

Frank & Helen's

Pizzeria

Est. 1956

GLUTEN-FREE MENU

APPETIZERS

Stuffed Mushrooms | 10

Potato Skins | 11

Caprese Salad | 10

(*cooked in same fryer as gluten)

SALADS

Frank's Signature Salad

A mix of Romaine & Iceberg lettuces with red onions, pepperoncini, artichokes, 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 & anchovies | **One Size 13**

Caesar

Fresh Romaine tossed in a Caesar dressing with 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 | Oil & Vinegar | 1000 Island

Extra dressing 1.25

*House Made Dressing

SANDWICHES

All sandwiches served with choice of classic side

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

Gluten-free bun available

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

Grilled Chicken Sandwich

Grilled with your choice of toppings | 12

DINNERS

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

Premium Sides are available for an upcharge

Chicken Spedini

Succulent pieces of chicken marinated in extra virgin olive oil, fresh garlic and lemon then grilled with a dusting of parmesan.

Half 18 | Full 20

Chicken Parmesan

Grilled marinated chicken breasts covered in our signature

marinara sauce and baked with mozzarella cheese | Half 17 | Full 19

Shrimp Dinner

Eight large Gulf coast shrimp grilled in garlic butter | 15

SIDES

Applesauce

Baked Potato

Broccoli

Mashed Potatoes

plain or loaded (no gravy)

Corn on the Cob

Coleslaw

Fries (*cooked in fryer with gluten)

French Green Beans

Sauteed Spinach

PIZZA

CRUST

10" GF Cauliflower

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

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