



Cal.....Calories FatCal.....Calories from Fat Fat.....Total Fat
 Sat.....Saturated Fat Tran.....Trans Fat Chol.....Cholesterol
 Carbs.....Carbohydrate Prot.....Protein (g).....grams
 (mg).....milligrams --Information not available

NUTRITION AND ALLERGEN INFORMATION as of 05.13.2025

To our guests with food sensitivities, allergies, or special dietary needs: Our restaurants prepare and serve products that contain peanuts, tree nuts, fish, shellfish, eggs, milk, soy, sesame seeds and wheat. Regular kitchen operations involve shared cooking and preparation areas, and food variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or preparation at the restaurant.

For these reasons, we cannot guarantee that any menu item will be completely free of allergens.

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

✓ CONTAINS ALLERGEN

THE POWER POURS	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)
Fri-Yay™ Rita	270	0	0	0	0	550	37	0	31	0
Jack's New Fashioned	200	0	0	0	0	300	19	0	17	0
Strawberry Henny	270	0	0	0	0	0	36	<	27	0
The eLiTe	280	0	0	0	0	0	30	0	24	0
The Late Checkout	270	0	0	0	0	10	35	0	30	0
Tito's Thunderbolt	220	0	0	0	0	0	27	0	25	0
Turbo Toro	370	0	0	0	0	105	62	<	56	0
CLASSIC COCKTAILS	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)
Double Berry Mojito	220	0	0	0	0	10	30	1	28	0
Hawaiian Mai Tai	280	0	0	0	0	10	33	0	31	0
Henny Hurricane	380	0	0	0	0	10	64	0	54	0
Ocean Oasis	300	2.5	2	0	0	20	44	1	39	0
Peach Sangria	390	1.5	0	0	0	0	65	9	48	3
Tito's Strawberry Lemon Drop Martini	160	0	0	0	0	0	16	0	14	0
Watermelon Limeade	180	0	0	0	0	140	18	0	14	0
LONG ISLAND TEAS	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)
Fridays® Original LIT	220	0	0	0	0	5	24	0	22	0
Royal LIT	280	0	0	0	0	0	32	0	29	0
MARGARITAS	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)
4-Citrus Mock-Arita	90	0	0	0	0	570	24	1	21	0
Dragon Fruit Margarita	310	0	0	0	0	570	49	0	46	0
Pineapple Mezcal Rita	250	0	0	0	0	260	32	0	29	0
Spiced Vanilla Margarita	180	0	0	0	0	570	19	0	12	0
Watermelon Iceberg Margarita	290	0	0	0	0	10	52	0	49	0
BEERS	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)
Draft	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)
Blue Moon Belgian White (16 fl.)	200	0	0	0	0	20	18	0	14	2
Blue Moon Belgian White (23 fl.)	300	0	0	0	0	30	26	0	20	3
Bud Light (16 fl.)	130	0	0	0	--	--	8	--	0	1
Bud Light (23 fl.)	190	0	0	0	--	--	12	--	0	2
Coors Light (16 fl.)	140	0	0	0	--	--	7	--	0	1
Coors Light (23 fl.)	200	0	0	0	--	--	10	--	0	2
Firestone Walker 805 (16 fl.)	200	--	--	--	--	--	--	--	--	--
Firestone Walker 805 (23 fl.)	290	--	--	--	--	--	--	--	--	--
Miller Lite (16 fl.)	110	0	0	0	0	5	4	--	--	1
Miller Lite (23 fl.)	170	0	0	0	0	10	6	--	--	2
Modelo Especial (16 fl.)	180	0	0	0	0	0	16	0	--	--
Modelo Especial (23 fl.)	260	0	0	0	0	0	24	0	--	--
Sam Adams Harvest Pumpkin Ale (16 fl.)	230	0	0	0	0	0	22	0	0	0
Sam Adams Harvest Pumpkin Ale (23 fl.)	350	0	0	0	0	0	32	0	0	0
Sam Adams Octoberfest (16 fl.)	220	0	0	0	0	0	20	0	0	0
Sam Adams Octoberfest (23 fl.)	330	0	0	0	0	0	30	0	0	0
Sam Adams White Christmas (16 fl.)	220	0	0	0	0	0	20	0	0	0
