

**TG FRIDAYS**®

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**Fridays™ Sesame Chicken Strips**

# APPETIZERS

Starters for getting stuck into

## **Mozzarella Dippers** V

With marinara sauce 475 kcal

## **Lightly Spiced Shrimp**

Cajun battered shrimp served with our Fridays™ Legendary Glaze 392 kcal

## **Fridays™ Sesame Chicken Strips**

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

A real Fridays™ favourite 543 kcal

## **NEW Calamari**

Coated in a lightly spiced salt & pepper crumb, with chilli cream for dipping 352 kcal



**Calamari**

## **Fridays™ Corndogs**

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

## **Meatless Fridays™ Sesame Strips** V

Tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes. A Fridays™ favourite made with plant-based chicken 534 kcal

## **NEW Meatless Frank's® RedHot Strips** 🔥 VG

Plant-based chicken tossed in Frank's® RedHot sauce, with extra sauce for dipping 513 kcal

## **Garlic & Chilli King Prawns** 🔥

With a chilli cream dip 201 kcal



**Garlic & Chilli King Prawns**

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.





## NACHOS

### Cheese V

Corn tortillas topped with cheese, pickled jalapeños, guacamole, fresh salsa and drizzled with sour cream 426 kcal

### Plant-Based Chicken VG 🔥

Corn tortillas topped with plant-based chicken pieces, tossed in spicy habanero relish. Served with smoked Applewood cheese, pickled jalapeños, guacamole and fresh salsa, drizzled with avocado & lime dressing 522 kcal

## FRIDAYS™ LOADED POTATO SKINS

### Cheese & Maple Bacon

Loaded with melted Colby cheese, topped with maple bacon and served with sour cream on the side for dipping 439 kcal

**To share** 743 kcal

### Plant-Based Cheese & Bacon VG

Loaded with plant-based bacon pieces, Applewood cheese and served with avocado & lime dressing for dipping 418 kcal

**To share** 718 kcal

## MADE TO SHARE

*Best shared between four*

### Times Square Big Share

Fridays™ Wings, Cheese & Maple Bacon Loaded Skins and Mozzarella Dippers. Stacked high, served with our Fridays™ Legendary Glaze, sour cream and marinara sauce 1110 kcal

### Wall-to-Wall Chicken

Fridays™ Sesame Chicken Strips, Chicken Fingers, Boneless Hot Wings and BBQ Wings, served with our Fridays™ Legendary Glaze, honey mustard mayo and a blue cheese dip 1527 kcal



## WINGS

### Hoisin Wings

Solo 330 kcal / Sharing 612 kcal

Chicken wings tossed in a rich, sticky hoisin sauce, served with fresh lime

### Fridays™ Wings

Solo 389 kcal / Sharing 684 kcal

Chicken wings tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes

### Hot Wings 🔥

Solo 392 kcal / Sharing 660 kcal

Chicken wings tossed in Frank's® RedHot sauce, with celery sticks and a blue cheese dip

### Boneless Hot Wings 🔥

Solo 371 kcal / Sharing 740 kcal

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





**The Ultimate American Grill**



**Rump Steak**

# FRIDAYS™ GRILL

**Mouth-watering meat feasts**

## **The Ultimate American Grill**

A Fridays™ Meat Feast! Flame grilled 4oz\* rump steak, garlic and lemon grilled chicken breast, Cajun Bacon Chop, half rack of Classic Ribs and a Fridays™ Chicken Wing. Coated in Fridays™ Legendary Glaze served with House Fries, grilled mushroom, onion rings and corn on the cob

1652 kcal

## STEAKS

### **New York Strip**

Prime centre-cut 8oz\* sirloin steak seasoned with steak rub and flame grilled to your liking. Served with a grilled tomato, flat cap mushroom, House Fries and your choice of sauce 660 kcal

### **YOUR CHOICE OF STEAK SAUCE**

**Fridays™ Legendary Glaze** 80 kcal  
**or Peppercorn Sauce** 28 kcal

### **Rump Steak**

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

## RIBS

Our ribs are marinated and slow-cooked before being flame grilled to order for a true BBQ finish.

