

APPETIZERS

STARTERS FOR GETTING STUCK INTO

NEW GARLIC & CHILLI KING PRAWNS ^{155 kcal} 9.95
Butterfied king prawns in a garlic & chilli sauce, with chilli cream for dipping

NEW MOZZARELLA DIPPERS ^{412 kcal} 9.95
With marinara sauce ^{28 kcal} or chilli jam ^{95 kcal}

★ FRIDAYS™ SESAME CHICKEN STRIPS ^{504 kcal} 9.95
Tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes

MEATLESS FRIDAYS™ SESAME STRIPS ^{665 kcal} 9.95
Plant-based chicken tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes

NEW CHEESE DONUTS ^{512 kcal} 8.95
Cheesy ring donuts tossed in sweet & smoky seasoning served with chilli jam

NEW RIBLETS ^{413 kcal} 9.95
Pork riblets coated in your choice of sauce, topped with toasted sesame seeds, chilli flakes and crispy onions

Your choice of sauce:
NEW BBQ SAUCE ^{61 kcal}
FRIDAYS™ LEGENDARY GLAZE ^{83 kcal}

FRIDAYS™ CORNDOGS ^{470 kcal} 8.95
Beechwood smoked hotdogs in crispy batter, drizzled with ketchup & mustard with honey mustard dip

★ FRIDAYS™ CHEESE & MAPLE BACON LOADED POTATO SKINS ^{380 / 760 kcal} Solo / Share 8.95 / 15.95
Loaded with melted Colby cheese and maple bacon with sour cream on the side for dipping

PLANT-BASED OPTION ALSO AVAILABLE

NEW NACHOS ^{443 / 886 kcal} Solo / Share 8.95 / 12.75

Corn tortillas topped with Cajun cheese sauce, pickled jalapeños, guacamole, tomato & chilli salsa, pink pickled onions, sour cream and coriander

PLANT-BASED OPTION ALSO AVAILABLE

Upgrade your Nachos. Add a topping:
NEW PLANT-BASED CHICKEN ^{168 kcal} +3.50
NEW BBQ PULLED PORK ^{387 kcal} +4.00

CALAMARI ^{409 kcal} 9.95
Lightly spiced salt & pepper crumb, with chilli cream for dipping

NEW MAPLE GLAZED CORN RIBS ^{188 kcal} 8.95
Chargrilled 'ribs' of corn tossed in maple glaze, smoky BBQ seasoning, drizzled with chilli cream

NEW GUAC & CHIPS ^{289 kcal} 6.95
Our own recipe guacamole & Cajun seasoned tortilla chips

★ MEATLESS FRANK'S® REDHOT STRIPS ^{522 kcal} 9.95
Plant-based chicken tossed in Frank's® RedHot sauce, with extra sauce for dipping

CHEESE DONUTS



NACHOS



WINGS

YOUR NEXT WINGMAN

NEW BBQ WINGS ^{549 / 1037 kcal} Solo / Share 9.95 / 16.95
Chicken wings tossed in BBQ sauce

★ FRIDAYS™ WINGS ^{594 / 1104 kcal} 9.95 / 16.95
Chicken wings tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes

HOT WINGS ^{640 / 1182 kcal} 9.95 / 16.95
Chicken wings tossed in Frank's® RedHot sauce, with celery sticks and a blue cheese dip

BONELESS HOT WINGS ^{608 / 1067 kcal} 9.95 / 16.95
Crispy chicken breast chunks tossed in Frank's® RedHot sauce with a blue cheese dip

★ WALL-TO-WALL CHICKEN ^{1859 kcal} 28.95

BEST SHARED BETWEEN FOUR

Fridays™ Sesame Chicken Strips, Chicken Fingers, Boneless Hot Wings and BBQ Wings served with our Fridays™ Legendary Glaze, honey mustard mayo and a blue cheese dip

NEW BANGIN' BURGERS

BE THE FIRST TO TRY OUR DELICIOUS FRIDAYS™ SMASHED BURGERS!

