

FRIDAYS™

NUTRITIONAL INFORMATION

Fridays™ offers authentic American food and exciting drinks in an atmosphere that provides an energizing Friday feeling – any day of the week.

We focus on fresh, quality ingredients; bold, craveable flavors; and fun, shareable items. We have something for every appetite including Jack Daniel's® glazed items, fresh USDA choice steaks and burgers, all-natural chicken, sweet treats, unique drinks and much more.

At Fridays™, we are constantly working with our chefs and mixologists to create and capture emerging food and drink trends that appeal to our Guests.

We happily try to accommodate any special requests and to make substitutions for vegetarian creations (though no meal is vegetarian certified).

Many of our Guests want to know more about the food we serve. Therefore, we provide several types of nutritional information to help our Guests make informed choices.

Participating Fridays™ will, upon request, provide Guests with a supplemental Gluten Sensitivity Selection menu and an Allergen menu with easy-to-read icons to identify foods that contain wheat, soy, peanuts, shellfish and other allergens. Fridays™ also provides this online nutritional analysis to help our Guests find the meal that is right for them.

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Fridays™ strives to provide complete and accurate nutritional information; however, ingredient variations may occur due to the handcrafted nature of our menu items, Guest substitutions or regional availability of products. All items are listed as served, unless otherwise indicated.

Fridays™ All-Natural Chicken: We add nothing artificial to our chicken breasts and they're minimally processed – just chicken with a hint of sea salt.

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APPETIZERS & SNACKS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
The Fridays™ Combo											
Wings (Traditional) Frank's RedHot® Buffalo (add choice of dressing)	380	210	24	7	0	240	2340	2	0	0	43
Wings (Traditional) Garlic Parmesan (add choice of dressing)	700	500	55	12	0	245	1330	10	0	1	45
Wings (Traditional) BBQ (add choice of dressing)	500	220	24	7	0	240	790	29	1	24	44
Wings (Traditional) Whiskey-Glazed (add choice of dressing)	580	220	24	7	0	240	970	50	1	47	44
Wings (Boneless) Frank's RedHot® Buffalo (add choice of dressing)	590	310	35	7	0	85	3030	35	2	1	34
Wings (Boneless) Garlic Parmesan (add choice of dressing)	830	520	58	11	0	90	2040	42	2	1	36
Wings (Boneless) BBQ (add choice of dressing)	620	240	27	6	0	85	1500	61	3	24	35
Wings (Boneless) Whiskey-Glazed (add choice of dressing)	710	240	27	6	0	85	1690	83	2	47	35
Side Blue Cheese	200	190	21	4	0.5	20	310	1	0	1	2
Side Ranch	130	120	14	2.5	0	10	300	1	0	1	1
Loaded Potato Skins with Ranch Sour Cream	840	440	49	18	0	85	880	84	12	5	26
Mozzarella Sticks with Marinara Sauce	560	300	33	16	1	50	800	37	6	2	27
Add on Pan-Seared Pot Stickers with Szechwan Sauce	390	150	17	6	0	10	1420	48	1	15	12
Add on Warm Pretzels	540	230	26	10	0.5	30	1440	61	3	4	18
Add on Warm Pretzels (Hearth-Baked)*	480	170	19	9	0	30	1290	62	3	4	17
Wings (Traditional)											
Frank's RedHot® Buffalo (add choice of dressing)	640	350	39	11	0	405	2660	3	0	0	71
BBQ (add choice of dressing)	770	360	40	11	0	405	1590	34	2	26	73
Garlic Parmesan (add choice of dressing)	960	640	71	17	0	410	1650	11	0	1	73
Whiskey-Glazed (add choice of dressing)	830	360	40	11	0	405	1300	51	1	47	72
Wings (Boneless)											
Frank's RedHot® Buffalo (add choice of dressing)	640	300	33	7	0	105	3350	43	3	0	42
BBQ (add choice of dressing)	750	300	33	7	0	105	1800	70	3	24	44
Garlic Parmesan (add choice of dressing)	960	580	65	13	0	110	2340	51	3	1	44
Whiskey-Glazed (add choice of dressing)	830	300	34	7	0	105	1990	91	3	47	43
Side Blue Cheese	200	190	21	4	0.5	20	310	1	0	1	2
Side Ranch	130	120	14	2.5	0	10	300	1	0	1	1
BBQ Chicken Flatbread	650	290	32	14	0	70	1160	66	3	18	26
BBQ Chicken Flatbread (Hearth-Baked)*	630	260	29	13	0	70	1160	66	3	18	26
Bucket of Bones	1570	740	82	23	0	465	3060	120	6	71	92
Cheeseburger Sliders (2/3/4)	620-1240	330-670	37-74	15-30	1-2	85-165	2230-4460	45-89	2-5	13-26	28-57
Chicken Quesadilla	1250	780	87	37	1.5	215	2870	58	6	6	59
Chicken Quesadilla (No guacamole)*	1210	750	84	36	1.5	215	2810	55	4	6	58
Chips & Salsa	290	120	13	2	0	0	1330	51	5	3	7
Crispy Brussels Sprouts	670	490	54	9	0	5	1400	38	12	8	14
Fridays™ Signature Whiskey-Glazed Chicken Strips	1080	310	35	10	0	40	2700	158	5	99	39
Fridays™ Signature Whiskey-Glazed Chicken Strips (Hand-Breaded)*	970	310	34	7	0	95	1610	126	2	101	40
Fridays™ Signature Whiskey-Glazed Sampler	1740	560	62	17	0	205	4540	234	6	170	66
Fridays™ Signature Whiskey-Glazed Sampler (Hand-Breaded)*	1770	610	68	17	0	220	3990	226	4	170	68
Fridays™ Signature Whiskey-Glazed Sliders (2/3/4)	630-1250	330-660	37-73	13-26	1-2	75-150	2250-4060	51-101	2-4	19-38	25-50
Giant Onion Rings	690	480	55	10	0	5	1640	155	10	33	15
Grilled Wings	490-850	300-480	34-54	9-12.5	0	155	1810-2780	3-24	0-1	2-21	38-39
Green Bean Fries	900	580	65	21	0	5	1720	69	8	7	9
Loaded Chicken Nachos	1170	690	76	29	0.5	170	4930	105	11	8	44
Loaded Fries (with Ranch dressing)	1100	640	71	22	0	80	3000	95	10	6	26
Loaded Potato Skins with Ranch Sour Cream	1620	820	91	33	0	155	1910	167	24	9	51
Mozzarella Sticks with Marinara	820	450	50	23	1.5	75	1180	54	8	2	39
Pan-Seared Pot Stickers with Szechwan Sauce	590	230	25	9	0	15	2150	72	2	22	18
Philly Cheesesteak Eggrolls	860	490	54	15	0	60	1300	70	5	7	22
Spinach Florentine Flatbread	550	270	30	15	0	45	1160	51	3	4	18
Spinach Florentine Flatbread (Hearth-Baked)*	530	250	28	15	0	45	1130	51	3	4	18

* Available at select locations based on ingredients and equipment.