Sam Adams White Christmas (23 fl.)	330	0	0	0	0	0	30	0	0	0
Sam Adams Winter Lager (16 fl.)	230	0	0	0	0	0	21	0	0	0
Sam Adams Winter Lager (23 fl.)	340	0	0	0	0	0	31	0	0	0
Stella Artois (16 fl.)	180	0	0	0	--	--	14	--	--	0
Stella Artois (23 fl.)	260	0	0	0	--	--	20	--	--	0
Voodoo Ranger Juicy Haze IPA (16 fl.)	250	0	0	0	0	5	20	0	0	3
Voodoo Ranger Juicy Haze IPA (23 fl.)	370	0	0	0	0	10	29	0	0	4
Bottles & Cans	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)
Athletic Brewing Upside Dawn NA (12 fl.)	45	0	--	--	--	--	10	--	--	0
Bud Light (12 fl.)	110	0	0	0	--	--	7	--	0	1
Budweiser (12 fl.)	150	0	0	0	--	--	11	--	--	1
Coors Light (12 fl.)	100	0	0	0	0	10	5	0	--	1
Corona Extra (12 fl.)	150	0	0	0	0	15	15	0	4	1
Dos Equis Lager Especial (12 fl.)	130	0	0	0	0	0	11	0	3	4

Bottles & Cans	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)										
Guinness Draught Stout (14.9 fl.)	190	0	0	0	0	0	14	0	1	2										
Heineken (12 fl.)	140	0	0	0	0	0	12	0	0	2										
Michelob Ultra (12 fl.)	100	0	0	0	--	--	3	--	--	1										
Miller Lite (12 fl.)	100	0	0	0	0	5	3	--	--	1										
Modelo Especial (12 fl.)	150	0	0	0	0	0	14	0	--	--										
Stone Delicious IPA (12 fl.)	220	--	--	--	--	--	17	--	--	--										
Twisted Tea	190	0	0	0	0	10	26	0	23	0										
Voodoo Ranger Juicy Haze IPA (12 fl.)	190	0	0	0	0	0	15	0	0	2										
Seltzers & Cider	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)										
Angry Orchard Crisp Apple Cider	190	0	0	0	0	15	25	0	20	0										
Happy Dad Fruit Punch Hard Seltzer	100	0	0	0	0	20	2	0	1	0										
Happy Dad Grape Hard Seltzer	100	0	0	0	0	20	2	0	2	0										
White Claw Black Cherry Hard Seltzer	100	0	0	0	0	20	2	0	2	0										
Wines	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)										
Cabernet Sauvignon (9 fl.)	220	0	0	0	--	--	7	--	--	0										
Cabernet Sauvignon (Bottle)	620	0	0	0	--	--	19	--	--	1										
Chardonnay (9 fl.)	220	0	0	0	--	15	6	0	3	0										
Chardonnay (Bottle)	630	0	0	0	--	35	16	0	7	1										
Merlot (9 fl.)	220	0	0	0	--	10	7	0	2	0										
Merlot (Bottle)	620	0	0	0	--	30	19	0	5	1										
Moscato (9 fl.)	220	0	0	0	--	--	14	--	--	0										
Moscato (Bottle)	620	0	0	0	--	--	40	--	--	1										
Pinot Grigio (9 fl.)	220	0	0	0	--	--	5	--	--	0										
Pinot Grigio (Bottle)	620	0	0	0	--	--	15	--	--	1										
Pinot Noir (9 fl.)	220	0	0	0	--	--	6	--	--	0										
Pinot Noir (Bottle)	610	0	0	0	--	--	17	--	--	1										
Red Blend (9 fl.)	220	0	0	0	0	10	7	0	2	0										
Red Blend (Bottle)	630	0	0	0	0	30	19	0	5	1										
Rose (9 fl.)	230	0	0	0	0	15	10	0	10	1										
Rose (Bottle)	640	0	0	0	0	40	29	0	29	3										
Sauvignon Blanc (9 fl.)	210	0	0	0	--	--	5	--	--	0										
Sauvignon Blanc (Bottle)	600	0	0	0	--	--	15	--	--	1										
Sparkling La Marca Prosecco (Split)	130	0	0	0	0	0	3	0	3	0										
Sparkling La Marca Prosecco (Bottle)	510	0	0	0	0	0	12	0	12	0										
Sparkling (9 fl.)	180	0	0	0	0	0	4	0	4	0										
Sparkling (Bottle) (750 ml.)	510	0	0	0	0	0	10	0	10	0										
SIPS & STUFF NON-ALCOHOLIC	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat	
Fountain Drinks (12 fl.)																				