High-quality chuck & brisket beef expertly smashed on the grill, locking in the juicy goodness & flavour for a heavenly taste. All served with lettuce, tomato, red onion, dill pickle, Fridays™ burger mayo and your choice of house fries ^{524 kcal} or house salad ^{75 kcal}

FRIDAYS™ SMASHED BURGER ^{674 kcal} 18.95
Two 100% beef patties with American-style cheese

★ FRIDAYS™ GLAZED SMASHED BURGER ^{816 kcal} 19.95
Fridays™ Smashed Burger with our Fridays™ Legendary Glaze and crispy bacon

★ BIG CHEESE DIPPER SMASHED BURGER ^{1168 kcal} 25.95
Fridays™ Smashed Burger with an extra beef patty, mozzarella dippers and crispy bacon

FRIDAYS™ GLAZED CHICKEN BURGER ^{591 kcal} 19.95
Flame grilled chicken breast coated in our Fridays™ Legendary Glaze with American-style cheese and crispy bacon

CHICKEN BURGER ^{674 / 543 kcal} 18.95
Crispy chicken tenders or flame grilled chicken breast with melted American-style cheese

VEGAN BURGER ^{702 kcal} 19.95
Plant-based patty topped with Applewood cheese, lettuce, burger mayo, tomato, red onion and dill pickle



DIY YOUR TGI

Make it your own and add your toppings

EXTRA BEEF PATTY WITH AMERICAN-STYLE CHEESE ^{185 kcal} +4.00

NEW BBQ SAUCE ^{61 kcal} +1.50

FRIDAYS™ LEGENDARY GLAZE ^{83 kcal} +1.50

FRANK'S® REDHOT SAUCE ^{67 kcal} +1.50

CRISPY BACON ^{57 kcal} +2.00

NEW MOZZARELLA DIPPERS ^{174 kcal} +2.50

CAJUN SPICED ONION RINGS ^{145 kcal} +2.00

ASK YOUR SERVER FOR MORE OPTIONS

PERFECT PAIRINGS

Add a side:

★ CAJUN SPICED ONION RINGS ^{440 kcal} 5.95

NEW CAJUN SPICED MAC & CHEESE ^{463 kcal} 6.95

Upgrade your fries: +2.90

SWEET POTATO FRIES ^{341 kcal}

NEW POTATO TOTS ^{332 kcal}

NEW CHEESE & MAPLE BACON LOADED FRIES ^{982 kcal}

PLANT-BASED OPTION ALSO AVAILABLE

Download our Stripes Rewards App for exclusive treats & offers!



ALREADY A MEMBER?

Scan your receipt to unlock your next treat

★ FRIDAYS™ FAVES **V VEGETARIAN** **VG VEGAN** **🔥 SPICY**

Adults need around 2000 kcal a day. Please inform your server of any allergies or intolerances before you order. Unfortunately it is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross contamination in our busy kitchens and bars. Vegan food may be cooked using the same equipment as non-vegan food. Meat and fish may contain small bones. *T&Cs apply.

FROM THE GRILL

FLAMIN' GOOD FLAVOURS

★ NEW YORK STRIP ^{1247 kcal} 28.95

Flame grilled prime centre-cut 8oz** sirloin steak seasoned with steak rub, house fries, blue cheese lettuce wedges, Cajun spiced onion rings, cherry tomatoes and your choice of sauce

Your choice of sauce:

NEW BBQ SAUCE ^{61 kcal}

FRIDAYS™ LEGENDARY GLAZE ^{83 kcal}

PEPPERCORN SAUCE ^{26 kcal}

Make it a Surf & Turf:

GARLIC & CHILLI KING PRAWNS ^{59 kcal} +5.00

FRIDAYS™ SESAME CHICKEN STRIPS



CHICKEN

CLUCKIN' GOOD

Our chicken dishes are served with your choice of house fries ^{524 kcal} or house salad ^{75 kcal}

★ FRIDAYS™ SESAME CHICKEN STRIPS ^{892 kcal} 21.95

Tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes

THEY'RE SESAM-AZING!

