TGI Fridays Menu Prices 2026 US - Updated Food & Drink Costs

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Appetizers and Starters

Item	Price	Calories
Loaded Potato Skins	$11.49 to $14.03	820
Mozzarella Sticks	$12.84	650
Spinach Artichoke Dip	$11.99 to $15.34	790
Crispy Green Bean Fries	$9.49 to $11.53	460
Pretzel Bites	$14.51	720
Pan-Seared Pot Stickers	$15.34	560
Whiskey-Glazed Sesame Chicken Bites	$17.60	880
Classic Fridays Combo (pick 3 apps)	$21.05	1200

Bites and Platters

Item	Price	Calories
Wing Bites	$10.70	670
Chicken Finger Bites	$10.70	720
Slider Bites	$11.89	740
Korean Rib Bites	$15.46	950
Loud & Loaded Nachos Platter	$17.84	1250
All-Star Platter	$19.03	1300
Goal Line Platter	$20.22	1400
Captain's Platter	$20.22	1450

Burgers and Sandwiches

Item	Price	Calories
Cheeseburger	$14.74	890
Bacon Cheeseburger	$15.49 to $17.72	970
Signature Whiskey-Glaze Burger	$16.99 to $18.20	980
Texas BBQ Bacon Cheeseburger	$18.91	1150
Truffle Mushroom Burger	$18.43	1020
Big Queso Energy Burger	$18.31	1100
Beyond Meat Cheeseburger	$20.58	820
Crispy Chicken Sandwich	$13.55	810
Whiskey-Glazed Chicken Sandwich	$17.48	900
Bacon Ranch Chicken Sandwich	$17.84	960
Philly Cheesesteak Sandwich	$20.58	1230

Chicken and Steak

Item	Price	Calories
Whiskey-Glazed Chicken	$17.99 to $21.65	870
Sizzling Chicken & Shrimp	$19.99 to $24.50	970
Sizzling Chicken & Cheese	$22.84	1050
8oz Sirloin	$31.40	680
12oz New York Strip	$39.26	980
Fridays Big Ribs	Varies by location	1250
Fish & Chips	$16.99 to $22.36	990
Fried Shrimp	$23.31	1100
Salmon Filet	$25.45	720
Dragon-Glazed Salmon	$25.45	730

Salads, Bowls and Soups

Item	Price	Calories
Chicken Caesar Salad	$13.99 to $19.50	730
Cobb Salad	$14.99 to $17.84	810
Thai Mango Salad	$20.46	600
Aloha Chicken Bowl	$14.03	750
French Onion Soup	$7.96	320
White Cheddar Broccoli Soup	$7.96	380

Feast and Combo Plates

Item	Price	Calories
Fridays Feast Pick 2	$24.74	1300
Fridays Feast Pick 3	$28.55	1650
The Classic	$31.05	1750
Signature Whiskey-Glaze Sampler	$24.74	1400

Desserts

Item	Price	Calories
Brownie Obsession	$11.06	1240
New York Cheesecake	$10.58	980
Cinnamon Sugar Pretzel Bites	$10.46	730

Drinks

Item	Price	Calories
Iced Tea	$3.29	90-160
Strawberry Lemonade	$5.46	190-310
Fountain Soda	$3.29 to $3.55	140

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.