

T.G.I. FRIDYS SMARTPOINTS

APPETIZERS & SIDES

- **T.G.I. Friday's Restaurant Crispy Style Boneless buffalo style chicken bites (without sauce)**, 6 pieces, 4 SmartPoints
- **T.G.I. Fridays Potato Skins, Cheddar & Bacon**, 3 pieces, 6 SmartPoints
- **T.G.I. Friday's Honey bbq sauce boneless chicken bites**, 6 pieces, 4 SmartPoints
- **T.G.I. Friday's Poppers Stuffed jalapeños with cream cheese**, 3 pieces, 7 SmartPoints
- **T.G.I. Friday's Steak quesadillas**, 2 piece(s), 6 SmartPoints
- **T.G.I. Fridays Mozzarella Sticks, with Marinara Sauce**, 1 piece, 3 SmartPoints
- **T.G.I. Fridays Lemon-Butter Broccoli**, 1 order, 4 SmartPoints
- **T.G.I. Fridays Chips & Salsa**, 1 order, 9 SmartPoints
- **T.G.I. Fridays Mashed Potatoes**, 1 order, 8 SmartPoints
- **T.G.I. Fridays Cheese Dip, Spinach & Artichoke**, 2 tbsp, 1 SmartPoint
- **Teavana® Tall Shaken Iced White Tea**, 1 SmartPoints value

SALADS

- **T.G.I. Fridays Million Dollar Cobb Salad with Grilled Chicken & Green Goddess Dressing (lunch portion)**, 1 salad, 11 SmartPoints
- **T.G.I. Fridays Caesar Salad with Grilled Chicken & Caesar Dressing (lunch portion)**, 1 salad, 10 SmartPoints
- **T.G.I. Fridays BBQ Chicken Salad with BBQ Ranch Dressing (lunch portion)**, 1 salad, 13 SmartPoints
- **T.G.I. Fridays Strawberry Fields Salad w/Grilled Chicken & Balsamic Vinaigrette (lunch portion)**, 1 salad, 5 SmartPoints
- **T.G.I. Friday's Dill pickle chips with a zesty horseradish sauce (chips only)**, 8 piece(s), 6 SmartPoints
- **House Salad (side salad) no dressing**, 1 SmartPoint

ENTRÉES

- **T.G.I. Fridays Parmesan-Crusted Chicken (w/mashed potatoes & lemon-butter broccoli)**, 1 order, 18 SmartPoints *Hint: You can make this lighter by leaving off the lemon butter and doubling up on the broccoli! You'll then have 7 SmartPoints meal!*
- **T.G.I. Fridays Dragon-Glaze Salmon (w/double super veggies)**, 1 order, 3 SmartPoints
- **T.G.I. Fridays Pasta Carbonara, Creamy Chicken**, 1 1/4 cup, 7 SmartPoints
- **T.G.I. Fridays Turkey Burger, Green Style (no sides)**, 1 burger, 6 SmartPoints
- **T.G.I. Fridays Dragon-Glaze Chicken (w/double super veggies)**, 1 order, 3 SmartPoints
- **T.G.I. Fridays Sizzling Chicken Fajitas**, 1 tray, 12 SmartPoints