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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APPETIZERS & SNACKS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Spinach & Queso Dip	770	490	54	21	0.5	85	2350	66	8	5	22
Spinach & Queso Dip (No guacamole)*	730	460	51	21	0.5	85	2290	64	6	4	21
Warm Pretzels	1190	540	60	25	1.5	90	3210	125	7	10	40
Warm Pretzels (Hearth-Baked)*	1080	420	47	23	0	90	2930	127	5	9	39
Wings Roulette Platter (Boneless & Traditional), (add choice of dressing)	2170	1080	120	27	0.5	525	6280	148	5	72	129

ENDLESS APPETIZERS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Wings (Boneless)											
Frank's RedHot® Buffalo (add choice of dressing)	590	310	35	7	0	85	3030	35	2	1	34
BBQ (add choice of dressing)	620	240	27	6	0	85	1500	61	3	24	35
Garlic Parmesan (add choice of dressing)	830	520	58	11	0	90	2040	42	2	1	36
Whiskey-Glazed (add choice of dressing)	710	240	27	6	0	85	1690	83	2	47	35
Side Blue Cheese	200	190	21	4	0.5	20	310	1	0	1	2
Side Ranch	130	120	14	2.5	0	10	300	1	0	1	1
Mozzarella Sticks with Marinara	560	300	33	16	1	50	800	37	6	2	27
Pan-Seared Pot Stickers with Szechwan Sauce	390	150	17	6	0	10	1420	48	1	15	12
Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5

SALADS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BBQ Chicken Salad with BBQ Ranch Dressing	920	430	48	13	0	145	2420	73	12	24	55
BBQ Chicken Salad (Lunch portion) with BBQ Ranch Dressing	530	260	29	8	0	75	1330	42	6	12	29
Caesar Salad with Grilled Chicken with Caesar Dressing	810	530	59	12	1	155	1910	28	5	3	46
Caesar Salad with Grilled Salmon with Caesar Dressing	910	630	70	14	1	125	1830	32	4	3	41
Caesar Salad with 6 oz. Center-Cut Sirloin* with Caesar Dressing	800	550	61	13	1	130	1910	27	3	2	38
Chicken Caesar Salad with Grilled Chicken (Lunch portion) with Caesar Dressing	410	260	29	6	0	80	940	15	3	2	24
Million Dollar Cobb Salad with Grilled Chicken with Green Goddess Dressing	840	470	52	20	0	330	2170	30	10	8	66
Million Dollar Cobb Salad with Grilled Salmon with Green Goddess Dressing	930	560	63	22	0	300	2090	34	9	8	61
Million Dollar Cobb Salad with 6 oz. Center-Cut Sirloin* with Green Goddess Dressing*	800	510	56	21	0	285	1770	29	8	7	51
Million Dollar Cobb Salad with Grilled Chicken (Lunch portion) with Green Goddess Dressing	480	290	32	11	0	175	1210	16	6	4	35
Pecan-Crusted Chicken Salad with Balsamic Vinaigrette	1220	760	84	19	0	95	1770	82	10	52	40
Pecan-Crusted Chicken Salad (Lunch portion) with Balsamic Vinaigrette	670	440	49	11	0	50	940	41	5	26	20
Strawberry Fields Salad with Balsamic Vinaigrette	700	490	55	12	0	15	640	39	6	22	12
Strawberry Fields Salad with Grilled Chicken with Balsamic Vinaigrette	880	530	59	13	0	115	1430	42	9	23	47
Strawberry Fields Salad with Grilled Salmon with Balsamic Vinaigrette	970	630	70	14	0	85	1330	46	7	23	40
Strawberry Fields Salad with 6 oz. Center-Cut Sirloin* with Balsamic Vinaigrette	1000	680	76	19	1	115	1030	41	6	22	38
Strawberry Fields Salad with Grilled Chicken (Lunch portion) with Balsamic Vinaigrette	280	200	22	5	0	10	320	16	3	8	5

SALAD DRESSINGS (1.25 OZ SERVING)

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Balsamic Vinaigrette	190	170	19	3	0	0	240	4	0	4	0
BBQ Ranch	110	80	9	1.5	0	5	270	5	0	4	1
Blue Cheese	200	190	21	4	0.5	20	310	1	0	1	2
Caesar	190	180	20	3.5	0	20	300	1	0	0	1
Green Goddess	110	100	11	2	0	10	230	2	1	1	1
Honey Mustard	200	160	18	3	0	15	290	8	0	7	0
Lemon Soy Vinaigrette	130	120	13	2	0	0	630	1	0	0	1
Low Fat Balsamic Vinaigrette	50	15	2	0	0	0	180	9	0	5	0
Ranch	130	120	14	2.5	0	10	300	1	0	1	1

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SOUPS & SIDE SALADS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
French Onion Soup	590	160	18	10	0	105	2230	84	5	16	21
White Cheddar Broccoli Cheese	280	180	20	11	0	50	1530	18	2	5	11
Soup of the Day - Chicken Noodle	150	30	3.5	0	0	35	910	18	1	1	11
Soup of the Day - New England Clam Chowder*	500	270	30	18	0	105	1560	45	2	3	14
Soup of the Day - Tomato Basil*	300	220	24	14	0	75	1930	20	4	10	5
Soup of the Day - Tortilla	230	70	8	2.5	0	25	690	225	4	6	12
House Salad with Breadstick (add choice of dressing)	220	70	8	3.5	0	10	330	29	3	5	8
House Salad no Breadstick (add choice of dressing)*	90	35	4	1.5	0	10	160	9	3	2	5
Caesar Salad with Breadstick with Caesar Dressing	440	280	31	7	0	25	720	33	3	4	9
Caesar Salad no Breadstick with Caesar Dressing	310	240	27	5	0	25	550	14	2	1	6

BURGERS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Bacon Cheesesburger (add choice of side)	840	480	54	23	1.5	155	2950	47	3	15	42
The Beyond Meat Cheeseburger (add choice of side)	890	510	57	24	0	50	3350	55	7	14	45
Buffalo Wingman's Burger (add choice of side)	920	540	60	24	1.5	225	3420	45	4	11	51
Fridays™ Signature Whiskey-Glazed Burger (add choice of side)	1110	490	55	25	2	165	3530	110	3	76	46
Philly Cheesesteak Burger (add choice of side)	1000	590	65	26	1.5	165	3020	58	3	11	47
Really Good Cheeseburger (add choice of side)	820	470	53	24	2	155	2760	46	3	14	40
Turkey Burger (add choice of side)	520	190	22	9	0	115	1680	48	3	13	31
Burgers (Green Style)											
Bacon Cheesesburger (add choice of side)	580	390	43	17	1.5	135	2540	12	2	7	35
The Beyond Meat Cheeseburger (add choice of side)	630	410	46	18	0	30	2940	19	7	6	38
Buffalo Wingman's Burger (add choice of side)	660	450	50	18	1.5	200	3010	10	3	3	45
Fridays™ Signature Whiskey-Glazed Burger (add choice of side)	840	400	44	19	2	145	3120	74	2	68	39
Philly Cheesesteak Burger (add choice of side)	740	490	55	20	1.5	145	2610	24	3	4	40
Really Good Cheeseburger (add choice of side)	550	380	42	18	2	135	2340	11	2	6	33
Turkey Burger (add choice of side)	250	100	11	3	0	95	1260	12	2	5	25
Burgers with Gluten-Free Bun											
Bacon Cheesesburger (add choice of side)	850	510	57	22	1.5	155	2990	47	8	11	41
The Beyond Meat Cheeseburger (add choice of side)	900	540	60	23	0	50	3390	55	13	10	44
Buffalo Wingman's Burger (add choice of side)	930	570	64	23	1.5	225	3460	45	9	8	51
Fridays™ Signature Whiskey-Glazed Burger (add choice of side)	1110	520	58	24	2	165	3570	109	8	72	45
Philly Cheesesteak Burger (add choice of side)	1010	610	68	25	1.5	165	3060	58	9	8	46
Really Good Cheeseburger (add choice of side)	830	500	56	22	2	155	2790	46	8	11	39
Turkey Burger (add choice of side)	530	220	25	8	0	115	1710	47	8	9	31