Coca-Cola	140	0	0	0	0	50	40	0	40	0										
Coca-Cola Zero Sugar	0	0	0	0	0	40	0	0	0	0										
Diet Coke	0	0	0	0	0	40	0	0	0	0										
Dr Pepper	150	0	0	0	0	60	40	0	38	0										
Gold Peak Sweet Tea	120	0	0	0	0	0	31	0	31	0										
Gold Peak Unsweetened Tea	0	0	0	0	0	0	0	0	0	0										
Lemonade Minute Maid	170	0	0	0	0	25	44	0	42	0										
Sprite	160	0	0	0	0	35	40	0	36	0										
Strawberry Passion Tea	280	1.5	0	0	0	10	68	10	51	3										
Freshly Brewed Coffee	0	0	0	0	0	5	0	0	0	0										
Freshly Brewed Gold Peak® Iced Tea	0	0	0	0	0	0	0	0	0	0										
Freshly Brewed Hot Tea	0	0	0	0	0	10	0	0	0	0										
Perrier	0	0	0	0	0	0	0	0	0	0										
Red Bull Cans 8.4 fl. oz.	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat	
Red Bull	110	0	0	0	0	110	29	0	26	0										
Red Bull - Sugar Free	10	0	0	0	0	110	2	0	0	0										
Red Bull- Tropical	110	0	0	0	0	140	29	0	27	0										
Red Bull- Watermelon Sugar Free	10	0	0	0	0	140	2	0	0	0										
Slushes	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat	
Blue Raspberry	180	0	0	0	0	20	45	0	43	0										
Cherry Limeade	220	0	0	0	0	40	56	0	47	0										
Red Bull Passion (Regular)	210	0	0	0	0	70	54	3	47	1										
Red Bull Passion (Sugar Free)	110	0	0	0	0	200	32	3	21	2										
Red Bull Passion (Tropical)	210	0	0	0	0	100	54	3	48	0										

Slushes	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Red Bull Passion (Watermelon Sugar Free)	110	0	0	0	0	230	32	3	21	2									
Strawberry Lemonade	160	0	0	0	0	10	41	1	38	1									
MEAL DEALS <i>Listed without Fountain Drink</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
6 oz. Sirloin with Seasoned Fries	500	31	9	0.5	95	630	23	3	1	33	✓	✓	✓		✓	✓	✓		✓
Bacon Ranch Chicken Sandwich with Seasoned Fries	1050	63	18	0	105	2120	74	8	13	50	✓	✓	✓		✓	✓	✓		✓
Blackened Chicken Fettuccine Alfredo with Breadstick	1740	103	42	1	180	4180	142	10	14	62	✓	✓	✓		✓	✓	✓		✓
Boneless Wings (8) Basket with Seasoned Fries without Sauce and Dressing	700	41	8	0	35	1620	54	6	6	27	✓	✓	✓		✓	✓	✓		✓
Cheeseburger with Seasoned Fries	1060	68	22	0	100	2410	74	5	15	39	✓	✓	✓		✓	✓	✓		✓
Chicken Caesar Salad	730	63	16	1	80	1560	20	4	3	23	✓	✓	✓				✓		✓
Crispy Chicken Fingers with Seasoned Fries, Coleslaw and Honey Mustard	870	50	9	0	70	1470	65	6	20	23	✓	✓	✓		✓	✓	✓		✓
Crispy Chicken Fingers with Seasoned Fries, Coleslaw and TGI Sauce	880	60	8	0	70	1140	53	4	16	24	✓	✓	✓		✓	✓	✓		✓
Crispy Chicken Sandwich with Seasoned Fries	1020	54	10	0	75	1920	96	5	11	42	✓	✓	✓		✓	✓	✓		✓
Fridays® Big Ribs Half-Rack with Seasoned Fries (Apple Butter BBQ)	700	40	11	0	100	2130	52	4	25	32	✓	✓	✓		✓	✓	✓		✓
Fridays® Big Ribs Half-Rack with Seasoned Fries (Whiskey-Glaze)	800	40	12	0	100	2660	81	4	55	31	✓	✓	✓		✓	✓	✓		✓
Grilled Salmon with Garlic-Butter Broccoli	430	25	8	0	90	1200	10	4	3	40		✓	✓				✓		
STARTERS	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Classic Fridays® Combo <i>Each Option Listed Separately</i>																			
Crispy Green Bean Fries (Half Portion) with TGI Sauce	650	49	14	0	10	1270	46	5	6	6	✓	✓	✓		✓	✓	✓		✓
Loaded Potato Skins (3) with Ranch Sour Cream	840	35	14	1	60	1670	109	18	3	23	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks (4) with Frank's RedHot Buffalo	690	45	15	0.5	70	3300	39	1	3	27	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks (4) with Garlic Parmesan	900	64	19	0.5	55	1520	40	1	4	28	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks (4) with Original Marinara	580	32	13	0.5	55	1520	40	1	4	28	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks (4) with Whiskey-Glaze	910	29	13	0.5	55	2210	135	1	96	27	✓	✓	✓		✓	✓	✓		✓
