



# 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. 830*

Grilled all-natural chicken, romaine and kale, avocado, tomato, chopped egg, smoked bacon, blue cheese, red onion, cucumber, cheddar cheese. Served with your choice of gluten-sensitive dressing.

**WITH GRILLED SALMON** *cal. 920*

**WITH 4 OZ. FLAT IRON STEAK\*** *cal. 790*

#### **CAESAR SALAD WITH GRILLED CHICKEN** *cal. 730*

Grilled all-natural chicken breast over romaine and kale. Tossed in Caesar dressing. Topped with Parmesan cheese.

**WITH GRILLED SALMON** *cal. 840*

**WITH 4 OZ. FLAT IRON STEAK\*** *cal. 660*

#### *Salad Dressings*

Blue Cheese *cal. 200*

Caesar *cal. 190*

Honey Mustard *cal. 200*

Low Fat Balsamic Vinaigrette *cal. 50*

Ranch *cal. 130*

### FROM THE GRILL

*Fresh USDA Choice steaks, seasoned with hickory-smoked sea salt and topped with Parmesan Butter. Served with two choice sides from our gluten-sensitive menu.*

**FLAT IRON\*** *cal. 750*

**RIB-EYE\*** *cal. 930*

**SIRLOIN\*** *cal. 960*

#### STEAK COOKING TEMPERATURES

<b>RARE</b> COOL RED CENTER	<b>MEDIUM RARE</b> WARM RED CENTER	<b>MEDIUM</b> HOT PINK CENTER	<b>MEDIUM WELL</b> SLIGHTLY PINK CENTER	<b>WELL DONE</b> NO PINK
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### CHOICE SIDES

Coleslaw *cal. 100*

Jasmine Rice Pilaf *cal. 420*

Lemon-Butter Broccoli *cal. 150*

Mashed Potatoes *cal. 220*

Steamed Spinach *cal. 160*

### 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, aged 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.

### 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.

#### **GRILLED SALMON** *cal. 920*

Seasoned with hickory-smoked sea salt and topped with Parmesan Butter. Served with jasmine rice pilaf and steamed spinach.

### SOUP

#### **TOMATO BASIL SOUP** *cal. 300*

### DESSERT

#### **ICE CREAM SUNDAE** *cal. 690*

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

### BEER & CIDER

#### **OMISSION BREWING COMPANY** *cal. 150*

American Pale Ale, 5.8% Portland, OR

#### **ANGRY ORCHARD CRISP APPLE CIDER** *cal. 200*

American Hard Cider, 5% Cincinnati, OH

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.

\*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.



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.



# FRIDAYS™

## GLUTEN-SENSITIVE

### SELECTIONS

### KID'S FRIDAYS™ STYLE

#### ALL-NATURAL CHICKEN SANDWICH *cal. 390* 99.99

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. 45*  
(no croutons and choice of gluten-sensitive dressing)

#### KID'S DESSERTS

- Ice Cream *cal. 460* 99.99
- Ice Cream Sundae *cal. 690* 99.99

#### KID'S DRINKS

- Strawberry Lemonade Slush *cal. 120* 99.99
- Mango Peach Lemonade Slush *cal. 100* 99.99
- Blue Raspberry Slush *cal. 150* 99.99
- Cherry Limeade Slush *cal. 120* 99.99

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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