

LET'S

EAT

Five  
EASY PIECES

TO GO FRIDAYS

Original. American. Social.

# LACTOSE INTOLERANT CHOICES

## APPETIZERS

### SOUTHWEST EDAMAME - 5.49

Edamame pods with Cajun seasoning, fresh pico de gallo, fresh red chillies and lime juice.

### JACK DANIEL'S® PORK BELLY - 7.49

Smothered in Jack Daniel's® glaze, toasted sesame seeds and chilli flakes, served with fresh apple slaw.

### SMOKED TOMATO BRUSCHETTA - 6.49

Heritage tomatoes marinated in garlic and basil on toasted ciabatta drizzled with smoked rocket oil.

## FLAVOUR

### ROASTED VEG PASTA

Penne pasta tossed in a tomato & basil sauce with seasonal veg and heritage tomatoes.

SMALL 7.49 | LARGE 10.49

### SAUTÉED SEA BASS† - 13.49

Served with roasted vegetables and baby potatoes.

### CHICKEN COBB SALAD

Succulent chicken breast, rocket and lettuce with colourful layers of fresh strawberries, raspberries, guacamole, tomatoes, bacon bits, peppers, onions and crispy croutons, drizzled in a balsamic dressing.

SMALL 7.99 | LARGE 11.99

## HOT OFF THE GRILL

### THE PITMASTER - 20.99

A 1/3 portion of regular ribs, ultimate ribs and beef short ribs, served with ciabatta, apple slaw and crispy fries. Choose from BBQ sauce or Jack Daniel's® glaze

## RIBS

Served with crispy fries and apple slaw.

### JACK DANIEL'S® RIBS

Dusted with Cajun spices and coated in Jack Daniel's® glaze.

HALF RACK 12.99 | FULL RACK 16.99

### FRIDAYS® RIBS

Smothered in BBQ sauce

HALF RACK 21.99 | FULL RACK 16.99

### JACK DANIEL'S® BEEF SHORT RIBS - 19.49

Smoked and slow cooked until tender.

## CHICKEN

### JACK DANIEL'S® CHICKEN - 13.99

Two chargrilled chicken breasts coated in Jack Daniel's® glaze and served with seasonal veg and crispy fries.

### JACK DANIEL'S® CHICKEN SANDWICH - 11.99

Grilled chicken breast coated in Jack Daniel's® glaze, Jack Daniel's® candied bacon, fresh tomato, red onion and Fridays® mayo. Served on a dairy free bun with apple slaw and crispy fries.

## HANDCRAFTED BURGERS

Beef from the British Isles, flame-grilled to order, served on a dairy free bun with fresh tomato, red onion, apple slaw and crispy fries.

### FRIDAY'S® DOUBLE GLAZED JACK DANIEL'S® - 12.49

Jack Daniel's® glaze, Jack Daniel's® candied bacon and Fridays® mayo.

### 63RD & 1ST - 14.49

Topped with Jack Daniel's® chilli, pickled red onions and Fridays® mayo.

### BUILD YOUR OWN BURGER - 10.49

Simply grilled with Fridays® mayo. Choose from chargrilled chicken breast or beef burger, then add any of the following toppings. All 99p each

BBQ sauce, green chillies, crispy bacon, spicy guacamole, pico de gallo, jalapeños, scorpion hot sauce\*, Jack Daniel's® glaze, Cajun seasoning, Jack Daniel's® bacon.

### HOUSE SALAD - 4.49

With your choice of balsamic dressing or raspberry & chilli dressing

### APPLE SLAW - 1.99

### PICKLED SLAW - 1.99

### CRISPY FRIES - 3.49

### SEASONAL VEG - 3.49

Steamed or roasted

CHEEKY EXTRAS

# GLUTEN INTOLERANT CHOICES

## APPETIZERS

### SOUTHWEST EDAMAME - 5.49

Edamame pods with Cajun seasoning, fresh pico de gallo, fresh red chillies and lime juice.

### 9 LAYER SUNDAE - 4.49

Corn tortillas served with layers of spicy guacamole, fresh pico de gallo, shredded lettuce, Colby cheese, sour cream, tomatoes, salsa, chillies and coriander.

### LOADED POTATO SKINS

Filled with melted cheese and topped with either Bacon, BBQ Pulled Pork or Roasted Veg

5.99 | TO SHARE 10.99

### DOUBLE LAYERED NACHOS

Corn tortilla nachos served with spicy guacamole, fresh pico de gallo and sour cream. Choose from:

### CHEESE

5.99 TO SHARE 9.99

### BLACKENED CHICKEN

6.49 TO SHARE 11.49

## FULL ON FLAVOUR

### BBQ CHICKEN - 13.99

Two chicken breasts, chargrilled and coated in BBQ sauce. Served with seasonal veg and creamy mash.

### SAUTÉED SEA BASS† - 13.49

Served with roasted vegetables and baby potatoes

### JAMBALAYA

Spicy rice, roasted veg, spring onion, sour cream and sliced chillies, served with a Cajun cream\*\* sauce.

Topped with your choice of:

### BLACKENED CHICKEN - 11.99

### SHRIMP - 12.99

### VEG SKEWERS - 10.99

### FRIDAYS® RIBS

Baby back pork ribs, smothered in BBQ sauce for extra flavour and then flame-grilled to make them fall of the bone tender. Served with crispy fries and apple slaw.

HALF RACK 12.99 | FULL RACK 16.99

## HANDCRAFTED BURGERS

Beef from the British Isles, flame-grilled to order, served on a gluten free bun with fresh tomato, red onion, apple slaw and crispy fries.

