TGI Friday’s
Jack Daniel’s Ribs & Shrimp with Seasoned Fries and Coleslaw

½ Appetizer of Sriracha Boneless Buffalo Wings with Sriracha Ranch

½ Dessert of Tennessee Whiskey Cake

Calories: 1,790
Sodium: 4,600 mg

Total:
Calories: 1,790
Sodium: 4,600 mg

Typical* sodium and calories for all dishes in three categories: Appetizers, Entrées**, and Desserts

APPETIZERS (½ portion)
Calories: 440
Sodium: 1,100 mg

ENTRÉES** (½ portion)
Calories: 940
Sodium: 2,240 mg

DESSERTS (½ portion)
Calories: 1,100
Sodium: 320 mg

TOTAL FOR ENTIRE MEAL
Calories: 2,930
Sodium: 3,660 mg

Source: Company website (accessed February 1, 2017). *A typical dish is the dish with median sodium value in that category. **Entrées that are served with a choice of two sides include the median (multiplied by two) of the side options. Note on calculations: When nutritional information was provided as a range, the midpoint of the range was taken. For more information, contact the Center for Science in the Public Interest at healthpromotion@csipinet.org.