

NUTRITIONAL INFORMATION



T.G.I. Friday's® offers authentic American food and exciting drinks in an atmosphere that provides an energizing Friday feeling – any day of the week.

We focus on fresh, quality ingredients; bold, craveable flavors; and fun, shareable items. We have something for every appetite including our “Right Portion, Right Price” entrées, which are 750 calories or less, Jack Daniel's® glazed items, Black Angus steaks and burgers, sweet treats, unique drinks and much more.

At Friday's®, we are constantly working with our chefs and mixologists to create and capture emerging food and drink trends that appeal to our Guests.

We happily try to accommodate any special requests and to make substitutions for vegetarian creations (though no meal is vegetarian certified).

Many of our Guests want to know more about the food we serve. Therefore, we provide several types of nutritional information to help our Guests make informed choices.

Participating Friday's® will, upon request, provide Guests with a supplemental Gluten Sensitivity Selection menu and an Allergen menu with easy-to-read icons to identify foods that contain wheat, soy, peanuts, shellfish and other allergens. Friday's also provides this online nutritional analysis to help our Guests find the meal that is right for them.

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Whatever you choose, we promise your dining experience will go from ordinary to extraordinary because “In Here, It's Always Friday®”.

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APPETIZERS INDIVIDUAL

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Sesame Jack™ Chicken Strips	1100	10	0	162	2710	40	6	35
Fried Mozzarella	770	24	0.5	54	1510	36	7	46
Crispy Green Bean Fries	900	21	0	69	1720	9	8	65
Pan-Seared Pot Stickers	780	19	0	80	2150	21	3	42
Japanese Hibachi Tapa-tizer Skewers - Black Angus Sirloin	620	5	0	73	1700	35	4	18
Japanese Hibachi Tapa-tizer Skewers - Grilled Chicken	750	3.5	0	105	3110	38	6	20
Mediterranean Tapa-tizer Skewers - Black Angus Sirloin	620	9	0	49	1360	36	4	27
Japanese Hibachi Tapa-tizer Skewers - Grilled Chicken	660	4.5	0	74	1570	47	4	20
Buffalo Wings (depending on chosen sauce)	730-1190	15-24	0	4-101	2350-4450	39-72	1-7	34-87

APPETIZERS TO SHARE

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Tuscan Spinach Dip	1110	39	0	86	1250	23	7	73
Tostado Nachos	1410	51	1	57	2520	75	11	97
Classic Mediterranean Hummus	1010	7	0	133	1830	26	9	42
Loaded Skillet Chip Nachos	1520	42	0	112	4100	53	8	100
Chip 'n' Dip Trio	950	13	0	97	2530	19	11	57
Warm Pretzels with Craft Beer-Cheese Dipping Sauce	1100	24	0	128	3040	40	6	49
White Cheddar Spicy Beef Queso w/ Chips	1060	29	0	93	1930	25	7	68
Loaded Potato Skins	2030	58	0	161	1010	51	20	131
Loaded Potato Skins (1/2 Order)	1270	38	0	97	690	33	12	83
Jack Daniel's® Sampler	1840	19	0	234	4510	89	9	64
Friday's® Pick Three-for-All (no dressing)	470-1050	9-26	0	3-91	440-4100	6-44	1-8	21-79
Spinach Florentine Flatbread	440	13	0	31	1210	18	3	27

RIBS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Baby Back Ribs	1280	21	0	78	2910	74	4	73
1/2 Rack Baby Back Ribs	890	14	0	62	2200	38	3	53
Caribbean Rum Spiced Ribs	1410	26	0	113	2950	78	9	72

SIZZLING

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Sizzling Chicken & Shrimp	1140	25	0	44	2670	56	6	78
Sizzling Chicken & Cheese	1030	26	0	41	2680	53	6	70

SEAFOOD

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Grilled Salmon with Langostino Lobster	520	12	0	6	1480	51	1	32
Dragonfire Salmon	590	3.5	0	57	2090	40	7	23
Pan-Seared Parmesan Flounder	950	8	0	87	1870	34	3	52
Friday's® Shrimp	730	14	0	51	2550	21	5	49

SALADS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Pecan-Crusted Chicken Salad	1100	16	0	84	1650	39	11	71
Grilled Chicken Cobb Salad (add choice of dressing)	590	14	0	17	1760	53	7	36
Strawberry Fields Salad	600	10	0	39	610	11	6	46
Strawberry Fields Salad with grilled balsamic chicken	810	12	0	40	1550	41	6	55
Balsamic-Glazed Chicken Caesar	500	7	0	25	1870	40	5	28
Chipotle Yucatan Chicken Salad	860	21	0	46	1940	38	10	60

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SALAD DRESSINGS (2 OZ.SERVING)

