TGI Fridays Dessert Menu 2026 | Prices & Calories US

TGI Fridays · Updated November 2026 · redmondzeekspizza.com

Desserts

Item	Price	Calories
Brownie Obsession®	$10.89	560
New York Cheesecake	$10.30	720
Gooey Butter Cake	$10.89	620
Cinnamon Sugar Pretzel Bites	$10.42	430
Kid's Cup Of Dirt	$3.54	260
Scoop Of Ice Cream	$3.08	200
Dessert Platter	$24.52	1750

Appetizers

Item	Price	Calories
Fridays™ Signature Whiskey-Glaze Sampler	$25.23	1390
Crispy Green Bean Fries	$11.01	350
Boneless Wing Basket	$13.02	980
Loaded Tots	$14.92	1130
Traditional Wings	$14.45	880
Mozzarella Sticks	$12.43	1040
Spinach Artichoke Dip	$14.68	800
Loaded Potato Skins	$14.68	930

Grill Favorites

Item	Price	Calories
Salmon Filet	$24.87	590
8oz Sirloin	$23.69	740
12oz New York Strip	$35.54	930
Two 5oz Grilled Chicken Breasts	$20.13	620
Dragon-Glazed Salmon	$24.87	650
Fridays™ Big Ribs	$21.32	1300

Burgers & Sandwiches

Item	Price	Calories
Bacon Ranch Chicken Sandwich	$18.24	1020
Fridays™ Signature Whiskey-Glazed Chicken Sandwich	$16.58	980
Philly Cheesesteak Sandwich	$18.71	1050
Beyond Meat Cheeseburger	$20.01	950
Bacon Cheeseburger	$17.17	1250
Texas BBQ Bacon Cheeseburger	$18.12	1300
Truffle Mushroom Burger	$18.47	1100
Friday's Crispy Chicken Sandwich	$18.36	1140

Salads & Soups

Item	Price	Calories
French Onion Soup	$7.69	340
Chicken Bacon Ranch Salad	$16.58	850
Aloha Chicken Bowl	$16.10	700
White Cheddar Broccoli Soup	$7.69	280
Chicken Caesar Salad	$17.76	740
Thai Mango Salad	$19.42	670
Million Dollar Cobb	$17.76	990

Kids Meals

Item	Price	Calories
Kid's Pasta	$10.05	560
Kid's Cheddar Mac & Cheese	$10.05	640
Kid's Crispy Chicken Fingers	$10.65	710
Kid's Fried Shrimp	$10.65	640
Kid's Cheese Sliders	$10.65	750

Sides

Item	Price	Calories
Basket Of Breadsticks	$4.14	350
Garlic-Butter Broccoli & Cheese	$5.79	230
Giant Onion Rings	$5.56	560
Mashed Potatoes	$3.31	240
Loaded Mashed Potatoes	$5.32	520
Seasoned Fries	$3.31	430
4 Cheddar Mac & Cheese	$6.51	560

Drinks

Item	Price	Calories
Strawberry Lemonade	$3.90	190
Gold Peak® Sweet Black Iced Tea	$3.90	160
Gold Peak® Unsweet Black Iced Tea	$3.90	0
Red Bull Passion Slush	$6.98	210
Signature Slushes	$4.97	210
Fountain Soda	$3.29	150

Value Combos & Bundles

Item	Price	Calories
Classic Fridays™ Combo	$21.67	1250
Fridays Feast Pick 2	$22.50	1300
Fridays Feast Pick 3	$26.06	1900
Bones Bundle	$109.01	5500
Whiskey Glaze & BBQ Ribs Platter	$70.26	2800

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.