

NUTRITIONAL INFORMATION



FridaysSM 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 FridaysSM, 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 FridaysSM 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. FridaysSM also provides this online nutritional analysis to help our Guests find the meal that is right for them.

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Fridays All-natural Chicken: We add nothing artificial to our chicken breasts. No preservatives, no growth hormones (Federal regulations prohibit the use of hormones), no additives – just chicken with a hint of sea salt. We allow the use of antibiotics to protect the health of the birds and to ensure consistent quality and flavor in every entrée.

Whatever you choose, we promise your dining experience will go from ordinary to extraordinary because “In Here, It's Always Friday.®”

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APPETIZERS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Sesame Jack TM Chicken Strips	1090	10	0	159	2700	39	6	35
Mozzarella Sticks	1100	30	1	62	2350	44	3	75
Crispy Green Bean Fries	900	21	0	69	1720	9	8	65
Pan-Seared Pot Stickers	590	9	0	72	2150	18	2	25
Buffalo Wings (Boneless)	830-1190	15-24	0-0.5	52-101	2970-4450	39-72	1-7	34-87
Buffalo Wings (Traditional)	730-970	15-21	0	4-37	2350-3340	39-72	1-7	34-87
Tuscan Spinach Dip	1100	39	1	86	1250	22	7	72
Tostado Nachos	1370	50	0	54	2210	75	9	94
Warm Pretzels with Craft Beer-Cheese Dipping Sauce	1460	32	0	128	2970	40	6	89
Loaded Potato Skins	1430	27	1	131	2110	36	22	78
Jack Daniel's [®] Sampler	1810	19	0	231	4510	89	8	62
Fridays TM Pick Three-for-All (no dressing)	210-1050	3-21	0-1	3-91	280-4110	6-44	1-11	7-79
Spinach Florentine Flatbread	540	15	0	49	1000	17	3	30
BBQ Chicken Flatbread	620	12	0	64	990	21	3	31

TASTE & SHARE MENU	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Thai Pork Tacos	280	3.5	0	25	700	14	2	14
Ahi Tuna Crisps	330	4	0	15	720	13	4	24
Bacon Mac & Cheese Bites	600	16	0	41	1510	20	1	40
Garlic & Basil Bruschetta	350	8	0	33	900	8	2	21
Parmesan Meatballs	790	17	0	39	1930	23	3	61
Corned Beef & Swiss Sliders	510	7	0	46	2090	24	3	24
Hibachi Skewers – Chicken	470	2.5	0	63	1620	21	4	15
Hibachi Skewers – Sirloin	490	5	0	58	1510	17	2	20

RIBS	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Baby Back Ribs, Full Rack	1240	20	0	85	3150	75	4	66
Memphis Rubbed Ribs, Full Rack	1200	25	0	71	2770	65	5	74
Baby Back Ribs, 1/2 Rack	850	13	0	68	2440	39	3	47
Jack Daniel's [®] Ribs	1530	21	0	158	3220	76	4	68

SIZZLING	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Sizzling Chicken & Shrimp	1190	26	0.5	44	2360	61	6	82
Sizzling Chicken & Cheese	1110	27	0.5	42	2220	59	6	75
Sizzling Sirloin & Spinach	410	8	0	11	1530	49	11	19
Sizzling Chicken & Spinach	410	6	0	18	1910	50	13	15

SEAFOOD	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Grilled Norwegian Salmon with Langostino Lobster	440	12	0	6	1480	50	1	34
Fridays TM Shrimp	730	15	0	53	2870	21	5	48

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SALADS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Pecan-Crusted Chicken Salad	1080	16	0	76	1650	39	11	71
Lunch Pecan-Crusted Chicken Salad	540	8	0	38	830	20	6	36
Grilled Chicken Cobb Salad (add choice of dressing)	590	14	0	17	1230	47	7	39
Lunch Grilled Chicken Cobb Salad (add choice of dressing)	360	8	0	12	740	24	4	25
Balsamic-Glazed Chicken Caesar Salad	500	7	0	25	1340	34	5	31
Lunch Balsamic-Glazed Chicken Caesar Salad	380	6	0	20	1020	20	4	25
Chipotle Yucatan Chicken Salad	840	21	0	46	1560	33	10	60
Lunch Chipotle Yucatan Chicken Salad	420	10	0	23	780	17	5	30

