



TGI FRIDAYS®



UPTOWN
DOWNTOWN
MENU

2 COURSES
from **£13.99**

DOWNTOWN

2 COURSES

from **£13.99***

Create a 2 course meal with your choice of appetizer and main

APPETIZERS

Houmous Topped with Guacamole

Houmous topped with guacamole, pomegranate, toasted sesame seeds and chilli flakes with corn tortillas for dipping **ve** 345 kcal

Halloumi Sticks **v** 298 kcal

Garlic Ciabatta Bread **ve** 346 kcal

Go cheesy? Yes please! +0.75p **v 487 kcal**

Mac & Cheese Bites

With cheese sauce 316 kcal

MAINS

Unless stated, all mains are served with your choice of House Fries 287 kcal or House Salad 26 kcal

Cajun Chicken Fajita Wrap

Cajun spiced chicken breast, Colby cheese, peppers, onions, salsa, pico de gallo, guacamole and lettuce wrapped in a flour tortilla 323 kcal

Chicken Finger BLT

Crispy chicken fingers, Monterey Jack cheese, crispy bacon and tomato, served on a bed of lettuce mayo in a toasted ciabatta bun with honey mustard mayo 638 kcal

Roasted Pepper and Tomato Pasta

Penne pasta tossed in a rich marinara sauce with roasted peppers and onions, topped with grated cheese. Side not included **v** 438 kcal.

No cheese **ve 330 kcal**

Big City Dog

Hot dog served in a brioche bun with melted cheese, topped with cheese sauce, caramelized & crispy onions and crispy bacon 434 kcal

Fridays™ Messy Cheeseburger +3.00

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 Quesadilla

Blackened chicken with onions, peppers, lime, coriander, Colby & Monterey Jack cheese. Served with chilli cream and pico de gallo, wrapped in a large tortilla 512 kcal

SIDES

Ask your server for the full range of sides

Cajun Onion Rings 6.20 **v **v** 440 kcal**

Upgrade your fries

Sweet Potato Fries 2.90 **v 249 kcal**

Cheese & Maple Bacon Loaded Fries 2.90 484 kcal

Plant-Based Loaded Fries 2.90 **ve 491 kcal**

UPTOWN

2 COURSES

from **£18.99***

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APPETIZERS

Mozzarella Dippers

With marinara sauce **v** 475 kcal

Boneless Hot Wings

Crispy chicken breast chunks tossed in Frank's® RedHot sauce with a blue cheese dip **v** 371 kcal

Fridays™ Corndog

Beechwood smoked hotdogs in a crispy batter, drizzled with mustard and ketchup, served with a cheesy dip 470 kcal

Cheese & Maple Bacon Potato Skins

Loaded with melted Colby cheese topped with maple bacon and sour cream 644 kcal

Plant-Based Cheese & Bacon Potato Skins

Loaded with Meatless Farm plant-based bacon pieces, Applewood vegan cheese and avocado & lime dressing **ve** 578 kcal

MAINS

Unless stated, all mains are served 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

Cajun Bacon Chop

Thick cut bacon chop, coated in Cajun seasoning, garlic butter and flame grilled to perfection. Served with a grilled tomato, crispy diced potatoes, corn on the cob, pico de gallo and Fridays™ beef dip on the side 638 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 **ve** 728 kcal

Fridays™ Sesame Chicken Strips +4.00

Tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes 874 kcal

Meatless Fridays™ Sesame Strips +4.00

Tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes. A Fridays™ favourite made with plant-based chicken **v** 805 kcal

Cajun Chicken Pasta

Penne pasta tossed in a creamy Cajun sauce with peppers and tomatoes, topped with Cajun chicken. Side not included 702 kcal

£6 COCKTAILS

All day, Monday to Thursday†

See our drinks menu for our full cocktail range



† All regular-sized cocktails are £6, all day Monday-Thursday.

*Terms & Conditions: Two courses from £13.99/£18.99 is only available as part of the above promotion, consisting of one appetizer and one main course per person from £13.99/£18.99. This promotion may be terminated or changed at any time and is subject to participating restaurants whilst stocks last. This promotion is not available in conjunction with any other food offer or food discount. The Cheesy Garlic Bread requires a +0.75p supplement, Fridays™ Messy Cheeseburger requires a +£3.00 supplement and the Fridays™ Sesame Chicken Strips and Meatless Fridays™ Sesame Strips require a +£4.00 supplement which is in addition to the £13.99/£18.99.

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 bars. Vegan food may be cooked using the same equipment as non-vegan food. Meat and fish may contain small bones.