



Ultimate Birthday Cake Sundae

CELEBRATION SUNDAES

Sundae fundays. All your dessert dreams have come true. Whether you're celebrating or not, our Sundaes are a real treat for that extra sparkle. **Best shared between three.**

Ultimate Birthday Cake Sundae 10.95

Vanilla ice cream covered in fresh strawberries, drizzled with strawberry sauce, topped with whipped cream and a slice of Fridays® Legendary Birthday Cake 1303 kcal

Salted Caramel & Chocolate Brownie Sundae 10.95

Vanilla ice cream, Oreo® pieces and chocolate brownie, covered in chocolate sauce, salted caramel, topped with whipped cream, waffle cone and finished with even more chocolate 1490 kcal

NEW Passion Fruit Rum Sundae* 10.95

Diced pineapple pieces infused with Dead Man's Fingers Passion Fruit Rum, layered with passion fruit sorbet, crushed meringue, strawberry puree and whipped cream. Topped with candyfloss, waffle cone and served with two shots of Prosecco 1149 kcal

Cookie Goes Bananas Sundae 10.95

Vanilla ice cream covered with banana, Oreo® pieces, white chocolate buttons and topped with whipped cream, waffle cone and drizzled with chocolate sauce 1277 kcal

VEGAN VEGETARIAN SPICY

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.

*Contains alcohol and cannot be consumed by guests under the age of 18.

be**drinkaware.co.uk**

SWEET TREATS

Chocolate Fudge Fixation 7.55

Triple-layered chocolate cake with chocolate and fudge filling served warm with vanilla ice cream 549 kcal

Brownie Obsession 9.75

Goosey, rich brownies with hot fudge, vanilla ice cream and chocolate and caramel sauces 842 kcal

Honeycomb Cheesecake 7.55

Served with whipped cream, drizzled with chocolate and caramel sauces 706 kcal

Apple Crumble Pie 7.55

Served with vanilla ice cream 612 kcal

Enjoy an **illy** coffee or tea with your dessert



Fridays® Fave Dessert Platter

NEW Fridays® Fave Dessert Platter 16.25

Best shared between three

A selection of Fridays® fave desserts. Chocolate Fudge Fixation, Honeycomb Cheesecake and Apple Crumble Pie, drizzled in chocolate and caramel sauces. Served with candyfloss, vanilla ice cream and 100's and 1000's 1648 kcal

S'mores Sundae 7.55

Crunchy Biscoff® biscuit pieces, crumbled chocolate flake and a caramelised Biscoff® sauce, between layers of vanilla ice cream with a toasted mallow topping 772 kcal

Fresh Fruit & Orange Sorbet Sundae 7.25

Frozen orange sorbet served with fresh fruit and seasonal berries 240 kcal



Download the Stripes Rewards App for free dessert



S'mores Sundae



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THE FRIDAYS

DOWNLOAD OUR REWARDS APP





Fridays® Sesame Chicken Strips



Cajun Chicken Pasta



Chilli Chimichanga



Tiger Fries

APPETIZERS

Mozzarella Dippers 8.35

With marinara sauce 475 kcal

Lightly Spiced Shrimp 9.40

Cajun battered shrimp served with our Fridays® Legendary Glaze 392 kcal

Fridays® Sesame Chicken Strips 9.45

Tossed in our Fridays® Legendary Glaze, topped with toasted sesame seeds and chilli flakes. A real Fridays® favourite 543 kcal

Mac & Cheese Bites 8.30

With maple bacon and cheese sauce 356 kcal

Without bacon 316 kcal

Fridays® Corndogs 9.40

Beechwood smoked hotdogs in crispy batter, drizzled with mustard and ketchup, served with a cheesy dip 470 kcal