SALAD DRESSINGS (2 OZ.SERVING)

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Avocado Vinaigrette	210	3	0	3	910	0	1	22
Balsamic Vinaigrette	300	5	0	7	380	0	0	31
Bleu Cheese	320	7	1	2	500	3	0	34
Caesar Vinaigrette	120	1.5	0	3	580	0	0	12
Honey Mustard	310	4.5	0	12	460	1	0	29
Low Fat Balsamic Vinaigrette	80	0	0	15	290	0	0	3
Ranch	210	3.5	0	2	490	1	0	22
Thousand Island	320	4.5	0	10	460	1	0	31

SOUPS & MORE

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Classic Wedge Salad	620	15	1	12	1140	13	3	59
White Cheddar Broccoli Cheese	290	11	0	18	1550	11	2	20
French Onion	310	10	0	21	2440	14	1	18
Soup of the Day - New England Clam Chowder	500	18	0	45	1560	14	2	30
Soup of the Day - Tortilla	250	3.5	0	23	1480	15	1	13
Soup of the Day - Chicken Noodle	250	3	1	33	1240	15	2	7
Soup of the Day - Tomato Basil	300	14	0	20	1920	5	4	24
House Salad w/Bread Stick (add choice of dressing)	210	3	0	30	280	8	4	7
Caesar Salad w/ Bread Stick	270	4	0	30	620	9	3	14

CHICKEN & PASTA

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Bruschetta Chicken Pasta	930	9	0	90	1450	40	6	45
Bruschetta Shrimp Pasta	950	8	0	97	1680	39	8	42
Cajun Shrimp & Chicken Pasta	1110	30	0	86	2410	59	6	59
Crispy Chicken Fingers	1000	20	0	68	2730	36	4	66
Parmesan-Crusted Chicken	1120	27	0.5	59	2420	55	4	74
Hibachi Chicken Skewers	1230	4	0	185	3900	49	9	34

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HANDCRAFTED BURGERS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
All-American Stacked Burger	1460	35	2.5	75	4030	53	4	103
Philly Stacked Burger	1460	34	2.5	76	3300	55	5	102
Bleu Cheese Stacked Burger	1530	36	2.5	78	4410	56	6	109
New York Cheddar & Bacon Burger	1480	34	2.5	88	4250	52	5	100
Classic Cheeseburger	1240	27	2	78	3480	41	5	84
Jack Daniel's® Burger	1490	27	2.5	132	4040	47	6	86
Turkey Burger	930	12	0	77	2410	35	5	50
Sedona Black Bean Burger	1240	18	0	105	3460	37	15	76
Spicy Craft Beer-Cheese Burger	1360	28	2	80	3040	38	6	97

SANDWICHES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Jack Daniel's® Chicken Sandwich (add choice of side)	1230	19	0	109	2770	48	3	66
French Dip (add choice of side)	740	19	0	49	1490	40	2	43
Rotisserie Chicken Salad Sandwich (add choice of side)	850	9	0.5	58	1510	33	9	57
California Club (add choice of side)	750	13	0.5	41	2810	44	5	46
Triple Stack Reuben (add choice of side)	1040	16	0	76	3190	59	8	55

SANDWICH SIDES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Seasoned Fries	290	4.5	0	21	980	2	2	22
Homestyle Potato Chips	610	7	0	87	1110	7	7	26
Side Salad (add choice of dressing)	40	0.5	0	5	55	2	1	1.5

FRESH USDA CHOICE STEAKS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Rib-Eye (add choice of sides)	560	12	0	3	870	64	1	32
with Grilled Lobster Tail (add additional nutritional values)	120	0	0	3	600	23	1	1.5
with Half-Rack of Ribs (add additional nutritional values)	480	8	0	38	1280	36	1	20
with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	460	10	0	31	1100	31	1	24
Flat Iron (add choice of sides)	380	8	0	3	840	38	1	26
with Grilled Lobster Tail (add additional nutritional values)	120	0	0	3	600	23	1	1.5
with Half-Rack of Ribs (add additional nutritional values)	480	8	0	38	1280	36	1	20
with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	460	10	0	31	1100	31	1	24
6 oz. Sirloin (add choice of sides)	370	12	0	3	860	38	1	23
with Grilled Lobster Tail (add additional nutritional values)	120	0	0	3	600	23	1	1.5
with Half-Rack of Ribs (add additional nutritional values)	480	8	0	38	1280	36	1	20
with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	460	10	0	31	1100	31	1	24
10 oz. Sirloin (add choice of sides)	590	17	0	3	840	42	1	44
with Grilled Lobster Tail (add additional nutritional values)	120	0	0	3	600	23	1	1.5
with Half-Rack of Ribs (add additional nutritional values)	480	8	0	38	1280	36	1	20
with Half-Rack of Memphis Rubbed Ribs (add additional nutritional values)	460	10	0	31	1100	31	1	24

