

TGI FRIDAYS



APPETIZERS

STARTERS FOR GETTING STUCK INTO

NEW **GARLIC & CHILLI KING PRAWNS** 🔥 155 kcal

Butterflied king prawns in a garlic & chilli sauce, with chilli cream for dipping

★ **NEW** **MOZZARELLA DIPPERS** V 412 kcal

With marinara sauce 28 kcal or chilli jam 95 kcal

★ **FRIDAYS™ SESAME CHICKEN STRIPS** 504 kcal 9.95

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

MEATLESS FRIDAYS™ SESAME STRIPS V 665 kcal

Plant-based chicken tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes

NEW **CHEESE DONUTS** V 512 kcal

Cheesy ring donuts tossed in sweet & smoky seasoning served with chilli jam

NEW **RIBLETS** 413 kcal

Pork riblets coated in your choice of sauce, topped with toasted sesame seeds, chilli flakes and crispy onions

Your choice of sauce:

NEW **BBQ SAUCE** 61 kcal

FRIDAYS™ LEGENDARY GLAZE 83 kcal

FRIDAYS™ CORNDOGS 470 kcal

Beechwood smoked hotdogs in crispy batter, drizzled with ketchup & mustard with honey mustard dip

★ **FRIDAYS™ CHEESE & MAPLE BACON LOADED POTATO SKINS** 380 / 760 kcal

Loaded with melted Colby cheese and maple bacon with sour cream on the side for dipping

PLANT-BASED OPTION ALSO AVAILABLE

NEW **NACHOS** V 🔥 443 / 886 kcal

Corn tortillas topped with Cajun cheese sauce, pickled jalapeños, guacamole, tomato & chilli salsa, pink pickled onions, sour cream and coriander

PLANT-BASED OPTION ALSO AVAILABLE

Upgrade your Nachos. Add a topping:

NEW **PLANT-BASED CHICKEN** VG 264 kcal

NEW **BBQ PULLED PORK** 387 kcal

CALAMARI 409 kcal

Lightly spiced salt & pepper crumb, with chilli cream for dipping

NEW **MAPLE GLAZED CORN RIBS** V 188 kcal

Chargrilled 'ribs' of corn tossed in maple glaze, smoky BBQ seasoning, drizzled with chilli cream

NEW **GUAC & CHIPS** VG 289 kcal

Our own recipe guacamole & Cajun seasoned tortilla chips

★ **MEATLESS FRANK'S® REDHOT STRIPS** VG 🔥 522 kcal

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

CHEESE DONUTS



NACHOS



WINGS

YOUR NEXT WINGMAN

NEW **BBQ WINGS** 549 / 1037 kcal

Chicken wings tossed in BBQ sauce

★ **FRIDAYS™ WINGS** 594 / 1104 kcal

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

HOT WINGS 🔥 640 / 1182 kcal

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

BONELESS HOT WINGS 🔥 608 / 1067 kcal

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

★ **WALL-TO-WALL CHICKEN** 1859 kcal

BEST SHARED BETWEEN FOUR

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

NEW BANGIN' BURGERS

BE THE FIRST TO TRY OUR DELICIOUS FRIDAYS™ SMASHED BURGERS!

High-quality chuck & brisket beef expertly smashed on the grill, locking in the juicy goodness & flavour for a heavenly taste. All served with lettuce, tomato, red onion, dill pickle, Fridays™ burger mayo and your choice of house fries 524 kcal or house salad 75 kcal

FRIDAYS™ SMASHED BURGER 674 kcal

Two 100% beef patties with American-style cheese

★ FRIDAYS™ GLAZED SMASHED BURGER 816 kcal

Fridays™ Smashed Burger with our Fridays™ Legendary Glaze and crispy bacon

★ BIG CHEESE DIPPER SMASHED BURGER 1168 kcal

Fridays™ Smashed Burger with an extra beef patty, mozzarella dippers and crispy bacon

FRIDAYS™ GLAZED CHICKEN BURGER 591 kcal

Flame grilled chicken breast coated in our Fridays™ Legendary Glaze with American-style cheese and crispy bacon

CHICKEN BURGER 674 / 543 kcal

Crispy chicken tenders or flame grilled chicken breast with melted American-style cheese

VEGAN BURGER VG 702 kcal

Plant-based patty topped with Applewood cheese, lettuce, burger mayo, tomato, red onion and dill pickle

