LUNCH PAIRINGS

Monday–Friday
11AM–3PM

$7
Choose 1: Mozzarella Sticks (cal. 540), House Salad (cal. 310-460), Caesar Salad (cal. 450), or Soup (cal. 150-590)

And Pair It With: Cheeseburger Sliders (2) (cal. 620), Cheddar Mac and Cheese (cal. 630) or Soup (cal. 150-590)

$9
Choose 1: Mozzarella Sticks (cal. 540), House Salad (cal. 310-460), Caesar Salad (cal. 450), or Soup (cal. 150-590)

And Pair It With: FridaysTM Signature Whiskey-Glazed Sliders (2) (cal. 860), Chicken Quesadilla (cal. 1190), NEW Blackened Cajun Chicken Sandwich (cal. 660) or Any Lunch-Sized Salad with Chicken (cal. 330-530)

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.
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Cocktails
Fresh fruits. Fresh-made mixes. No artificial colors or flavors.

THE BFM - THE BEST FRIDAYS™ MARGARITA cal. 200
Patrón Silver Tequila, Grand Marnier, house-made fresh agave sour

Try it with Patrón Reposado cal. 200

ULTIMATE LONG ISLAND TEA cal. 220
Tito’s Handmade Vodka, Bacardi Rum, Bombay Gin, Grand Marnier, house-made fresh sour, Coke®

NEW JAMESON IRISH TEA cal. 260
Jameson Irish Whiskey, Smirnoff Vodka, Cruzan Aged Light Rum, DeKuyper Triple Sec, honey, house-made fresh sour, Coke®

STRAWBERRY HENNY cal. 220

Additional nutrition information available upon request.

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Cocktails (cont’d)

NEW MANGO HENNY LEMONADE cal. 250
Hennessy V.S Cognac, mango, house-made fresh agave sour

BARBADOS RUM PUNCH cal. 230
Mount Gay Eclipse Rum, mango, passion fruit, strawberry, house-made fresh sour, Sprite®, Hella Aromatic Bitters

FLAMING MAI TAI cal. 310
Appleton Estate Signature Rum, DeKuyper Triple Sec, Disaronno Amaretto, fresh pineapple, mango, house-made fresh sour, flaming sugar cube

ULTIMATE TROPICAL BERRY MOJITO cal. 300
Bacardi Rum, fresh mint & lime, strawberry, guava, passion fruit, pure cane sugar, house-made fresh sour

CÎROC FRENCH SMASH cal. 170

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Cîroc French Vanilla Vodka, Bordeaux cherry, peach, house-made fresh sour
Crafted especially for French Montana

Cocktails (cont’d)

NEW BERRY SMASH cal. 160
Jim Beam Bourbon, fresh mint, blackberry, raspberry, house-made fresh agave sour

PINK PUNK MARTINI cal. 160
Skyy Vodka, cotton candy, cranberry, pineapple, fresh lime

PEACH SANGRIA cal. 230
Seven Daughters Moscato, Hendrick’s, St¬Germain, peach, honey, house-made fresh sour, fresh strawberry

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WINE

6 oz & 9 oz pours and bottle available.

**BUBBLES**
LAMARCA Prosecco cal. 130

**ROSE** cal. 140/210/590
CUPCAKE Rosé

**WHITE** cal. 140/220/610
SEVEN DAUGHTERS Moscato
ECCO DOMANI Pinot Grigio
DARK HORSE Chardonnay
KENDALL-JACKSON Chardonnay

**RED** cal. 150/220/640
14 HANDS Merlot
CANYON ROAD Cabernet Sauvignon

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JOSH CELLARS Cabernet Sauvignon

Ask your server for additional local wine listings. Wines are listed progressively from light to full-bodied and from sweet to dry.
BEER

Drafts Available in 16 oz (cal. 120-230) or 23 oz (cal. 180-350)
Bottles and Cans (cal. 100-230)

