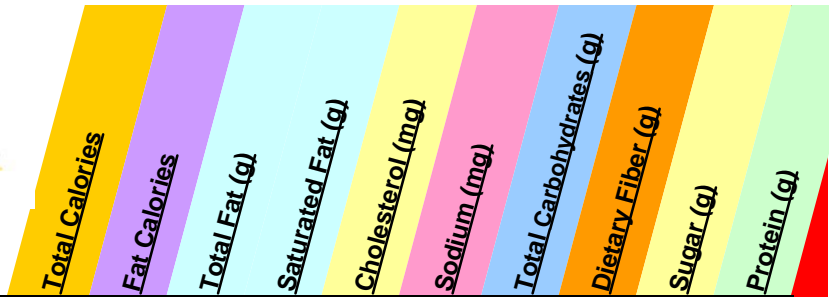


**Menu Item**

Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>CLASSICS &amp; SUPERMELTS: As stated on menu.</b>										
<b>FRENCH TOAST WITH BACON</b>	900	290	33	14	160	1710	129	3	56	23
Allergens: Egg, Milk, Soy, Wheat										
<b>FRENCH TOAST WITH SAUSAGE</b>	1050	430	48	19	200	1610	129	3	56	25
Allergens: Egg, Milk, Soy, Wheat										
<b>BUTTERMILK PANCAKES WITH BACON</b>	860	280	31	11	80	2320	130	0	52	15
Allergens: Egg, Milk, Soy, Wheat										
<b>BUTTERMILK PANCAKES WITH SAUSAGE</b>	1000	410	46	16	110	2220	130	0	52	17
Allergens: Egg, Milk, Soy, Wheat										
<b>ADD STRAWBERRY TOPPING</b>	190	0	0	0	0	40	48	4	44	1
Allergens: None										
<b>ADD PINEAPPLE TOPPING</b>	240	0	0	0	0	30	60	1	54	0
Allergens: None										
<b>APPLE CARAMEL WALNUT PANCAKES</b>	1360	300	34	6	70	1990	245	4	116	20
Allergens: Egg, Milk, Soy, Tree Nut (Walnut), Wheat										
<b>CHOCOLATE CHIP PANCAKES WITH BACON</b>	1270	350	39	18	100	2270	209	2	104	20
Allergens: Egg, Milk, Soy, Wheat										
<b>CHOCOLATE CHIP PANCAKES WITH SAUSAGE</b>	1410	490	54	24	130	2170	209	2	104	22
Allergens: Egg, Milk, Soy, Wheat										
<b>SUPER SIZZLIN™ BREAKFAST: add data for egg style and toast</b>										
<b>SUPER SIZZLIN/COMBO BACON &amp; SAUSAGE</b>	590	360	40	13	60	1110	43	4	2	16
Allergens: Soy, Wheat										
<b>SUPER SIZZLIN BACON</b>	500	270	30	10	30	1200	43	4	2	14
Allergens: Soy, Wheat										
<b>SUPER SIZZLIN SAUSAGE</b>	690	450	50	17	80	1070	43	4	2	17
Allergens: Soy, Wheat										
<b>SUPER SIZZLIN HICKORY-SMOKED HAM</b>	450	160	18	4	80	1800	45	4	5	26
Allergens: Soy, Wheat										
<b>SIRLOIN STEAK TIPS &amp; EGGS</b>	530	210	23	5	90	990	43	5	2	38
530 210										
<b>3 EGGS SUNNY/OVER EASY</b>	270	180	21	6	550	290	1	0	1	19
Allergens: Egg										
<b>3 EGGS SCRAMBLED</b>	320	220	25	5	710	250	4	0	4	21
Allergens: Egg, Milk										
<b>3 EGGS POACHED</b>	210	140	15	6	550	290	1	0	1	19
Allergens: Egg										
<b>3 EGGBEATERS SCRAMBLED</b>	160	70	8	0	0	380	2	0	2	24
Allergens: Egg										
<b>WHITE TOAST</b>	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
<b>WHEAT TOAST</b>	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
<b>RYE TOAST</b>	340	110	12	4	0	460	48	2	4	10
Allergens: Soy, Wheat										

