10



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
Small 6 | Large 11

*Add cheese or anchovies for a
small upcharge.*

Antipasto Salad

A Frank & Helen's original! Mix of
lettuce served under a mound of
pepperoni, bacon, black olives,
pepperoncini, Frank's mix cheese,
cucumbers, tomatoes, croutons &
anchovies | One Size 13

Caesar

Fresh Romaine tossed in a Caesar
dressing with croutons, cracked black
pepper & parmesan
Small 8 | Large 12

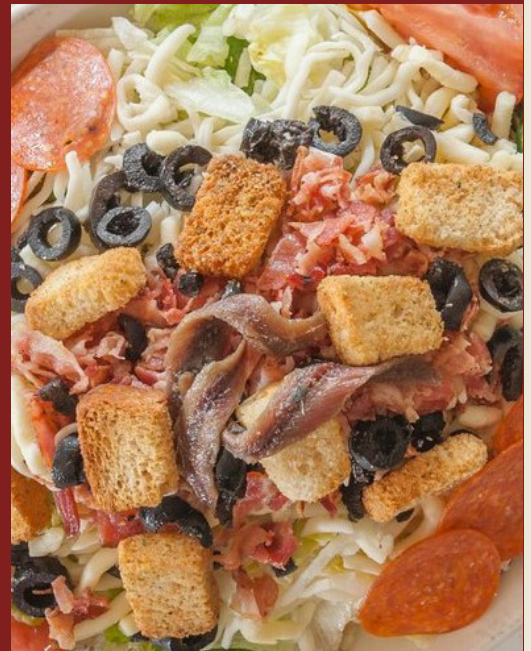
DRESSINGS

All dressings served on the side.

*Frank & Helen's Creamy Garlic
*Balsamic | *Ranch | *Blue Cheese
*Italian | French | Honey Mustard
Oil & Vinegar | 1000 Island

Extra dressing 1.25

*House Made Dressing



SOUPS

Soup of the Day

Ask your server about today's
fresh selection | Cup 5 | Bowl 7

Soup & Salad

Our small house salad and
bowl of soup | 12

St. Louis' Own Edmonds Chili

Cup 5 | Bowl 7 | Chili Mac 12

*Add sour cream, cheese, onions or
jalapenos | 1.25 each*

SIDES & EXTRAS

Classic Sides | A La Carte 3

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

Premium Sides | A La Carte 4

French Green Beans | Sautéed Spinach
Loaded Fries or Loaded Baked Potato
Four Cheese Mac & Cheese
Mostaccioli or Spaghetti in Red Sauce

18% gratuity added on tables of 6 or more.

*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*





PIZZA

CRUST

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

SAUCE

Signature Red | Alfredo
Nut Free Pesto
Olive Oil | BBQ

CHEESE

Mozzarella
STL Cheese | Cheddar
Frank's Mix
Vegan Mozzarella +1.00

TOPPINGS

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

PIZZA SIZES AND PRICES

	10" Mini	16" Small	18" Large
Cheese	10	17	19
Topping (each)	1.50	2.50	3
Grilled Chicken / Shrimp	4	6	8
Extra Cheese	2	3	4

SPECIALTY PIZZAS

Frank's Special

Green Pepper, onion, mushroom, tomato, black olives, pepperoni, bacon, Canadian bacon, Italian sausage, hamburger, anchovies and garlic.
10" 14 | 16" 26 | 18" 29

Meatza

A Carnivore's Dream! All our meats listed
10" 14 | 16" 26 | 18" 29

Veggie Lovers

Spinach, green peppers, onions, mushrooms, tomatoes, black olives, and garlic.
10" 12 | 16" 24 | 18" 27

BBQ Chicken

BBQ sauce base, mozzarella, red onion and grilled chicken breast
10" 13 | 16" 25 | 18" 28

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" 12 | 16" 23 | 18" 26

Antipasto - the Pizza

Garlic dressing base, STL cheese, mozzarella, bacon, tomato, pepperoncini, black olives, pepperoni and anchovies.
10" 13 | 16" 25 | 18" 28

Chicken or Shrimp Alfredo

Alfredo sauce base, chicken or shrimp, broccoli, mushrooms and STL cheese.
10" 13 | 16" 25 | 18" 28

PASTA

All Pasta Dinners include garlic bread & side salad

Pasta Con Broccoli

Cavatelli noodles in our garlic cream sauce with fresh broccoli florets and mushrooms | 15

Fettucine Alfredo

Fettucine noodles in our alfredo sauce | 15
add chicken or shrimp | 4 each

Spaghetti or Mostaccioli

In your choice of marinara or meat sauce | 14
Can be baked with mozzarella cheese | 1.79

Lasagna

An original Frank and Helen's favorite! | 15

Cajun Tortellini

Cheese stuffed pasta in our alfredo sauce & cajun spice | 15

All Beef Meatball

| 2



GENUINE BROASTER™ CHICKEN

JUST WHAT IS GENUINE BROASTER™ CHICKEN?

Genuine Broaster™ 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 BROASTER™ CHICKEN? We offer it five ways:

1. The Chicken Snack

2 piece Broaster™ Chicken with one classic side

White meat: Breast & Wing | 9

Dark Meat: Thigh & Leg | 8

(no substitutions)

2. Family Meal

8 piece Broaster™ Chicken and two pint size classic sides | 26

3. Chicken Dinner | 15

Half a Broaster™ Chicken, a house salad or soup, and one classic side.

4. Chicken Plate | 13

Half a Broaster™ Chicken and your choice of two classic sides.

5. A La Carte:

Breast 4 | Thigh 3 | Wing 2.50 | Leg 2.50

1/2 Broaster™ Chicken 11 | Whole Broaster™ Chicken 21

1 1/2 Broaster™ Chicken 28 | 2 Whole Chickens (tub) 35

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

All Dark Meat Choices: 2 Legs & 2 Thighs | 3 Thighs | 4 Legs



DINNERS

Dinners served with choice of classic side & house salad or soup.

Premium Sides are available for an upcharge

Chicken Spedini (GF Avail.)

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.

Half 18 | Full 20

Chicken Parmesan (GF)

Grilled marinated chicken breasts covered in our signature marinara sauce and baked with mozzarella cheese | **Half 17 | Full 19**

Country Fried Steak

Tenderized breaded beef fried and topped with our chicken gravy | 14

Homemade Chicken Tenders

Four marinated white meat chicken tenders, hand breaded and fried. Served with your choice of dipping sauce | 14

Shrimp Dinner (GF)

Eight large Gulf coast shrimp butter-fried and fried or Eight large Gulf coast shrimp grilled in garlic butter | 15

SANDWICHES

All sandwiches served with choice of classic side

Add grilled onions, mushrooms or peppers to your sandwich for a small upcharge

Italian Roast Beef

Roast Beef and mozzarella served on garlic bread with au jus | 13

Frank's Burger

Over 1/2 lb of choice ground beef with your choice of cheese | 12

Cod Sandwich

9oz Beer battered cod fillet with your choice of toppings | 12

Meatball Sandwich

3 Meatballs on a hoagie bun with STL cheese | 12

Chicken Sandwich

Grilled or Crispy with your choice of toppings | 12