SANDWICHES

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
French Dip (add choice of side)	950	440	49	15	0	135	3560	74	3	5	48
Fridays™ Signature Whiskey-Glazed Chicken Sandwich (add choice of side)	1110	510	57	21	0.5	165	2910	100	3	56	53
Southern Fried Buffalo Chicken Sandwich (add choice of side)	930	510	57	17	0.5	115	4010	68	5	12	42
Southern Fried Chicken Sandwich (add choice of side)	930	510	57	17	0	120	2150	67	5	12	42
Turkey + Avocado BLT (add choice of side)	770	380	42	12	0	115	2370	51	3	3	47

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SANDWICH & BURGER ADD-ONS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Avocado	60	50	5	1	0	0	0	3	3	0	1
Bacon	70	45	5	1.5	0	15	260	0	0	0	5
Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5
Side Salad (add choice of dressing)	45	20	2	1	0	5	90	5	1	1	2
Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3

RIBS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BBQ Ribs, Full-Rack (with coleslaw & seasoned fries)	1190	660	73	23	0	150	2560	93	7	42	43
BBQ Ribs, Half-Rack (with coleslaw & seasoned fries)	830	440	49	14	0	80	1890	77	6	30	24
Fridays™ Signature Whiskey-Glazed Ribs, Full-Rack (with coleslaw & seasoned fries)	1520	670	74	23	0	150	3660	177	7	127	44
Fridays™ Signature Whiskey-Glazed Ribs, Half-Rack (with coleslaw & seasoned fries)	1030	440	49	14	0	80	2500	126	6	79	25

STEAKS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Center-Cut Sirloin* & Shrimp (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	840	430	48	17.5	0	165	3200	56	10	4	47
Topped with Whiskey Glaze	910	340	38	13.5	0	155	3520	98	10	45	47
Center-Cut Sirloin* & Shrimp (Hand-Breaded) (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	1000	540	60	19.5	0	180	2920	61	9	5	50
Topped with Whiskey Glaze	1070	450	50	15.5	0	170	3240	103	9	46	50
Center-Cut Sirloin* (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	640	370	41	16	0	115	2280	34	8	4	34
Topped with Whiskey Glaze	710	280	31	12	0	105	2600	76	8	45	34
New York Strip* (Includes mashed potatoes and lemon-butter broccoli)											
Topped with Parmesan Butter	985	500	56	21.5	0	235	3765	37	8	5	77
Topped with Whiskey Glaze	1100	400	46	17.5	0	230	4215	91	8	58	78

CHICKEN & SEAFOOD

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Bacon-Wrapped Shrimp (Includes jasmine rice and super veggies)	930	440	48	12	0	160	1550	80	3	3	43
Bacon-Wrapped Shrimp (Includes mashed potatoes and super veggies)	730	430	48	17	0	180	1640	28	5	5	41
Crispy Chicken Fingers (with seasoned fries and Honey Mustard dressing)	1030	530	59	18	0	55	2560	87	7	8	38
Crispy Chicken Fingers (Hand-Breaded) (with seasoned fries and Honey Mustard dressing)*	930	520	58	11	0	60	1790	78	6	9	23
Dragon-Glaze Chicken (Includes double super veggies)	330	50	6	1.5	0	100	1260	33	8	21	41
Dragon-Glaze Chicken (Includes jasmine rice and super veggies)	720	150	17	1	0	100	1690	98	6	18	45
Dragon-Glaze Chicken (Includes mashed potatoes and super veggies)	510	150	16	6	0	120	1770	47	8	19	42
Dragon-Glaze Salmon (Includes double super veggies)	430	150	16	3	0	70	1180	37	7	21	36
Dragon-Glaze Salmon (Includes jasmine rice and super veggies)	810	250	27	2.5	0	70	1610	102	5	18	39
Dragon-Glaze Salmon (Includes mashed potatoes and super veggies)	610	240	27	8	0	90	1690	51	7	19	37
Fish & Chips (with seasoned fries, coleslaw and tartar sauce)	880	500	55	10	0	65	1880	73	5	23	23
Grilled Salmon (with jasmine rice and super veggies)	820	340	38	7	0	80	980	85	4	4	38
Grilled Salmon (with mashed potatoes and super veggies)	620	340	37	12	0	100	1070	33	6	5	36
Fridays™ Signature Whiskey-Glazed Chicken (with mashed potatoes and lemon-butter broccoli)	960	290	32	12	0	225	3490	91	13	58	77
Fried Shrimp (with seasoned fries and cocktail sauce)	750	260	29	6	0	100	3120	91	9	6	31
Fried Shrimp (Hand-Breaded) (with seasoned fries and cocktail sauce)*	810	360	40	7	0	130	2020	74	6	7	34
Parmesan-Crusted Chicken (mashed potatoes and lemon-butter broccoli)	700	340	38	15	0	145	2630	42	10	5	47
Sizzling Chicken & Shrimp (with peppers and mashed potatoes)	1270	740	83	29	0.5	235	2450	56	8	9	65
Sizzling Chicken & Cheese (with peppers and mashed potatoes)	1160	670	75	30	0.5	200	2480	50	7	6	63

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PASTA	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Cajun Shrimp & Chicken Pasta	1310	650	72	39	1.5	300	2340	87	6	9	67
Cajun Shrimp & Chicken Pasta (Half Portion)	570	240	27	16	0.5	140	1180	43	3	4	34
Chicken Parmesan Pasta	1560	830	92	40	1.5	235	3250	116	6	13	63
Chicken Parmesan Pasta (Half Portion)	1150	630	70	27	1	165	2730	76	4	10	51
Lemon & Garlic Shrimp Pasta	1150	600	67	26	1.5	190	1150	91	8	6	39
Lemon & Garlic Shrimp Pasta (Half Portion)	660	370	41	14	0.5	110	660	46	4	3	23

