

**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


#### Fridays™ Corndogs

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

#### Garlic Ciabatta Bread 510 kcal

Go cheesy? Yes please! +80p  615 kcal

#### Mozzarella Dippers

With marinara sauce  475 kcal

### MAINS

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

#### Roasted Pepper and 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

#### Big City Dog

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

#### Messy Cheeseburger +3.50

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

#### 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


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

## UPTOWN 2 COURSES from £18.99\*

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

### APPETIZERS

#### Boneless Hot Wings

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

#### Cheese & Maple Bacon Potato Skins

Loaded with melted Colby cheese topped with maple bacon and sour cream 439 kcal

#### Plant-Based Cheese & Bacon Potato Skins

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

#### **NEW** Calamari

Coated in a lightly spiced salt & pepper crumb, with chilli cream for dipping 352 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, tomato, red onions and dill pickle 793 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

#### 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  805 kcal

#### Cajun Chicken Pasta\*

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

\*Cajun Chicken Pasta does not come with a side of House Fries or House Salad

### SIDES

Ask your server for the full range of sides

Cajun Spiced Onion Rings 6.20   440 kcal

#### Upgrade your fries

Sweet Potato Fries 2.90  249 kcal

**NEW** Cheese & Maple Bacon Loaded Fries 2.90 530 kcal

Plant-Based Loaded Fries 2.90  334 kcal

## 2 FOR 1 COCKTAILS All day every day<sup>†</sup>

See our drinks menu for our full cocktail range



The spoken menu app for the visually impaired. Go to GoodFoodTalks.com



<sup>†</sup>2 for 1 applies to any two of the same Cocktails or 'Refresh & Revive' drinks from the TGI Fridays™ menu.

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 +0.80p supplement, Messy Cheeseburger requires a +£3.50 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.



Vegan Vegetarian Spicy

Please note that, due to supply chain issues with certain drinks products, named brands may, if required, be replaced with an alternative brand of equivalent standing.