Meatless Fridays® Sesame Strips 9.45

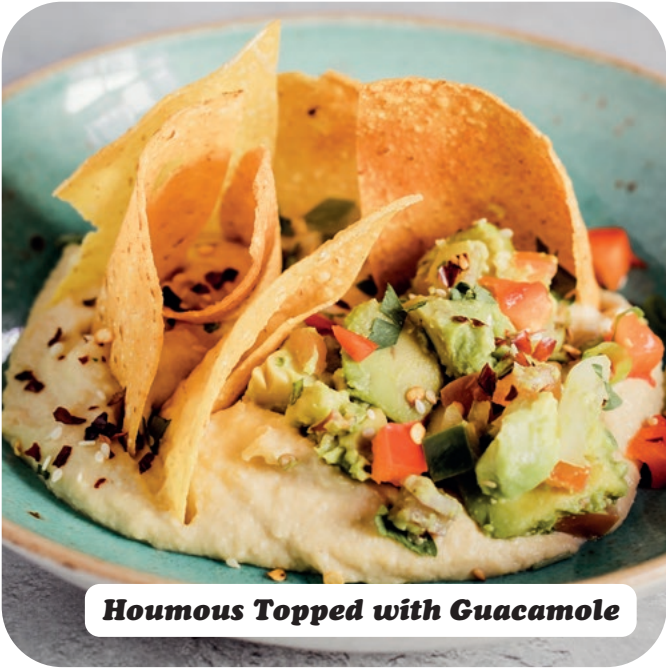
Tossed in our Fridays® Legendary Glaze, topped with toasted sesame seeds and chilli flakes. A Fridays® favourite made with plant-based chicken 534 kcal

Garlic & Chilli King Prawns 9.40

With a chilli cream dip 201 kcal

Houmous Topped with Guacamole 7.80

Houmous topped with guacamole, pomegranate, toasted sesame seeds and chilli flakes with corn tortillas for dipping 345 kcal



Houmous Topped with Guacamole



Fridays® Corndogs

Where stated, our strips and fingers are served with your choice of

House Fries 287 kcal **or House Salad** 26 kcal

Fridays® Sesame Chicken Strips 17.35

Tossed in our Fridays® Legendary Glaze and topped with toasted sesame seeds and chilli flakes, served with your choice of side 874 kcal

Chicken Fingers 15.50

Crispy chicken breast tenders with BBQ sauce and honey mustard mayo, served with your choice of side 828 kcal

Meatless Fridays® Sesame Strips 17.35

Tossed in our Fridays® Legendary Glaze, topped with toasted sesame seeds and chilli flakes. A Fridays® favourite made with plant-based chicken, served with your choice of side 805 kcal

SIZZLING FAJITAS

Cajun Spiced Chicken 16.60

Served with guacamole, fresh salsa and cheese, topped with sour cream and coriander, with soft flour tortillas on the side 965 kcal

Meatless Chicken 16.60

Plant-based chicken served with guacamole, fresh salsa, marinara, topped with avocado and lime dressing, coriander and soft flour tortillas on the side 876 kcal

Tex-Mex Salad 10.25

Dressed chopped salad and corn tortillas tossed with guacamole, pico de gallo, sweetcorn and jalapeños. Served with a spicy Tex-Mex dressing, dizzled with lime and avocado 342 kcal

Add Cajun Spiced Chicken, dressed with sour cream 163 kcal **+3.00**

Cajun Chicken Pasta 15.35

Penne pasta tossed in a creamy Cajun sauce with peppers and tomatoes, topped with Cajun chicken 702 kcal

Add a side of Garlic Ciabatta Bread 346 kcal **+5.50**



Cajun Spiced Chicken Tex-Mex Salad

NEW Chilli Chimichanga 15.75

Rich beef chilli wrapped in a crispy fried flour tortilla with rice, refried beans, Monterey Jack cheese, pico de gallo and coriander. Served with a spicy Tex-Mex dressing and sour cream 613 kcal

Chicken Quesadilla 15.50

Blackened chicken with onions, peppers, lime, coriander, Colby & Monterey Jack cheese. Served with chilli cream and pico de gallo, wrapped in a large tortilla with your choice of side 512 kcal

VEGAN

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ON THE SIDE

House Fries 4.50

Perfectly crispy with our special seasoning 287 kcal

Cheese & Maple Bacon Loaded Fries 5.25

Topped with cheese sauce and maple bacon 484 kcal

Plant-Based Loaded Fries 5.25

Plant-based bacon pieces with garlic aioli 491 kcal

NEW Tiger Fries 8.25

Best shared between two

Rich beef chilli loaded over our House and Sweet Potato Fries, topped with cheese sauce, crispy onions and pickled red onions 889 kcal

NEW Tex-Mex Duros 2.25

Crispy bites served with fresh salsa 57 kcal

Sweet Potato Fries 5.25 249 kcal

Invisible Fries 3.50

100% charity donation. Every portion helps hospitality families in crisis across the UK. Fries not included. Find out more at hospitalityaction.org.uk 0 kcal