ADD-ONS	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
House Salad with Breadstick (add choice of dressing)	220	70	8	3.5	0	10	330	29	3	5	8
House Salad w/out Breadstick (add choice of dressing)	90	35	4	1.5	0	10	160	9	3	2	5
Caesar Salad with Breadstick with Caesar Dressing	440	280	31	7	0	25	720	33	3	4	9
Caesar Salad w/out Breadstick with Caesar Dressing	310	240	27	5	0	25	550	14	2	1	6
Choice of Soup	150-590	30-270	3.5-30	0-18	0-1	25-105	690-2350	18-225	1-5	1-16	5-22
Make it a Combination											
Whiskey-Glazed Ribs, Half-Rack	620	230	25	9	0	70	1460	81	1	76	19
BBQ Ribs, Half-Rack	420	220	25	9	0	70	860	32	1	27	19
Crispy Shrimp	200	60	7	1.5	0	50	920	22	2	0	13
Crispy Shrimp (Hand-Breaded)*	360	170	19	3.5	0	65	640	27	1	1	16
Bacon-Wrapped Shrimp	480	330	37	12	0	160	1030	1	0	0	34
Cheddar Mac and Cheese	630	320	35	19	0	65	1670	52	0	6	26
Coleslaw	100	70	8	2	0	10	220	5	0	3	1
Crispy Brussels Sprouts	350	250	28	5	0	5	740	20	6	4	8
Giant Onion Rings	510	240	26	4.5	0	5	770	61	4	15	6
Jasmine Rice	420	100	11	2.5	0	0	470	72	5	1	7
Lemon-Butter Broccoli	150	100	11	4.5	0	10	850	11	5	2	4
Loaded Fries	600	360	40	12	0	45	1620	50	5	5	13
Mashed Potatoes	220	100	11	5	0	20	560	21	3	1	4
Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5
Super Veggies	35	5	0	0	0	0	45	7	3	3	2
Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3
Sweet Potato Fries (Basket)	1170	530	59	26	0	0	680	151	18	46	10

FRIDAYS™ LUNCH	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
1/2 Turkey + Avocado BLT w/ Seasoned Fries	630	300	33	8	0	60	1800	56	5	2	27
BBQ Chicken Salad with BBQ Ranch	530	260	29	8	0	75	1330	42	6	12	29
Caesar Salad with Breadstick with Caesar Dressing	440	280	31	7	0	25	720	33	3	4	9
Caesar Salad with Grilled Chicken with Caesar Dressing	410	260	29	6	0	80	940	15	3	2	24
Cheddar Mac & Cheese	630	320	35	19	0	65	1670	52	0	6	26
Chicken Quesadilla (with guacamole)	1250	780	87	37	1.5	215	2870	58	6	6	59
Choice of Soup	150-590	30-270	3.5-30	0-18	0-1	25-105	690-2350	18-225	1-5	1-16	5-22
Fridays™ Signature Whiskey-Glazed Sliders with Seasoned Fries	860	440	49	15	1	75	2860	81	5	19	28
House Salad with Breadstick (add choice of dressing)	220	70	8	3.5	0	10	330	29	3	5	8
Mozzarella Sticks with Marinara	560	300	33	16	1	50	800	37	6	2	27
Strawberry Fields Salad with Chicken	280	200	22	5	0	10	320	16	3	8	5

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DESSERTS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Brownie Obsession®	1200	540	60	32	0	165	480	153	4	119	12
Extreme Shake - OREO® S'mores	1550	490	54	33	1	120	440	222	3	190	15
OREO® Madness	500	190	21	10	0	40	330	76	3	49	6
Red Velvet Sparkler Cake	1690	830	92	43	1.5	295	960	199	1	146	16
Tennessee Whiskey Cake	1110	470	52	26	0	195	630	151	4	118	12
Vanilla Bean Cheesecake	920	520	57	39	0	170	380	88	2	76	10
Kid's Dessert - Cup of Dirt	480	140	16	9	0	60	300	79	2	60	7
Kid's Dessert - Vanilla Ice Cream	460	230	26	17	0	100	170	49	0	39	6
Kid's Sundae	690	270	30	19	0	105	240	95	1	79	8

KID'S MEALS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Kid's Sliders (add choice of side and beverage)	480	260	28	10	1	60	1270	37	1	8	21
Add Cheese (American - 1 slice)	130	90	10	6	0	20	410	1	0	0	7
Chicken Fingers with Honey Mustard (add choice of side and beverage)	500	300	33	10	0	35	1160	31	1	8	20
Chicken Fingers with Honey Mustard (Hand-Breaded)* (add choice of side and beverage)	440	290	33	6	0	45	700	26	1	8	11
Chicken Sandwich (add choice of side and beverage)	310	120	14	3.5	0	55	700	26	2	3	22
Mac & Cheese (add choice of side and beverage)	440	210	23	12	0	35	1220	41	0	5	16
Pasta & Marinara (add choice of side and beverage)	240	20	2	0	0	0	150	46	4	7	9
Kid's Side - Carrots w/ Ranch	150	120	14	2.5	0	10	340	7	1	3	1
Kid's Side - Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5
Kid's Side - Side Salad (add choice of dressing)	45	20	2	1	0	5	90	5	1	1	2
Kid's Side - Mandarin Oranges	60	0	0	0	0	0	10	14	1	14	1
Kid's Side - Fresh Fruit	45	0	0	0	0	0	0	12	1	10	1

LOCAL (AVAILABLE AT SELECT LOCATIONS)

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Wings (Traditional)											
Herb Roasted (10)	840	530	59	16	0	325	1550	20	2	11	62
Herb Roasted (20)	1680	1050	117	33	0	650	3090	40	5	22	123
Chili	340	180	20	8	1	65	820	18	3	7	20
Petite Sirloin* & Lobster Tail with Mashed Potatoes & Lemon-Butter Broccoli	890	242	26	18.5	1460	101	1401	55	10	163	238
Petite Sirloin* (add choice of sides)	370	12	0	3	860	38	0	23	2	80	210
Add-On Lobster Tail	120	0	0	3	600	23	1	1.5	1	80	15

NON-ALCOHOLIC BEVERAGES

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Soda: Coca-Cola®	200	0	0	0	0	0	65	56	0	56	0
Soda: Coke® Zero	0	0	0	0	0	0	55	0	0	0	0
Soda: Diet Coke®	0	0	0	0	0	0	55	0	0	0	0
Soda: Diet Pepsi®	0	0	0	0	0	0	35	0	0	0	0
Soda: Dr Pepper®	150	0	0	0	0	0	60	40	0	38	0
Soda: Fanta	230	0	0	0	0	0	85	65	0	63	0
Soda: Fuze	60	0	0	0	0	0	10	15	0	15	0
Soda: Mountain Dew	170	0	0	0	0	0	60	44	0	44	0
Soda: Mr. Pibb Xtra	200	0	0	0	0	0	55	56	0	56	0
Soda: Mug Root Beer	150	0	0	0	0	0	60	41	0	41	0
Soda: Pepsi	150	0	0	0	0	0	35	41	0	41	0
Soda: Sierra Mist®	140	0	0	0	0	0	35	39	0	39	0
Soda: Sprite®	160	0	0	0	0	0	35	40	0	36	0
Minute Maid®	170	0	0	0	0	0	25	44	0	42	0