Crisp & Balanced
- Bud Light
- Miller Lite or Coors Light
- Corona Premier
- Michelob Ultra
- Pabst Blue Ribbon 16 oz can
- Corona Extra
- Budweiser
- Heineken
- Dos Equis Lager Especial
- Stella Artois
- Modelo Especial
- Sam ’76 Lager

Fruity & Flavorful
- Blue Moon Belgian White
- Angry Orchard Crisp Apple Cider
- Angry Orchard Rosé Cider

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BEER (cont’d)

Rich & Malty
- Sam Adams Seasonal
- Sam Adams Boston Lager
- New Belgium Fat Tire
- Guinness Draught Stout 14.9 oz can

Hoppy & Bitter
- Sam Adams New England IPA
- Lagunitas IPA
- Sierra Nevada Pale Ale

Ask about our additional local & craft beers.
Selections may vary.
Free Spirits
The Good Stuff Without the Hard Stuff

Handcrafted & alcohol-free beverages made with fresh fruit, premium purées, house-made mixes and natural flavors.

JUICES & SMOOTHIES

PARADISE PUNCH cal. 160
Orange juice, pineapple, guava

MANGO PASSION SMOOTHIE cal. 300
Mango, passion fruit, coconut, house-made fresh agave sour

TRIPLE BERRY SMOOTHIE cal. 200
Fresh strawberry, raspberry, blackberry, cranberry, coconut, house-made fresh agave sour

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Free Spirits(cont’d)

FRESHLY BREWED GOLD PEAK® ICED TEAS

FREE Refills

STRAWBERRY BOBA TEA cal. 170
House-made fresh sour with Strawberry Bursting Bubbles

STRAWBERRY PASSION TEA cal. 120
Fresh strawberry, passion fruit, house-made fresh agave sour

TROPICAL RASPBERRY TEA cal. 130
Raspberry, guava, house-made fresh agave sour

ARNOLD PALMER cal. 120

SIGNATURE SLUSHES

FREE Refills

STRAWBERRY LEMONADE cal. 150

BLUE RASPBERRY cal. 170

BLUE RASPBERRY BOBA cal. 210

CHERRY LIMEADE cal. 200

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Free Spirits (cont’d)

MANGO PEACH LEMONADE cal. 170

RED BULL® PASSION SLUSH cal. 120-210

Beverages

Fountain Drinks
Coke® (cal. 200), Diet Coke® (cal. 0), Sprite® (cal. 160), Minute Maid® (cal. 170), vitaminwater® (cal. 70), Dr Pepper® (cal. 150)

Red Bull® Energy Drink cal. 110
Sugarfree (cal. 10) & Yellow Edition (Tropical) (cal. 110) also available

Fruit Juices
Apple (cal. 80), Cranberry (cal. 110), Grape (cal. 140), Grapefruit (cal. 110), Orange (cal. 100), Pineapple (cal. 120), Tomato (cal. 45), or V-8® (cal. 45)

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Bottled Water
   Perrier (cal. 0)

Free Spirits (cont’d)

Milk Plain (cal. 140) or Chocolate (cal. 250)

If you have a specific food allergy or a special request, please ask to speak with a manager. Children’s Menu available for kids 12 and younger.

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Wings

WING SAUCES
Frank’s Redhot® Buffalo, Garlic Parmesan, Whiskey-Glaze, BBQ, NEW Carolina Reaper

NEW WINGS ROULETTE PLATTER cal. 1090-3000
Mix and match 3 of your favorite boneless or traditional wing flavors.

TRADITIONAL WINGS cal. 640-960
You pick the sauce. Choice of dressing: Ranch (cal. 130) or Blue Cheese (cal. 200)

BONELESS WINGS cal. 770-1090
You pick the sauce. Choice of dressing: Ranch (cal. 130) or Blue Cheese (cal. 200)

BUCKET OF BONES cal. 1570
Shareable portion of FRIDAYS™ BIG RIBS with Signature Whiskey Glaze, traditional wings tossed in BBQ sauce and seasoned fries.

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Appetizers

LOADED CHICKEN NACHOS cal. 1170
Chipotle chicken, black beans, queso, pico, jalapeños and cilantro.