Pan-Seared Pot Stickers (5) with Szechwan Sauce	420	23	6	0	20	1660	42	2	16	11		✓			✓		✓		✓
Pretzel Bites (8) with Poblano Queso	400	16	6	0	20	2080	49	2	8	12	✓	✓	✓		✓	✓	✓		✓
Wings Only - Boneless 8 PC	310	33	6	0	48	1800	43	5	8	31	✓	✓	✓		✓	✓	✓		✓
Wings Only - Traditional 6 PC	250	11	3	0	100	110	0	0	0	36	✓	✓	✓		✓	✓	✓		✓
<i>Sauce for Classic Fridays™ Combo</i>											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Al Pastor and Garnish	120	7	0	0	0	460	16	1	11	0							✓		
Apple Butter BBQ	120	0	0	0	0	200	28	1	24	1							✓		
Dragon-Glaze	130	1	0	0	0	710	28	1	22	3					✓		✓		✓
Frank's RedHot® Buffalo	0	0	0	0	0	1840	0	0	0	0									
Garlic Parmesan	410	41	8	0	0	1040	10	0	3	3			✓		✓				
Nashville Hot	200	18	2	0	0	620	13	2	10	0									
Whiskey-Glaze	230	0	0	0	0	870	57	1	54	0							✓		✓
Crispy Green Bean Fries with TGI Sauce	1090	76	25	0	10	2160	88	10	10	11	✓	✓	✓		✓	✓	✓		✓
Fridays® Table-Tizer® <i>Each Option Listed Separately</i>											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Loaded Potato Skins (4) with Ranch Sour Cream	1120	46	18	1	84	1940	145	24	5	33	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks (6) with Frank's RedHot Buffalo	950	60	22	1	95	3910	57	2	4	41	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks (6) with Garlic Parmesan	1160	79	26	1	85	2130	59	2	4	41	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks (6) with Original Marinara Sauce	840	47	20	1	85	2130	59	2	4	41	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks (6) with Whiskey-Glaze	1180	43	19	1	85	2820	153	2	97	40	✓	✓	✓		✓	✓	✓		✓
Wings Only - Boneless 16 PC	1220	67	12	0	100	3600	86	10	14	62	✓	✓	✓		✓	✓	✓		✓
Ranch Dressing	420	44	7	0	30	972	5	0	3	0	✓		✓				✓		
<i>Sauce for Boneless 16 PC Wings</i>											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Al Pastor	170	11	0	0	0	690	21	1	14	0							✓		
Apple Butter BBQ	170	0.5	0	0	0	290	41	1	35	1							✓		
Dragon-Glaze	190	2	0	0	0	1060	42	1	33	4					✓		✓		✓
Frank's RedHot® Buffalo	0	0	0	0	0	2760	0	0	0	0									
Garlic Parmesan	610	61	11	0	0	1560	15	0	4	4			✓		✓				
Nashville Hot	300	27	3	0	0	930	19	3	15	0									
Whiskey-Glaze	340	0	0	0	0	1470	86	1	81	1							✓		✓
Margarita Shrimp Cocktail	520	16	2.5	0	85	1820	77	9	26	18	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks with Frank's RedHot Buffalo	950	60	22	1	95	3910	57	2	4	41	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks with Garlic Parmesan	1160	79	26	1	85	2130	59	2	4	41	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks with Original Marinara	840	47	20	1	85	2130	59	2	4	41	✓	✓	✓		✓	✓	✓		✓
Mozzarella Sticks with Whiskey-Glaze	1180	43	19	1	85	2820	153	2	97	40	✓	✓	✓		✓	✓	✓		✓
Pan-Seared Pork Stickers with Szechwan Sauce	650	32	8	0	40	2180	70	3	19	20		✓			✓		✓		✓
Pretzel Bites with Poblano Queso	750	30	12	0	40	3940	92	3	16	22	✓	✓	✓		✓	✓	✓		✓
Loaded Potato Skins	1590	62	25	1	110	2620	217	36	6	46	✓	✓	✓		✓	✓	✓		✓
Loaded Tots	1460	103	33	0	150	6210	86	13	6	45	✓	✓	✓		✓	✓	✓		✓
Spinach & Artichoke Dip with Tortilla Chips	1030	62	26	1.5	125	2980	89	9	6	30	✓	✓	✓		✓	✓	✓		✓
Whiskey-Glazed Sesame Chicken Bites	810	22	3.5	0	115	1830	119	0	115	38	✓	✓	✓		✓	✓	✓		✓
Whiskey-Glazed Sampler	1570	53	13	0	360	4590	192	169	2	86	✓	✓	✓		✓	✓	✓		✓