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2,000 calories a day is used for general nutrition advice, but calorie needs vary. "Coca-Cola," "Diet Coke," "Sprite," "Minute Maid" and "Dasani" are registered trademarks of The Coca-Cola Company. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. Oreo is a registered trademark of Mondelēz International Group, Intercontinental Group, used with permission. All rights reserved. © 2018 TGI Fridays Franchisor, LLC

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NON-ALCOHOLIC BEVERAGES

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
vitaminwater XXX®	70	0	0	0	0	0	0	20	0	20	0
Coffee (Black)	5	0	0	0	0	0	5	0	0	0	0
Freshly Brewed Gold Peak® Iced Tea	0	0	0	0	0	0	35	0	0	0	0
Smoothie – Mango Passion	300	10	1	.5	0	0	10	72	1	66	1
Smoothie – Triple Berry	200	10	1	.5	0	0	15	48	4	41	1
Strawberry Passion Tea	120	0	0	0	0	0	5	31	1	26	0
Tropical Raspberry Tea	130	0	0	0	0	0	5	31	4	24	0
Tickled Pink	100	0	0	0	0	0	30	24	2	21	0
Paradise Punch	160	5	0	0	0	0	0	39	1	31	2
Dasani®	0	0	0	0	0	0	0	0	0	0	0
Perrier®	0	0	0	0	0	0	0	0	0	0	0
Red Bull® (Regular)	110	0	0	0	0	0	100	28	0	27	1
Red Bull® (Sugarfree)	10	0	0	0	0	0	100	3	0	0	1
Red Bull® (Tropical)	110	0	0	0	0	0	100	28	0	27	0

SIGNATURE SLUSHES

Blue Raspberry	170	0	0	0	0	0	25	42	0	39	0
Cherry Limeade	240	0	0	0	0	0	15	60	0	54	0
Mango Peach Lemonade	170	0	0	0	0	0	15	44	0	41	0
Strawberry Lemonade	150	0	0	0	0	0	10	38	1	35	0
Red Bull® Passion (Regular)	210	0	0	0	0	0	100	54	3	48	1
Red Bull® Passion (Sugarfree)	120	0	0	0	0	0	210	27	3	21	1
Red Bull® Passion (Tropical)	210	0	0	0	0	0	100	54	3	48	0

KID'S DRINKS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Kid's Chocolate Milk	220	50	6	4	0	20	150	31	1	31	10
Kid's Juice – Apple	90	0	0	0	0	0	10	22	0	22	0
Kid's Juice – Orange	80	5	0	0	0	0	0	19	0	16	1
Kid's Juice – Ruby Red Grapefruit	80	0	0	0	0	0	50	21	0	21	0
Kid's Milk	140	50	5	3.5	0	20	130	13	0	13	9
Kid's Paradise Punch	100	0	0	0	0	0	0	25	1	21	1
Kid's Slush Blue Raspberry	100	0	0	0	0	0	15	24	0	22	0
Kid's Slush Cherry Limeade	120	0	0	0	0	0	5	31	0	27	0
Kid's Slush Mango Peach Lemonade	100	0	0	0	0	0	10	27	0	25	0
Kid's Slush Strawberry Lemonade	120	0	0	0	0	0	10	31	1	28	0
Kid's Soda: Barg's Root Beer	120	0	0	0	0	0	55	34	0	34	0
Kid's Soda: Coca-Cola®	150	0	0	0	0	0	50	42	0	42	0
Kid's Soda: Coke® Zero	0	0	0	0	0	0	40	0	0	0	0
Kid's Soda: Diet Coke®	0	0	0	0	0	0	40	0	0	0	0
Kid's Soda: Diet Pepsi®	0	0	0	0	0	0	25	0	0	0	0
Kid's Soda: Dr Pepper®	110	0	0	0	0	0	45	30	0	29	0
Kid's Soda: Fanta Orange	170	0	0	0	0	0	65	49	0	48	0
Kid's Soda: Mountain Dew®	130	0	0	0	0	0	45	33	0	33	0
Kid's Soda: Mr. Pibb Xtra	150	0	0	0	0	0	45	42	0	42	0
Kid's Soda: Mug Root Beer	110	0	0	0	0	0	45	31	0	31	0
Kid's Soda: Pepsi	110	0	0	0	0	0	25	31	0	31	0
Kid's Soda: Sierra Mist®	110	0	0	0	0	0	25	29	0	29	0
Kid's Soda: Sprite®	120	0	0	0	0	0	25	30	0	27	0
Kid's Lemonade	80	0	0	0	0	0	10	22	0	21	0

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BEER	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Beer Light 12 oz USDA	100	0	0	0	0	0	15	6	0	0	1
Beer Light 21 oz USDA	180	0	0	0	0	0	25	10	0	1	1
Beer Regular 12 oz USDA	150	0	0	0	0	0	15	13	0	0	2
Beer Regular 21 oz USDA	270	0	0	0	0	0	25	22	0	0	3
Beer Guinness Can 14.9 oz	160	0	0	0	0	0	25	12	0	0	1
Beer Pabst Blue Ribbon Can 16 oz	200	0	0	0	0	0	15	16	0	0	0
Beer Stella Artois Chalice	210	0	0	0	0	0	0	17	0	0	2

WINE	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Wine Red 6 oz	150	0	0	0	0	0	5	5	0	1	0
Wine Red 9 oz	220	0	0	0	0	0	10	7	0	2	0
Wine Red Bottle	630	0	0	0	0	0	30	19	0	5	1
Wine White 6 oz	140	0	0	0	0	0	10	5	0	2	0
Wine White 9 oz	220	0	0	0	0	0	15	7	0	3	0
Wine White Bottle	610	0	0	0	0	0	35	19	0	7	1
LaMarca Prosecco Split (187ml.)	130	0	0	0	0	0	0	3	0	3	0
LaMarca Prosecco Bottle (750ml.)	510	0	0	0	0	0	0	10	0	10	0