CHEESEBURGER SLIDERS
Choose 2 (cal. 620), 3 (cal. 930) or 4 (cal. 1240)
USDA Choice beef burgers, Fridays™ sauce, American cheese, roasted onions, lettuce, tomatoes and pickles.

PHILLY CHEESESTEAK EGGROLLS cal. 860
Filled with roast beef, peppers, onions and cheese. Served with a craft beer-cheese dipping sauce.

CHICKEN QUESADILLA cal. 1190
Chipotle chicken, Monterey Jack, cheddar, peppers and onions, topped with Ranch sour cream and pico. Served with salsa.

LOADED FRIES cal. 1100
Poblano queso, Monterey Jack, cheddar, bacon and green onions with a side of BBQ Ranch.

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Appetizers (cont’d)

NEW BUFFALO CHICKEN & BACON FLATBREAD
cal. 620
Shredded chipotle chicken, Parmesan, Romano, blue cheese crumbles, bacon and Buffalo sauce.

GIANT ONION RINGS cal. 1190
Served with BBQ Ranch.
Fridays™ Classics

SPINACH & ARTICHOKE DIP cal. 720
Fresh spinach, artichokes, Romano, sautéed onions & red bell peppers. Topped with Parmesan bread crumbs and served with tortilla chips & salsa.

MOZZARELLA STICKS cal. 840
Mozzarella and Asiago cheeses. Sprinkled with Parmesan and Romano. Served with marinara sauce.

GREEN BEAN FRIES cal. 900
Served with Cucumber-Wasabi Ranch.

NEW GIANT SOFT PRETZELS cal. 1370
Salt-crusted and served with a craft beer-cheese dipping sauce. Topped with green onions.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED SESAME CHICKEN STRIPS cal. 1080
Panko-crusted chicken breast strips tossed in our Signature Whiskey Glaze and topped with sesame seeds.

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Fridays™ Classics (cont’d)

FRIDAYS™ SIGNATURE WHISKEY-GLAZED SAMPLER cal. 1740
Sampler to share with crispy shrimp, Whiskey-Glazed Sesame Chicken Strips and FRIDAYS™ BIG RIBS basted with our Signature Whiskey Glaze.

PAN-SEARED POT STICKERS cal. 590
Steamed pork dumplings with Szechwan dipping sauce.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED SLIDERS
Choose 2 (cal. 630), 3 (cal. 940) or 4 (cal. 1250) USDA Choice beef burgers, Signature Whiskey Glaze, roasted onions, white cheddar and spicy mayo made with TABASCO® Chipotle Pepper Sauce.

NEW LOADED POTATO SKINS cal. 1510
Introduced nearly 50 years ago, this classic keeps getting better with age. Now made with crispy Maine-grown white potatoes topped with a

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layer of melted mozzarella, cheddar and crispy bacon.

**Fridays™ Classics (cont’d)**

**CLASSIC FRIDAYS™ COMBO**
Traditional or Boneless Wings (cal. 520 - 1140), Loaded Potato Skins (cal. 920), Mozzarella Sticks (cal. 570)
ADD Pan-Seared Pot Stickers (cal. 390) for an additional charge.
ADD Giant oft Pretzel (cal. 630) for an additional charge.
Burgers

Custom blend patty of 100% fresh, All-Natural USDA Choice chuck and brisket. Served on a soft challah bun, Udi’s® gluten-free bun or green-style. All burgers are served with seasoned fries (cal. 320) or a side salad (cal. 100 - 500). Substitute sweet potato fries (cal. 390) or giant onion rings (cal. 510) for an additional charge. Substitute a Beyond Meat Patty (cal. Add 70) on any burger for an additional charge. Go green-style (cal. 260 less) for no additional charge.

PHILLY CHEESESTEAK BURGER* cal. 1000
   Beef patty topped with roast beef, peppers, onions and melted cheeses. Skewered with a Philly cheesesteak eggroll.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED BURGER* cal. 1110
   Signature Whiskey Glaze, white cheddar, lettuce, red onions, tomato, pickles and hickory-smoked bacon.

