

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 our “Right Portion, Right Price” entrées, which are 500 or 750 calories or less, Jack Daniel's® glazed items, Black Angus steaks and burgers, 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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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	40	6	35
Mozzarella Sticks	1110	30	1	62	2350	44	3	75
Crispy Green Bean Fries	900	21	0	69	1720	9	8	65
Pan-Seared Pot Stickers	770	19	0	77	2140	21	3	42
Buffalo Wings (depending on chosen sauce)	730-1190	15-24	0-0.5	4-120	2350-4450	39-72	1-7	34-87
Tuscan Spinach Dip	1100	39	1	86	1250	23	7	73
Tostado Nachos	1370	50	0	54	2210	75	11	97
Warm Pretzels with Craft Beer-Cheese Dipping Sauce	1140	21	2	131	3130	39	7	51
Loaded Potato Skins	1430	27	1	131	2110	36	22	78
Jack Daniel's [®] Sampler	1830	19	0	231	4510	89	9	64
Fridays SM Pick Three-for-All (no dressing)	470-1050	9-26	0-1	3-110	750-4110	6-44	1-8	21-79
Spinach Florentine Flatbread	380	11	0	29	800	16	3	22
BBQ Chicken Flatbread	460	8	0	44	980	23	3	23

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	690	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	360	7	0	34	960	8	2	22
Parmesan Meatballs	790	17	0	39	1930	23	3	61
Corned Beef & Swiss Sliders	480	6	0	46	2130	21	3	23
Hibachi Skewers – Chicken	480	2.5	0	63	1970	25	4	14
Hibachi Skewers – Sirloin	510	5	0	63	1510	18	3	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	72
Baby Back Ribs, 1/2 Rack	850	13	0	68	2440	39	3	52
Jack Daniel's [®] Ribs	1530	21	0	158	3220	76	4	73

SIZZLING

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Sizzling Chicken & Shrimp	1140	25	0.5	44	2670	56	6	78
Sizzling Chicken & Cheese	1030	26	0.5	41	2680	53	6	70
Sizzling Sirloin & Spinach	440	5	0	23	1540	42	9	11
Sizzling Chicken & Spinach	400	5	0	26	2080	40	4	16

SEAFOOD

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Grilled Salmon with Langostino Lobster	520	12	0	6	1480	51	1	32
Fridays SM 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
Grilled Chicken Cobb Salad (add choice of dressing)	580	13	0	17	1850	53	7	34
Balsamic-Glazed Chicken Caesar	490	6	0	25	1960	40	5	26
Chipotle Yucatan Chicken Salad	850	21	0	46	1950	38	10	59
Strawberry Fields Salad	610	10	0	39	580	10	6	47
Strawberry Fields Salad w/ Grilled Balsamic Chicken	800	12	0	40	1610	41	6	54

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	290	9	0	20	2300	14	1	16
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	12	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
Fridays SM 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	630	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	920	8	0	90	2060	47	6	42
Cajun Shrimp & Chicken Pasta	1110	32	0	87	2130	58	5	42
Crispy Chicken Fingers	1000	20	0	68	2730	36	4	66
Parmesan-Crusted Chicken	810	18	0	42	2600	50	4	47
Hibachi Chicken Skewers	1330	5	0	187	4760	56	8	41

HANDCRAFTED BURGERS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Spicy Craft Beer-Cheese Burger	1220	26	1.5	77	2540	41	7	84
Jack Daniel's® Burger	1360	25	2	129	3500	49	6	73
Sedona Black Bean Burger	1160	17	0	103	3400	33	16	71
Turkey Burger	890	11	0	93	2570	27	9	45
Cheeseburger	1110	25	1.5	75	2940	43	6	71
New York Cheddar & Bacon Burger	1410	32	2	101	3880	55	7	88
All-American Stacked Burger	1460	35	2.5	75	4030	53	4	103
Philly Stacked Burger	1470	34	3	75	3310	55	5	103
Bleu Cheese Stacked Burger	1490	34	2.5	79	4220	53	5	105

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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)	1140	18	0	106	3140	51	4	58
French Dip (add choice of side)	740	19	0	49	1490	40	2	43
Rotisserie Chicken Salad Sandwich (add choice of side)	850	9	.5	58	1510	33	9	57
California Club (add choice of side)	750	13	.5	40	2330	47	5	52
1/2 California Club Only (add choice of side)	380	7	0	20	1170	24	3	26
Triple Stack Reuben (add choice of side)	960	15	.5	75	3110	52	7	53