COCKTAILS	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Abso-Bloody-Lutely	180	10	1	0	0	0	1480	9	2	2	2
Abso-Bloody-Lutely Skewer – Bacon & Shrimp	190	120	13	4	0	75	470	0	0	0	17
Abso-Bloody-Lutely Skewer – Big Back Ribs	210	160	18	6	0	50	390	1	0	0	12
Abso-Bloody-Lutely Skewer – Boneless Buffalo Wings	190	90	10	2	0	30	910	13	1	0	13
Abso-Bloody-Lutely Skewer – Cheeseburger Slider	570	270	30	9	0	35	2110	59	5	4	17
Abso-Bloody-Lutely Skewer – Hickory-Smoked Bacon (2)	110	60	7	2.5	0	20	510	6	0	4	7
Abso-Bloody-Lutely Skewer – Jack™ Slider (1)	390	200	22	7	.5	40	1270	35	2	10	14
Abso-Bloody-Lutely Skewer – Wing (1)	190	100	12	3	0	120	700	1	0	0	21
Absolut & Cranberry Juice	150	0	0	0	0	0	20	15	0	15	0
Absolut & Orange Juice	140	0	0	0	0	0	0	13	0	10	1
Absolut & Soda Water	90	0	0	0	0	0	20	0	0	0	0
Absolut & Tonic	120	0	0	0	0	0	10	8	0	8	0
Arnold Palmer	120	0	0	0	0	0	5	32	0	28	0
Aperol 1.5 oz	160	0	0	0	0	0	0	17	0	17	0
Apple Tini	160	0	0	0	0	0	0	23	0	21	0
Bacardi Rum 1.5 oz	100	0	0	0	0	0	0	0	0	0	0
Baileys .75 oz (Add-on)	70	25	3	1.5	0	10	15	5	0	4	1
Baileys 1.5oz	140	50	6	3.5	0	15	35	11	0	9	1
Barbados Rum Punch	250	0	0	0	0	0	65	37	1	33	0
Beso del sol Red Sangria	120	0	0	0	0	0	0	23	0	22	0
Black Russian	160	0	0	0	0	0	0	10	0	10	0
Blackberry Buzz 'Rita	180	0	0	0	0	0	570	25	2	21	0
Blackberry Long Island Tea	270	0	0	0	0	0	5	31	1	28	0
Blackberry Margarita	180	0	0	0	0	0	570	26	1	23	0
Blackberry Mojito	210	0	0	0	0	0	10	30	2	25	0
Blood Orange Cooler	210	0	0	0	0	0	0	28	2	24	1
Blue Fire Lemonade	190	0	0	0	0	0	0	27	0	23	0
Blue 'Rita Shaker	270	0	0	0	0	0	570	32	0	27	0
Bombay Original 1.5 oz	110	0	0	0	0	0	0	0	0	0	0
Buttery Nipple	120	25	3	1.5	0	10	15	13	0	12	1
Café Toledo	250	80	9	5	0	25	40	29	1	28	2
Captain Morgan's Spiced Rum 1.5 oz	90	0	0	0	0	0	0	1	0	1	0
Captain Morgan & Coke®	120	0	0	0	0	0	15	15	0	15	0
Captain Morgan Island Rum Punch	380	0	0	0	0	0	10	61	1	46	1
Casamigos 'Rita	210	0	0	0	0	0	570	23	0	20	0
Casamigos Spicy 'Rita	230	0	0	0	0	0	180	29	1	20	0
Casamigos Strawberry 'Rita	210	0	0	0	0	0	570	23	1	20	0



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COCKTAILS cont.

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Chambord 1.5 oz	150	0	0	0	0	0	0	17	0	16	0
Cinnamon Toast Shooter	170	25	2.5	1.5	0	5	15	18	0	14	1
Cîroc French Smash	200	0	0	0	0	0	20	28	1	26	0
Corona 'Rita	340	0	0	0	0	0	580	42	0	33	1
Cosmopolitan	150	0	0	0	0	0	5	9	0	9	0
Crown Apple Cooler	210	0	0	0	0	0	5	45	0	33	0
Diddy On The Beach	310	0	0	0	0	0	105	54	1	45	1
Dirty Martini Rocks (Gin)	170	10	1	0	0	0	260	1	0	0	0
Dirty Martini Rocks (Vodka)	180	10	1	0	0	0	260	1	0	0	0
Dirty Martini Up (Gin)	170	10	1	0	0	0	260	1	0	0	0
Dirty Martini Up (Vodka)	180	10	1	0	0	0	260	1	0	0	0
Double Berry Bellini	200	0	0	0	0	0	0	22	3	187	1
Double Berry Mojito Shaker	200	5	0	0	0	0	5	27	3	21	1
Dreamsicle Shooter	210	50	6	3.5	0	15	10	16	0	11	1
Electric Lemonade	200	0	0	0	0	0	5	24	0	21	0
Espresso Martini	240	20	2	1.5	0	10	10	25	0	21	6
Fiery Apple	210	0	0	0	0	0	0	31	0	7	0
Firecracker Sangria	180	0	0	0	0	0	0	22	1	12	0
Flaming Frozen Lava Flow	460	35	3.5	2	0	10	40	88	1	76	3
Flaming Mai Tai	310	0	0	0	0	0	0	49	0	40	1
Fresh Lynchburg Lemonade	190	0	0	0	0	0	0	24	0	22	0
Fresh Strawberry Daiquiri	190	0	0	0	0	0	0	30	1	25	1
Fridays™ Light Cosmo Cooler	150	0	0	0	0	0	0	14	0	12	0
Frozen Blue Hawaiian	440	30	3.5	2	0	10	30	74	0	67	3
Frozen Lava Flow	450	35	3.5	2	0	10	40	86	1	74	3
German Chocolate Cake Sipper	190	10	1	0.5	0	5	10	10	0	7	0
Gold Coast Blackberry Mule	170	0	0	0	0	0	0	20	1	17	0
Gold Coast Winter Storm	170	0	0	0	0	0	10	22	0	13	0
Grey Goose Cooler	220	0	0	0	0	0	0	31	0	28	0
Guinness Stout Shake	430	170	19	12	0	60	95	51	1	47	6
Hendrick's Cooler	200	0	0	0	0	0	0	28	0	26	0
Honey Badger Shooter	150	20	2	1	0	5	10	8	0	5	0
Horny 'Rita Frozen	260	0	0	0	0	0	570	33	0	30	0
Horny 'Rita Rocks	260	0	0	0	0	0	570	33	0	30	0
House Bloody Mary	120	0	0	0	0	0	1320	6	1	1	1
House Long Island Tea	230	0	0	0	0	0	10	27	0	25	0
Hurricane	240	0	0	0	0	0	10	43	1	35	0
Irish Mule	160	0	0	0	0	0	0	18	0	16	0
Irish 'Rita	200	0	0	0	0	0	570	24	0	22	0
Irish 'Rita Rocks	220	0	0	0	0	0	570	29	0	27	0
Jack Daniel's® & Coke®	130	0	0	0	0	0	15	14	0	14	0
Jack Daniel's® & Coke® Zero	80	0	0	0	0	0	15	0	0	0	0
Jack Daniel's® & Diet Coke®	80	0	0	0	0	0	15	0	0	0	0
Jack Daniel's® & Ginger	110	0	0	0	0	0	5	8	0	8	0
Jager Bomb	210	0	0	0	0	0	50	13	0	13	0
Jameson & Sprite®	120	0	0	0	0	0	10	10	0	9	0
Jameson	100	0	0	0	0	0	0	0	0	0	0
Kamikaze	150	0	0	0	0	0	0	13	0	12	0
Kentucky Lemonade	190	0	0	0	0	0	0	22	0	20	0
Keoke Coffee	200	50	6	3.5	0	15	15	19	0	15	6
Key Lime Pie Shooter	220	50	6	3.5	0	15	10	19	0	14	1
Lemon Drop	150	0	0	0	0	0	0	15	0	14	0



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COCKTAILS cont.