Cajun Spiced Onion Rings 5.00 440 kcal

Halloumi Sticks 4.50 298 kcal

Garlic Mash 4.50 370 kcal

Garlic Ciabatta Bread 5.50 346 kcal

Go cheesy? Yes please! 487 kcal

House Salad 4.55 26 kcal

OUR SIGNATURE SAUCES

Fridays® Legendary Glaze 80 kcal

FRANK'S RedHot® Sauce 64 kcal

BBQ Sauce 47 kcal

Hoisin Sauce 49 kcal

Blue Cheese Dip 69 kcal

Marinara Sauce 21 kcal

ALL SAUCES £1



The Ultimate American Grill

FRIDAYS® GRILL

GRILLS

NEW **Cajun Bacon Chop 16.75**

Thick cut bacon chop, coated in Cajun seasoning, garlic butter and flame grilled to perfection. Served with a grilled tomato, crispy diced potatoes, corn on the cob, pico de gallo and Fridays® beef dip on the side 638 kcal

NEW **The Ultimate American Grill 29.50**

A Fridays® meat feast! Flame grilled 4oz rump steak, garlic and lemon grilled chicken breast, Cajun Bacon Chop, half rack of Classic Ribs and a Fridays® Chicken Wing. Coated in Fridays® Legendary Glaze served with House Fries, grilled mushroom, onion rings and corn on the cob 1652 kcal

STEAKS

Aged to a minimum of 21 days, our British or Irish origin steaks are seasoned and cooked to your liking.

NEW **New York Strip 24.50**

Prime centre-cut 8oz sirloin steak seasoned with steak rub and flame grilled to your liking. Served with a grilled tomato, flat cap mushroom, House Fries and your choice of sauce 660 kcal

YOUR CHOICE OF STEAK SAUCE

Fridays® Legendary Glaze 80 kcal
or Peppercorn Sauce 28 kcal

NEW **Steak Frites 21.50**

8oz rump steak seasoned with steak rub and flame grilled to your liking. Served with a grilled tomato, flat cap mushroom, House Fries and garlic butter 705 kcal

RIBS

Our ribs are marinated and slow-cooked before being flame grilled to order for a true BBQ finish.

Where stated, our ribs are served with your choice of House Fries 287 kcal **or House Salad** 26 kcal

Ultimate Ribs

Half rack **19.75** 418 kcal / Full rack **25.75** 835 kcal
Our biggest pork ribs, served with slaw, corn on the cob, your choice of side and extra sauce for dipping

Classic Ribs

Half rack **16.75** 538 kcal / Full rack **21.75** 1061 kcal
Baby back pork ribs, served with slaw, corn on the cob, your choice of side and extra sauce for dipping

YOUR CHOICE OF RIB SAUCE

Fridays® Legendary Glaze 240 kcal, **BBQ Sauce** 125 kcal

*Weight approximate uncooked.



Wall-to-Wall Chicken

MADE TO SHARE

Times Square Big Share 19.35

Best shared between four

Fridays® Wings, Cheese & Maple Bacon Loaded Skins and Mozzarella Dippers. Stacked high and served with our Fridays® Legendary Glaze, sour cream and marinara sauce 1523 kcal

NEW **Wall-to-Wall Chicken 22.50**

Best shared between four

Fridays® Sesame Chicken Strips, Chicken Fingers, Boneless Hot Wings and BBQ Wings, served with our Fridays® Legendary Glaze, honey mustard dressing and a blue cheese dip 1578 kcal

FRIDAYS® LOADED POTATO SKINS

Cheese & Maple Bacon 14.00

Loaded with melted Colby cheese, topped with maple bacon and served with sour cream on the side for dipping 1288 kcal

Go solo 8.50 644 kcal

Plant-Based Cheese & Bacon 14.00

Loaded with plant-based bacon pieces, Applewood vegan cheese and served with avocado and lime dressing for dipping 1156 kcal

Go solo 8.50 578 kcal

NACHOS

Cheese Nachos 14.25

Corn tortillas topped with cheese, pickled jalapeños, guacamole, fresh salsa and drizzled with sour cream 1225 kcal

Go solo 7.75 650 kcal

NEW **Plant-Based Chicken Nachos 14.25**

Corn tortillas topped with plant-based chicken pieces, tossed in spicy habanero relish. Served with smoked Applewood cheese, pickled jalapeños, guacamole and fresh salsa, drizzled with avocado and lime dressing 1318 kcal