FRIDAYS™ SMASHED BURGER



BIG CHEESE DIPPER SMASHED BURGER



DIY YOUR TGI

Make it your own and add your toppings

EXTRA BEEF PATTY WITH AMERICAN-STYLE CHEESE 185 kcal

NEW BBQ SAUCE VG 61 kcal

FRIDAYS™ LEGENDARY GLAZE V 83 kcal

FRANK'S® REDHOT SAUCE VG 67 kcal

CRISPY BACON 57 kcal

NEW MOZZARELLA DIPPERS V 174 kcal

CAJUN SPICED ONION RINGS V 145 kcal

ASK YOUR SERVER FOR MORE OPTIONS

PERFECT PAIRINGS

Add a side:

★ CAJUN SPICED ONION RINGS V 440 kcal

NEW CAJUN SPICED MAC & CHEESE V 463 kcal

Upgrade your fries:

SWEET POTATO FRIES V 341 kcal

NEW POTATO TOTS VG 332 kcal

NEW CHEESE & MAPLE BACON LOADED FRIES 982 kcal

PLANT-BASED OPTION ALSO AVAILABLE

Download our
Stripes Rewards App
for exclusive treats
& offers*



ALREADY A MEMBER?
Scan your receipt to unlock
your next treat

★ FRIDAYS™ FAVES V VEGETARIAN VG VEGAN 🔥 SPICY

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. *T&Cs apply.

FROM THE GRILL

FLAMIN' GOOD FLAVOURS

★ NEW YORK STRIP 1247 kcal

Flame grilled prime centre-cut 8oz** sirloin steak seasoned with steak rub, house fries, blue cheese lettuce wedges, Cajun spiced onion rings, cherry tomatoes and your choice of sauce

Your choice of sauce:

NEW BBQ SAUCE 61 kcal

FRIDAYS™ LEGENDARY GLAZE 83 kcal

PEPPERCORN SAUCE 26 kcal

Make it a Surf & Turf:

GARLIC & CHILLI KING PRAWNS 59 kcal



CHICKEN

CLUCKIN' GOOD

Our chicken dishes are served with your choice of house fries 524 kcal or house salad 75 kcal

★ FRIDAYS™ SESAME CHICKEN STRIPS 892 kcal

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

THEY'RE SESAM-AZING!

MEATLESS FRIDAYS™

SESAME STRIPS V 943 kcal

Plant-based chicken tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes

MEATLESS FRANK'S® REDHOT

STRIPS VG 🔥 897 kcal

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

CHICKEN FINGERS 688 kcal

Crispy chicken breast tenders with BBQ sauce and honey mustard mayo

PASTA & SALADS

PASTA-TIVELY TASTY

★ CAJUN CHICKEN PASTA 735 kcal

Penne pasta with creamy Cajun sauce, peppers and tomatoes, topped with Cajun chicken

Add: **GARLIC CIABATTA BREAD** V 486 kcal

NEW CAJUN SPICED MAC & CHEESE V 766 kcal

The ultimate comfort dish

Add to the indulgence:

BBQ GLAZED BEEF SHORT RIB 412 kcal

BBQ PULLED PORK 387 kcal

NEW FRIDAYS™ COBB SALAD 597 kcal

Lettuce wedges, tomatoes, maple glazed bacon, eggs, pink pickled onions, avocado, crispy onions and your choice of dressing

PLANT-BASED OPTION ALSO AVAILABLE

Add your choice of dressing:

BLUE CHEESE 146 kcal

HONEY MUSTARD 119 kcal

Add to the indulgence:

GRILLED CHICKEN 168 kcal

CRISPY CHICKEN 254 kcal

4OZ STEAK** 216 kcal



ULTIMATE AMERICAN GRILL

RIBS

Our pork ribs are marinated and slow cooked before being flame grilled to order for a true BBQ finish, served with house slaw, corn ribs, your choice of house fries 524 kcal or house salad 75 kcal, & extra sauce for dipping

CLASSIC BABY BACK RIBS

half rack / full rack 442 / 885 kcal

ULTIMATE RIBS

half rack / full rack 420 / 841 kcal

Your choice of sauce:

NEW BBQ SAUCE 183 kcal

FRIDAYS™ LEGENDARY GLAZE 250 kcal

FAJITAS

SET YOUR MOUTH TO SIZZLE

Served with soft flour tortillas on the side

NEW BBQ GLAZED BEEF SHORT RIB 967 kcal

Guacamole, fresh salsa, cheese, sour cream and coriander

CAJUN SPICED CHICKEN 🔥 908 kcal

Guacamole, fresh salsa, cheese, sour cream and coriander

MEATLESS CHICKEN VG 🔥 912 kcal

Plant-based chicken, guacamole, fresh salsa, marinara, topped with avocado & lime dressing and coriander

Adults need around 2000 kcal a day.