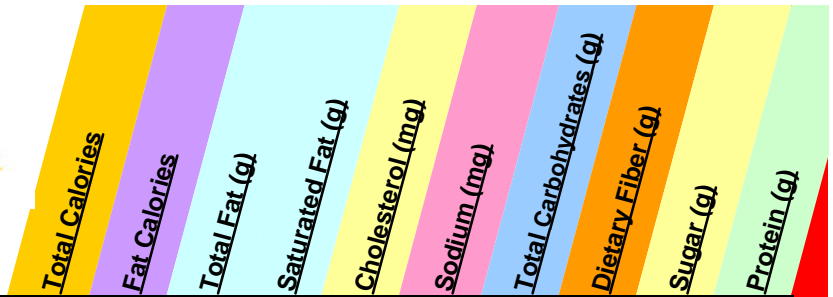


**Menu Item**

BIG - TWO - DO®, SUPER BIG - TWO - DO, LUMBERJACK, SENIORS BREAKFASTS, BREAKFAST SIDES											
*Please use the data below for your custom designed breakfast.											
Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	
<b>SAUSAGE - 2</b>	200	170	19	7	40	270	0	0	0	6	
Allergens: None											
<b>SAUSAGE - 3</b>	300	260	29	11	60	410	1	0	0	9	
Allergens: None											
<b>SAUSAGE - 4</b>	390	340	38	15	80	540	1	0	0	12	
Allergens: None											
<b>BACON - 2</b>	100	80	9	4	20	320	0	0	0	5	
Allergens: None											
<b>BACON - 3</b>	150	120	14	6	30	510	1	0	0	7	
Allergens: None											
<b>BACON - 4</b>	200	160	18	8	30	680	1	0	0	10	
Allergens: None											
<b>HICKORY SMOKED HAM</b>	100	40	4	2	50	850	2	0	2	14	
Allergens: None											
<b>SIRLOIN STEAK TIPS</b>	230	100	11	3	90	470	1	1	1	33	
Allergens: None											
<b>TWO PANCAKES</b>	580	140	15	5	30	1250	104	0	47	5	
Allergens: Egg, Milk, Soy, Wheat											
<b>THREE PANCAKES</b>	700	160	17	5	50	1810	128	0	51	8	
Allergens: Egg, Milk, Soy, Wheat											
<b>TWO FRENCH TOAST</b>	610	150	16	7	90	850	104	2	49	11	
Allergens: Egg, Milk, Soy, Wheat											
<b>THREE FRENCH TOAST</b>	750	170	19	8	140	1210	127	3	55	16	
Allergens: Egg, Milk, Soy, Wheat											
<b>HOMEFRIES</b>	290	110	12	2	0	530	41	4	1	5	
Allergens: Soy, Wheat											
<b>1 EGG SUNNY/OVER EASY</b>	90	60	7	2	180	100	0	0	0	6	
Allergens: Egg											
<b>2 EGGS SUNNY/OVER EASY</b>	180	120	14	4	370	190	1	0	0	13	
Allergens: Egg											
<b>3 EGGS SUNNY/OVER EASY</b>	270	180	21	6	550	290	1	0	1	19	
Allergens: Egg											
<b>1 EGG SCRAMBLED</b>	110	70	8	2	240	80	1	0	1	7	
Allergens: Egg, Milk											
<b>2 EGGS SCRAMBLED</b>	220	150	16	3	470	190	3	0	3	14	
Allergens: Egg, Milk											
<b>3 EGGS SCRAMBLED</b>	320	220	25	5	710	250	4	0	4	21	
Allergens: Egg, Milk											
<b>1 EGG POACHED</b>	70	50	5	2	180	100	0	0	0	6	
Allergens: Egg											
<b>2 EGGS POACHED</b>	150	90	10	4	470	190	3	0	3	14	
Allergens: Egg											
<b>3 EGGS POACHED</b>	210	140	15	6	550	290	1	0	1	19	
Allergens: Egg											
<b>1 EGGBEATER SCRAMBLED</b>	50	20	3	0	0	130	1	0	1	8	
Allergens: Egg											
<b>2 EGGBEATERS SCRAMBLED</b>	100	50	5	0	0	250	1	0	1	16	
Allergens: Egg											
<b>3 EGGBEATERS SCRAMBLED</b>	160	70	8	0	0	380	2	0	2	24	
Allergens: Egg											

