

# PEOPLE OF ALL STRIPES

From the very moment we opened our doors, we have brought people from all walks of life together — from servers, to bartenders, to hosts, cooks, managers and our Guests. TGI Fridays™ has always been a place where people feel free to be themselves, whoever they are. People enjoying food and drink that can't be ignored. People making every moment, big or small, feel like a celebration. People letting their unique personalities flow. These are the people who make TGI Fridays a place like no other. People of All Stripes. They are the heartbeat of this place. They define every experience. They energize every table. They don't just show up at TGI Fridays. **THEY ARE TGI FRIDAYS. YOU ARE TGI FRIDAYS.**

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BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.  
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.  
IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE, PLEASE INFORM YOUR SERVER. WE CANNOT GUARANTEE AN ALLERGEN-FREE ENVIRONMENT OR PRODUCTS.  
CHILDREN'S MENU AVAILABLE FOR KIDS 12 AND YOUNGER.  
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# COCKTAILS

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## CLASSICS

Make any Cocktail Ultimate

### LONG ISLAND ICED TEA

Gin, vodka, rum, triple sec, fresh lemon & lime juice and cola.

### MOJITO

White rum, fresh mint, fresh lemon and lime juices, sugar and soda water.

### ELECTRIC LEMONADE

Vodka, blue curaçao, fresh lemon & lime juice and 7-Up® with a slice of lemon.

### MANGO-BERRY DAIQUIRI

White rum, peach schnapps, mango purée, fresh agave sour and strawberry purée with a lime squeeze.

### MARGARITA

Tequila, triple sec and fresh lemon and lime juices.

### MUDSLIDE

A chocolate-laced avalanche of Kahlúa®, vodka and Baileys® Irish cream and ice cream.

### CAESAR

Conquer your tastebuds like a warrior with Smirnoff® vodka in Clamato® juice spiced up with Tabasco® and worchestershire sauce. Hail Caesar!

### JUNE BUG

A summery blend (whatever the month) of Midori®, coconut rum, banana liqueur and pineapple juice. Just the thing.

### STRAWBERRY HENNY

Hennessey V.S.®, Grand Marnier®, fresh strawberry purée and fresh sour with a sliced strawberry.

### TENNESSEE PEACH

Whiskey, peach, orange juice, cranberry juice and 7-Up®.

## NON-ALCOHOLIC

### STRAWBERRY LEMONADE SLUSH

A refreshing blend of puréed strawberries and Minute Maid® Lemonade.

### GREEN APPLE SLUSH

Granny Smith never envisioned this luscious mixture of green apple and 7-Up®.

### BLUE RASPBERRY SLUSH

A tidal wave of fruit flavour with a mix of blue raspberry flavouring, Minute Maid® Lemonade and 7-Up®.

### SOFT DRINKS, ICED TEA AND COFFEE

Free refills on all Fountain Drinks, Iced Tea and Coffee



MOJITO >>



# FROM THE VINE

## WHITE

### CHARDONNAY

Colio – Niagara

### SAUVIGNON BLANC

Jackson-Triggs – Niagara

### ROSÉ

Jackson-Triggs – Niagara

### PINOT GRIGIO

Colio – Niagara

## RED

### CAB MERLOT

Colio – Niagara

### MERLOT

Jackson-Triggs – Niagara

### CAB SHIRAZ

Inniskillin – Niagara

### CAB SAUVIGNON

Woodbridge – California

## SANGRIA

6 OZ GLASS

9OZ GLASS

BOTTLE

# BREWS & CIDER

## DRAFT IMPORTS & CRAFT

HOP VALLEY® BUBBLE STASH IPA

RICKARD'S RED®

BLUE MOON®

HEINEKEN®

GUINNESS®

THORNBURY® PICKUP PILSNER

THORNBURY® LADDER LAGER

THORNBURY® WILD BLUEBERRY & APPLE CIDER

## DRAFT DOMESTIC

MOLSON CANADIAN®

COORS® LIGHT

COORS® ORIGINAL

14 OZ GLASS

20 OZ GLASS

24 OZ GLASS



**FRIDAYS™**  
**THREE FOR ALL**

**FRIDAYS™**

# APPETIZERS

**CHIPS AND GUACAMOLE**

Avocado mixed with ripe tomato, red onions, jalapeño peppers, garlic, cilantro and lime. Served with crisp corn tortilla chips.

**FRIDAYS™ SIGNATURE CHICKEN STRIPS**

Tender chicken breast strips tossed in our Fridays™ Whiskey-Glaze and topped with toasted sesame seeds and crushed red peppers.

**CHICKEN QUESADILLAS**

A crisp flour tortilla packed with grilled chicken, pico de gallo and melted Monterey Jack and Colby cheeses. Served with guacamole, sour cream, salsa and pico de gallo.

**FRIED MOZZARELLA**

Crisp and golden outside, creamy melted cheese on the inside. Served with marinara sauce.

**LOADED POTATO SKINS**

4pc · 10pc

These signature Fridays™ skins are fully loaded with melted Cheddar cheese, crisp bacon and served with sour cream and green onions.