**Weight approximate uncooked.



CAJUN SPICED MAC & CHEESE

MOJITO, LONG ISLAND ICED TEA,
PIÑA COLADA, STRAWBERRY DAIQUIRI,
PORNSTAR MARTINI, MARGARITA



2
for
1

SIDES & SAUCES

SHARE A CHEEKY SIDE OR TWO

HOUSE FRIES **VG** 524 kcal

Perfectly crispy with our special seasoning

GARLIC FRIES **VG** 664 kcal

★ **NEW** **CHEESE & MAPLE BACON**

LOADED FRIES 982 kcal

Cajun cheese sauce, maple bacon and chilli cream

PLANT-BASED LOADED FRIES **VG** 676 kcal

Plant-based bacon pieces, avocado & lime dressing

SWEET POTATO FRIES **V** 341 kcal

NEW **CAJUN SPICED MAC & CHEESE** **V** 463 kcal

CAJUN SPICED ONION RINGS **V** 440 kcal

NEW **CORN RIBS** **VG** 152 kcal

BBQ seasoned chargrilled 'ribs' of corn

NEW **POTATO TOTS** **VG** 332 kcal

Fried mini potato bites with our special seasoning

★ **GARLIC CIABATTA BREAD** **VG** 486 kcal

Add: **CHEESE** **V** 644 kcal

NEW **PICKLED SLAW** **VG** 72 kcal

HOUSE SLAW **V** 86 kcal

NEW **HOUSE SALAD** **VG** 75 kcal

Lettuce wedge, cherry tomatoes, pink pickled onions, avocado, crispy onions and house dressing

Add an extra dressing:

BLUE CHEESE **V** 146 kcal

HONEY MUSTARD **V** 119 kcal

LIME & AVOCADO **VG** 118 kcal

SIGNATURE SAUCES



★ 1.50 **V**
83 kcal



1.50 **VG** 🔥
67 kcal



NEW
1.50 **VG**
61 kcal



1.50 **V**
146 kcal



1.50 **VG**
21 kcal

ASK YOUR SERVER FOR MORE SAUCE OPTIONS

BOTTOMLESS BRUNCH

BOOK NOW AND ENJOY
YOUR FRIDAYS™ FAVOURITES



★ FRIDAYS™ FAVES **V** VEGETARIAN **VG** VEGAN 🔥 SPICY

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SWEET TREATS

THE ULTIMATE INDULGENCE

NEW PECAN PIE **VG** 551 kcal

Go nuts for our newest dessert with a sweet gooey centre, topped with glazed pecans and served with vegan ice cream

★ CHOCOLATE FUDGE FIXATION **V** 549 kcal

Triple-layered chocolate cake, chocolate & fudge filling, served warm with vanilla ice cream

**TRIPLE STACK OREO®
CRUNCH PANCAKES** **V** 717 kcal

American-style buttermilk pancakes, Oreo® pieces, chocolate sauce and vanilla ice cream

BROWNIE OBSESSION **V** 842 kcal

BEST SHARED BETWEEN TWO

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

HONEYCOMB CHEESECAKE **V** 706 kcal

Served with whipped cream and chocolate & caramel sauces

★ **S'MORES SUNDAE** **V** 772 kcal

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

FRESH FRUIT & ORANGE

SORBET SUNDAE **VG** 240 kcal

Frozen orange sorbet, fresh fruit & seasonal berries



EXCLUSIVE PARTIES & EVENTS

MAKE IT SPECIAL AND BOOK YOUR NEXT CELEBRATION AT TGI FRIDAYS™

Whatever the occasion, we have a party package to make it legendary!

Book now



S'MORES SUNDAE,
ULTIMATE BIRTHDAY CAKE SUNDAE,
CHOCOLATE FUDGE FIXATION,
PECAN PIE

★ CELEBRATION SUNDAES ★

BEST SHARED BETWEEN TWO

All your dessert dreams have come true. Whether you're celebrating or not, our Sundaes are a real treat for that extra sparkle

★ **ULTIMATE BIRTHDAY CAKE SUNDAE** 1303 kcal

Vanilla ice cream, fresh strawberries, strawberry sauce, whipped cream and a slice of Fridays™ legendary birthday cake

SALTED CARAMEL & CHOCOLATE BROWNIE SUNDAE **V** 1490 kcal

Vanilla ice cream, Oreo® pieces, chocolate brownie, chocolate & caramel sauces, topped with whipped cream, waffle cone and even more chocolate

BOOK A COCKTAIL MASTERCLASS

Grab your friends and learn to shake it with a TGI Fridays™ Cocktail Masterclass



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



★ FRIDAYS™ FAVES **V** VEGETARIAN **VG** VEGAN **🔥** SPICY

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