**Where stated, our ribs are served with your choice of House Fries** 287 kcal **or House Salad** 26 kcal

### **Classic Ribs**

Half rack 412 kcal / Full rack 652 kcal

Baby back pork ribs, served with slaw, corn on the cob, your choice of side and extra sauce for dipping

### **Ultimate Ribs**

Half rack 430 kcal / Full rack 688 kcal

Our biggest pork ribs, served with slaw, corn on the cob, your choice of side and extra sauce for dipping

### **ADD TO THE INDULGENCE WITH OUR**

**NEW Mac & Cheese** V

Topped with a garlic & herb crumb 473 kcal



**Ultimate Ribs**

### **YOUR CHOICE OF RIB SAUCE**

**Fridays™ Legendary Glaze** 240 kcal  
**or BBQ Sauce** 125 kcal





**Cajun Chicken Pasta**



**Fridays™ Sesame Chicken Strips**

# CHICKEN

**This chick's hot**

**Where stated, our Strips and Fingers are served with your choice of House Fries** 287 kcal **or House Salad** 26 kcal

### Chicken Fingers

Crispy chicken breast tenders with BBQ sauce and honey mustard mayo, served with your choice of side 828 kcal

### Cajun Chicken Pasta

Penne pasta tossed in a creamy Cajun sauce with peppers and tomatoes, topped with Cajun chicken 702 kcal

**Add a side of Garlic Ciabatta Bread** 510 kcal +

**Fridays™ Sesame Chicken Strips**  
Tossed in our Fridays™ Legendary Glaze and topped with toasted sesame seeds and chilli flakes, served with your choice of side 874 kcal

### Meatless Fridays™ Sesame Strips V

Tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes. A Fridays™ favourite made with plant-based chicken, served with your choice of side 805 kcal

### **NEW** Meatless Frank's® RedHot Strips 🔥 VG

Plant-based chicken tossed in Frank's® RedHot sauce, with extra sauce for dipping, served with your choice of side 744 kcal

# FAJITAS

**Set your mouth to sizzle**

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

### Meatless Chicken VG 🔥

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



**Cajun Spiced Chicken Fajita**

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# BURGERS

Gimmie-a-bite burgers

**Let's get messy. All burgers are served in our brioche style bun and your choice of House**

**Fries** 287 kcal **or House Salad** 26 kcal

## Messy Cheeseburger

100% beef patty dripping with melted cheese.

Served on a bed of lettuce, tomato, red onions and dill pickle with Fridays™ Burger Mayo 803 kcal

**Double patty available** 1160 kcal

## Frank's® RedHot Buffalo Chicken

Flame grilled Cajun spiced chicken fillet with Monterey Jack cheese. Served on a bed of Frank's® blue cheese slaw, tomato, red onions and dill pickle topped off with a Frank's® RedHot boneless skewer and a blue cheese dip on the side 640 kcal

## Ultimate Cheese Dipper

Two 100% beef patties with cheese, lettuce, tomato, red onions, dill pickle, Fridays™ Burger Mayo and crispy bacon, topped with Mozzarella Dippers 1303 kcal

**Single patty available** 804 kcal



**Fridays™ Glazed Burger**

## Fridays™ Glazed Burger

100% beef patty coated in our Fridays™ Legendary Glaze, Monterey Jack cheese and crispy bacon. Served on a bed of lettuce, tomato, red onions and dill pickle 793 kcal

**Double patty available** 1150 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, tomato, red onions and dill pickle 775 kcal

## Vegan Burger

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

## SPICE UP YOUR BURGER WITH OUR Cajun Spiced Onion Rings



440 kcal

## UPGRADE YOUR FRIES

### Sweet Potato Fries

249 kcal

### **NEW** Cheese & Maple Bacon Loaded Fries

Topped with cheese sauce and maple bacon, garlic & herb crumb, drizzled with chilli cream 530 kcal