### THE CHIEF - 14.99

Can you beat the boss?!

A beef burger and a chargrilled chicken breast coated in scorpion hot sauce\*, chillies, crispy bacon, jalapeños, cheese and chilli mayo. Topped with a whole fresh chilli!

### GREEN CHILLI CHEESEBURGER - 11.99

Chargrilled hot chillies, jalapeños, cheese and chilli mayo. Served with scorpion hot sauce\*

### CHEESEBURGER DELUXE - 11.49

Simply grilled and topped with cheese and Fridays® mayo.

### BBQ PULLED PORK - 13.99

Topped with BBQ pulled pork, pickled red onions, Colby cheese, Fridays® mayo and smothered in BBQ sauce.

### BUILD YOUR OWN BURGER - 10.49

Simply grilled with Fridays® mayo. Choose from chargrilled chicken breast or beef burger, then add any of the following toppings. All 99p each

Monterey Jack cheese, Colby cheese, American cheese, mozzarella, BBQ sauce, green chillies, crispy bacon, caramelised onions, spicy guacamole, pico de gallo, jalapeños, scorpion hot sauce\*, bleu cheese dressing, Cajun seasoning, beef gravy.

## DESSERTS

### POPCORN SUNDAE - 5.99

Sticky toffee popcorn with hot fudge & caramel flavour sauce between scoops of real dairy vanilla ice cream. Topped with a whip of cream.

## CHICKEN COBB SALAD

Succulent chicken breast, rocket and lettuce with colourful layers of fresh strawberries, raspberries, guacamole, tomatoes, Colby cheese, bacon bits, peppers and onions, drizzled in a raspberry & chilli dressing.

SMALL 7.99 | LARGE 11.99

## STEAKS

21 DAY MATURED BEEF FROM THE BRITISH ISLES, CHOOSE TWO SIDES AND A SAUCE.

CHOOSE YOUR STEAK!  
7oz FILLET - 21.49  
8oz SIRLOIN - 17.49  
12oz RIBEYE - 19.49  
14oz RUMP - 22.99

LOAD UP 2 SIDES  
SIDES (Choose 2)  
House Salad  
Seasonal Veg  
Crispy Fries

SAUCE IT UP!  
SAUCE (Choose 1)  
Jack Daniel's® Glaze  
BBQ Sauce  
Spicy Jerk Glaze

HOW DO YOU LIKE YOUR STEAK?  
Medium: Hot pink centre  
Hot pink centre  
Medium-well done: Slightly pink centre  
Well done: No pink  
Rare: Red centre  
Medium-rare: Warm pink centre

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Well done: No pink  
Rare: Red centre  
Medium-rare: Warm pink centre

### HOUSE SALAD - 4.49

With raspberry & chilli dressing or Caesar dressing.

### CREAMY MASH - 3.49

### CRISPY FRIES - 3.49

### SEASONAL VEG - 3.49

### APPLE SLAW - 1.99

### BABY POTATOES - 3.49

Steamed or roasted.

Stewed or roasted.

Stewed or roasted.

Stewed or roasted.

CHEEKY EXTRAS

### WHAT'S UP DOC - 5.99

Triple layered rich and moist carrot cake served with real dairy ice cream.

Please let your server know you are dining from this menu. Concerned about the presence of allergens or ingredients in our foods? Please ask the Manager for more information about dish ingredients.

**i** SUITABLE FOR VEGETARIANS **v** SUITABLE FOR VEGANS **700** 700 CALORIES OR UNDER

\*Dishes may contain small bones. \*\*Weight shown is approximate uncooked. Not all dish ingredients are listed in all descriptors. The trademark Jack Daniel's is used under license to TGI Friday's Inc. All rights reserved. \*No scorpions were harmed in the making of this extra hot sauce! \*\*Cajun cream sauce contains alcohol in the recipe.

# KIDS

## LITTLE LEAGUE MENU

# 3.99

ALL OUR SMALL KIDS DISHES COME WITH FRIDAYS® FINGERS – TASTY STICKS OF APPLE, CUCUMBER AND CARROT, WHICH IS ONE OF THEIR 5-A-DAY.

### CHICKEN BURGER

Grilled chicken breast with fresh tomato served on a gluten and dairy free toasted bun, with crispy fries and baked beans.

### GRILLED CHICKEN TENDERS

Grilled chicken breast strips with crispy fries and baked beans.

### TOMATO TUBES

Pasta tubes with a tasty tomato sauce.

### HAMBURGER

A smaller version of our burger served in a gluten and dairy free toasted bun, with crispy fries and baked beans.

HERE'S A SELECTION OF OUR MOST POPULAR KIDS DISHES THAT ARE SUITABLE FOR KIDS INTOLERANT TO GLUTEN , INTOLERANT TO LACTOSE .

## MAJOR LEAGUE MENU

# 5.49

### BACON BURGER

Beef burger topped with crispy bacon and fresh tomato. Served in a gluten and dairy free bun with crispy fries and baked beans.

### JUNIOR PITMASTER

BBQ pork belly and BBQ pulled pork served with apple slaw and crispy fries.

## DESSERTS

### FRUIT CUP - 1.99

2 scoops of frozen orange sorbet with fresh fruit.

### 99 SUNDAE - 1.49

2 scoops of real dairy ice cream with chocolate or strawberry sauce and a mini flake.

 SUITABLE FOR VEGETARIANS

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