

FRIDAYS™

GLUTEN SENSITIVE

SELECTIONS

Fridays™ is not a gluten-free environment. Products containing gluten are prepared in our kitchens. The following menu items have been modified for our gluten-sensitive guests. Please inform your server of your gluten sensitivities.

SALADS

MILLION DOLLAR COBB *cal. 850*

Grilled all-natural chicken, romaine, kale, avocado, tomatoes, chopped cage-free egg, bacon, blue cheese, red onions, cucumber, Monterey Jack and cheddar. Ranch dressing on the side.

WITH GRILLED SALMON *cal. 940*

WITH 6 OZ CENTER-CUT SIRLOIN* *cal. 840*

CAESAR SALAD WITH GRILLED CHICKEN *cal. 590*

Grilled all-natural chicken breast, romaine, kale, Parmesan, Romano, Caesar dressing.

WITH GRILLED SALMON *cal. 690*

WITH 6 OZ CENTER-CUT SIRLOIN* *cal. 580*

GRILLED CHICKEN PECAN & BLUE CHEESE SALAD *cal. 950*

Grilled all-natural chicken breast, romaine, kale, cucumber, tomatoes, red grapes, dried cranberries, blue cheese and glazed pecans. Tossed in Balsamic Vinaigrette.

Salad Dressings

Balsamic Vinaigrette *cal. 50*

Blue Cheese *cal. 200*

Caesar *cal. 190*

Green Goddess *cal. 110*

Honey Mustard *cal. 200*

Ranch *cal. 130*

BURGERS

CHEESEBURGER* *cal. 830*

White cheddar, lettuce, tomato, red onions and pickles. Served on a gluten-free bun or green-style (*cal. 270 less*) with a choice side from our gluten-sensitive menu.

BACON CHEESEBURGER* *cal. 850*

White cheddar, all-natural cheddar spread, lettuce, tomato, red onions, pickles, hickory-smoked bacon and Fridays™ sauce. Served on a gluten-free bun or green-style (*cal. 270 less*) with a choice side from our gluten-sensitive menu.

THE BEYOND MEAT CHEESEBURGER *cal. 900*

Made from plant-based ingredients, this juicy, mouthwatering burger satisfies like beef. Our patty is seasoned and grilled, with white cheddar, lettuce, tomato, red onions, pickles and Fridays™ sauce.

ENTRÉES

CENTER-CUT SIRLOIN* *cal. 640*

6 ounces of flavorful center-cut sirloin topped with Parmesan Butter. Served with mashed potatoes and lemon-butter broccoli.

NEW YORK STRIP* *cal. 980*

14 ounces of the quintessential bone-in American cut lightly marbled and exceptionally tender. Topped with Parmesan Butter and served with mashed potatoes and lemon-butter broccoli.

SIZZLING CHICKEN & SHRIMP *cal. 1270*

Garlic-marinated all-natural chicken breasts with shrimp tossed in marinara. Served over melted cheese with onions, red & green bell peppers and mashed potatoes.

SIZZLING CHICKEN & CHEESE *cal. 1160*

Garlic-marinated all-natural chicken breasts served over melted cheese with onions, red & green bell peppers and mashed potatoes.

SIMPLY GRILLED SALMON *cal. 830*

Seasoned with hickory-smoked sea salt and topped with Parmesan Butter. Served with steamed broccoli, red bell peppers & spinach and jasmine rice.

SIDES

Coleslaw *cal. 130*

Jasmine Rice *cal. 420*

Lemon-Butter Broccoli *cal. 150*

Mashed Potatoes *cal. 220*

SOUP

TOMATO BASIL SOUP *cal. 300*

DESSERT

ICE CREAM SUNDAE *cal. 690*

Two scoops of vanilla bean ice cream with chocolate & caramel sauces, chopped pecans, whipped cream and a cherry.

BEER & CIDER

ANGRY ORCHARD CRISP APPLE CIDER *cal. 200*

American Hard Cider, 5% Alcinnati, OH

ANGRY ORCHARD ROSÉ CIDER *cal. 200*

American Hard Cider, 5% Alcinnati, OH

Drink Responsibly.
Drive Responsibly.

The menu items listed on this page are not prepared with gluten or made with ingredients that contain gluten when prepared according to the standard recipe. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.

*THIS ITEM IS COOKED TO ORDER. WHETHER DINING OUT OR PREPARING FOOD AT HOME, CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

ALL-NATURAL ITEMS CONTAIN NO ARTIFICIAL INGREDIENTS AND ARE MINIMALLY PROCESSED. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.

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KID'S FRIDAYS™ STYLE

ALL-NATURAL CHICKEN SANDWICH *cal. 390*

All-natural grilled chicken served on a gluten-free bun or green-style. Served with your choice of one side.

KID'S SIDES

Fresh Fruit *cal. 45*

Side Salad *cal. 45*

(no croutons and choice of gluten-sensitive dressing)

KID'S DESSERTS

Ice Cream *cal. 420*

Ice Cream Sundae *cal. 690*

KID'S DRINKS

Strawberry Lemonade Slush *cal. 120*

Mango Peach Lemonade Slush *cal. 100*

Blue Raspberry Slush *cal. 100*

Cherry Limeade Slush *cal. 140*

1,200 to 1,400 calories a day are used for general nutrition advice for children 4-8 years and 1,400 to 2,000 calories a day for children 9-13 years, but calorie needs vary.

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