Go solo 7.75 659 kcal

TACOS

Chicken 9.50

Best shared between two

Two soft toasted tacos filled with grilled garlic and lemon chicken, crunchy lettuce, mojito pineapple, coriander, lime and pico de gallo 396 kcal

Meatless Chicken 9.50

Best shared between two

Two soft toasted tacos filled with plant-based chicken, tossed in spicy habanero relish. Topped with avocado and lime dressing, pico de gallo, crunchy lettuce, pickled red onions and coriander 362 kcal



Meatless Chicken Tacos



Hoisin Wings

WINGS

Fridays® Wings

Three **8.75** 392 kcal / Six **15.00** 783 kcal / Nine **19.50** 1176 kcal
Chicken wings tossed in our Fridays® Legendary Glaze, topped with toasted sesame seeds and chilli flakes

NEW Hoisin Wings

Three **8.75** 332 kcal / Six **15.00** 664 kcal

Nine **19.50** 996 kcal

Chicken wings tossed in a rich, sticky hoisin sauce, served with fresh lime



Hot Wings

Hot Wings

Three **8.75** 341 kcal / Six **15.00** 682 kcal / Nine **19.50** 1023 kcal
Chicken wings tossed in Frank's® RedHot sauce, with celery sticks and a blue cheese dip

Boneless Hot Wings

Solo **8.75** 371 kcal / Share **15.00** 740 kcal
Crispy chicken breast chunks tossed in Frank's® RedHot sauce with a blue cheese dip



Fridays® Wings

VG VEGAN **V VEGETARIAN** **SPICY**

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Our Irresistible Fridays® Burgers

BURGERS

Let's get messy. All burgers are served in our brioche style seeded bun and your choice of House Fries 287 kcal or House Salad 26 kcal

NEW Fridays® Messy Cheeseburger 15.00

100% beef patty dripping with melted cheese. Served on a bed of lettuce, mayo, tomato, pickled red onions with Fridays® Burger Mayo on the side 803 kcal

Double up your patty 357 kcal **+3.00**

Fridays® Glazed Burger 15.75

100% beef patty coated in our Fridays® Legendary Glaze, Monterey Jack cheese and crispy bacon. Served on a bed of lettuce, mayo, tomato, pickled red onions and extra Fridays® Legendary Glaze on the side 793 kcal

Double up your patty 357 kcal **+3.00**

NEW Deluxe Wagyu Burger 20.00

The luxury burger. 6oz patty made with the finest Wagyu beef, topped with grilled mushrooms, caramelised onions, melted Monterey Jack cheese, served with Fridays® beef dip on the side 842 kcal

Ultimate Cheese Dipper 20.00

Two 100% beef patties with cheese, lettuce, mayo, tomato, pickled red onions, crispy bacon, topped with Mozzarella Dippers, served with Fridays® Burger Mayo on the side 1303 kcal

Single patty available 804 kcal

SPICE UP YOUR BURGER WITH OUR Cajun Spiced Onion Rings

V SPICY 5.00 440 kcal

NEW Frank's® RedHot Grilled Chicken 15.75

Flame grilled Cajun spiced chicken fillet with Monterey Jack cheese. Served on a bed of Frank's® Blue Cheese Slaw, tomato and pickled red onions, topped off with a Frank's® RedHot boneless skewer and a blue cheese dip on the side 640 kcal

NEW Fridays® Glazed Chicken Burger 15.75

Lemon and garlic flame grilled chicken breast coated in our Fridays® Legendary Glaze, Monterey Jack cheese and crispy bacon. Served on a bed of lettuce, mayo, tomato, pickled red onions and extra Fridays® Legendary Glaze on the side 775 kcal

NEW Fridays® Vegan Burger 15.50

Future Farm™ plant-based patty, grilled flat cap mushroom and Applewood cheese. Served on a bed of lettuce, mayo, tomato and pickled red onions, with garlic aioli dip on the side 728 kcal

UPGRADE YOUR FRIES...

Sweet Potato Fries V 2.25 249 kcal

Cheese & Maple Bacon Loaded Fries 2.25

Topped with cheese sauce and maple bacon 484 kcal

Plant-Based Loaded Fries VG 2.25

Plant-based bacon pieces with garlic aioli 491 kcal



Cajun Spiced Onion Rings