



TG[®]FRIDAYS.[®]

Original
AMERICAN
SOCIAL

SINCE 1965



FRIDAYS® FAVE!
FRIDAYS® SESAME CHICKEN STRIPS



CALIFORNIAN CHICKEN TACOS



BONELESS HOT WINGS

FRIDAYS® APPETIZERS

FIRST WE FEAST

GARLIC CIABATTA BREAD **Ve 3.49**
With Monterey Jack cheese **V 3.99**

MOZZARELLA DIPPERS **V 5.49**
With tomato & basil sauce

CALIFORNIAN CHICKEN TACOS **6.49**

Warm flour tortillas packed with pulled chicken, chilli mayo, lettuce, red cabbage, pico de gallo, chillies, red onion and pineapple. Topped with avocado cream. Taco a-go-go!

LIGHTLY SPICED SHRIMP
GLAZE 6.49

Cajun battered shrimp served with our Legendary Glaze made with Jack Daniel's®. Dip in!

PINEAPPLE & JALAPEÑO EDAMAME **Ve 4.99**

Edamame pods coated in a sweet & spicy glaze topped with pineapple pico de gallo

New

New

FRIDAYS® SESAME CHICKEN STRIPS **GLAZE 6.99**

Tossed in our Legendary Glaze made with Jack Daniel's®. Topped with toasted sesame seeds and chilli flakes. A real Fridays® favourite!

AVOCADO HOUMous **Ve 4.99**

Served with garlic ciabatta bread and tortilla chips

FRIDAYS® SESAME MUSHROOM STRIPS **V GLAZE 5.49**

Tossed in our Legendary Glaze made with Jack Daniel's®. Topped with toasted sesame seeds and chilli flakes

SMOKED TOMATO BRUSCHETTA **Ve 5.99**

Heritage tomatoes with garlic and crisp basil on toasted ciabatta, drizzled with balsamic glaze

With cheese **V 5.99**

SHARE DON'T SHARE

TIMES SQUARE BIG SHARE
GLAZE 15.49

Fridays® chicken wings, loaded bacon potato skins and mozzarella dippers. Stacked high and served with our Legendary Glaze made with Jack Daniel's®, sour cream and tomato & basil sauce. A real tower WOW-er! **Serves 3-4**

MUCHOS NACHOS

Corn tortilla nachos with spicy guacamole, fresh pico de gallo and sour cream. Feel the crunch! Choose from:

- * Cheese **V 5.49 To share 9.49**
- * Blackened Chicken **5.99 To share 10.99**
- * Chilli Beef **5.99 To share 10.99**

LOADED SKINS **5.99 To share 10.49**

Potato skins filled with melted cheese. A fluffy, melty, crispy classic! Choose from:

- * Bacon
- * Fire-Roasted Veg **V**

FRIDAYS® BUCKET OF BONES
GLAZE 13.49

Pork ribs and chicken wings smothered in our Legendary Glaze made with Jack Daniel's®, toasted sesame seeds and chilli flakes. Topped with Texan toothpicks and pickled red onions for a bucket-load of Tex appeal! **Serves 2-3**

WING IT! **6.49 TO SHARE 11.79**

FRIDAYS® WINGS **GLAZE**

Tossed in our Legendary Glaze made with Jack Daniel's®. Topped with toasted sesame seeds and chilli flakes. Fly solo or get sharing

HOT WINGS **†**

Tossed in Frank's® RedHot sauce and chillies with a blue cheese dip

BONELESS HOT WINGS **†**

Crispy chicken breast chunks tossed in Frank's® RedHot sauce and chillies with a blue cheese dip



Not all dish ingredients are listed in all descriptors. The trademark Jack Daniel's is used under licence to TGI Fridays Inc. All rights reserved.