CHICKEN WINGS <i>Add Sauce and Dressing</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Wings Starter - Boneless 8 PC Only	610	30	6	0	50	1800	43	5	7	31	✓	✓	✓		✓	✓	✓		✓
Wings Starter - Traditional 8 PC Only	340	15	4	0	135	150	0	0	0	48	✓	✓	✓		✓	✓	✓		✓
<i>Sauce for 8 PC Wings</i>											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Al Pastor and Garnish	120	7	0	0	0	460	16	1	11	0							✓		
Apple Butter BBQ	120	0	0	0	0	200	28	1	24	1							✓		
Dragon-Glaze	130	1	0	0	0	710	28	1	22	3					✓		✓		✓
Frank's RedHot® Buffalo	0	0	0	0	0	1840	0	0	0	0									
Garlic Parmesan	410	41	8	0	0	1040	10	0	3	3			✓		✓				
Nashville Hot	200	18	2	0	0	620	13	2	10	0									
Whiskey-Glaze	230	0	0	0	0	870	57	1	54	0							✓		✓
CHICKEN WINGS <i>Add Sauce and Dressing</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Wings Starter - Boneless 12 PC Only	920	50	9	0	70	2700	65	7	11	47	✓	✓	✓		✓	✓	✓		✓
Wings Regular - Traditional 12 PC Only	510	22	6	0	200	220	0	0	0	72	✓	✓	✓		✓	✓	✓		✓
<i>Sauce for 12 PC Wings</i>											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Al Pastor	170	11	0	0	0	690	21	1	14	0							✓		
Apple Butter BBQ	170	0.5	0	0	0	290	41	1	35	1							✓		
Dragon-Glaze	190	2	0	0	0	1060	42	1	33	4					✓		✓		✓
Frank's RedHot® Buffalo	0	0	0	0	0	2760	0	0	0	0									
Garlic Parmesan	610	61	11	0	0	1560	15	0	4	4			✓		✓				
Nashville Hot	300	27	3	0	0	930	19	3	15	0									
Whiskey-Glaze	340	0	0	0	0	1470	86	1	81	1							✓		✓
CHICKEN WINGS <i>Add Sauce and Dressing</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Wings Large - Boneless 16 PC Only	1220	67	12	0	100	3600	86	10	14	62	✓	✓	✓		✓	✓	✓		✓
Wings Large - Traditional 16 PC Only	680	29	8	0	270	290	0	0	0	96	✓	✓	✓		✓	✓	✓		✓
<i>Sauce for 16 PC Wings</i>											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Al Pastor	220	14	0	0	0	920	26	1	17	0							✓		
Apple Butter BBQ	230	1	0	0	0	390	55	1	47	2							✓		
Dragon-Glaze	260	2	0	0	0	1420	55	1	44	5					✓		✓		✓
Frank's RedHot® Buffalo	0	0	0	0	0	3680	0	0	0	0									
Garlic Parmesan	810	81	15	0	0	2080	20	0	5	5			✓		✓				
Nashville Hot	400	36	4	0	0	1240	25	4	20	0									
Whiskey-Glaze	450	0	0	0	0	1430	113	1	108	0							✓		✓
Dressings and Celery											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Celery (4)	5	0	0	0	0	15	0	0	0	0									
Dressing - Blue Cheese (1.25 fl.)	200	21	4	0.5	20	310	1	0	1	2	✓		✓				✓		
Dressing - Blue Cheese (2.5 fl.) for 16 PC Wings	410	42	8	1	40	630	3	0	2	3	✓		✓				✓		
Dressing - Ranch (1.25 fl.)	130	14	2.5	0	10	300	1	0	1	1	✓		✓				✓		
Dressing - Ranch (2.5 fl.) for 16 PC Wings	270	28	4.5	0	20	610	3	0	2	1	✓		✓				✓		
GREENS & THINGS	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Aloha Chicken Bowl	630	26	5	0	55	990	73	5	21	26					✓		✓		✓
Chicken Al Pastor Bowl	700	33	6	0	60	1600	77	6	11	29	✓	✓	✓		✓	✓	✓		✓
Chicken Bacon Ranch Salad (Crispy)	1020	81	19	0	140	2160	32	7	8	40	✓	✓	✓		✓	✓	✓		✓
Chicken Bacon Ranch Salad (Grilled)	910	75	18	0	140	2110	20	7	9	41	✓		✓				✓		
Million Dollar Cobb Salad with Chicken and Ranch Dressing	920	73	22	0	280	2050	22	6	9	49	✓		✓				✓		
Thai Mango Salad with Pan-Seared Pot Stickers and Sweet Heat Mango Vinaigrette	540	23	5	0	20	1570	71	6	34	12			✓		✓		✓	✓	✓
UPGRADE YOUR PROTEIN											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Center-Cut Sirloin	280	16	6	0	95	390	2	0	1	30									
Crispy Shrimp (6)	210	9	2	0	70	660	21	1	1	10	✓	✓	✓		✓	✓	✓		✓
Sautéed Garlic Shrimp (6)	210	16	3.5	0	145	140	0	0	0	18						✓	✓		