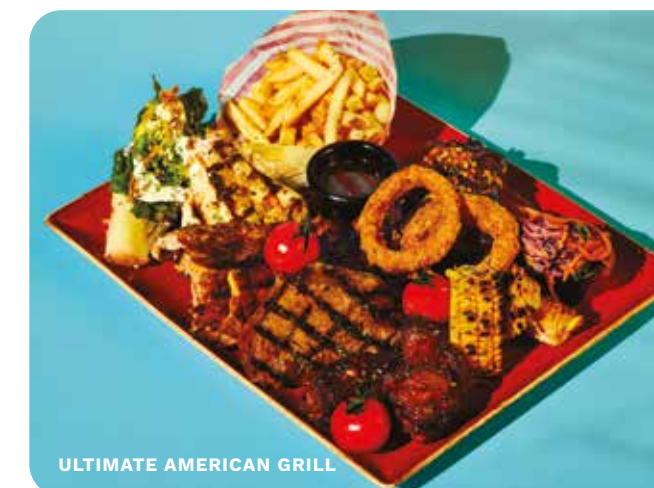
MEATLESS FRIDAYS™ SESAME STRIPS ^{943 kcal} 21.95

Plant-based chicken tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes

MEATLESS FRANK'S® REDHOT STRIPS ^{897 kcal} 21.95

Plant-based chicken tossed in Frank's® RedHot sauce, with extra sauce for dipping

CHICKEN FINGERS ^{688 kcal} 19.95
Crispy chicken breast tenders with BBQ sauce and honey mustard mayo



ULTIMATE AMERICAN GRILL

RIBS

Our pork ribs are marinated and slow cooked before being flame grilled to order for a true BBQ finish, served with house slaw, corn ribs, your choice of house fries ^{524 kcal} or house salad ^{75 kcal}, & extra sauce for dipping

CLASSIC BABY BACK RIBS

half rack 21.95 / full rack 26.95 ^{442 / 885 kcal}

ULTIMATE RIBS

half rack 24.95 / full rack 29.95 ^{420 / 841 kcal}

Your choice of sauce:

NEW BBQ SAUCE ^{183 kcal}

FRIDAYS™ LEGENDARY GLAZE ^{250 kcal}

PASTA & SALADS

PASTA-TIVELY TASTY

★ CAJUN CHICKEN PASTA ^{735 kcal} 19.95
Penne pasta with creamy Cajun sauce, peppers and tomatoes, topped with Cajun chicken

Add: **GARLIC CIABATTA BREAD** ^{486 kcal} +5.95

NEW CAJUN SPICED MAC & CHEESE ^{766 kcal} 17.95

The ultimate comfort dish

Add to the indulgence:

BBQ GLAZED BEEF SHORT RIB ^{412 kcal} +8.00

BBQ PULLED PORK ^{387 kcal} +4.00

NEW FRIDAYS™ COBB SALAD ^{597 kcal} 15.95

Lettuce wedges, tomatoes, maple glazed bacon, eggs, pink pickled onions, avocado, crispy onions and your choice of dressing

PLANT-BASED OPTION ALSO AVAILABLE

Add your choice of dressing:

BLUE CHEESE ^{146 kcal}

HONEY MUSTARD ^{119 kcal}

Add to the indulgence:

GRILLED CHICKEN ^{168 kcal} +3.50

CRISPY CHICKEN ^{254 kcal} +3.50

4oz STEAK** ^{216 kcal} +7.00

FAJITAS

SET YOUR MOUTH TO SIZZLE

Served with soft flour tortillas on the side

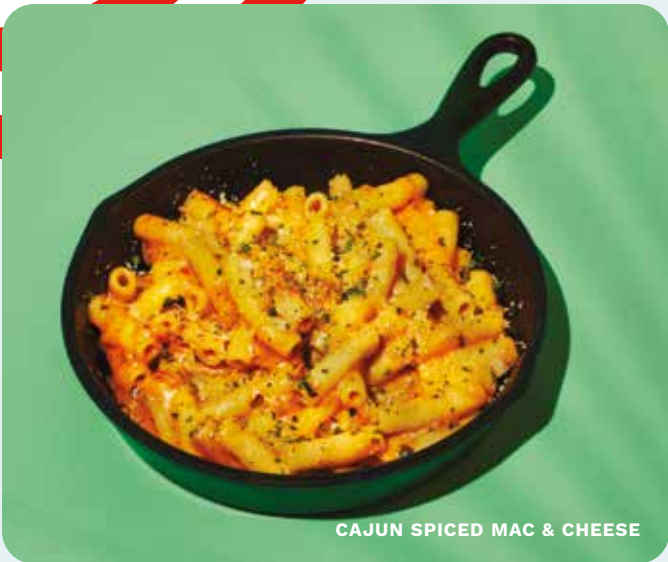
NEW BBQ GLAZED BEEF SHORT RIB ^{967 kcal} 25.95
Guacamole, fresh salsa, cheese, sour cream and coriander