### Plant-Based Loaded Fries

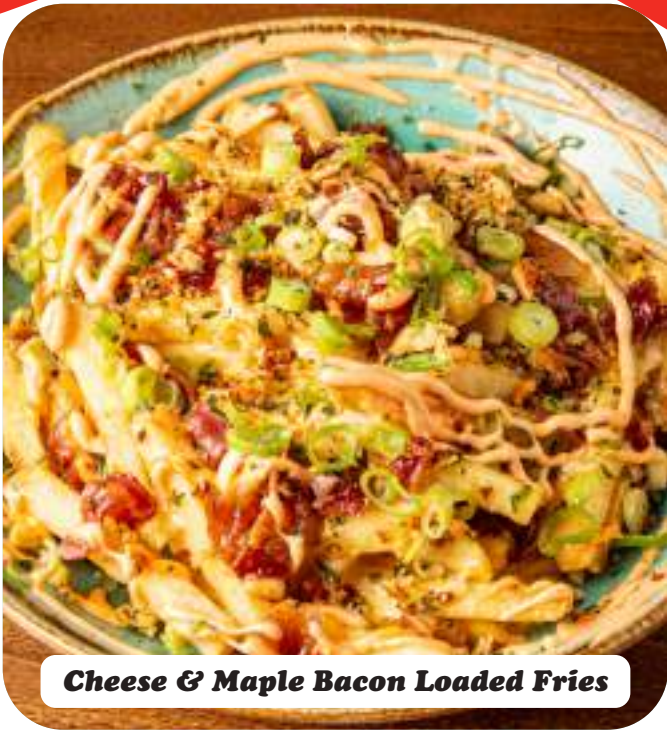
Plant-based bacon pieces with avocado & lime dressing 334 kcal



**Ultimate Cheese Dipper**







**Cheese & Maple Bacon Loaded Fries**



**Mac & Cheese**

# ON THE SIDE

Share a cheeky side or two

## House Fries VG

Perfectly crispy with our special seasoning 287 kcal

## **NEW** Cheese & Maple Bacon Loaded Fries

Topped with cheese sauce and maple bacon, garlic & herb crumb, drizzled with chilli cream 530 kcal

## Plant-Based Loaded Fries VG

Plant-based bacon pieces with avocado & lime dressing 334 kcal



**Cajun Spiced Onion Rings**

## **NEW** Mac & Cheese V

Topped with a garlic & herb crumb 473 kcal

## Sweet Potato Fries V 249 kcal

## Cajun Spiced Onion Rings V 🔥 440 kcal

## Garlic Ciabatta Bread VG 510 kcal

## Go cheesy? Yes please! + V 615 kcal

## House Salad VG 26 kcal

## SIGNATURE SAUCES

Sauces for sharing (no double dipping)



V 80 kcal



VG 🔥 64 kcal



VG 47 kcal



VG 49 kcal



V 69 kcal



VG 21 kcal

**ALL SAUCES**  
£

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# DESSERTS

The ultimate indulgence

## Chocolate Fudge Fixation V

Triple-layered chocolate cake with chocolate and fudge filling served warm with vanilla ice cream 549 kcal

## Brownie Obsession V

Goey, rich brownies with hot fudge, vanilla ice cream and chocolate and caramel sauces 842 kcal

## Honeycomb Cheesecake V

Served with whipped cream, drizzled with chocolate and caramel sauces 706 kcal

## Fresh Fruit & Orange Sorbet Sundae VG

Frozen orange sorbet served with fresh fruit and seasonal berries 240 kcal

## S'mores Sundae V

Crunchy Biscoff® biscuit pieces, crumbled chocolate flake and a caramelised Biscoff® sauce, between layers of vanilla ice cream with a toasted mallow topping 772 kcal



## CELEBRATION SUNDAES

Best shared between two

## Salted Caramel & Chocolate Brownie Sundae V

Vanilla ice cream, Oreo® pieces and chocolate brownie, covered in chocolate sauce, salted caramel, topped with whipped cream, waffle cone and finished with even more chocolate 1490 kcal

## Ultimate Birthday Cake Sundae

Vanilla ice cream covered in fresh strawberries, drizzled with strawberry sauce, topped with whipped cream and a slice of Fridays™ Legendary Birthday Cake 1303 kcal

Enjoy an **illy** coffee or tea with your dessert



The spoken menu app for the visually impaired. Go to [Goodfoodtalks.com](http://Goodfoodtalks.com)



VG VEGAN V VEGETARIAN 🔥 SPICY



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