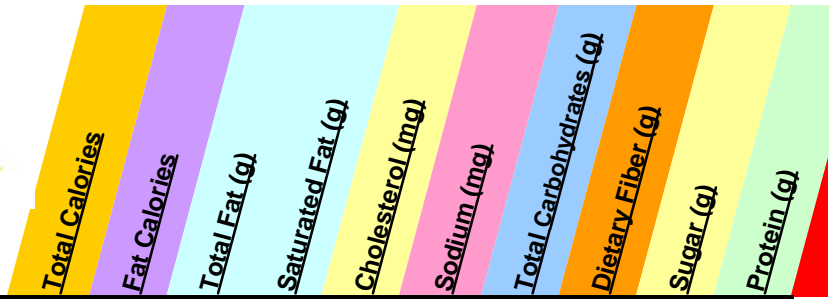


Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>WHITE TOAST</b>	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
<b>WHEAT TOAST</b>	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
<b>RYE TOAST</b>	340	110	12	4	0	460	48	2	4	10
Allergens: Soy, Wheat										
<b>ENGLISH MUFFIN</b>	310	90	10	4	0	450	45	2	2	8
Allergens: Milk, Soy, Wheat										
<b>GRAPE JELLY</b>	60	0	0	0	0	0	14	0	14	0
Allergens: None										
<b>ORANGE MARMALADE</b>	40	0	0	0	0	0	10	0	4	0
Allergens: None										
<b>CRANBERRY MUFFIN</b>	620	360	40	9	100	570	59	2	33	8
Allergens: Egg, Soy, Tree Nut (Walnut), Wheat										
<b>BLUEBERRY MUFFIN</b>	600	320	36	9	110	620	64	1	37	7
Allergens: Egg, Soy, Wheat										
<b>BAGEL</b>	350	90	10	4	0	510	55	5	5	10
Allergens: Soy, Wheat										
<b>BAGEL WITH CREAM CHEESE</b>	430	160	18	9	30	630	57	5	6	11
Allergens: Milk, Soy, Wheat										
<b>CEREAL - RAISEN BRAN CRUNCH</b>	370	30	3	1	10	390	77	6	40	11
Allergens: Milk, Wheat										
<b>CEREAL - FROOT LOOPS</b>	250	30	3	2	10	280	46	1	27	8
Allergens: Milk, Soy, Wheat										
<b>1/2 BANANA FOR CEREAL</b>	40	0	0	0	0	0	9	0	6	0
Allergens: None										
<b>PANCAKE SYRUP</b>	230	0	0	0	0	30	58	0	38	0
<b>BREAKFAST SUPERMELTS AS STATED ON MENU:</b>										
<b>BACON CHEESE SUPERMELT</b>	1000	480	54	18	410	1960	93	7	8	36
Allergens: Milk, Egg, Soy, Wheat										
<b>SAUSAGE MUSHROOM SWISS SUPERMELT</b>	1200	620	69	26	450	1780	96	8	8	47
Allergens: Milk, Egg, Soy, Wheat										
<b>HAM &amp; CHEESE SUPERMELT</b>	950	420	47	15	390	2070	94	7	9	39
Allergens: Milk, Egg, Soy, Wheat										
<b>VERMONT CHEDDAR SUPERMELT</b>	1040	510	57	21	430	1810	91	6	7	44
Allergens: Milk, Egg, Soy, Wheat										