Sustainably Raised Salmon	280	11	2	0	80	1910	8	3	2	37		✓							
Soup & Salad Combo <i>Each Option Listed Separately</i>											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Caesar Salad with Breadstick	540	37	10	0	35	1060	37	3	5	16	✓	✓	✓		✓	✓	✓		✓
House Salad without Dressing with Breadstick	300	13	4	0	5	520	37	3	5	9	✓	✓	✓		✓	✓	✓		✓
Soup - French Onion	660	25	13	0	120	1750	83	6	15	27	✓		✓				✓		✓
Soup - White Cheddar Broccoli	280	20	11	0	50	1400	17	1	5	12			✓				✓		✓
DRESSINGS (1.25 fl.)											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Balsamic Vinaigrette	70	6	0.5	0	0	250	6	0	5	0									
Blue Cheese Dressing	200	21	4	0.5	20	310	1	0	1	2	✓		✓				✓		
Caesar Dressing	190	20	3.5	0	20	300	1	0	0	1	✓	✓	✓				✓		
Honey Mustard Dressing	190	17	2.5	0	15	320	8	0	7	0	✓								
Lemon Vinaigrette	140	14	2	0	0	320	6	0	5	0									
Ranch Dressing	130	14	2.5	0	10	300	1	0	1	1	✓		✓				✓		
Sweet Heat Mango Vinaigrette	100	4	0.5	0	0	360	16	0	13	0									

SAMMIES & MORE <i>Listed without Side</i>												Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Side of Seasoned Fries, Giant Onion Rings and Substitutions												Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Side - Seasoned Fries	230	15	3.5	0	0	240	21	2	1	3		✓	✓	✓		✓	✓	✓		✓
Side - Giant Onion Rings	350	14	2.5	0	0	750	48	4	9	5		✓	✓	✓		✓	✓	✓		✓
Sub - Beyond Meat® Patty (1)	460	34	9	0	0	1400	12	3	0	30										
Sub - Gluten-Free Vegan Bun Toasted (1)	300	13	1	0	0	380	42	4	7	3										
Sub - Potato Bun Toasted (1)	300	11	2	0	0	440	43	1	9	9				✓				✓		✓
Bacon Cheeseburger	970	67	24	0	140	1470	48	2	12	44		✓		✓				✓		✓
Big Queso Energy Burger	940	61	26	0	145	2410	57	3	17	42		✓	✓	✓		✓	✓	✓		✓
Philly Cheesesteak	1200	79	27	0	130	3250	74	5	11	52		✓		✓				✓		✓
Texas BBQ Bacon Cheeseburger	1170	73	26	0	140	2180	76	4	27	46		✓	✓	✓		✓	✓	✓		✓
The Beyond Meat® Cheeseburger	1020	66	20	0.5	45	2400	60	5	12	50		✓		✓				✓		✓
Truffle Mushroom Swiss Burger	1280	100	31	0	140	2330	49	2	11	49		✓		✓				✓		✓
Whiskey-Glazed Burger	1210	62	24	0.5	145	2840	118	2	78	47				X				✓		✓
Whiskey-Glazed Chicken Sandwich	1000	44	13	0	105	2450	115	3	69	43		✓	✓	✓		✓	✓	✓		✓
Customized Yous												Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Avocado	80	7	1	0	0	0	4	3	0	1										
Beyond Meat Patty (1)	460	34	9	0	0	1400	12	3	0	30										
Cheese (American)	100	6	3.5	0	15	560	5	0	3	7				✓				✓		
Cheese (Cheddar)	160	13	7	0	40	240	0	0	0	9				✓						
Cheese (Provolone)	120	9	6	0	25	250	0	0	0	9				✓						
Gluten-Free Vegan Bun Toasted (1)	300	13	1	0	0	380	42	4	7	3										
Hickory-Smoked Bacon (2)	90	7	2.5	0	15	360	0	0	0	6										
Potato Bun Toasted (1)	300	11	2	0	0	440	43	1	9	9				✓				✓		✓
Fridays Feast <i>Each Pick is Listed Individually without Side</i>												Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
6 oz. Sirloin with Garlic-Butter	240	15	5	0	75	640	3	<	1	23				✓				✓		
6 oz. Sirloin with Whiskey-Glaze	330	7	2	0	70	1000	45	<	42	23								✓		✓
Fridays® Big Ribs Half-Rack (Apple Butter BBQ)	460	25	9	0	90	1890	31	2	24	29								✓		
Fridays® Big Ribs Half-Rack (Whiskey-Glaze)	570	25	9	0	100	2420	60	1	54	28								✓		✓
Crispy Shrimp (6)	210	9	2	0	70	660	21	1	1	10		✓	✓	✓		✓	✓	✓		✓
Crispy Chicken Fingers (3) Classic without Dressing	240	11.6	0	0	50	460	13.2	0	0	19.7		✓	✓	✓		✓	✓	✓		✓
Crispy Chicken Fingers (3) Whiskey-Glazed without Side of Whiskey-Glaze	460	12	2	0	50	1020	69	0	54	20		✓	✓	✓		✓	✓	✓		✓
