

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.



Cheese Nachos



Hot Wings

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



Wall-to-Wall Chicken



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

YOUR CHOICE OF RIB SAUCE

Fridays™ Legendary Glaze 240 kcal
or BBQ Sauce 125 kcal

ADD TO THE INDULGENCE WITH OUR

NEW Mac & Cheese V

Topped with a garlic & herb crumb 473 kcal



Ultimate Ribs



*Weight approximate uncooked.



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

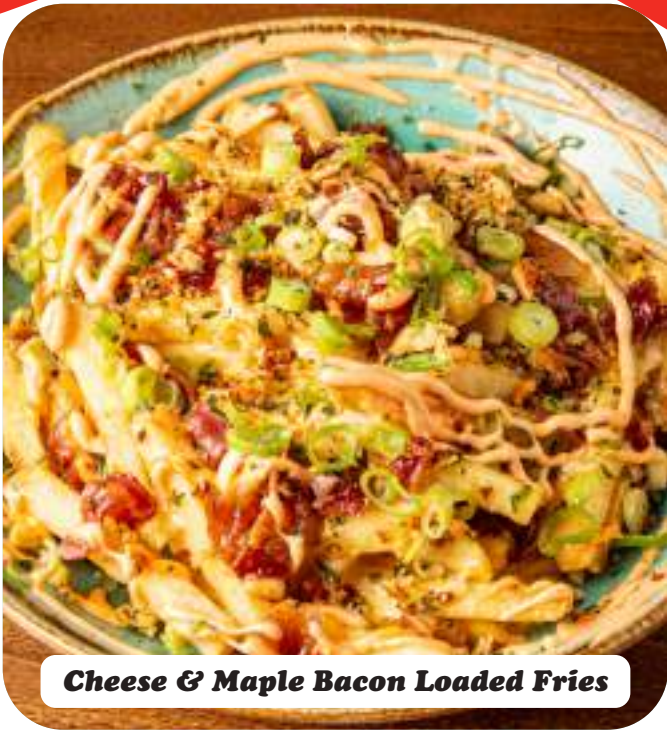
Plant-Based Loaded Fries 

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



VG VEGAN V VEGETARIAN 🔥 SPICY



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