NEW GLUTEN-SENSITIVE CHEESEBURGER*
   cal. 820

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American cheese, lettuce, tomato, red onions and pickles.

Burgers (cont’d)

GLUTEN-SENSITIVE THE BEYOND MEAT CHEESEBURGER
cal. 890
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.

GLUTEN-SENSITIVE BACON CHEESEBURGER* cal. 840
White cheddar, all-natural cheddar spread, lettuce, tomato, red onions, pickles, hickory-smoked bacon and Fridays™ sauce.
Salads & Soups

GLUTEN-SENSITIVE CAESAR SALAD WITH GRILLED CHICKEN cal. 650
   Grilled all-natural chicken breast, romaine, kale, Parmesan, Romano, Caesar dressing. Asiago croutons and Parmesan crisps.

   Available with Grilled Salmon (cal. 750) OR 6 oz Center-cut Sirloin* (cal. 640)

NEW GLUTEN-SENSITIVE 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.

GLUTEN-SENSITIVE MILLION DOLLAR COBB cal. 850
   Grilled all-natural chicken, romaine, kale, avocado, tomatoes, chopped cage-free egg,

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bacon, blue cheese, red onions, cucumber, Monterey Jack and cheddar. Ranch dressing on the side.

Available with Grilled Salmon (cal. 940) OR 6 oz Center-cut Sirloin* (cal. 840)

Salads & Soups (cont’d)

BBQ CHICKEN SALAD cal. 920
Grilled BBQ all-natural chicken, romaine, kale, green onions, tomatoes, black beans, corn, cucumber, red onions, cilantro, Monterey Jack, cheddar, avocado, bacon, tortilla chips and BBQ Ranch dressing. Topped with Cajun-spiced onion strings.

SIDE SALADS
GLUTEN-SENSITIVE SIDE HOUSE SALAD cal. 260
Romaine, kale, tomatoes, cucumber, mixed cheese and Asiago croutons with choice of dressing and a warm garlic breadstick.
GLUTEN-SENSITIVE SIDE CAESAR SALAD cal. 450
Romaine, kale, Parmesan and Romano, Caesar dressing, Asiago croutons and Parmesan crisps. Served with a warm garlic breadstick.

Salads & Soups (cont’d)

SOUPS
FRENCH ONION SOUP cal. 590
Caramelized onions simmered in au jus topped with a crouton and melted Swiss.

WHITE CHEDDAR BROCCOLI CHEESE SOUP cal. 280

SEASONAL SOUP cal. 150-500

ALL-NATURAL ITEMS WHERE INDICATED CONTAIN NO ARTIFICIAL INGREDIENTS AND ARE MINIMALLY PROCESSED.

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* 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.

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Sandwiches

Sandwiches are served with seasoned fries (cal. 320) or a side salad (cal. 100 - 250). Substitute sweet potato fries (cal. 390) or giant onion rings (cal. 510) for an additional charge.

FRENCH DIP cal. 950
Premium roast beef, horseradish sauce, Swiss, roasted onions, toasted baguette and au jus on the side.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED CHICKEN SANDWICH cal. 1110
Grilled all-natural chicken, Signature Whiskey Glaze, hickory-smoked bacon, white cheddar, Cajun-spiced crispy onion strings, lettuce, tomato, pickles and Whiskey glaze mayo on a soft bun.

NEW BACON RANCH CHICKEN SANDWICH cal. 690
Grilled all-natural chicken breast, white cheddar, bacon, avocado, Ranch dressing, lettuce, tomatoes, pickles and red onions on a toasted baguette.

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Sandwiches (cont’d)

SOUTHERN FRIED CHICKEN SANDWICH cal. 970
Battered chicken breast, lettuce, tomato, pickles, avocado, white cheddar, spicy mayo made with TABASCO® Chipotle Pepper Sauce on a soft bun.
Substitute Buffalo Fried Chicken for even more spice cal. 970

NEW BLACKENED CAJUN CHICKEN SANDWICH cal. 660
Grilled all-natural chicken breast, Cajun seasoning, white cheddar, spicy mayo made with TABASCO® Chipotle Pepper Sauce, jalapeños, red & green bell peppers and onions on a toasted baguette.