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JACK DANIEL'S GRILL®

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Jack Daniel's® Rib-Eye (add choice of sides)	690	7	0	57	1320	65	1	22
with Grilled Lobster Tail (add additional nutritional values)	120	0	0	3	600	23	1	1.5
with Crispy Jack Daniel's® Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7
with Half-Rack Jack Daniel's® Ribs (add additional nutritional values)	460	8	0	34	1170	36	1	20
Jack Daniel's® Flat Iron (add choice of sides)	500	4	0	57	1290	39	1	16
with Grilled Lobster Tail (add additional nutritional values)	120	0	0	3	600	23	1	1.5
with Crispy Jack Daniel's® Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7
with Half-Rack Jack Daniel's® Ribs (add additional nutritional values)	460	8	0	34	1170	36	1	20
Jack Daniel's® Sirloin (add choice of sides)	720	13	0	57	1290	43	1	34
with Grilled Lobster Tail (add additional nutritional values)	120	0	0	3	600	23	1	1.5
with Crispy Jack Daniel's® Shrimp (add additional nutritional values)	200	1.5	0	22	920	13	2	7
with Half-Rack Jack Daniel's® Ribs (add additional nutritional values)	460	8	0	34	1170	36	1	20
Jack Daniel's® Chicken & Shrimp (add choice of sides)	530	3	0	65	1680	37	3	14
Jack Daniel's® Chicken (add choice of sides)	540	3	0	56	1220	48	1	15
Jack Daniel's® Mixed Grill (add choice of sides)								
6 oz. Sirloin	440	8	0	45	1190	38	1	13
Half-Rack of Ribs	460	8	0	34	1170	36	1	20
All-Natural Chicken	540	3	0	56	1220	48	1	15
Crispy Shrimp	200	1.5	0	22	920	13	2	7
Jack Daniel's® Ribs & Shrimp (add choice of sides)	1730	22	0	180	4140	89	6	75
Jack Daniel's® Ribs (add choice of sides)	1530	21	0	158	3220	76	4	68

SIGNATURE SIDES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Fresh Broccoli	50	0	0	10	370	3	5	0.5
Ginger-Lime Slaw	80	0.5	0	9	180	0	0	4.5
Classic Fries	290	4.5	0	21	980	2	2	22
Parmesan Steak Fries	660	10	0	47	630	8	5	49
Mashed Potatoes	210	4.5	0	21	540	3	3	10
Sweet Potato Fries	390	9	0	50	230	3	6	20
Jasmine Rice Pilaf	420	2.5	0	72	470	7	5	11
Tomato Mozzarella Salad	110	3.5	0	5	340	5	1	8
Cheddar Mac & Cheese	530	15	0	43	1240	20	2	31
Fresh Spinach	180	5	0	8	570	4	2	14

FRIDAYS™ LUNCH

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Corned Beef & Swiss w/ Fries Only	630	11	0	44	1900	27	3	37
Ham & Cheddar Sliders w/ Fries Only	640	9	0	60	2320	21	4	34
1/2 Turkey & Swiss w/ Fries Only	540	8	0	34	1840	23	3	34
1/2 BLT & Avocado w/ Fries Only	600	12	0	35	1510	19	4	43
Half Rotisserie Chicken Salad Sandwich w/ Fries Only	650	8	0	45	1600	18	6	46
Half California Club w/ Fries Only	600	10	0	36	2140	24	4	40
Chipotle Yucatan Chicken Salad w/ Breadstick Only	550	12	0	43	950	20	6	34
Crispy Chicken Fingers w/ Fries Only	720	14	0	47	1900	22	3	50
Half French Dip w/ Fries Only	590	13	0	40	1480	22	3	38
Fridays™ Shrimp w/ Fries Only	550	6	0	56	2590	22	5	27
Traditional Wings w/ Buffalo Sauce w/ Fries Only	800	16	0	19	3310	58	2	51
Balsamic Chicken Caesar Salad w/ Breadstick Only	510	7	0	40	1190	23	5	30