Grilled Chicken Breast (Apple Butter BBQ)	160	5	1	0	54	450	8	0	6	20								✓		
Grilled Chicken Breast (Whiskey-Glaze)	190	5	1	0	55	550	15	0	14	20								✓		✓
Side - 4 Cheese Mac & Cheese	590	37	19	0	100	1770	40	0	6	27		✓		✓						✓
Side - Coleslaw	150	10	2	0	0	140	13	2	11	1		✓								
HOT OFF THE GRILL												Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
12 oz. New York Strip (Garlic-Butter) with Mashed Potatoes and Garlic-Butter Broccoli	970	44	18	0	230	2630	68	7	7	78				✓				✓		
12 oz. New York Strip (Whiskey-Glaze) with Mashed Potatoes and Garlic-Butter Broccoli	1120	36	15	0	220	3130	124	7	60	77				✓				✓		✓
8 oz. Sirloin (Garlic-Butter) with Mashed Potatoes and Garlic-Butter Broccoli	780	36	15	1	160	2590	69	7	7	51				✓				✓		
8 oz. Sirloin (Whiskey-Glaze) with Mashed Potatoes and Garlic-Butter Broccoli	830	29	12	0.5	160	2810	96	7	34	51				✓				✓		✓
Fridays® Big Ribs Full-Rack (Apple Butter BBQ) with Seasoned Fries and Coleslaw	1220	75	22	0.5	200	4440	77	7	46	60		✓	✓	✓		✓	✓	✓		✓
Fridays® Big Ribs Full-Rack (Whiskey-Glaze) with Seasoned Fries and Coleslaw	1290	75	22	0.5	200	4920	95	7	63	60		✓	✓	✓		✓	✓	✓		✓
Fridays® Big Ribs Half-Rack (Apple Butter BBQ) with Seasoned Fries and Coleslaw	800	50	14	0	90	2200	55	6	27	32		✓	✓	✓		✓	✓	✓		✓
Fridays® Big Ribs Half-Rack (Whiskey-Glaze) with Seasoned Fries and Coleslaw	870	50	14	0	100	2590	73	6	46	32		✓	✓	✓		✓	✓	✓		✓
Dragon-Glazed Salmon with Jasmine Rice and Garlic-Butter Broccoli	800	35	8	0	90	1900	75	6	17	48			✓	✓		✓		✓		✓
Dragon-Glazed Salmon with Mashed Potatoes and Garlic-Butter Broccoli	790	29	10	0	125	2940	86	8	20	50			✓	✓		✓		✓		✓
Grilled Chicken (Garlic-Butter) with Mashed Potatoes and Garlic-Butter Broccoli	910	50	20	0.5	170	2910	69	7	7	52				✓				✓		
Grilled Chicken (Whiskey-Glaze) with Mashed Potatoes and Garlic-Butter Broccoli	960	28	11	0	150	3360	131	7	67	51				✓				✓		✓
Salmon Fillet with Jasmine Rice and Garlic-Butter Broccoli	780	42	11	0	90	1590	57	5	4	45			✓					✓		
Salmon Fillet with Mashed Potatoes and Garlic-Butter Broccoli	770	35	13	0	130	2630	68	7	7	47			✓	✓				✓		
ADD-ON A PROTEIN												Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Crispy Shrimp (6)	210	9	2	0	70	660	21	1	1	10		✓	✓	✓		✓	✓	✓		✓
Grilled Chicken Breast (1)	130	5	1	0	55	410	1	0	1	20								✓		
Half-Rack Ribs (Apple Butter BBQ)	460	25	9	0	100	1890	31	2	24	29								✓		
Half-Rack Ribs (Whiskey-Glaze)	570	25	9	0	100	2420	60	1	54	28								✓		✓
Sautéed Garlic Shrimp (6)	210	16	3.5	0	145	140	0	0	0	18							✓	✓		
SIDES												Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Coleslaw	150	10	2	0	0	140	13	2	11	1		✓								
Garlic-Butter Broccoli	110	8	3	0	5	490	8	3	2	4				✓				✓		
House Salad without Dressing with Breadstick	300	13	4	0	5	520	37	3	5	9		✓	✓	✓		✓	✓	✓		✓
Jasmine Rice	350	16	3.5	0	0	390	46	1	1	5								✓		
Mashed Potatoes	340	10	5	0	35	1430	58	3	3	7				✓						
Seasoned Fries	230	15	3.5	0	0	240	21	2	1	3		✓	✓	✓		✓	✓	✓		✓

PREMIUM SIDES	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
4 Cheese Mac & Cheese	590	37	19	0	100	1770	40	0	6	27	✓		✓						✓
Caesar Salad with Breadstick	540	37	10	0	35	1060	37	3	5	16	✓	✓	✓		✓	✓	✓		✓
Giant Onion Rings	350	14	2.5	0	0	750	48	4	9	5	✓	✓	✓		✓	✓	✓		✓
Loaded Mashed Potatoes	470	20	11	0	65	1630	59	3	4	15			✓						
BIG EATS	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Cajun Shrimp & Chicken Pasta with Breadstick	1410	58	26	0	310	2760	135	7	13	81	✓	✓	✓		✓	✓	✓		✓
