

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. 1020*

Grilled chicken, mixed greens, sliced carrots, red cabbage, avocado, tomatoes, chopped cage-free egg, bacon, blue cheese, red onions, cucumber, Monterey Jack and cheddar. Ranch dressing on the side.

WITH GRILLED SALMON *cal. 1110*

WITH 6 OZ CENTER-CUT SIRLOIN* *cal. 1000*

CAESAR SALAD WITH GRILLED CHICKEN *cal. 720*

Grilled chicken, romaine, Parmesan, Romano and Caesar dressing.

WITH GRILLED SALMON *cal. 710*

WITH 6 OZ CENTER-CUT SIRLOIN* *cal. 810*

Salad Dressings

Balsamic Vinaigrette *cal. 60*

Blue Cheese *cal. 240*

Caesar *cal. 220*

Honey Mustard *cal. 230*

Ranch *cal. 160*

BURGERS

CHEESEBURGER* *cal. 790*

American cheese, lettuce, tomato, red onions and pickles. Served on a gluten-free bun or green-style (*cal. 270 less*) with a choice side from our gluten-sensitive menu.

BACON CHEESEBURGER* *cal. 850*

White cheddar, all-natural cheddar spread, lettuce, tomato, red onions, 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.

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, tomato, red onions, pickles and Fridays™ sauce.

NEW CHEDDAR BACON OMELET BURGER* *cal. 1330*

White cheddar, aged all-natural cheddar spread, lettuce, tomato, red onions, pickles, hickory-smoked bacon, eggs and Fridays™ sauce.

ENTRÉES

CENTER-CUT SIRLOIN* *cal. 640*

6 ounces of flavorful center-cut sirloin topped with Parmesan Butter. Served with mashed potatoes and lemon-butter broccoli.

NEW FILET MIGNON* *cal. 750*

8 ounces of the most tender and delicious cut of beef. Topped with Parmesan Butter and served with mashed potatoes and lemon-butter broccoli.

SIZZLING CHICKEN & SHRIMP *cal. 1310*

Garlic-marinated chicken breasts with shrimp tossed in marinara. Served over melted cheese with onions, red & green bell peppers and mashed potatoes.

SIZZLING CHICKEN & CHEESE *cal. 1180*

Garlic-marinated chicken breasts served over melted cheese with onions, red & green bell peppers and mashed potatoes.

SIMPLY GRILLED SALMON *cal. 870*

Seasoned with hickory-smoked sea salt and topped with Parmesan Butter. Served with lemon-butter broccoli and jasmine rice.

SIZZLING ALL-DAY OMELET* *cal. 1120*

Sizzling omelet with eggs, onions, red & green bell peppers, mixed cheese, spinach, roasted asparagus, bacon and parsley. Served with chile-lime sauce and choice of gluten-sensitive side.

SIDES

Coleslaw *cal. 100*

Jasmine Rice *cal. 420*

Lemon-Butter Broccoli *cal. 150*

Mashed Potatoes *cal. 220*

SOUP

TOMATO BASIL SOUP *cal. 300*

DESSERT

ICE CREAM SUNDAE *cal. 690*

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

BEER & CIDER

ANGRY ORCHARD CRISP APPLE CIDER *cal. 200*

American Hard Cider, 5% Cinnamati, OH

ANGRY ORCHARD ROSÉ CIDER *cal. 200*

American Hard Cider, 5% Cinnamati, OH

Drink Responsibly.
Drive Responsibly.

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.

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

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SELECTIONS

KID'S FRIDAYS™ STYLE

CHICKEN SANDWICH *cal. 390*

Grilled chicken served on a gluten-free bun or green-style. Served with your choice of one side.

KID'S SIDES

Fresh Fruit *cal. 50*

Side Salad *cal. 40*

(no croutons and choice of gluten-sensitive dressing)

KID'S DESSERTS

Ice Cream *cal. 420*

Ice Cream Sundae *cal. 690*

KID'S DRINKS

Strawberry Lemonade Slush *cal. 120*

Blue Raspberry Slush *cal. 100*

Cherry Limeade Slush *cal. 140*

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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