V VEGETARIAN

Ve VEGAN

GLAZE

OUR LEGENDARY GLAZE,
MADE WITH JACK DANIEL'S®

CAUTION:
SUPER SPICY



FRIDAYS® DOUBLE GLAZED BURGER

HANDCRAFTED BURGERS

FLAME-GRILLED TO ORDER WITH:
FRESH LETTUCE ★ TOMATO ★ ONION
★ APPLE SLAW ★ CRISPY FRIES

FRIDAYS® DOUBLE GLAZED BURGER BLAZE | 12.49

All hail the amazing glaze! Beef burger double coated in our Legendary Glaze made with Jack Daniel's®, Monterey Jack cheese, candied bacon and Fridays® mayo

CHEESEBURGER DELUXE 11.49

Beef burger simply grilled and smothered in cheese and Fridays® mayo

CLASSIC AMERICAN 10.49

Beef burger simply grilled with Fridays® mayo. Tasty and timeless

WARRIOR 14.99

Don't fight it... bite it!
 Double stacked beef burgers, mozzarella dippers, Colby cheese, American cheese, bacon, caramelised onions and Fridays® mayo

GRAVY SEAL 15.99

Beef burger, chargrilled chicken breast and popcorn shrimp, with cheese, crispy bacon and Fridays® mayo. Served with beef gravy. A tasty triple trip over sea, air and land



VEGGIE BURGER V 9.49

A spicy bean burger topped with Colby cheese and Fridays® mayo



IT'S MINE, NACHOS! 13.49

Beef burger topped with crisp tortilla chips, nacho cheese sauce, jalapeños, spicy guacamole and fresh pico de gallo

FRIDAYS® CHICKEN BURGER

BLAZE | 11.99

Grilled chicken breast smothered in our Legendary Glaze, made with Jack Daniel's®, Monterey Jack cheese, candied bacon and Fridays® mayo

UPGRADE YOUR FRIES GO SWEET OR LOADED!

* Sweet Potato V 1.49

* Chilli Beef & Cheese 2.00

* Warrior Fries V 2.00

* Mario Fries 2.00



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12oz RIBEYE STEAK



OUR LEGENDARY GLAZE,
MADE WITH JACK DANIEL'S®

CAUTION:
SUPER SPICY

We all crave the Glaze!

Our Legendary Glaze, made with Jack Daniels®. Everywhere you see the sign. **Glaze on, friends.**

Not all dish ingredients are listed in all descriptors. *May contain small bones.
*Weight shown is approximate uncooked. The trademark Jack Daniel's is used under licence to TGI Fridays Inc. All rights reserved.

STEAKS

21-DAY MATURED

ALL OUR STEAKS ARE SERVED WITH CRISPY FRIES, TEXAN TOOTHPICKS AND A WEDGE SALAD

1. CHOOSE YOUR STEAK!

7oz* FILLET **21.49**

8oz* SIRLOIN **17.49**

12oz* RIBEYE **19.49**

2. CHOOSE A SAUCE

* Our Legendary Glaze, made with Jack Daniel's® **GLAZE**

* Blue cheese & peppercorn

* Beef gravy

3. CHOOSE A WEDGE SALAD DRESSING

* Blue cheese & bacon

* Honey mustard & tomato

4. HOW DO YOU LIKE YOUR STEAK?

Rare (red centre)

Medium-rare (warm pink centre)

Medium (hot pink centre)

Medium-well done (slightly pink centre)

Well done (no pink)

30oz* TOMAHAWK STEAK **33.99**

Tackle this roar-some ribeye to become a TGI Fridays® Legend! 30oz* ribeye steak on the bone, served with crispy fries, Cajun spiced onion rings, mushroom and your choice of sauce. Takes 25 minutes to cook medium. Limited availability

GRILLS

STEAK, CHICKEN & SHRIMP GRILL **GLAZE 19.99**

6oz* ribeye steak, lightly spiced shrimp and chargrilled chicken breast smothered in our Legendary Glaze made with Jack Daniel's®. Served with crispy fries and seasonal veg

STEAK, RIBS & SHRIMP GRILL **GLAZE 20.99**

6oz* ribeye steak, lightly spiced shrimp and half a rack of pork ribs smothered in our Legendary Glaze made with Jack Daniel's®. Served with crispy fries and seasonal veg. A beast of a feast!

GRILLED SALMON [†] **GLAZE 15.99**

Smothered in our Legendary Glaze, made with Jack Daniel's® and served with creamy mash and seasonal veg

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The EMPIRE STATE of RIBS

FRIDAYS® ULTIMATE DOUBLE GLAZED RIBS

SLOW-COOKED * FLAME-GRILLED
RUBBED * MARINATED **YASS!**

RIB, DIP, HOORAY!

