

# 2 COURSES FROM £22



**TGI FRIDAYS**

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CREATE A 2 COURSE MEAL WITH YOUR CHOICE OF APPETIZER AND MAIN

## APPETIZERS

**NEW** **MOZZARELLA DIPPERS** **V** 412 kcal  
With marinara sauce 28 kcal or chilli jam 95 kcal

**FRIDAYS™ SESAME CHICKEN STRIPS** 504 kcal  
Tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes  
**PLANT-BASED OPTION ALSO AVAILABLE**

**FRIDAYS™ CORNDOGS** 470 kcal  
Beechwood smoked hotdogs in crispy batter, drizzled with ketchup & mustard with honey mustard dip

**NEW** **CHEESE NACHOS** **V** 🔥 443 kcal  
Corn tortillas topped with Cajun cheese sauce, pickled jalapeños, guacamole, tomato & chilli salsa, pink pickled onions, sour cream and coriander

## MAINS

Unless stated all mains are served with your choice of house fries 524 kcal or house salad 75 kcal

**NEW YORK STRIP** 1247 kcal +5.50  
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:**

**FRIDAYS™ LEGENDARY GLAZE** 83 kcal  
**PEPPERCORN SAUCE** 26 kcal  
**NEW** **BBQ SAUCE** 61 kcal

**NEW** **FRIDAYS™ GLAZED SMASHED BURGER** 816 kcal  
Two 100% beef patties with American-style cheese, Fridays™ Legendary Glaze, crispy bacon, with lettuce, tomato, red onion, dill pickle and Fridays™ burger mayo

**NEW** **BIG CHEESE DIPPER SMASHED BURGER** 1168 kcal +5.50  
Three 100% beef patties with American-style cheese, mozzarella dippers, crispy bacon, lettuce, tomato, red onion, dill pickle and Fridays™ burger mayo

**FRIDAYS™ GLAZED CHICKEN BURGER** 591 kcal  
Flame grilled chicken breast coated in our Fridays™ Legendary Glaze, American-style cheese and crispy bacon with lettuce, tomato, red onion, dill pickle and Fridays™ burger mayo

**FRIDAYS™ CHEESE & MAPLE BACON LOADED POTATO SKINS** 380 kcal  
Loaded with melted Colby cheese and maple bacon with sour cream on the side for dipping  
**PLANT-BASED OPTION ALSO AVAILABLE**

**FRIDAYS™ WINGS** 594 kcal  
Chicken wings tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes

**BONELESS HOT WINGS** 🔥 608 kcal  
Crispy chicken breast chunks tossed in Frank's® RedHot sauce with a blue cheese dip

**NEW** **VEGAN BURGER** **VG** 702 kcal  
Plant-based patty topped with Applewood cheese, lettuce, burger mayo, tomato, red onion and dill pickle

**FRIDAYS™ SESAME CHICKEN STRIPS** 892 kcal  
Tossed in our Fridays™ Legendary Glaze, topped with toasted sesame seeds and chilli flakes  
**PLANT-BASED OPTION ALSO AVAILABLE**

**MEATLESS FRANK'S® REDHOT STRIPS** **VG** 🔥 897 kcal  
Plant-based chicken tossed in Frank's® RedHot sauce, with extra sauce for dipping

**CAJUN SPICED CHICKEN FAJITA\*** 🔥 908 kcal  
Guacamole, fresh salsa, cheese, sour cream and coriander, with soft flour tortillas on the side

**MEATLESS CHICKEN FAJITAS\*** **VG** 🔥 912 kcal  
Plant-based chicken, guacamole, fresh salsa, marinara, topped with avocado & lime dressing and coriander, with soft flour tortillas on the side

### UPGRADE YOUR FRIES +2.90

**SWEET POTATO FRIES** **V** 341 kcal

**NEW** **CHEESE & MAPLE BACON LOADED FRIES** 982 kcal

**PLANT-BASED LOADED FRIES** **VG** 676 kcal

**NEW** **POTATO TOTS** **VG** 332 kcal

**V** VEGETARIAN **VG** VEGAN 🔥 SPICY

\*Dish does not come with a side of house fries or house salad. \*\*Weight approx uncooked  
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.

**\*Terms & Conditions:** Two courses from £22 is only available as part of the above promotion, consisting of one appetizer and one main course per person from £22. This promotion may be terminated or changed at any time and is subject to participating restaurants whilst stocks last. This promotion is not available in conjunction with any other food offer or discount. New York Strip and Big Cheese Dipper Smashed Burger require a +£5.50 supplement which is in addition to the £22.