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Avocado Vinaigrette	210	3	0	3	910	0	1	22
Balsamic Vinaigrette	300	5	0	7	380	0	0	31
Bleu Cheese	320	7	0	2	500	3	0	34
Caesar Vinaigrette	120	1.5	0	3	580	0	0	12
Honey Mustard	310	4.5	0	12	460	1	0	29
Low Fat Balsamic Vinaigrette	80	0	0	15	290	0	0	3
Ranch	210	3.5	0	2	490	1	0	22
Thousand Island	310	4.5	0	9	510	1	0	30

SOUPS & MORE

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Southwest Wedge Salad	480	11	0	26	1200	8	5	39
Classic Wedge Salad	620	15	0	12	1140	13	3	59
Soup of the Day - Broccoli Cheese	300	13	0	11	1020	9	2	25
French Onion	280	9	0	21	2240	14	1	16
Soup of the Day - New England Clam Chowder	500	18	0	45	1560	14	2	30
Soup of the Day - Tortilla	250	2	0	22	1540	12	1	12
Soup of the Day - Chicken Noodle	250	3	0	33	1240	15	2	7
Soup of the Day - Tomato Basil	300	14	0	20	1920	5	4	24
House Salad w/Bread Stick (add choice of dressing)	210	3	0	30	280	8	4	7
Caesar Salad w/ Bread Stick	270	4	0	30	630	9	3	14

CHICKEN & PASTA

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Chicken Piccata Pasta	1200	24	0	98	3790	38	9	69
Bruschetta Chicken Pasta	920	8	0	90	2060	47	6	42
Cajun Shrimp & Chicken Pasta	1010	26	0	84	2130	57	5	47
Chicken Fingers	1000	19	0	66	2410	36	4	67
Dragonfire Chicken	670	1.5	0	99	2160	40	6	15
Parmesan-Crusted Chicken	790	18	0	41	2400	50	4	47
Japanese Hibachi Entree - Grilled Chicken	1330	5	0	187	4760	56	8	41
Mediterranean Entree - Grilled Chicken	1410	11	0	145	4190	55	7	69

BLACK ANGUS BURGERS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Spicy Craft Beer-Cheese Burger	1220	26	1.5	75	2210	40	7	85
Kansas City BBQ Burger	1510	29	1.5	137	4330	52	7	85
Jack Daniel's® Burger	1360	25	1.5	127	3170	49	6	74
Sedona Black Bean Burger	1160	17	0.5	101	3080	32	15	72
Turkey Burger	890	11	0	91	2240	27	8	46
Cheeseburger	1110	25	1.5	73	2610	43	6	72
New York Cheddar & Bacon Burger	1410	32	1.5	99	3550	54	6	89

SANDWICHES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Jack Daniel's® Chicken Sandwich (add choice of side)	1140	18	0	106	3140	51	4	58
Tennessee BBQ Pulled Pork Sandwich (add choice of side)	990	11	0	132	3080	36	4	35
Korean Steak Tacos	860	3	0	123	1400	28	4	28
California Club (add choice of side)	870	14	0	53	2670	47	5	52
Triple Stack Reuben (add choice of side)	920	14	0	69	3040	51	5	52
Caribbean Chicken Sandwich	1210	17	0	151	3660	43	13	49
1/2 California Club Only	430	7	0	27	1340	24	3	26

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PREMIUM BLACK ANGUS STEAKS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Japanese Hibachi Entree - Black Angus Sirloin	1390	11	0	186	3840	42	8	53
Mediterranean Entree - Black Angus Sirloin	1470	17	0	144	3260	42	7	82
10 oz. Sirloin (add choice of sides)	600	16	0	2	1950	42	0	45
10 oz. Sirloin & Grilled Shrimp Scampi (add choice of sides)	900	23	0	6	3360	56	1	70
10 oz. Sirloin with Langostino Lobster (add choice of sides)	650	16	0	5	2320	55	1	42
Rib-Eye with Langostino Lobster (add choice of sides)	650	11	0	13	4050	78	1	30
Rib-Eye	600	11	0	10	3680	64	0	33
Petite Sirloin and Half-Rack of Ribs (add choice of sides)	850	19	0	40	2730	74	1	44
Petite Sirloin (add choice of sides)	370	11	0	2	1450	38	0	24
Flat Iron (add choice of sides)	380	8	0	2	1950	38	0	27

JACK DANIEL'S® PREMIUM ENTREES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Jack Daniel's® Black Angus Rib-Eye & Grilled Shrimp Scampi (add choice of sides)	1360	17	0	120	5890	83	2	62
Jack Daniel's® Black Angus Rib-Eye (add choice of sides)	1060	10	0	116	4480	69	1	36
Jack Daniel's® Salmon (add choice of sides)	970	11	0	114	4110	42	1	40
Jack Daniel's® Salmon & Grilled Shrimp Scampi (add choice of sides)	1270	18	0	119	5530	56	2	66