CAJUN SPICED CHICKEN ^{908 kcal} 22.50
Guacamole, fresh salsa, cheese, sour cream and coriander

MEATLESS CHICKEN ^{912 kcal} 22.50
Plant-based chicken, guacamole, fresh salsa, marinara, topped with avocado & lime dressing and coriander

Adults need around 2000 kcal a day. **Weight approximate uncooked.

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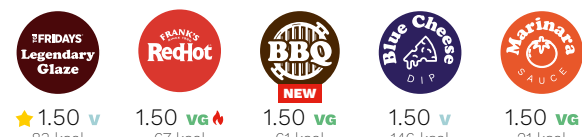
CAJUN SPICED MAC & CHEESE

SIDES & SAUCES

SHARE A CHEEKY SIDE OR TWO

- HOUSE FRIES** **VG** 524 kcal 4.95
Perfectly crispy with our special seasoning
- GARLIC FRIES** **VG** 664 kcal 5.50
- ★ **NEW CHEESE & MAPLE BACON LOADED FRIES** 982 kcal 6.95
Cajun cheese sauce, maple bacon and chilli cream
- PLANT-BASED LOADED FRIES** **VG** 676 kcal 6.95
Plant-based bacon pieces, avocado & lime dressing
- SWEET POTATO FRIES** **V** 341 kcal 5.95
- ★ **NEW CAJUN SPICED MAC & CHEESE** **V** 463 kcal 6.95
- CAJUN SPICED ONION RINGS** **V** 440 kcal 5.95
- ★ **NEW CORN RIBS** **VG** 152 kcal 5.95
BBQ seasoned chargrilled 'ribs' of corn
- ★ **NEW POTATO TOTS** **VG** 332 kcal 5.95
Fried mini potato bites with our special seasoning
- ★ **GARLIC CIABATTA BREAD** **VG** 486 kcal 5.95
Add: **CHEESE** **V** 644 kcal +1.00
- ★ **NEW PICKLED SLAW** **VG** 72 kcal 4.95
- HOUSE SLAW** **V** 86 kcal 4.95
- ★ **NEW HOUSE SALAD** **VG** 75 kcal 4.95
Lettuce wedge, cherry tomatoes, pink pickled onions, avocado, crispy onions and house dressing
- Add an extra dressing: +1.50
- BLUE CHEESE** **V** 146 kcal +1.50
- HONEY MUSTARD** **V** 119 kcal +1.50
- LIME & AVOCADO** **VG** 118 kcal +1.50

SIGNATURE SAUCES



★ 1.50 **V** 83 kcal 1.50 **VG** 67 kcal 1.50 **VG** 61 kcal 1.50 **V** 146 kcal 1.50 **VG** 21 kcal