CLASSIC RIBS

Served with crispy fries and spicy chargrilled corn on the cob. Smothered in your choice of:

* Our Legendary Glaze, made with Jack Daniel's® **GLAZE**

* BBQ sauce

Half rack 12.49 Full rack 16.49

HOT & SPICY RIBS [†]

Dusted with chilli seasoning, chargrilled and topped with fresh red chillies. Served with Frank's® RedHot sauce, sriracha fries and spicy chargrilled corn on the cob

Half rack 12.49 Full rack 16.49

FRIDAYS® ULTIMATE DOUBLE GLAZED RIBS **GLAZE**

Double coated in our Legendary Glaze made with Jack Daniel's®. Served with apple slaw, crispy fries and spicy chargrilled corn on the cob. Rib rack away!

Half rack 14.49 Full rack 19.49

ULTIMATE GOLDEN GATE RIBS

Chargrilled and topped with a golden mustard BBQ sauce. Served with apple slaw, crispy fries and spicy chargrilled corn on the cob. A real griller thriller!

Half rack 14.49 Full rack 19.49

ADD A CAJUN SPICED KING PRAWN SKEWER FOR AN EXTRA 2.00

GET STUCK *in*



UNITED PLATES OF AMERICA

SIZZLING CRISPY DUCK FAJITAS

CRISPY DUCK SALAD † GLAZE 10.99

Crispy duck smothered in our Legendary Glaze, made with Jack Daniel's® on a bed of green leaves, cucumber, croutons and onion, tossed in a raspberry & chilli dressing

CRISPY NOODLE SALAD †

Tossed in a hot and spicy Thai dressing with red chillies. Topped with toasted sesame seeds, chilli flakes and coriander. Choose from:

- * Garlic Chicken 600 9.99
- * Shrimp 600 10.99

CAJUN CREAM PASTA

Penne pasta in a creamy Cajun sauce[§] with fresh tomatoes, spring onions, peppers and cheese, topped with fresh rocket. Choose from:

- * Cajun Chicken 9.99
- * Shrimp 10.99

ROASTED VEGETABLE ALFREDO PASTA Ve 600 8.49

Penne pasta tossed in a cauliflower alfredo sauce with tomatoes, roasted vegetables and edamame beans. Topped with fresh rocket

SIZZLING FAJITAS

Served on a hot skillet with a selection of dips and warm tortillas. When it comes to the sizzle, we know our shizzle! Choose from:

- * Crispy Duck † GLAZE 15.99 Smothered in our Legendary Glaze, made with Jack Daniel's® and served on the bone
- * Roasted Veg Ve 10.99
- * Blackened Chicken 13.99

BAJA TOSTADA

Crisp flour tortillas topped with vegetables, spicy guacamole, pineapple pico de gallo and fresh red chillies in a pineapple & jalapeño glaze drizzled with avocado cream. It's a zing thing! Choose from:

- * Garlic Chicken 10.99
- * Salmon[†] 12.49

VEGETABLE SKEWERS Ve 9.99

Veg out on three colourful skewers of mushroom, aubergine, red and yellow peppers, butternut squash and heritage tomato. Served with spicy chargrilled corn on the cob and your choice of crispy fries or spicy rice. Choose from:

- * BBQ sauce
- * Frank's® RedHot sauce †
- * Our Legendary Glaze, made with Jack Daniel's® GLAZE



OUR LEGENDARY GLAZE,
MADE WITH JACK DANIEL'S®



600 UNDER 600 CALORIES



CAUTION:
SUPER SPICY

† May contain small bones § Cajun cream sauce contains alcohol in the recipe. Not all dish ingredients are listed in all descriptors. The trademark Jack Daniel's is used under licence to TGI Fridays Inc. All rights reserved.