Crispy Chicken Fingers with Honey Mustard, Seasoned Fries and Coleslaw																			
4 ct	920	61	11	0	90	1350	63	5	22	30	✓	✓	✓		✓	✓	✓		✓
5 ct	1000	65	12	0	110	1500	67	5	22	37	✓	✓	✓		✓	✓	✓		✓
6 ct	1080	69	12	0	130	1650	72	5	22	43	✓	✓	✓		✓	✓	✓		✓
Crispy Chicken Fingers with TGI Sauce, Seasoned Fries and Coleslaw																			
4 ct	930	63	8	0	90	1290	57	4	16	30	✓	✓	✓		✓	✓	✓		✓
5 ct	1010	68	8	0	110	1440	61	4	16	37	✓	✓	✓		✓	✓	✓		✓
6 ct	1090	71	8	0	120	1600	66	4	16	43	✓	✓	✓		✓	✓	✓		✓
Crispy Chicken Fingers (Whiskey-Glaze), Seasoned Fries and Coleslaw																			
4 ct	1310	61	11	0	90	2330	161	5	116	30	✓	✓	✓		✓	✓	✓		✓
5 ct	1390	65	12	0	110	2480	165	5	116	37	✓	✓	✓		✓	✓	✓		✓
6 ct	1460	69	12	0	130	2630	170	5	116	43	✓	✓	✓		✓	✓	✓		✓
Crispy Shrimp with Seasoned Fries and Coleslaw and Cocktail Sauce	880	47	9	0	140	2110	89	6	20	24	✓	✓	✓		✓	✓	✓		✓
Fish & Chips with Seasoned Fries, Coleslaw and Tartar Sauce	1240	77	14	0	110	1720	98	4	17	40	✓	✓	✓		✓	✓	✓		✓
Sizzling Chicken & Shrimp with Mashed Potatoes	970	61	23	0	295	2300	47	4	11	62			✓			✓	✓		
DESSERTS	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Baileys Brownie Obsession®	1240	59	29	0	155	490	163	4	123	12	✓		✓	✓			✓	✓	✓
Brownie Obsession®	1170	57	27	0	145	470	157	4	118	11	✓		✓	✓			✓	✓	✓
Cinnamon Sugar Pretzel Bites	890	24	6	0	0	970	146	3	56	15	✓	✓	✓		✓	✓	✓		✓
Goosey Butter Cake – Seasonal Dessert	890	33	16	0	95	720	142	0	95	8	✓		✓				✓		✓
New York Cheesecake	630	43	25	2	210	460	49	1	39	11	✓		✓				✓		✓
Nitro Espresso Martini	130	0	0	0	0	45	12	0	7	1									
The Mudslide	650	20	10	0	80	120	92	0	72	6									
KID'S MENU	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Kid's Cheddar Mac & Cheese without Side	560	32	15	0	70	1510	49	0	3	24	✓		✓				✓		✓
Kid's Crispy Chicken Fingers with Honey Mustard without Side HB	460	28	4.5	0	70	1150	32	1	10	19	✓	✓	✓		✓	✓	✓		✓
Kid's Crispy Shrimp without Side	210	9	2	0	70	660	21	1	1	10		✓			✓	✓	✓		✓
Kid's Pasta with Alfredo without Side	670	4	1	0	0	560	130	8	2	25			✓						✓
Kid's Pasta with Butter without Side	380	18	5	0	10	420	45	3	1	11			✓				✓		✓
Kid's Pasta with Marinara Sauce without Side	280	6	1	0	0	530	48	3	3	9									✓
Kid's Sliders without Side	580	38	16	1	80	1680	38	1	8	28	✓		✓				✓		✓
Kid's Sides											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Garlic-Butter Broccoli	110	8	3	0	5	490	8	3	2	4			✓				✓		
Mashed Potatoes	340	10	5	0	35	1430	58	3	3	7			✓						
Mozzarella Sticks (3) with Marinara Sauce	440	24	10	0.5	45	1150	30	1	3	21	✓	✓	✓		✓	✓	✓		✓
Fries	230	15	3.5	0	0	240	21	2	1	3	✓	✓	✓		✓	✓	✓		✓
Kid's Beverages											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Apple Juice	90	0	0	0	0	15	21	0	20	0									
Blue Raspberry Candy Cooler	250	0	0	0	0	50	62	0	56	0									
Coca-Cola	110	0	0	0	0	35	30	0	30	0									
Coca-Cola Zero Sugar	0	0	0	0	0	30	0	0	0	0									
Diet Coke	0	0	0	0	0	30	0	0	0	0									
Dr Pepper	110	0	0	0	0	45	30	0	29	0									
Lemonade Minute Maid	120	0	0	0	0	15	33	0	32	0									
Milk - Chocolate	140	2.5	1.5	0	10	160	23	1	23	7			✓						
Milk - Low-fat	90	2	1	0	10	90	10	0	10	7			✓						
Sprite	120	0	0	0	0	25	30	0	27	0									
Watermelon Candy Cooler	200	0	0	0	0	50	55	0	45	0									
Kid's Dessert											Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nut	Wheat
Cup of Dirt	370	10	3.5	0	0	250	65	2	42	4			✓				✓		✓
Sundae	560	20	10	0	75	210	91	0	62	7			✓				✓	✓	