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Freshly Crafted Pasta

CAJUN SHRIMP & CHICKEN PASTA cal. 1510
Sautéed all-natural chicken, shrimp, red bell peppers and fettuccine in a spicy Cajun Alfredo sauce. Served with a warm garlic breadstick.
Perfect Wine Pairing: Seven Daughters Moscato

CHICKEN PARMESAN PASTA cal. 1800
Crispy chicken breast with marinara and cheese on fettuccine Alfredo. Topped with Parmesan crisps. Served with a warm garlic breadstick.
Perfect Wine Pairing: Josh Cellars Cabernet Sauvignon

LEMON & GARLIC SHRIMP PASTA cal. 1390
Shrimp, broccoli, tomatoes, red bell peppers and spinach tossed in a lemon-butter sauce with fettuccine. Topped with Parmesan and Romano. Served with a warm garlic breadstick.
Perfect Wine Pairing: Kendall-Jackson Chardonnay

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Sizzling

GLUTEN-SENSITIVE
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.

GLUTEN-SENSITIVE
SIZZLING CHICKEN & CHEESE cal. 1160
Garlic-marinated all-natural chicken breasts served over melted cheese with onions, red & green bell peppers and mashed potatoes.

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Mains

All-natural chicken, USDA Choice steaks, tender big back pork ribs, fire-grilled seafood and crispy chicken and shrimp.

STEAKS & RIBS
FRIDAYS™ BIG RIBS
Slow-cooked, fall-off-the-bone tender big back pork ribs fire-grilled and served with seasoned fries & coleslaw.
Whiskey-Glazed Ribs  Half (cal. 1100)/Full (cal. 1630)
BBQ Ribs  Half (cal. 910)/Full (cal. 1290)

NEW YORK STRIP*
Topped with Whiskey Glaze (cal. 1100) or Gluten-Sensitive Topped with Parmesan Butter (cal. 980)
  • Add Half-Rack Jack Daniel’s® Ribs (cal. 620)
  • Add Half-Rack BBQ Ribs (cal. 420)
  • Add Fried Shrimp (cal. 200)

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Mains (cont’d)

CENTER-CUT SIRLOIN* & SHRIMP
6 ounces of flavorful center-cut sirloin and crispy fried shrimp with cocktail sauce. Served with mashed potatoes and lemon-butter broccoli. Topped with Whiskey Glaze (cal. 740) or Topped with Parmesan Butter (cal. 740)
- Add Half-Rack Jack Daniel’s® Ribs (cal. 620)
- Add Half-Rack BBQ Ribs (cal. 420)
- Add Fried Shrimp (cal. 200)

NEW CENTER-CUT SIRLOIN*
6 ounces of flavorful center-cut sirloin. Served with mashed potatoes and lemon-butter broccoli. Topped with Whiskey Glaze (cal. 710) or Gluten-Sensitive Topped with Parmesan Butter (cal. 640)
- Add Half-Rack Jack Daniel’s® Ribs (cal. 620)
- Add Half-Rack BBQ Ribs (cal. 420)
- Add Fried Shrimp (cal. 200)
Mains (cont’d)

CHICKEN & SEAFOOD

DRAGON-GLAZE SALMON cal. 810
Sweet and spicy glazed salmon topped with a fresh mango pico. Served with steamed broccoli, red bell peppers & spinach on a bed of jasmine rice.

FRIED SHRIMP cal. 880
Crispy shrimp with cocktail sauce. Served with coleslaw and seasoned fries.

PARMESAN-CRUSTED CHICKEN cal. 700
Grilled all-natural chicken, creamy white cheddar and Parmesan bread crumbs. Served with mashed potatoes and lemon-butter broccoli.

CRISPY CHICKEN TENDERS cal. 1040
Served with coleslaw, seasoned fries and Honey Mustard dressing.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED CHICKEN cal. 960
Signature Whiskey Glaze over two all-natural chicken breasts. Served with mashed potatoes and lemon-butter broccoli.