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Magic Lemon Drop Martini	230	0	0	0	0	0	0	14	0	14	0
Mai Tai	300	0	0	0	0	0	0	46	0	37	1
Mango Lemonade	250	0	0	0	0	0	0	41	0	34	0
Manhattan Up (Dry)	150	0	0	0	0	0	50	3	0	2	0
Manhattan Up (Perfect)	160	0	0	0	0	0	50	6	0	6	0
Manhattan Up (Sweet)	160	0	0	0	0	0	50	6	0	6	0
Margarita Frozen	230	0	0	0	0	0	570	29	0	26	0
Margarita Rocks	220	0	0	0	0	0	570	29	0	27	0
Martini Rocks (Gin)	170	10	1	0	0	0	260	1	0	0	0
Martini Rocks (Vodka)	150	10	1	0	0	0	260	1	0	0	0
Martini Up (Gin)	150	10	1	0	0	0	260	1	0	0	0
Martini Up (Vodka)	150	10	1	0	0	0	260	1	0	0	0
Melon Ball	110	0	0	0	0	0	0	110	0	10	0
Mexican Mule	160	0	0	0	0	0	0	20	0	18	0
Mimosa - Orange	110	0	0	0	0	0	0	13	1	11	1
Mimosa - Ruby Red Vanilla	130	0	0	0	0	0	25	18	0	18	0
Michelada	100	0	0	0	0	0	560	11	1	3	3
Mojito, Signature	190	0	0	0	0	0	10	25	0	23	0
Mudslide Martini	290	60	6	4	0	20	50	36	1	35	2
Negroni	140	0	0	0	0	0	0	8	0	8	0
New York Sour Crush	190	0	0	0	0	0	50	20	0	18	0
Nutty Irish Coffee	190	80	9	5	0	25	30	19	0	18	1
Old Fashioned Rocks	180	0	0	0	0	0	55	14	0	13	0
One Two Rum Punch	220	0	0	0	0	0	0	24	1	21	0
Pain Eraser	300	25	2.5	1.5	0	5	50	45	0	40	2
Patrón Cosmo 'Rita Shaker	290	0	0	0	0	0	580	32	0	30	0
Patrón Cosmo 'Rita Shaker w/ Patrón Reposado	290	0	0	0	0	0	580	32	0	30	0
Peach Honey Smash	240	0	0	0	0	0	0	35	1	33	0
Peach Long Island Tea	260	0	0	0	0	0	0	31	0	28	0
Piña Colada	430	40	4.5	2.5	0	10	40	76	0	72	3
Pink Punk Martini	160	0	0	0	0	0	0	13	0	13	0
Pink Punk Mojito	160	0	0	0	0	0	5	16	0	14	0
Platinum Sidecar	210	0	0	0	0	0	0	19	0	11	0
Premium Long Island Tea	230	0	0	0	0	0	5	26	0	24	0
Purple Hooter	150	0	0	0	0	0	0	14	0	13	0
Red Bull® & Vodka	140	0	0	0	0	0	50	13	0	13	0
Red Head	140	0	0	0	0	0	0	8	0	8	0
Red Snapper	170	0	0	0	0	0	0	28	0	13	0
Regal Apple Sangria	150	0	0	0	0	0	50	25	0	19	0
Sangria Berry	230	0	0	0	0	0	10	29	1	23	0
Sangria Peach	250	0	0	0	0	0	0	41	1	34	0
Sangria 'Rita	220	0	0	0	0	0	0	25	0	14	0
Shimmering Diva	270	0	0	0	0	0	10	39	0	35	0
Strawberry Frosé	130	0	0	0	0	0	0	16	0	14	0
Strawberry Henry	220	0	0	0	0	0	0	32	1	24	0
Strawberry Shortcake	510	170	19	12	0	60	70	67	1	47	5
Tequila (Hornitos) Sunrise	230	0	0	0	0	0	0	35	1	32	1
The BFM – The Best Fridays™ Margarita	200	0	0	0	0	0	570	22	0	17	0
The BFM – The Best Fridays™ Margarita (Patrón Reposado)	200	0	0	0	0	0	570	22	0	17	0
Tito's Mule	150	0	0	0	0	0	0	18	0	16	0
Tito's Strawberry Mule	190	0	0	0	0	0	0	29	1	26	0
Vanilla Old Fashioned	240	0	0	0	0	0	55	21	0	20	0



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COCKTAILS cont.

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Tropical Berry Mojito Shaker	280	0	0	0	0	0	10	39	2	33	0
Tropical Long Island Tea	260	0	0	0	0	0	5	40	0	29	6
Ultimate 77 Sunset Strip	290	0	0	0	0	0	10	31	1	29	1
Ultimate Boba Tea w/o Bursting Bubbles	220	0	0	0	0	0	0	22	0	20	0
Ultimate Boba Tea With Bursting Bubbles (Combo)	260	0	0	0	0	0	25	33	1	27	0
Ultimate Bloody Mary	160	10	1	0	0	0	1480	9	2	2	2
Ultimate Blueberry-Pom Long Island Tea	290	0	0	0	0	0	5	41	1	37	0
Ultimate Frozen Margarita	330	0	0	0	0	0	570	40	0	36	0
Ultimate Frozen Margarita Blue Swirl	410	0	0	0	0	0	570	50	1	44	0
Ultimate Frozen Margarita Mango Swirl	430	0	0	0	0	0	570	67	1	62	0
Ultimate Frozen Margarita Midori Swirl	420	0	0	0	0	0	570	54	1	50	0
Ultimate Frozen Margarita Peach Mango Swirl	430	0	0	0	0	0	570	66	1	62	0
Ultimate Frozen Margarita Peach Swirl	430	0	0	0	0	0	570	66	1	61	0
Ultimate Frozen Margarita Raspberry Peach Swirl	410	0	0	0	0	0	570	49	1	39	0
Ultimate Frozen Margarita Regal Apple Swirl	400	0	0	0	0	0	570	55	1	45	0
Ultimate Frozen Margarita Sangria Swirl	370	0	0	0	0	0	570	44	1	39	0
Ultimate Frozen Margarita Strawberry Passion Swirl	410	0	0	0	0	0	570	62	2	55	0
Ultimate Frozen Margarita Strawberry Swirl	390	0	0	0	0	0	570	57	1	51	0
Ultimate Frozen Margarita Watermelon Swirl	380	0	0	0	0	0	590	59	1	55	0
Ultimate Hawaiian Volcano	310	0	0	0	0	0	10	46	1	30	1
Ultimate Long Island Tea	220	0	0	0	0	0	10	27	0	21	0
Ultimate Mojito	260	0	0	0	0	0	10	33	0	30	0
Ultimate Mudslide	740	230	26	16	0	85	150	88	2	86	9
Ultimate Margarita Rocks	290	0	0	0	0	0	570	35	1	31	0
Ultimate Tropical Berry Margarita Frozen	350	0	0	0	0	0	0	47	2	41	0
Ultimate Tropical Berry Margarita Rocks	350	0	0	0	0	0	0	48	2	43	0
Vegas Bomb	150	0	0	0	0	0	50	26	0	19	0
Vodka Well 80 Proof 1.5 oz	100	0	0	0	0	0	0	0	0	0	0
Watermelon Cooler	160	0	0	0	0	0	20	17	0	16	0
White Russian	240	40	4.5	2.5	0	15	20	18	0	18	1

