

# FRIDAYS

# NUTRITIONAL INFORMATION

Fridays™ 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, sharable items. We have something for every appetite including Jack Daniel's® items, fresh steaks and burgers, chicken, sweet treats, unique treats, and much more.

Many of our Guests want to know more about the food we serve. Therefore, we provide this nutritional information to help our Guests make informed choices.

Fridays™ strives to provide complete and accurate nutritional information; however, ingredient variations may occur due to the handcrafted nature of our menu items, Guest substitutions or regional availability of products. All items are listed as served, unless otherwise indicated.

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



**IN HERE, IT'S ALWAYS FRIDAY®**

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## APPETIZERS

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
Fridays™ Pick-Three-For-All	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Loaded Potato Skins	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Fried Mozzarella	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Traditional Buffalo Wings	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Fresh Mex Nachos	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Bucket Of Bones	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Crispy Chicken Sliders	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Blackened Shrimp Tostados	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

## BURGERS

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
Ultimate Jack Daniel's® Burger	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
All American Burger	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Fridays™ Burger	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Volcano Burger	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Kung Fu Burger	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Hangover Burger	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

## SANDWICHES & SALADS

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
Buffalo Chicken Sandwich	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Chicken Finger BLT	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
California Club	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Herbed Grilled Salmon Sandwich	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Lava Chicken Sandwich	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Grilled Steak Sandwich	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Caesar Salad	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Cajun Fried Chicken Salad	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
BBQ Chicken Salad	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Spicy Margarita Glazed Chicken Salad	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

## SANDWICHES & SALADS

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
Jack Daniel's® Stacked Chicken	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Wood Smoked Chicken	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Lemon Chile Chicken	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Brick Chicken Agrodolce	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Latin Spiced Roasted Chicken	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Wood Smoked Shrimp	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Honey Pecan Salmon	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Fish & Chips	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Grilled Salmon Mexi Bowl	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Ancho Citrus Glazed Snapper	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Cointreau® Chili Shrimp	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

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## RIBS

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
Jack Daniel's® Ribs	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Baby Back Ribs	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

## STEAKS

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
Jack Daniel's® New York Strip Steak	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
New York Strip Steak	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Classic Sirloin Steak	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Primetime Steak & Crab	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

## SOUPS & SIDES

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
French Onion Soup	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Broccoli Cheese Soup	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
French Fries	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Mashed Potatoes	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

## KID'S MENU

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
Chicken Fingers	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Grilled Cheese Sandwich	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Hot Dog	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Kids Burger	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Kids Steak	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

## DESSERTS

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
Brownie Obsession™	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
New York Cheesecake	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Oreo® Madness	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Spiked Espresso Brownie	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Sizzling Whiskey Cake	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Ice Cream Cookie Bites	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

## DRINKS

	TOTAL CALORIES	FAT CALORIES	SAT FAT (g)	TOTAL FAT (g)	TRANS FAT (g)	CARBS (g)	SODIUM (mg)	PROTEIN (g)	FIBER (g)	CHOL (g)	SUGAR (g)
Coca-Cola	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Diet Coke	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Sprite	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Tropical Raspberry Tea	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Strawberry Passion Fruit Tea	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Red Bull	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Dasani Water	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

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