

# LET'S LUNCH



**FRIDAYS**

# LUNCH MENU

**UNLESS STATED, ALL MAINS ARE SERVED WITH YOUR CHOICE OF HOUSE FRIES** 524 kcal  
OR HOUSE SALAD 75 kcal

**NEW CRISPY CHICKEN BURGER** 674 kcal

Crispy chicken tenders with American-style cheese, lettuce, tomato, red onion, dill pickle and Fridays™ burger mayo

**FRIDAYS™ HOG DOG** 834 kcal

Pigs in blankets with BBQ pulled pork in a hotdog bun, drizzled with honey mustard mayo and topped with crispy onions

**ROASTED PEPPER & TOMATO PASTA\* V** 438 kcal

Penne pasta tossed in a rich marinara sauce with roasted peppers and onions, topped with grated cheese

**NO CHEESE VG** 330 kcal

**FRIDAYS™ CHEESEBURGER** 732 kcal

100% beef patty with American-style cheese, topped with dill pickle and Fridays™ burger mayo

**NEW FRIDAYS™ COBB SALAD\*** 597 kcal

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

Your choice of dressing:

**BLUE CHEESE** 146 kcal

**HONEY MUSTARD** 119 kcal

**PLANT-BASED OPTION ALSO AVAILABLE**

\*Dish does not come with a side of house fries or house salad

## ON THE SIDE

**ASK YOUR SERVER FOR THE FULL RANGE OF SIDES**

**ADD: GARLIC CIABATTA BREAD VG** 486 kcal +2.95

**ADD: GARLIC CIABATTA BREAD WITH CHEESE V** 158 kcal +3.50

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

## ADD A DESSERT FOR £5

**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 BROWNIE V** 485 kcal

Gooey, rich brownie with hot fudge, vanilla ice cream and chocolate & caramel sauces

**V VEGETARIAN VG VEGAN 🔥 SPICY**

Terms & Conditions: This promotion is available until 4pm each day from Monday to Friday (inclusive) but excluding bank holidays in participating TGI Fridays™ restaurants, whilst stocks last. This promotion is not available in conjunction with any other food offer or discount.

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.