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Mains (cont’d)

GLUTEN-SENSITIVE SIMPLY GRILLED SALMON cal. 830

FISH & CHIPS cal. 890
Beer-battered golden cod fillets served with seasoned fries, coleslaw and tartar sauce.
## Mains (cont’d)

### SIDES
- Caesar Salad cal. 450
- Cheddar Mac & Cheese cal. 630
- Coleslaw cal. 130
- Giant Onion Rings cal. 510
- House Salad cal. 310-460
- Jasmine Rice cal. 420
- Lemon-Butter Broccoli cal. 150
- Loaded Fries cal. 600
- Mashed Potatoes cal. 220
- Seasoned Fries cal. 320
- Soup cal. 150-590
- Sweet Potato Fries cal. 390

All-natural items contain no artificial ingredients and are minimally processed.

*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.*

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Before placing your order, please inform your server if a person in your party has a food allergy.

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Desserts

RED VELVET CAKE cal. 1690
A three-tiered red velvet cake that’s a Friday night celebration in itself, layered with cream cheese frosting then topped with whipped cream and candy sprinkles. Served alongside a scoop of vanilla bean ice cream.

BROWNIE OBSESSION® (cal. 1180)
A warm fudge brownie, vanilla bean ice cream, caramel sauce & glazed pecans. Make it a Brownie ‘n’ Baileys. Top your Brownie Obsession® with Baileys Irish Cream (cal. 70) for an additional charge. 21 and up ONLY: contains alcohol.

NEW DONUT CHEESECAKE cal. 870
Creamy donut cheesecake with a vanilla custard sauce and strawberry purée. Topped with a skewer of warm cinnamon-sugar donuts.

TENNESSEE WHISKEY CAKE (cal. 1110)

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Toffee cake, glazed pecans, vanilla bean ice cream. Butterscotch Whiskey sauce. Top your Tennessee Whiskey Cake with Baileys Irish Cream (cal. 70) for an additional charge. 21 and up ONLY: contains alcohol.

Desserts (cont’d)

OREO® MADNESS cal. 500
Cookies & Cream vanilla ice cream, Oreo® cookie crust, chocolate sauce.

IRISH COFFEE cal. 180
Jameson Irish Whiskey, pure cane sugar, freshly brewed hot coffee, whipped cream. 21 and up ONLY: contains alcohol.

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2,000 calories a day is used for general nutrition advice, but calorie needs vary. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.
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Kid’s Menu
For Kids 12 & Under

Kid’s Main Course
All entrées come with choice of one side and a Fountain Drink.
Kid’s Sliders cal. 480
Crispy Chicken Tenders cal. 500
Cheddar Mac & Cheese cal. 440
Pasta Marinara cal. 300
NEW Fettuccine Alfredo cal. 360
NEW Buttered Pasta cal. 350

Kid’s Sides
Seasoned Fries cal. 320
Fresh Fruit cal. 45
Salad cal. 50-250
Mozzarella Sticks cal. 550
Steamed Broccoli cal. 20

Kid’s Drinks
Coke® cal. 150
Diet Coke® cal. 0
Sprite® cal. 120
Dr Pepper® cal. 110
2% Milk cal. 140
Chocolate Milk cal. 220
Lemonade cal. 80

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Kid’s Menu (cont’d)

For Kids 12 & Under

Kid’s Drinks (cont’d)

GLUTEN-SENSITIVE SLUSHES
Blue Raspberry Slush cal. 100
Mango Peach Lemonade Slush cal. 100
Strawberry Lemonade Slush cal. 120
Cherry Limeade Slush cal. 140

Kid’s Juices
Apple cal. 90
Orange cal. 80
Paradise Punch cal. 100
Tickled Pink cal. 100

Kid’s Dessert

GLUTEN-SENSITIVE Sundae cal. 690 – Two scoops of vanilla ice cream with chocolate & caramel sauces, chopped pecans, whipped cream and a cherry.

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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