ASK YOUR SERVER FOR MORE SAUCE OPTIONS

MOJITO, LONG ISLAND ICED TEA, PIÑA COLADA, STRAWBERRY DAIQUIRI, PORNSTAR MARTINI, MARGARITA



2 for 1

SIGNATURE COCKTAILS

TIPPLES TO MAKE YOU GIGGLE

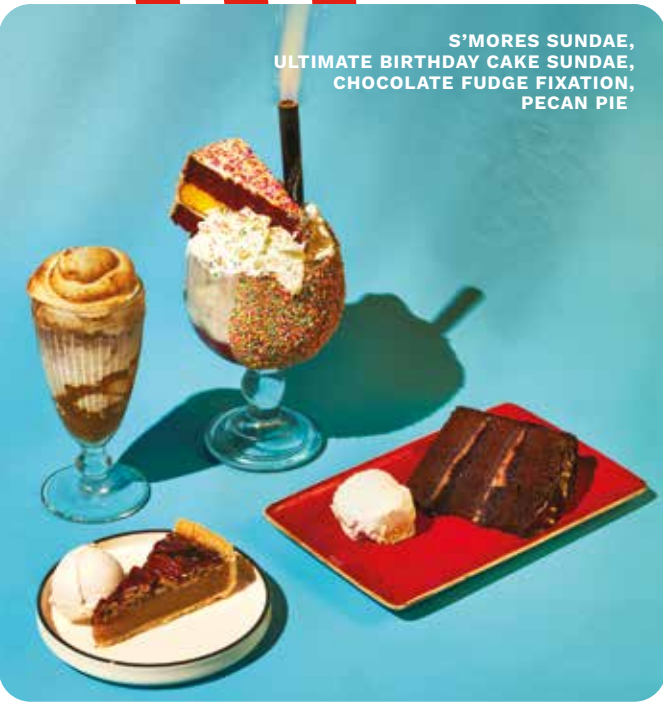
- MARGARITA
- ★ LONG ISLAND ICED TEA
- PORNSTAR MARTINI
- MOJITO
- PIÑA COLADA
- STRAWBERRY DAIQUIRI

ALL DAY EVERY DAY***

Check out our drinks menu for our full range

BOTTOMLESS BRUNCH

BOOK NOW AND ENJOY YOUR FRIDAYS™ FAVOURITES



S'MORES SUNDAE, ULTIMATE BIRTHDAY CAKE SUNDAE, CHOCOLATE FUDGE FIXATION, PECAN PIE

CELEBRATION SUNDAES

BEST SHARED BETWEEN TWO

All your dessert dreams have come true. Whether you're celebrating or not, our Sundaes are a real treat for that extra sparkle

★ ULTIMATE BIRTHDAY CAKE SUNDAE

1303 kcal 14.95
Vanilla ice cream, fresh strawberries, strawberry sauce, whipped cream and a slice of Fridays™ legendary birthday cake

SALTED CARAMEL & CHOCOLATE BROWNIE SUNDAE

1490 kcal 14.95
Vanilla ice cream, Oreo® pieces, chocolate brownie, chocolate & caramel sauces, topped with whipped cream, waffle cone and even more chocolate

BOOK A COCKTAIL MASTERCLASS

Grab your friends and learn to shake it with a TGI Fridays™ Cocktail Masterclass



The spoken menu app for the visually impaired. Go to GoodFoodTalks.com



MIX Paper from responsible sources FSC® C008958



SCAN FOR ALLERGY & INTOLERANCE GUIDE

SWEET TREATS

THE ULTIMATE INDULGENCE

- ★ **NEW PECAN PIE** **VG** 551 kcal 9.95
Go nuts for our newest dessert with a sweet gooey centre, topped with glazed pecans and served with vegan ice cream
- ★ **CHOCOLATE FUDGE FIXATION** **V** 549 kcal 9.95
Triple-layered chocolate cake, chocolate & fudge filling, served warm with vanilla ice cream
- TRIPLE STACK OREO® CRUNCH PANCAKES** **V** 717 kcal 9.95
American-style buttermilk pancakes, Oreo® pieces, chocolate sauce and vanilla ice cream
- BROWNIE OBSESSION** **V** 842 kcal 9.95
BEST SHARED BETWEEN TWO
Goopy, rich brownies with hot fudge, vanilla ice cream and chocolate & caramel sauces
- ★ **HONEYCOMB CHEESECAKE** **V** 706 kcal 9.95
Served with whipped cream and chocolate & caramel sauces
- ★ **S'MORES SUNDAE** **V** 772 kcal 9.95
Crunchy Biscoff® biscuit pieces, crumbled chocolate flake, caramelised Biscoff® sauce, layers of vanilla ice cream and a toasted mallow topping
- FRESH FRUIT & ORANGE SORBET SUNDAE** **VG** 240 kcal 8.95
Frozen orange sorbet, fresh fruit & seasonal berries



EXCLUSIVE PARTIES & EVENTS

MAKE IT SPECIAL AND BOOK YOUR NEXT CELEBRATION AT TGI FRIDAYS™

Whatever the occasion, we have a party package to make it legendary!

Book now



★ FRIDAYS™ FAVES **V** VEGETARIAN **VG** VEGAN **🔥** SPICY

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★ FRIDAYS™ FAVES **V** VEGETARIAN **VG** VEGAN **🔥** SPICY

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