**BUFFALO WINGS**

6pc · 12pc

Chicken wings tossed in our own spicy tangy Buffalo sauce. Served with crisp celery sticks and Bleu cheese dressing.

**SPINACH & ARTICHOKE DIP**

A savoury blend of spinach, artichokes, sautéed onions and peppers, blended with Parmesan cheese. Served with crisp tortilla chips and crusty wedges of ciabatta garlic bread.

**MAC & CHEESE BITES**

Irresistible, creamy cheeses and elbow noodles golden fried to perfection. Served with marinara.

**JALAPEÑO POPPERS**

Jalapeños stuffed with mild Cheddar cheese, then breaded and fried crisp. Served with our spicy Ranch dressing.

**BONELESS BUFFALO BITES**

Crispy pieces of chicken breast tossed in traditional buffalo sauce. Served with celery sticks and Bleu cheese dressing.

## SHAREABLE

**FRIDAYS™ WHISKEY-GLAZE PLATTER**

A sharing platter of Fridays™ Whiskey-Glaze Basted Ribs, Fridays™ Whiskey-Glaze Chicken Strips and Fried Shrimp served with extra Fridays™ Whiskey-Glaze for dipping.

**FRIDAYS™ THREE FOR ALL**

A trio of our most famous appetizers: Loaded Potato Skins, Fried Mozzarella, and our spicy Buffalo Wings, complete with sour cream and green onions, marinara sauce, and celery sticks with Bleu cheese dressing.



◀◀ **STRAWBERRY FIELDS SALAD WITH CHICKEN**

# SALADS

## FRIDAYS™ HOUSE SALAD

Crisp Iceberg and Romaine lettuce tossed with green onions, red cabbage and carrots. Topped with tomatoes and croutons. Served with your choice of dressing.

- With Chicken
- With Shrimp

## CAESAR SALAD

Crispy Romaine lettuce piled high tossed with a tangy Caesar dressing and garnished with croutons and fresh grated Parmesan cheese.

- With Chicken
- With Shrimp

## CAJUN FRIED CHICKEN SALAD

Crispy Cajun-battered chicken breast strips served on mixed greens with tomatoes, hardboiled egg, and Monterey Jack cheese. We recommend our famous Honey Mustard dressing.

## STRAWBERRY FIELDS SALAD WITH CHICKEN

Sautéed chicken served over mixed field greens, Parmesan cheese and glazed pecans tossed in Balsamic Vinaigrette dressing. Topped with fresh balsamic marinated strawberries and Parmesan cheese.

17% Gratuity on parties of 6 or more. Subject to change without notice. U.S. price is an estimate based on 30% exchange. All pricing is subject to HST and NFD. If you suffer from a food allergy or intolerance please inform your server. We cannot guarantee an allergen free environment or products. © 2022 TGI Fridays Franchisor, LLC

Drink Responsibly.  
Drive Responsibly.

▶▶ **CHICKEN CAESAR SALAD**



# BURGERS

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## FRIDAYS™ WHISKEY-GLAZE BURGER

Grilled beef patty, crispy bacon, Monterey Jack cheese, our Fridays™ Signature Glaze and served with crispy seasoned fries. Additional patty

### » FRIDAYS™ WHISKEY-GLAZE BURGER



## FRIDAYS™ BACON CHEESEBURGER

All time favourite burger with melted Colby cheese, crisp bacon and served with crispy seasoned fries.

## CHEESY BACON CHEESEBURGER

Char-grilled burger with crispy bacon, Colby cheese and golden fried Mozzarella. Topped with lettuce, tomato, onion and pickles on a toasted bun.

## GARDEN BURGER

Flavourful grilled veggie burger served with all the fixings on a toasted bun and served with crispy seasoned fries.

## TWO BLEU BACON BURGER

Our juicy, fire-grilled burger is topped with a double dose of flavour – Bleu cheese dressing and Bleu cheese crumbles, then finished with crispy bacon on a toasted bun with the classic fixings and served with crispy seasoned fries.

### » FRIDAYS™ BACON CHEESEBURGER



### « TWO BLEU BACON BURGER



## BLACKENED CAJUN CHICKEN SANDWICH



# SANDWICHES

### BLACKENED CAJUN CHICKEN SANDWICH

Blackened chicken breast sautéed in spicy Cajun seasonings. Piled on toasted ciabatta bread with melted Colby cheese, lettuce, tomato and mayonnaise. Served with crispy seasoned fries.

### CALIFORNIA CLUB

Mesquite smoked turkey breast, crispy bacon, ham and Monterey Jack cheese on toasted ciabatta bread with tomatoes, shredded Romaine lettuce, guacamole and mayonnaise. Served with crispy seasoned fries.

### FRIDAYS™ CHICKEN SANDWICH

Our grilled marinated chicken breast dusted with Cajun spices, topped with melted Jack cheese and three strips of crispy bacon, all stacked on a toasted bun spread with our own sweet hickory mayonnaise. Served with crispy seasoned fries.