SHAREABLES

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Shareable Barbados Rum Punch	510	0	0	0	0	0	130	78	2	69	0
Shareable Crown Apple Cooler	410	0	0	0	0	0	15	90	1	67	0
Shareable Peach Sangria	500	0	0	0	0	0	5	82	1	67	1
Shareable Strawberry Henny	400	0	0	0	0	0	0	62	1	47	0
Shareable Ultimate Frozen Margarita	670	0	0	0	0	0	1140	86	1	78	1
Shareable Ultimate Frozen Margarita Mango Swirl	860	0	0	0	0	0	1140	134	1	124	0
Shareable Ultimate Frozen Margarita Peach Mango Swirl	860	0	0	0	0	0	1140	133	1	123	0
Shareable Ultimate Frozen Margarita Peach Swirl	860	0	0	0	0	0	1140	132	1	122	0
Shareable Ultimate Frozen Margarita Sangria Swirl	800	0	0	0	0	0	1150	90	1	79	0
Shareable Ultimate Frozen Margarita Strawberry Passion Swirl	820	0	0	0	0	0	1140	123	3	109	0
Shareable Ultimate Frozen Margarita Strawberry Swirl	780	0	0	0	0	0	1140	114	2	102	1
Shareable Ultimate Frozen Margarita Watermelon Swirl	750	0	0	0	0	0	1170	119	1	111	0
Shareable Ultimate Long Island Tea	430	0	0	0	0	0	10	44	0	39	0
Shareable Ultimate Margarita Rocks	600	0	0	0	0	0	1140	76	1	69	0
Shareable Ultimate Mojito	510	0	0	0	0	0	20	65	0	60	0



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COFFEE

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Coffee Bean & Tea Leaf® - Coffee - Black/Decaf	5	0	0	0	0	0	5	0	0	0	0
Coffee Bean & Tea Leaf® - Tea - Apricot	0	0	0	0	0	0	10	0	0	0	0
Coffee Bean & Tea Leaf® - Tea - Chai	0	0	0	0	0	0	10	0	0	0	0
Coffee Bean & Tea Leaf® - Tea - English Breakfast	0	0	0	0	0	0	10	0	0	0	0
Coffee Bean & Tea Leaf® - Tea - Mint Green	0	0	0	0	0	0	10	0	0	0	0
Espresso	5	0	0	0	0	0	5	1	0	0	0
Frappé	120	70	8	4.5	0	20	60	10	0	9	4
Frappé - Chocolate	240	70	8	5	0	20	80	38	0	38	4
Frappé - Salted Caramel	240	70	8	5	0	20	70	39	0	32	4
Frappé - Vanilla	160	20	2.5	1.5	0	10	50	31	0	30	3
Latte	150	80	9	6	0	25	85	13	0	12	6
Latte - Chocolate	270	80	9	6	0	25	110	41	0	40	6
Latte - Salted Caramel	270	80	9	6	0	25	100	42	0	35	6
Latte - Vanilla	250	80	9	6	0	25	85	38	0	37	6
Iced Latte	130	70	8	5	0	25	70	10	0	10	5
Iced Latte - Chocolate	260	80	9	6	0	25	100	40	0	39	5
Iced Latte - Salted Caramel	260	80	8	5	0	25	85	41	0	33	5
Iced Latte - Vanilla	240	70	8	5	0	25	75	36	0	35	5

BALLPARK LOCATIONS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Chili Cheese Dog*	920	510	57	20	3	115	3550	63	2	12	33
Grilled Bratwurst* (Milwaukee)	910	530	59	20	0	135	3220	51	2	11	39
Grilled Bratwurst* (Phoenix)	480	230	25	8	0	45	1200	45	2	9	17
Jumbo Hot Dog*	930	500	56	25	3	125	2460	59	1	25	37
Kid's Hot Dog* (add choice of side and beverage)	450	230	26	12	0	60	1480	37	1	8	16
Nachos with Chili & Cheese*	1060	590	65	11	0	50	5330	133	8	13	18
Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5

* Available at select locations based on ingredients and equipment.

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. Additional nutrition information available upon request.

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BREAKFAST*

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
Steak & Eggs	1090	630	70	19	0	445	2000	58	6	8	58
Egg BLT Sandwich (with breakfast potatoes)	1180	720	80	25	0	435	2720	73	6	7	41
Breakfast Potato Skins	1130	590	66	22	0	575	2600	90	13	8	51
Breakfast Tacos (bacon & potatoes)	1120	630	70	23	0.5	400	3050	77	6	4	43
Breakfast Tacos (sausage & potatoes)	1510	970	108	39	0	450	3340	79	6	4	55
French Toast	990	440	49	18	0.5	185	1130	116	3	42	18
Fridays Egg Breakfast (with bacon & wheat toast)	850	490	54	14	0	360	2000	58	6	8	30
Fridays Egg Breakfast (with sausage patty & wheat toast)	910	550	62	16	0	355	1850	58	6	8	28
Oatmeal	390	130	14	5	0	20	340	60	5	38	6
Florentine Omelet (with breakfast potatoes & multi-grain toast)	910	480	54	15	0	565	1920	63	8	10	33
Bacon Cheddar Omelet (with breakfast potatoes & multi-grain toast)	990	580	64	21	0	610	2180	56	6	8	44
Strawberry Waffle	430	80	9	2	0	0	1010	78	3	29	8
Strawberry Waffle*	550	190	21	2.5	0	95	680	80	4	34	10
Chicken and Waffles (Hand-Breaded)	1480	440	49	10	0	80	3340	216	5	55	43
Chicken and Waffles	910	270	29	12	0	30	2220	129	4	45	34
Chicken and Waffles*	1030	373	41	12	0	125	1890	131	4	50	36
Brunch Burger	1010	620	69	28	2	330	3610	47	3	15	50
Kid's Egg Breakfast	550	300	33	9	0	350	1210	35	3	7	24
Kid's French Toast	710	360	39	13	0	95	690	75	2	33	9
Side Bacon (3)	120	80	9	4.5	0	10	370	1	0.5	1	10
Side Sausage (3)	210	190	21	6	0	30	360	0	0	0	4
Side Fresh Fruit	50	2	0	0	0	0	0	13	2	9	1
Side Multi-grain Toast	190	40	4.5	1.5	0	0	290	30	2	5	5
Side Seasoned Fries	320	140	16	3	0	0	810	40	5	0	5

* Available at select locations based on ingredients and equipment.

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. Additional nutrition information available upon request.

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.