LOVE ME SOME CHICKEN

CHICKEN FINGER BLT 10.99

Crispy chicken breast tenders served in a ciabatta with melted cheese, rocket, tomato, crispy bacon and honey mustard mayo. Served with a choice of crispy fries or house salad

CALIFORNIAN CHICKEN CLUB SANDWICH 11.49

Char grilled chicken breast topped with cheese, bacon, spicy guacamole and garlic mayo in a toasted brioche bun. Served with a creamy avocado dipping sauce and a choice of crispy fries or house salad

New CAPRESE CHICKEN SANDWICH 12.99

Crispy garlic ciabatta topped with hot garlic chicken, fresh basil, tomatoes, cheese and balsamic glaze. Served with a choice of crispy fries or house salad

CHICKEN FINGERS 11.49

Crispy chicken breast tenders, served with crispy fries, BBQ sauce and honey mustard mayo

FRIDAYS® SESAME CHICKEN STRIPS WITH CRISPY FRIES GLAZE 12.99

Main up your fave with a mega portion of Fridays® sesame chicken strips tossed in our Legendary Glaze made with Jack Daniel's®. Topped with toasted sesame seeds and chilli flakes, served with crispy fries

UPGRADE YOUR FRIES GO SWEET OR LOADED!

- * Sweet Potato Fries 1.49
- * Loaded Fries 2.00



FRIES & SIDES

LOADED FRIES All 4.49

Chilli Beef Fries topped with chilli beef, Colby cheese, onions and American mustard

Warrior Fries tossed in Frank's® RedHot sauce, onion and blue cheese dressing

Mario Fries topped with cheese, marinara sauce and bacon bits

SIDES

Cajun Spiced Onion Rings 3.49

Sweet Potato Fries 3.49

Crispy Fries 2.99

House Salad 3.99

Apple Slaw 1.99

Creamy Mash 2.99

Spicy Rice 1.99

Garlic Ciabatta Bread 3.49

With Monterey Jack cheese 3.99

Seasonal Veg 2.99



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Desserts

Made for sharing*

THERE'S ALWAYS ROOM
FOR PUDDING, RIGHT?



POPCORN BROWNIE SUNDAE

CHOCOLATE FUDGE FIXATION V 5.79

Triple-layered chocolate cake with chocolate & fudge filling, served warm with real dairy ice cream. The ultimate choc-fudge fix!

BROWNIE OBSESSION 4.99

Moist, rich brownies with hot fudge, real dairy ice cream and caramel & chocolate sauces. **To share 6.99**

VERY BERRY SUNDAE V 5.49

Meringue, biscotti dough, real dairy ice cream and sweet strawberry purée with fresh berries and whipped cream. Fridays® sundaes – happy days!

OREO® SUNDAE V 5.49

Oreo® cookie pieces in real dairy ice cream, chocolate fudge sauce, whipped cream, topped with a chocolate flake and an Oreo® cookie. It's the 'oh!' in Oreo®

COOKIE DOUGH SUNDAE 5.49

Rollin' in dough! Cookie dough pieces, shortcake, real dairy ice cream swirled with chocolate and caramel sauces. With whipped cream and a cherry on top

ROCKY ROAD SUNDAE 5.49

Real dairy ice cream, caramel & chocolate sauces, chunks of shortcake, mini marshmallows, chocolate curls and whipped cream with a chocolate flake and a cherry on top

POPCORN BROWNIE SUNDAE V 5.49

Warm chocolate brownie chunks, chocolate & caramel sauces and real dairy ice cream with whipped cream and sticky toffee popcorn

ULTIMATE SHAKES

BIRTHDAY CAKE SHAKE 4.50

Vanilla flavour ice cream, layers of strawberry purée topped with Fridays® birthday cake. Make it your big day (even if it isn't)!

CHOCYLICIOUS V 4.50

Chocolate milkshake, chocolate sauce, Oreo® cookies and chocolate brownie pieces

New KOKIE MONSTER V 4.50

A creamy cookie dough and vanilla milkshake topped with whipped cream, cookie dough pieces and delicious Oreo® cookies. A monster of a milkshake!



KOKIE MONSTER ULTIMATE SHAKE

GARN YOUR STRIPES
FOR YOUR FAVOURITES ON US

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goodfoodtalks
opening menus for everybody

The spoken menu app
for the visually impaired.
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Dish and drink descriptions do not list every ingredient.

Free baby food is available, please speak to a team member for more details. *For single sized desserts, please ask a team member for more details. Oreo® is a registered trademark of Mondelēz International used under licence to TGI Fridays Inc.

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V VEGETARIAN

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