PREMIUM BLACK ANGUS 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)	600	11	0	10	3680	64	0	33
with Grilled Shrimp Scampi (add additional nutritional values)	300	7	0	5	1420	14	1	26
with Roasted Langostino Lobster Topping (add additional nutritional values)	270	7	0	4	700	14	0	21
with Half-Rack of Ribs (add additional nutritional values)	480	8	0	38	1280	36	1	20
Flat Iron (add choice of sides)	380	8	0	2	1950	38	0	27
with Grilled Shrimp Scampi (add additional nutritional values)	300	7	0	5	1420	14	1	26
with Roasted Langostino Lobster Topping (add additional nutritional values)	270	7	0	4	700	14	0	21
with Half-Rack of Ribs (add additional nutritional values)	480	8	0	38	1280	36	1	20
6 oz. Sirloin (add choice of sides)	370	11	0	2	1450	38	0	24
with Grilled Shrimp Scampi (add additional nutritional values)	300	7	0	5	1420	14	1	26
with Roasted Langostino Lobster Topping (add additional nutritional values)	270	7	0	4	700	14	0	21
with Half-Rack of Ribs (add additional nutritional values)	480	8	0	38	1280	36	1	20
10 oz. Sirloin (add choice of sides)	600	16	0	2	1950	42	0	45
with Grilled Shrimp Scampi (add additional nutritional values)	300	7	0	5	1420	14	1	26
with Roasted Langostino Lobster Topping (add additional nutritional values)	270	7	0	4	700	14	0	21
with Half-Rack of Ribs (add additional nutritional values)	480	8	0	38	1280	36	1	20

JACK DANIEL'S® PREMIUM ENTRÉES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Jack Daniel's® Rib-Eye & Grilled Shrimp Scampi (add choice of sides)	1230	16	0	107	5930	81	2	57
Jack Daniel's® Rib-Eye (add choice of sides)	930	9	0	102	4510	67	1	31
Jack Daniel's® Salmon (add choice of sides)	840	10	0	101	4140	41	1	35
Jack Daniel's® Salmon & Grilled Shrimp Scampi (add choice of sides)	1140	17	0	106	5560	55	2	61

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® Ribs and Shrimp (add choice of sides)	1730	22	0	181	4140	89	6	80
Jack Daniel's® Ribs (add choice of sides)	1530	21	0	158	3220	76	4	73
Jack Daniel's® Flat Iron (add choice of sides)	590	4	0	80	2550	39	1	16
Jack Daniel's® Sirloin & Shrimp (add choice of sides)	1010	14	0	102	3480	56	3	41
Jack Daniel's® Chicken & Shrimp (add choice of sides)	570	2.5	0	77	2630	44	3	11
Jack Daniel's® Chicken (add choice of sides)	620	2	0	79	3120	62	1	8
Jack Daniel's® Sirloin & Half-Rack of Ribs (add choice of sides)	1110	15	0	130	3780	76	2	34

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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
Fresh Vegetable Medley	110	1.5	0	6	530	2	2	9
Ginger-Lime Slaw	80	0.5	0	9	180	0	0	10
Seasoned 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	6

DESSERTS

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Tennessee Whiskey Cake	1270	28	0	185	820	15	5	54
Salted Caramel Cake	760	20	0	201	370	11	0	63
Brownie Obsession®	1240	32	0	160	480	14	4	61
Vanilla Bean Cheesecake	970	43	0	91	430	10	1	61
Chocolate Peanut Butter Pie	770	30	0	67	310	9	3	52
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	780	24	0	104	280	9	1	36

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	30
Triple Berry Smoothie	210	3	0	48	15	1	3	35
Gold Medalist Smoothie	330	0	0	80	25	2	4	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

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
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	5

CRUSHES

	calories	sat fat (g)	trans fat (g)	carbs (g)	sodium (mg)	protein (g)	fiber (g)	total fat (g)
Cherry Limeade	230	0	0	58	15	0	0	0
Strawberry Lemonade	170	0	0	45	15	1	2	0.5

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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	380	8	1	24	520	18	1	24
Chicken Fingers	500	10	0	31	1160	20	1	33
Chicken Skewers with grilled pita	320	2	0	33	1000	23	2	10
Chicken Sandwich	280	3.5	0	24	550	14	1	13
Mac & Cheese	440	12	0	41	1220	11	0	10
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 - Oval 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