

LET'S LUNCH

*Lunchtime menu,
Monday to Friday until 4pm*



£7



TGI FRIDAYS

LUNCH MENU

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

Fridays™ Hog Dog

Pigs in blankets in a brioche bun, drizzled with honey mustard mayo, topped with crispy onions and bbq pulled pork 803 kcal

Roasted Pepper & Tomato Pasta*

Penne pasta tossed in a rich marinara sauce with roasted peppers and onions, topped with grated cheese 438 kcal

No cheese  330 kcal

***Roasted Pepper & Tomato Pasta does not come with a side of House Fries or House Salad**

Cheeseburger

100% beef patty dripping with melted cheese and topped with dill pickle and Fridays™ Burger Mayo 732 kcal

Big City Dog

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

Crispy Chicken & Honey Mustard Salad

Crispy chicken strips on a bed of lettuce, mixed with red & white cabbage, red onion, carrots, peppers, corn, tomatoes, coriander and tossed in honey mustard dressing 404 kcal

Swap crispy chicken strips for sliced grilled chicken for a lighter bite 369 kcal

ON THE SIDE

Ask your server for the full range of sides

Cajun Spiced Onion Rings   **6.20** 440 kcal

Mac & Cheese  **6.40** 473 kcal

Upgrade your fries +2.90

Sweet Potato Fries  249 kcal

Plant-Based Loaded Fries  334 kcal

Cheese & Maple Bacon Loaded Fries 530 kcal

ROOM FOR DESSERT?

Ask your server for the full range of delicious desserts



Vegan Vegetarian Spicy

***Terms & Conditions:** This promotion is available until 4pm each day from Monday to Friday (inclusive) but excluding bank holidays in participating TGI Fridays™ restaurants, whilst stocks last. This promotion is not available in conjunction with any other food offer or discount.

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.