**Menu Item**

Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>BUILD YOUR OWN BREAKFAST SUPERMELT: SELECT BREAD, BREAKFAST MEAT AND CHEESE.</b>										
<b>FARM FRESH EGGS/HOMEFRIES/ ORANGE SLICE</b>										
<b>FARM FRESH EGGS/HOMEFRIES/ORANGE SLICE</b>	470	230	26	6	370	720	43	4	1	17
Allergens: Egg, Wheat										
<b>BREAD: PICK ONE TYPE</b>										
<b>GRILLED SOURDOUGH BREAD</b>	330	110	12	4	0	540	46	2	4	10
Allergens: Soy, Wheat										
<b>GRILLED HONEY DILL RYE BREAD</b>	0	0	12	4	0	460	48	2	4	10
Allergens: Soy, Wheat										
<b>GRILLED WHITE BREAD</b>	260	100	11	5	0	460	34	1	0	5
<b>GRILLED WHITE BREAD</b>	260		100							
<b>GRILLED WHEAT BREAD</b>	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
<b>BAGEL - TOASTED</b>	350	90	10	4	0	510	55	5	5	10
Allergens: Soy, Wheat										
<b>ENGLISH MUFFIN - TOASTED</b>	270	100	11	4	0	360	38	1	2	7
Allergens: Soy, Wheat										
<b>CHEESE: PICK ONE TYPE</b>										
<b>AMERICAN CHEESE</b>	90	60	7	5	20	380	1	0	0	4
Allergens: Milk, Soy										
<b>SWISS CHEESE</b>	160	110	12	8	40	170	2	0	2	12
Allergens: Milk										
<b>CHEDDAR CHEESE</b>	160	130	14	9	0	280	0	0	0	10
Allergens: Milk										
<b>MONTEREY JACK CHEESE</b>	140	100	11	7	30	300	1	0	0	8
Allergens: Milk										
<b>BREAKFAST MEAT: PICK ONE TYPE</b>										
<b>BACON</b>	100	80	9	4	20	320	0	0	0	5
Allergens: None										
<b>BREAKFAST HAM</b>	50	20	2	2	30	430	1	0	2	7
Allergens: None										
<b>SAUSAGE LINKS</b>	200	170	19	7	40	270	0	0	0	6
Allergens: None										
<b>OMELETTES: AS STATED ON MENU. ADD DATA FOR CHOICE OF TOAST</b>										
<b>HAM &amp; CHEESE OMELETTE</b>	870	500	55	18	820	2160	49	4	9	55
Allergens: Egg, Milk, Soy, Wheat										
<b>WESTERN OMELETTE</b>	930	520	57	20	800	1680	53	5	10	50
Allergens: Egg, Milk, Soy, Wheat										
<b>THREE CHEESE &amp; BACON OMELETTE</b>	910	540	60	19	760	1500	49	4	7	44
Allergens: Egg, Milk, Soy, Wheat										
<b>GARDEN VEGETABLE OMELETTE</b>	860	490	55	19	760	1170	52	5	8	40
Allergens: Egg, Milk, Soy, Wheat										



