



1 COURSE & 2 DRINKS from £32.95 per person

MANHATTAN PACKAGE 1 COURSE & 2 DRINKS from £32.95 per person

CHOOSE 2 OF THE SAME DRINKS FROM: LONG ISLAND ICED TEA, MOJITO, PURPLE RAIN, PORNSTAR MARTINI, STRAWBERRY DAIQUIRI, JUNE BUG, 0% SWEET BY CHOICE 178 kcal, PINT OF AMERICAN PILSNER, PINT OF SINGHA OR 125 ml PROSECCO

Unless stated, all mains are served with your choice of house fries 524 kcal or house salad 75 kcal

BURGERS

NEW FRIDAYS™ GLAZED SMASHED BURGER 816 kcal

Two 100% beef patties with American-style cheese, Fridays™ Legendary Glaze, crispy bacon, lettuce, tomato, red onion, dill pickle and Fridays™ burger mayo

FRIDAYS™ GLAZED **CHICKEN BURGER** 591 kcal

Flame grilled chicken breast coated in our Fridays™ Legendary Glaze, American-style cheese and crispy bacon with lettuce, tomato, red onion, dill pickle and Fridays™ burger mayo

NEW FRIDAYS™ VEGAN BURGER VG 702 kcal

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

NEW BIG CHEESE DIPPER SMASHED BURGER 1168 kcal

+5.50

Three 100% beef patties with American-style cheese, mozzarella dippers, crispy bacon, lettuce, tomato, red onion, dill pickle and Fridays™ burger mayo

CHICKEN

FRIDAYS™ SESAME CHICKEN STRIPS 892 kcal

Tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes PLANT-BASED OPTION ALSO AVAILABLE

MEATLESS FRANK'S® REDHOT STRIPS VG 6 897 kcal

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

CAJUN SPICED CHICKEN FAJITA† 6 908 kcal

Guacamole, fresh salsa, cheese, sour cream and coriander, with soft flour tortillas on the side

FRIDAYS™ GRILL

FRIDAYS™ CLASSIC RIBS HALF RACK 442 kgal / FULL RACK 885 kgal

Our baby back 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 +5.50 Full Rack and extra sauce for dipping

Your choice of sauce:

FRIDAYS™ LEGENDARY GLAZE 250 kcal OR NEW BBQ SAUCE 183 kcal

NEW YORK STRIP 1247 kcal

+5.50

Flame grilled prime centre-cut 807** 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:

FRIDAYS™ LEGENDARY GLAZE 83 kcal PEPPERCORN SAUCE 26 kcal

NEW BBO SAUCE 61 kcal

MEATLESS CHICKEN FAJITAT VG 6 912 kcal

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

UPGRADE YOUR FRIES +2.90

SWEET POTATO FRIES V 341 kcal

NEW CHEESE & MAPLE BACON LOADED FRIES 982 kcal

PLANT-BASED LOADED FRIES VG 676 kcal

NEW POTATO TOTS VG 332 kcal

†Fajitas do not come with a side of house fries or house salad

V VEGETARIAN VG VEGAN 👲 SPICY



*Terms & Conditions: This offer entitles any guest to one main course and two drinks per person for £32.95 from the above promotion. This menu is only available for persons aged 18 and over. The two drinks must be the same and this offer is only for 1 person at a time and cannot be shared. This promotion is not available in conjunction with any other food offer or food discount. The main dish options Big Cheese Dipper Smashed Burger, Full Rack of Classic Ribs and New York Strip require a +£5.50 supplement which is in addition to the £32.95. This promotion may be terminated or changed at any time and is subject to participating restaurants whilst stocks last. Please drink responsibly. Please see www.bedrinkaware.co.uk. This is just a summary of the terms and conditions. Please see www.tgifridays.co.uk for details of the full terms and conditions.

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.

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