



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 and kale, avocado, tomato, chopped cage-free egg, smoked bacon, blue cheese, red onion, cucumber, Monterey Jack and sharp cheddar. Served with your choice of gluten-sensitive 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 over romaine and kale. Tossed in Caesar dressing. Topped with Parmesan cheese.

WITH GRILLED SALMON cal. 840

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

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 lemon-butter broccoli and super veggies.

New **CENTER-CUT SIRLOIN*** cal. 640

New **NEW YORK STRIP*** cal. 985

STEAK COOKING TEMPERATURES

RARE COOL RED CENTER	MEDIUM RARE WARM RED CENTER	MEDIUM HOT PINK CENTER	MEDIUM WELL SLIGHTLY PINK CENTER	WELL DONE NO PINK
--------------------------------	---------------------------------------	----------------------------------	--	-----------------------------

CHOICE SIDES

Coleslaw cal. 100

Jasmine Rice cal. 420

Lemon-Butter Broccoli cal. 150

Mashed Potatoes cal. 220

Super Veggies cal. 35

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.

SIMPLY GRILLED SALMON cal. 795

Seasoned with hickory-smoked sea salt and topped with Parmesan Butter. Served with jasmine rice and super veggies.

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*

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*
- Ice Cream Sundae *cal. 690*

KID'S DRINKS

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

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.