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DESSERTS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Tennessee Whiskey Cake	1110	26	0	151	630	12	4	52
Salted Caramel Cake	750	20	0	199	380	8	0	44
Brownie Obsession®	1200	32	0	153	480	12	4	60
Vanilla Bean Cheesecake	920	39	0	88	380	10	2	57
Chocolate Peanut Butter Pie	720	27	0	64	270	10	4	49
Oreo® Madness	500	10	0	76	330	6	3	21
Kid's Dessert - Cup of Dirt	480	9	0	79	300	7	2	16
Kid's Dessert - Orange Sherbet	150	0	0	37	35	1	0	0
Kid's Dessert - Vanilla Ice Cream	460	17	0	49	170	6	0	26
Kid's Sundae	690	20	0	94	240	8	1	31

NON-ALCOHOLIC BEVERAGES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Soda: Coca-Cola®	150	0	0	41	15	0	0	0
Soda: Diet Coke®	0	0	0	0	5	0	0	0
Soda: Dr Pepper®	150	0	0	41	55	0	0	0
Soda: Sprite®	160	0	0	40	35	0	0	0
Fridays SM House-Made Lemonade	140	0	0	38	5	0	0	0
Coffee (Black)	5	0	0	0	5	0	0	0
Iced Tea (Unsweetened)	5	0	0	1	10	0	0	0
Mango Passion Smoothie	220	3	0	45	10	0	1	3
Triple Berry Smoothie	210	3	0	48	15	1	3	3.5
Gold Medalist Smoothie	330	0	0	80	25	2	4	0.5
Strawberry Passion Fruit Tea	130	0	0	32	0	1	2	0
Tropical Raspberry Tea	110	0	0	25	0	0	1	0

SIGNATURE SLUSHES

Blue Raspberry	310	0	0	75	35	0	0	0
Mango Peach Lemonade	150	0	0	41	40	0	0	0
Red Bull® Passion	220	0	0	54	200	0	3	0
Red Bull® Ruby	200	0	0	51	210	0	0	0
Strawberry Lemonade	200	0	0	58	45	0	1	0.5

CRUSHES

Cherry Limeade	230	0	0	58	15	0	0	0
Strawberry Lemonade	170	0	0	45	15	1	2	0

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KID'S DRINKS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Kid's Chocolate Milk	230	3	0	36	135	9	1	5
Kid's Milk	130	2.5	0	12	120	8	0	5
Kid's Slush Blue Raspberry	160	0	0	39	20	0	0	0
Kid's Slush Mango Peach Lemonade	70	0	0	20	20	0	0	0
Kid's Slush Strawberry Lemonade	120	0	0	34	20	0	1	0
Kid's Soda: Coca-Cola®	110	0	0	30	10	0	0	0
Kid's Soda: Diet Coke®	0	0	0	0	0	0	0	0
Kid's Soda: Dr Pepper®	110	0	0	30	40	0	0	0
Kid's Soda: Sprite®	120	0	0	30	25	0	0	0
Kid's Lemonade	110	0	0	30	45	0	0	0
Kid's Crush: Cherry Limeade	120	0	0	29	5	0	0	0
Kid's Crush: Strawberry Lemonade	60	0	0	15	5	0	1	0

KID'S MENU

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Burger	420	9	1	25	770	15	1	29
Chicken Fingers	500	10	0	31	1160	20	1	33
Chicken Skewers with grilled pita	310	2	0	33	650	19	2	11
Chicken Sandwich	320	4	0	25	410	16	1	17
Mac & Cheese	440	12	0	41	1220	16	0	23
Pasta & Marinara	280	0	0	54	190	10	4	2.5
Kid's Side - Carrots w/ Ranch	160	2.5	0	7	330	1	1	14
Kid's Side - Seasoned Fries	290	4.5	0	21	980	2	2	22
Kid's Side - Side Salad (add choice of dressing)	40	0.5	0	5	55	2	1	1.5
Kid's Side - Mandarin Oranges	60	0	0	14	10	1	1	0
Kid's Side - Fruit Cup	60	0	0	16	5	1	2	0