

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. 840*

Grilled all-natural chicken, romaine, kale, avocado, tomatoes, chopped cage-free egg, smoked bacon, blue cheese, red onions, cucumber, Monterey Jack and cheddar. Served with Green Goddess dressing.

WITH GRILLED SALMON *cal. 930*

WITH 6 OZ CENTER-CUT SIRLOIN* *cal. 800*

CAESAR SALAD WITH GRILLED CHICKEN *cal. 730*

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

WITH GRILLED SALMON *cal. 840*

WITH 6 OZ CENTER-CUT SIRLOIN* *cal. 740*

SEASONAL STRAWBERRY FIELDS SALAD *cal. 480*

Fresh strawberries, romaine, kale, goat cheese, Parmesan and glazed pecans. Tossed in Low Fat Balsamic Vinaigrette.

WITH GRILLED ALL-NATURAL CHICKEN *cal. 660*

WITH GRILLED SALMON *cal. 750*

WITH 6 OZ CENTER-CUT SIRLOIN* *cal. 780*

Salad Dressings

Blue Cheese *cal. 200*

Caesar *cal. 190*

Green Goddess *cal. 110*

Honey Mustard *cal. 200*

Low Fat Balsamic Vinaigrette *cal. 50*

Ranch *cal. 130*

THE GRILL

Fresh USDA Choice steaks, seasoned with hickory-smoked sea salt and topped with Parmesan Butter. Served with your choice of two gluten-sensitive sides.

NEW CENTER-CUT SIRLOIN* *cal. 270*

NEW NEW YORK STRIP* *cal. 610*

SIDES

Coleslaw *cal. 100*

Jasmine Rice *cal. 420*

Lemon-Butter Broccoli *cal. 150*

Mashed Potatoes *cal. 220*

Super Veggies *cal. 35*

(steamed bok choy, baby broccoli, red peppers and sugar snap peas)

BURGERS

REALLY GOOD CHEESEBURGER* *cal. 830*

White cheddar, lettuce, tomatoes, red onion, pickles and Fridays™ sauce. Served on a gluten-free bun or green-style (*cal. 280 less*) with a choice side from our gluten-sensitive menu.

BACON CHEESEBURGER* *cal. 850*

White cheddar, all-natural cheddar spread, lettuce, tomatoes, red onion, 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.

TURKEY BURGER *cal. 530*

Seasoned all-natural ground turkey patty with lettuce, tomatoes, red onions and pickles. Served on a gluten-free bun or green-style (*cal. 280 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, tomatoes, red onions, pickles and Fridays™ sauce.

OTHER ENTRÉES

SIZZLING CHICKEN & SHRIMP *cal. 1270*

Garlic-marinated all-natural chicken and shrimp tossed in bruschetta marinara. Served over melted cheese with onions, peppers and creamy mashed potatoes.

SIZZLING CHICKEN & CHEESE *cal. 1160*

Garlic-marinated all-natural chicken breasts served over melted cheese with onions, peppers and creamy mashed potatoes.

SIMPLY GRILLED SALMON *cal. 370*

Seasoned with hickory-smoked sea salt and topped with Parmesan Butter. Served with your choice of two gluten-sensitive sides.

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. 180*

American Hard Cider, 5% Cinnamati, OH

ANGRY ORCHARD ROSÉ CIDER *cal. 170*

American Hard Cider, 5% Cinnamati, OH



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.

HO-GS-WEB-0618 Additional nutrition information available upon request. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.

FRIDAYS™

GLUTEN SENSITIVE

SELECTIONS

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

Carrots & Ranch *cal. 150*

Mandarin Oranges *cal. 60*

Fresh Fruit *cal. 45*

Side Salad *cal. 30*

(no croutons and choice of gluten-sensitive dressing)

KID'S DESSERTS

Ice Cream *cal. 460*

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. 120*

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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