JACK DANIEL'S GRILL®

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Jack Daniel's® Ribs and Shrimp	1770	23	0	174	3900	89	6	81
Jack Daniel's® Ribs	1570	21	0	152	2980	76	4	74
Jack Daniel's® Flat Iron (add choice of sides)	590	4	0	80	2550	39	1	16
Jack Daniel's® Sirloin & Shrimp (add choice of sides)	1010	14	0	102	3480	56	3	41
Jack Daniel's® Chicken & Shrimp (add choice of sides)	570	2.5	0	77	2630	44	3	11
Jack Daniel's® Chicken (add choice of sides)	620	2	0	79	3120	62	1	8

SIGNATURE SIDES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Broccoli	50	0	0	10	370	3	5	0.5
Fresh Vegetable Medley	110	1.5	0	6	530	2	2	9
Ginger-Lime Slaw	120	1.5	0	5	260	0	0	10
Chipotle Roasted Corn on the Cob	220	4.5	0	10	580	5	1	19
Seasoned Fries	290	4.5	0	19	650	2	2	23
Parmesan Steak Fries	660	10	0	47	630	8	5	49
Mashed Potatoes	210	4.5	0	21	540	3	3	10
Sweet Potato Fries	390	9	0	50	230	3	6	20
Jasmine Rice Pilaf	420	2.5	0	72	470	7	5	11
Tomato Mozzarella Salad	90	3.5	0	5	135	5	1	6

KIDS' MENU

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Burger	380	8	1	24	520	18	1	24
Chicken Fingers	500	10	0	31	1160	20	1	33
Chicken Skewer	320	2	0	33	1000	23	2	10
Chicken Sandwich	290	3.5	0	24	700	19	1	13
Macaroni & Cheese	260	4.5	0	34	1530	11	0	10
Spaghetti	310	0.5	0	52	710	10	4	7
Kids' Sides - Baby Carrots w/ Ranch	160	2.5	0	7	330	1	1	14
Kids' Side - Seasoned Fries	290	4.5	0	19	650	2	2	23
Kids' Side - Oval Salad (add choice of dressing)	40	0.5	0	5	55	2	1	1.5
Kids' Side - Mandarin Oranges	100	0	0	27	10	0	2	0
Kids' Side - Fruit Cup	70	0	0	18	0	0	2	0

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DESSERTS INDIVIDUAL

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Salted Caramel Cake - Individual	700	20	0	144	370	8	0	40
Vanilla Bean Cheesecake	970	43	0	91	430	10	1	61
Chocolate Peanut Butter Pie	770	30	0	67	310	9	3	52
Oreo® Madness	490	7	0	92	370	7	3	13
Kids' Dessert - Cup of Dirt	480	9	0	79	300	7	2	16
Kids' Dessert - Orange Sherbet	150	0	0	37	35	1	0	0
Kids' Dessert - Vanilla Ice Cream	460	17	0	49	170	6	0	26
Kids' Sundae	780	24	0	104	280	9	1	36

DESSERTS (BASED ON 2 SERVINGS)

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Salted Caramel Cake - Shareable	1110	32	0	198	660	11	0	63
Ice Cream Strawberry Shortcake	1010	29	0	134	490	17	3	45
Brownie Obsession	1240	32	0	160	480	14	4	61

NON-ALCOHOLIC BEVERAGES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Berry Strawberry Smoothie	220	0	0	56	15	0	0	0
Soda: Coca-Cola®	150	0	0	41	15	0	0	0
Soda: Diet Coke®	0	0	0	0	5	0	0	0
Soda: Dr Pepper®	150	0	0	41	55	0	0	0
Soda: Minute Maid® Lemonade	150	0	0	41	65	0	0	0
Soda: Sprite®	160	0	0	40	35	0	0	0
Friday's® House-Made Fresh Lemonade	140	0	0	38	5	0	0	0
Coffee (Black)	5	0	0	1	10	0	0	0
Iced Tea (Unsweetened)	5	0	0	0	5	0	0	0

SIGNATURE SLUSHES

Blue Raspberry	310	0	0	75	35	0	0	0
Mango Peach Lemonade	150	0	0	41	40	0	0	0
Red Bull® Passion	220	0	0	54	200	0	3	0
Red Bull® Ruby	200	0	0	51	210	0	0	0
Strawberry Lemonade	200	0	0	58	45	0	1	.5

KIDS' DRINKS

Kids' Chocolate Milk	230	3	0	36	135	9	1	5
Kids' Milk	130	2.5	0	12	120	8	0	5
Kids' Slush Blue Raspberry	160	0	0	39	20	0	0	0
Kids' Slush Mango Peach Lemonade	70	0	0	20	20	0	0	0
Kids' Slush Strawberry Lemonade	120	0	0	34	20	0	1	0
Kids' Soda: Coca-Cola®	110	0	0	30	10	0	0	0
Kids' Soda: Diet Coke®	0	0	0	0	0	0	0	0
Kids' Soda: Dr Pepper®	110	0	0	30	40	0	0	0
Kids' Soda: Minute Maid® Lemonade	110	0	0	30	45	0	0	0
Kids' Soda: Sprite®	120	0	0	30	25	0	0	0