

NYC SINCE 1965 *Five easy pieces* PRIDE PASSION
PERSONALITY BBQ CHICKEN FRESHLY MADE **FRIDAYS**
JACK DANIEL'S® GLAZE RIBEYE STEAK
28 Day Matured FRENCH DIP PRIDE
PASSION PERSONALITY *Fridays® Spicy Guacamole*
POPCORN SUNDAE CAJUN-SPICED BBQ HOUMOUS NEW YORK
STRIP **FIVE** SIZZLING CHICKEN 500 PLUS COCKTAILS
MONTEREY JACK CHEESE LEGENDARY FLAVOR
LOADED POTATO SKINS *Master Bartenders* WOO
WOO ROYALTINI LONG ISLAND ICED TEA
BLUEBERRY MOJITO **EASY** SAM ADAMS® 100 CLUB
Blends HOT OFF THE GRILL SWEETNESS LET YOUR
HAIR DOWN FRIDAYS® FEELING LIBERATING
ENERGY FLAIR NYC SINCE 1965 PRIDE PASSION
PERSONALITY BBQ CHICKEN FRESHLY MADE JACK
DANIEL'S® GLAZE *Blends* RIBEYE STEAK
MONTEREY JACK CHEESE LEGENDARY FLAVOR **PIECES**
28 Day Matured FLAIR *Master Bartenders*
FRENCH DIP PRIDE PASSION PERSONALITY
Fridays® Spicy Guacamole POPCORN PASSION
SUNDAE CAJUN-SPICED BBQ HOUMOUS NEW YORK STRIP
SIZZLING CHICKEN 500 PLUS COCKTAILS LEGENDARY FLAVOR
MONTEREY JACK CHEESE LOADED POTATO SKINS
Master Bartenders SIZZLING CHICKEN FLAIR
FRENCH DIP LIBERATING PRIDE PASSION WOO
WOO LONG ISLAND ICED TEA ROYALTINI
SWEETNESS LET YOUR HAIR DOWN FRIDAYS®



LACTOSE INTOLERANT CHOICES

APPETIZERS

BBQ Houmous & Tortillas ✓

Fresh houmous topped with BBQ sauce, served with tortilla chips. **4.99**

STEAKS

Our grass fed Hereford and Angus steaks are 28 day matured for extra tenderness and flavor. Choose two sides and a sauce.

7oz* Fillet

The most tender of steaks. Best cooked rare to medium-rare. **19.49**

8oz* New York Strip

A very tender sirloin steak. Best cooked medium-rare. **15.49**

12oz* Ribeye

The most flavorful of steaks, marbled for a tender texture. Best cooked medium-well done. **17.49**

16oz* Rump

Our biggest steak! Best cooked medium. **20.99**

Steak Sauces (Choose 1)

Jack Daniel's® Glaze
BBQ Sauce

Steak Sides (Choose 2)

House Salad
Seasoned Vegetables
Crispy Fries

**ADD A CAJUN-SPICED
KING PRAWN SKEWER 2.00**

RIBS

Our baby back pork ribs are slow marinated for extra flavor and flame-grilled to make them fall off the bone tender. Served with crispy fries.

Half Rack **11.49** Full Rack **15.49**

Jack Daniel's® Ribs

Dusted with Cajun spices and covered with Jack Daniel's® sweet 'n' smoky glaze.

Fridays® BBQ Ribs

Smothered with BBQ sauce.

HANDCRAFTED BURGERS

Our 7oz* flame-grilled burgers are made with prime cuts of beef from the British Isles. We use **chuck steak** for tenderness and **beef brisket** for flavor.

All burgers are freshly grilled to order and served on a **dairy free bun** with fresh tomato, red onion and crispy fries.

Classic American

Simply grilled with Fridays® mayo. **9.49**

Fridays® Double Glazed Jack Daniel's®

Jack Daniel's® sweet 'n' smoky glaze. Jack Daniel's® candied bacon and Fridays® mayo. **11.49**

BBQ Pulled Pork

7oz* beef burger topped with BBQ pulled pork, pickled red onions, Fridays® mayo and smothered in BBQ sauce. **12.99**

Chicken & Seafood

Jack Daniel's® Chicken

Two chicken breasts, chargrilled and smothered in Jack Daniel's® sweet 'n' smoky glaze. Served with crispy fries and seasoned vegetables, with a side of Jack Daniel's® glaze. **13.49**

Jack Daniel's® Salmon

Salmon fillet† chargrilled and coated with Jack Daniel's® sweet 'n' smoky glaze. Served with crispy fries and seasoned vegetables, with a side of Jack Daniel's® glaze. **13.99**

**Please
LET US KNOW
WHICH MENU YOU'RE DINING FROM**

Concerned about the presence of ingredients or allergens in our foods? Then please ask the Manager for more information.

†Fish dishes may contain small bones.

*Weight shown is approximate uncooked. The trademark Jack Daniel's is used under license to TGI Fridays Inc. All rights reserved.