### FRIDAYS™ CHICKEN SANDWICH

*Substitute cup of soup or  
giant onion rings for additional cost.*

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# FAVOURITES

## FRIDAYS™ SHRIMP

Hand-battered crisp and golden brown shrimp. Served with crispy seasoned fries and cocktail sauce.

## FRIDAYS™ CHICKEN FINGERS

Battered chicken tenders, fried and served with crispy seasoned fries and Honey Mustard dressing for dipping.

## FISH AND CHIPS

Breaded, golden fried whitefish strips served with crispy seasoned fries and tartar sauce.



## CAJUN SHRIMP & CHICKEN PASTA

# PASTAS .....

## CAJUN SHRIMP & CHICKEN PASTA

Juicy shrimp and chicken sautéed with red bell peppers, then tossed with fettuccine in a creamy Cajun Alfredo sauce. Topped with freshly shaved Parmesan cheese and green onions.

## BLACKENED CHICKEN ALFREDO

Rich, creamy fettuccine Alfredo, topped with a New Orleans-style blackened chicken breast, fresh tomatoes and green onions.

## TOSSED TOMATO-BASIL CHICKEN

Sliced, chargrilled chicken breast served over fettuccine pasta tossed in a fresh, roma tomato-basil salsa. Garnished with a zesty balsamic glaze.







**SIZZLING CHICKEN  
& SHRIMP**



# SIZZLING

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## **SIZZLING CHICKEN & SHRIMP**

Garlic-marinated chicken breasts with shrimp tossed in marinara. Served over melted cheese with onions, red & green bell peppers and mashed potatoes.

## **SIZZLING CHICKEN & CHEESE**

Sizzling skillet of garlic marinated chicken breasts, onions and peppers over melted Colby and Jack cheeses. Served with our cheddar mashed potatoes.

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## **SIZZLING FAJITAS**

Your choice of marinated protein served over onions and red & green peppers. Served with hot flour tortillas, guacamole, pico de gallo, sour cream and Colby cheese.

*Veggie*  
*Chicken*  
*Beef*  
*Combo*



**SIZZLING COMBINATION  
FAJITAS**





# FRIDAYS™ WHISKEY-GLAZE RIBS




**FRIDAYS™**  
**WHISKEY**  
**GLAZE**

made with  
 Jack Daniel's® Tennessee Whiskey

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### FRIDAYS™ WHISKEY-GLAZE RIBS

Fall off the bone baby back ribs basted with our Fridays™ Whiskey-Glaze and served with crispy seasoned fries and coleslaw.

### FRIDAYS™ WHISKEY-GLAZE CHICKEN

Two tender grilled chicken breasts basted with our Fridays™ Whiskey-Glaze and served with choice of two sides.

### FRIDAYS™ WHISKEY-GLAZE NEW YORK STRIP

12 ounces of the most tender and delicious cut of beef topped with our Fridays™ Whiskey-Glaze. Served with your choice of two sides.

### FRIDAYS™ WHISKEY-GLAZE SALMON

Char-grilled salmon filet is basted with Fridays™ Whiskey-Glaze, served with seasonal vegetables and cheddar mashed potatoes.



CLASSIC SIRLOIN  
STEAK

# THE GRILL

## BABY BACK RIBS

This full rack of pork ribs is expertly cooked to ensure they're fall off the bone tender. Then we firegrill them and glaze them with our tangy barbecue sauce and serve with our crispy seasoned fries and coleslaw.

*Half-Rack*  
*Full-Rack*

## NEW YORK STRIP STEAK

The King of Steaks. A thick center cut 12 ounce New York Strip steak char-grilled and served with your choice of sauce and two sides.

## CLASSIC SIRLOIN STEAK

An 8oz. steak cut from the loin, perfectly seasoned and char-grilled just how you like it. Served with your choice of two sides.

## PETITE SIRLOIN & HALF-RACK RIBS

8 oz. sirloin paired with a half-rack of slow-cooked ribs, generously basted with our tangy BBQ sauce and fire-grilled until fall off the bone tender. Served with choice of two sides.

## SIDES

- BROCCOLI WITH GARLIC
- FRIES
- CHEDDAR MASHED POTATOES
- SAVOURY RICE
- GRILLED VEGETABLES
- ONION RINGS

## SOUPS

- BROCCOLI CHEESE
- FRENCH ONION

## MAKE IT A COMBO

- ADD 6 SHRIMP



 **COOKIES & CREAM  
MADNESS**

# DESSERTS

## **BROWNIE OBSESSION**

A warm brownie covered in chocolate fudge sauce, vanilla ice cream, caramel sauce and chopped nuts.

## **COOKIES & CREAM MADNESS**

Two OREO® cookies sandwiched around vanilla ice cream and topped with hot fudge sauce.

Single Cookie

## **NEW YORK CHEESECAKE**

A classic. Silky smooth, creamy, melt in your mouth cheesecake with a splash of fresh fruit.

## **FRIDAYS™ SUNDAE**

Vanilla ice cream topped with hot fudge, caramel sauce, nuts and whipped cream.

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 **BROWNIE  
OBSESSION**

