



FRIDAYS™

GLUTEN-SENSITIVE SELECTIONS

Fridays™ is not a gluten-free environment. Products containing gluten are prepared in our kitchens. The following menu items have been modified for our gluten-sensitive guests. Please inform your server of your gluten sensitivities.

STARTER

TUSCAN SPINACH DIP

Spinach, artichoke hearts, sautéed onions and bell peppers blended with Parmigiano and Romano cheeses. Served with carrots and celery.

FROM THE GRILL

Fresh USDA Choice steaks, seasoned with hickory-smoked sea salt and topped with Parmesan butter. Served with two choice sides.

New 10 OZ. NEW YORK STRIP*

The quintessential American cut, lightly marbled and exceptionally tender.

FLAT IRON*

A hand-trimmed 8 oz. top blade steak with deep, rich flavor.

FAV RIB-EYE*

10 ounces of our most tender cut with generous marbling and succulent flavor.

MAKE YOUR STEAK EVEN BETTER:

- ADD HALF-RACK OF BABY BACK RIBS TO ANY STEAK
- ADD HALF-RACK OF MEMPHIS-RUBBED RIBS
- ADD LANGOSTINO LOBSTER TOPPING

FAV GRILLED NORWEGIAN SALMON WITH LANGOSTINO LOBSTER

Topped with sautéed langostino lobster and cremini mushrooms in a roasted Alfredo sauce. Served with two choice sides.

RIBS

Slow-cooked baby back pork ribs. Served with coleslaw and one choice side.

- BBQ Ribs Full-Rack
- BBQ Ribs Half-Rack
- Memphis-Rubbed Full-Rack

BURGERS

CLASSIC CHEESEBURGER* OR BURGER*

Fresh 100% USDA Choice burger fire-grilled and stacked on a gluten-sensitive bun with crisp iceberg lettuce, vine ripened tomato, pickles and onion. Served with a choice side from our gluten-sensitive menu.

Classic Cheeseburger
Burger**

TURKEY BURGER

Seasoned ground all-natural turkey patty topped with classic garnishes on a gluten-sensitive bun.

STEAK COOKING TEMPERATURES

RARE COOL RED CENTER	MEDIUM RARE WARM RED CENTER	MEDIUM HOT PINK CENTER	MEDIUM WELL SLIGHTLY PINK CENTER	WELL DONE NO PINK
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SALADS

CHIPOTLE YUCATAN CHICKEN SALAD

Roasted pulled all-natural chicken breast served over mixed greens with kale tossed with avocado, mixed cheese, tomato, red onion, cilantro and Avocado Vinaigrette. Drizzled with chipotle crema.

GRILLED CHICKEN COBB SALAD

Grilled all-natural chicken breast served over freshly chopped romaine with sliced avocado, grape tomatoes, hard-boiled egg, applewood-smoked bacon and crumbled bleu cheese with your choice of dressing. Drizzled with balsamic glaze.

BLACKENED AHI TUNA* COBB SALAD

New GRILLED NORWEGIAN SALMON COBB SALAD FLAT IRON 4 OZ. STEAK* COBB SALAD

SEASONAL HARVEST APPLE CHICKEN SALAD

Grilled all-natural chicken seasoned with hickory-smoked sea salt served over mixed greens with kale and topped with goat cheese, green apples, sea-salted chopped almonds. Drizzled with Pomegranate Vinaigrette.

SEASONAL HARVEST APPLE BLACKENED AHI TUNA* SALAD

SEASONAL HARVEST APPLE GRILLED NORWEGIAN SALMON SALAD

SEASONAL HARVEST APPLE FLAT IRON 4 OZ. STEAK* SALAD

CHICKEN CAESAR SALAD

Grilled all-natural chicken breast seasoned with hickory-smoked sea salt served over freshly chopped romaine and kale tossed in a classic Caesar dressing with shaved Parmesan.

BLACKENED AHI TUNA* CAESAR SALAD

New GRILLED NORWEGIAN SALMON CAESAR SALAD FLAT IRON 4 OZ. STEAK* CAESAR SALAD

Salad Dressings

Avocado Vinaigrette • Bleu Cheese • Caesar
Low Fat Balsamic Vinaigrette • Pomegranate Vinaigrette
Ranch • Thousand Island

OTHER ENTRÉES

FAV SIZZLING CHICKEN & SHRIMP

Garlic-marinated all-natural chicken and shrimp tossed in bruschetta marinara. Served over melted cheese with onions, peppers and creamy mashed potatoes.

SIZZLING CHICKEN & CHEESE

Garlic-marinated all-natural chicken breast served over melted cheese with onions, peppers and creamy mashed potatoes.

CHOICE SIDES

Coleslaw • Mashed Potatoes • Fresh Broccoli
Fresh Spinach • Jasmine Rice Pilaf

***CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. THIS ITEM IS COOKED TO ORDER.**

The menu items listed on this page are not prepared with gluten or made with ingredients that contain gluten when prepared according to the standard recipe. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. **Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.**



FRIDAYS™

GLUTEN-SENSITIVE SELECTIONS

SOUP & SIDE SALAD

CLASSIC WEDGE SALAD

Crisp iceberg wedge with applewood-smoked bacon, diced tomato, crumbled bleu cheese and Bleu Cheese dressing.

TOMATO BASIL SOUP

DESSERT

ICE CREAM SUNDAE

Two scoops of vanilla ice cream with Ghirardelli® chocolate & caramel sauces, chopped pecans, whipped cream and a cherry.

BEER & CIDER

WIDMER BROTHERS OMISSION *American Pale Ale, 5.8%
Portland, OR*

ANGRY ORCHARD CRISP APPLE CIDER *Hard Cider, 5%
Cincinnati, OH*

KID'S FRIDAYS™ STYLE

ALL-NATURAL CHICKEN SANDWICH

All-natural grilled chicken served on a gluten-sensitive bun. Served with your choice of mandarin oranges, fruit cup, carrots & Ranch or a side salad with no croutons and your choice of gluten-sensitive dressing.

KID'S DESSERTS

- Ice Cream
- Ice Cream Sundae

KID'S DRINKS

- Strawberry Lemonade Slush
- Mango Peach Lemonade Slush
- Blue Raspberry Slush
- Cherry Limeade