GLUTEN INTOLERANT CHOICES

APPETIZERS

BBQ Houmous & Tortillas ✓

Fresh houmous topped with BBQ sauce, served with tortilla chips. **4.99**

Chicken Fajita Nachos

Tortillas topped with chunks of chargrilled chicken breast, sliced mixed peppers, jalapeños, onions and melted Colby cheese. Served with Fridays® Spicy Guacamole and sour cream. **Serves 2 9.49**

Loaded Potato Skins

Potato skins filled with melted Colby cheese and crispy bacon pieces with a side of sour cream. **4.99**
Swap bacon for mushrooms. ✓

STEAKS

Our grass fed Hereford and Angus steaks are 28 day matured for extra tenderness and flavor. Choose two sides and a sauce.

7oz* Fillet

The most tender of steaks. *Best cooked rare to medium-rare.* **19.49**

8oz* New York Strip

A very tender sirloin steak. *Best cooked medium-rare.* **15.49**

12oz* Ribeye

The most flavorful of steaks, marbled for a tender texture. *Best cooked medium-well done.* **17.49**

16oz* Rump

Our biggest steak! *Best cooked medium.* **20.99**

Steak Sauce (Choose 1)

Maison Butter
BBQ Sauce
Peppercorn Sauce

Steak Sides (Choose 2)

Wedge Salad
House Salad
Seasoned Vegetables
Cajun-Spiced Rice
Crispy Fries
Cheesy Mash

**ADD A CAJUN-SPICED
KING PRAWN SKEWER 2.00**

Chicken & Seafood

BBQ Salmon

A tasty chargrilled salmon fillet† glazed in BBQ sauce, served with cheesy mash and seasoned vegetables. **13.99**

BBQ Chicken

Tender chargrilled chicken breasts, glazed in BBQ sauce and served with cheesy mash and seasoned vegetables. **13.49**

Sizzling Chicken

Tender garlic-marinated chicken breasts on a sizzling skillet of onions, mixed peppers, melted Monterey Jack and Colby cheese, with a serving of cheesy mash topped with spring onions. **12.99**

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†Fish dishes may contain small bones.

*Weight shown is approximate uncooked. ✓ Suitable for vegetarians.

HANDCRAFTED BURGERS

Our 7oz flame-grilled burgers are made with prime cuts of beef from the British Isles. We use **chuck steak** for tenderness and **beef brisket** for flavor.*

*Our burgers are freshly grilled to order, with fresh tomato and red onion. Served on a **gluten free bun**, with crispy fries.*

Cheeseburger Deluxe

Simply grilled and topped with cheese and Fridays® mayo. **10.49**

Classic American

Simply grilled with Fridays® mayo. **9.49**

BBQ Pulled Pork

7oz* beef burger topped with BBQ pulled pork, pickled red onions, Colby cheese, Fridays® mayo and smothered in BBQ sauce. **12.99**

French Dip

Caramelized onions, melted Swiss cheese and garlic mayo. Served with a rich beef sauce to pour over or dip your burger in. **11.99**

RIBS

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

Fridays® BBQ Ribs

Smothered in BBQ sauce.
Half Rack 11.49 Full Rack 15.49

DESSERT

Popcorn Sundae ✓

Sticky toffee popcorn with hot fudge & caramel flavor sauce between scoops of real dairy vanilla ice cream. Topped with a whip of cream. **4.99**

Rocky Road Sundae

Real dairy vanilla ice cream with layers of caramel and chocolate sauces and chocolate curls. All served up with freshly whipped cream, a chocolate flake and a cherry on top. **4.99**

Very Berry Sundae ✓

Pieces of meringue between layers of real dairy vanilla ice cream and sweet strawberry purée. Finished with fresh berries and freshly whipped cream. **4.99**

LACTOSE & GLUTEN INTOLERANT CHOICES FOR THE KIDS

Here's a selection of our most popular kids' dishes that are prepared with no gluten containing ingredients **G**, no lactose containing ingredients **L** or both **G L**.

Little League

All our small kid's dishes come with Fridays® Fingers – tasty sticks of apple, mixed peppers, cucumber and carrot, which is one of their 5-a-day.

All 3.49

Chicken Burger **G L**

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

Grilled Chicken Tenders **G L**

Grilled chicken breast strips with crispy fries and tomato ketchup.

Tomato Tubes **L V**

Pasta Tubes with a tasty tomato sauce.

Hamburger **G L**

A smaller version of our burger served on a gluten & dairy free toasted bun, with crispy fries and tomato ketchup.

Major League

All 4.99

Bacon Burger **G L**

Beef burger topped with crispy bacon and fresh tomato. Served on a gluten and dairy free toasted bun with crispy fries and tomato ketchup.

BBQ Ribs **G L**

Baby back pork ribs coated in BBQ sauce with crispy fries.

DESSERTS

Fruit Cup **G L V**

2 scoops of frozen orange sorbet with fresh fruit. 1.99

99 Sundae **G V**

2 scoops of real dairy ice cream with chocolate or strawberry sauce and a mini flake. 1.49

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