

TGI FRI ANA CONTRACTOR OF CONT

£29.95 FOR A MAIN & 2 DRINKS

Available all day, everyday⁺

Choose 2 of the same drinks from: Long Island Iced Tea, Mojito, Purple Rain, Pornstar Martini, June Bug, Strawberry Daiquiri, 0% Sweet By Choice 178 kcal, pint of American Pilsner, pint of Singha or 125 ml Prosecco.

BURGERS

Our Burgers come with your choice of House Fries 287 kcal or House Salad 26 kcal

Fridays[®] Glazed Burger

100% beef patty coated in our Fridays® Legendary Glaze, Monterey Jack cheese and crispy bacon. Served on a bed of lettuce, mayo, tomato, pickled red onions and extra Fridays® Legendary Glaze on the side 793 kcal

Fridays[®] Glazed Chicken Burger

Lemon and garlic flame grilled chicken breast coated in our Fridays® Legendary Glaze, Monterey Jack cheese and crispy bacon. Served on a bed of lettuce, mayo, tomato, pickled red onions and extra Fridays® Legendary Glaze on the side 775 kcal

NEW Fridays® Messy Cheeseburger

100% beef patty dripping with melted cheese. Served on a bed of lettuce, mayo, tomato, pickled red onions with Fridays® Burger Mayo on the side 803 kcal

CHICKEN

Fridays[®] Sesame Chicken Strips

Tossed in our Fridays[®] Legendary Glaze and topped with toasted sesame seeds and chilli flakes, served with your your choice of House Fries 287 kcal or House Salad 26 kcal. 874 kcal *Meatless alternative is available* 805 kcal

Cajun Spiced Chicken Fajita 🔶

Served with guacamole, fresh salsa and cheese, topped with sour cream and coriander, with soft flour tortillas on the side 965 kcal

Meatless Chicken Fajita 🔞 🙆

Plant-based chicken served with guacamole, fresh salsa, marinara, topped with avocado and lime dressing, coriander, with soft flour tortillas on the side 876 kcal

Fridays® Vegan Burger 🔞

Future Farm[™] plant-based patty, grilled flat cap mushroom and Applewood cheese. Served on a bed of lettuce, mayo, tomato and pickled red onions, with garlic aioli dip on the side 728 kcal

Ultimate Cheese Dipper +5.00

Two 100% beef patties with cheese, lettuce, mayo, tomato, pickled red onions, crispy bacon, topped with Mozzarella Dippers, served with Fridays® Burger Mayo on the side 1303 kcal Single patty available 804 kcal

FROM THE FRIDAYS® GRILL

FRIDAYS[®] CLASSIC RIBS

CHOOSE YOUR SIZE

Half rack 538 kcal / Full rack +5.00 1061 kcal Baby back pork ribs, served with slaw, corn on the cob, your choice of House Fries 287 kcal or House Salad 26 kcal and extra sauce for dipping

CHOOSE YOUR FLAVOUR

Fridays[®] Legendary Glaze 240 kcal, BBQ Sauce 125 kcal, or Hoisin Sauce 147 kcal

STEAK

NEW Steak Frites +5.00

8oz rump steak seasoned with steak rub and flame grilled to your liking. Served with a grilled tomato, flat cap mushroom, House Fries and garlic butter 705 kcal



Sweet Potato Fries 🕐 2.95 249 kcal

Cheese & Maple Bacon Loaded Fries 2.95 Topped with cheese sauce and maple bacon 484 kcal

Next Decod Londod Fries

Plant-Based Loaded Fries 🧐 2.95

Plant-based bacon pieces with garlic aioli 491 kcal



*Terms & Conditions: This offer entitles any guest to one main course and two drinks per person for £29.95 from the above promotion. This menu is only available for persons aged 18 and over. The two drinks must be the same and this offer is only for 1 person at a time and and cannot be shared. This promotion is available all day every day (excluding Bank Holidays) and is not available in conjunction with any other food offer or food discount. The main dish options Ultimate Cheese Dipper Burger, Full Rack of Classic Ribs and Steak Frites require a +£5 supplement which is in addition to the £29.95. This promotion may be terminated or changed at any time and is subject to participating restaurants whilst stocks last. Please drink responsibly. Please see www. bedrinkaware.co.uk. This is just a summary of the terms and conditions. Please see www.tgifridays.co.uk for details of the full terms and conditions Adults need around 2000 kcal a day. Please inform your server of any allergies or intolerances before you order. Unfortunately it is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross contamination in our busy kitchens and

possible to guarantee that any product is 100% free from any allergen due to the risk of cross contamination in our busy kitchens and bars. Vegan food may be cooked using the same equipment as non-vegan food. Meat and fish may contain small bones.