



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 02.17.2026v1

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)
Dubai Chocolate Espresso Martini		310	6	3	0	0	100	31	0.5	23	6
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	0	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	0	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
The Perfect Peach Spritz		240	0	0	0	0	290	30	0	27	0
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
The Ultimate LIT		190	0	0	0	0	0	9	0	5	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	--	--	--	--	--	--	--	--	--
Michelob Ultra (16 fl.)		130	0	0	0	0	0	3			1
Michelob Ultra (23 fl.)		180	0	0	0	0	0	5			1
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 Oktoberfest (16 fl.)		220	0	0	0	0	0	20	0	0	0
Sam Adams Oktoberfest (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
Athletic Brewing Upside Dawn NA (12 fl.)		45	0	--	--	--	--	10	--	--	0
Bud Light (12 fl.)		110	0	0	0	--	--	7	--	0	1

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Bottles & Cans											Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (mg)	Fib (mg)	Sug (g)	Prot (g)															
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															
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	--	--	--															
Sam Adams Sun Cruiser Classic Iced Tea (12 fl.)											100	--	--	--	--	--	--	--	1	--															
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															
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	Whea						
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.																																			
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- White Peach											110	0	0	0	0	90	28	0	26	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	Whea						
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															

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 (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									
Strawberry Lemonade	160	0	0	0	0	10	41	1	38	1									
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	✓	✓	✓		✓	✓	✓		✓
Wing Sauce for Classic Fridays™ Combo											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>																			
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	✓		✓				✓		
Sauce for Boneless 16 PC Wings											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							✓		✓
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	✓	✓	✓		✓	✓	✓		✓
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	✓	✓	✓		✓	✓	✓		✓
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	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
<i>Add Sauce and Dressing</i>																			
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	✓	✓	✓		✓	✓	✓		✓
Sauce for 8 PC Wings											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	✓	✓	✓		✓	✓	✓			✓	
Sauce for 12 PC Wings																						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								✓		✓	
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	✓	✓	✓		✓	✓	✓			✓	
Sauce for 16 PC Wings																						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	✓		✓						✓		
SALADS & BOWLS											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											
BURGERS & SANDWICHES <i>Listed without Side</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		
Side of Seasoned Fries, Giant Onion Rings and Substitutions																															
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	✓		✓					✓		✓	
The FRRI™ with side of Whiskey Glaze											1240	40	16	0	127	4280	170	5	101	46			✓					✓		✓	

Crispy Chicken Fingers with TGI Sauce , Seasoned Fries and Coleslaw	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 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	✓	✓	✓		✓	✓	✓		✓
Gooney 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	✓		✓				✓		✓
Dubai Chocolate Espresso Martini	310	6	3	0	0	100	31	0.5	23	6			✓				✓		✓
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		✓	✓				✓		
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			✓				✓	✓	