**Menu Item**

Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>BUILD YOUR OWN BREAKFAST OMELETTE</b>										
<b>START WITH 3 EGG, HOMEFRIES AND ORANGE SLICE. ADD DATA FOR CHOICE OF TOAST, VEGETABLES, MEAT, CHEESE.</b>										
<b>OMELETTE EGGS/HOMEFRIES/ ORANGE SLICE</b>	660	380	42	9	660	850	46	4	5	24
Allergens: Egg, Milk, Soy, Wheat										
<b>CHEESE: CHOOSE 1 TYPE</b>										
<b>AMERICAN CHEESE</b>	90	60	7	5	20	380	1	0	0	4
Allergens: Milk, Soy										
<b>SWISS CHEESE</b>	160	110	12	8	40	170	2	0	2	12
Allergens: Milk										
<b>CHEDDAR CHEESE</b>	160	130	14	9	0	280	0	0	0	10
Allergens: Milk										
<b>MIXED CHEESE</b>	110	80	9	5	30	180	1	0	0	7
Allergens: Milk										
<b>BREAKFAST MEAT: CHOOSE ONE TYPE</b>										
<b>BACON</b>	100	80	9	4	20	320	0	0	0	5
Allergens: None										
<b>BREAKFAST HAM</b>	50	20	2	2	30	430	1	0	2	7
Allergens: None										
<b>SAUSAGE LINKS</b>	200	170	19	7	40	270	0	0	0	6
Allergens: None										
<b>VEGETABLES: CHOOSE 1 TYPE</b>										
<b>ONION AND PEPPER COMBO</b>	20	0	0	0	0	0	2	1	1	0
Allergens: None										
<b>ONIONS</b>	20	0	0	0	0	0	2	1	1	1
Allergens: None										
<b>GREEN PEPPERS</b>	20	0	0	0	0	0	4	1	1	1
Allergens: None										
<b>DICED TOMATOES</b>	10	0	0	0	0	0	2	1	2	1
Allergens: None										
<b>SAUTEED MUSHROOMS</b>	20	0	0	0	0	140	4	0	2	2
Allergens: None										
<b>BREAKFAST SKILLETS: AS STATED ON MENU. ADD DATA FOR CHOICE OF TOAST</b>										
<b>HUEVOS RANCHEROS</b>	760	400	44	15	710	1260	58	7	8	33
Allergens: Egg, Milk, Soy, Wheat										
<b>MEATLOVER'S SKILLET</b>	1000	610	68	25	780	2230	47	4	6	51
Allergens: Egg, Milk, Soy, Wheat										
<b>SAUSAGE, MUSHROOM &amp; SWISS</b>	900	530	59	22	740	1480	51	4	8	44
Allergens: Egg, Milk, Soy, Wheat										
<b>BREAKFAST JUICE: Allergens: None</b>										
<b>ORANGE JUICE - SMALL</b>	130	0	0	0	0	0	29	0	25	2
<b>ORANGE JUICE LARGE</b>	210	0	0	0	0	0	49	0	41	4
<b>CRANBERRY JUICE - SMALL</b>	150	0	0	0	0	40	37	0	37	0
<b>CRANBERRY JUICE - LARGE</b>	250	0	0	0	0	70	62	0	62	0
<b>APPLE JUICE - SMALL</b>	120	0	0	0	0	40	32	0	32	0
<b>APPLE JUICE - LARGE</b>	210	0	0	0	0	70	53	0	53	0



Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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**Menu Item**

BEVERAGES:										
<b>CHOCOLATE MILK-SMALL</b>	250	30	3	2	10	140	47	1	36	9
Allergens: Milk										
<b>CHOCOLATE MILK-LARGE</b>	460	40	4	2	20	230	90	3	69	16
Allergens: Milk										
<b>1% MILK - SMALL</b>	120	20	3	2	10	120	14	0	14	9
Allergens: Milk										
<b>1% MILK - LARGE</b>	190	40	5	3	20	200	24	0	24	15
Allergens: Milk										
<b>HOT CHOCOLATE</b>	140	40	4	3	10	180	24	1	18	1
Allergens: Milk, Soy										
<b>HOT CHOCOLATE - CARRYOUT</b>	260	60	6	5	10	350	47	2	35	2
Allergens: Milk, Soy										
<b>FRESH BREWED COFFEE</b>	0	0	0	0	0	0	0	0	0	0
Allergens: None										
<b>HOT TEA</b>	0	0	0	0	0	0	0	0	0	0
Allergens: None										
<b>HALF &amp; HALF - 1</b>	20	20	2	1	10	10	1	0	1	0
Allergens: Milk										
<b>SUGAR - 1</b>	10	0	0	0	0	0	3	0	3	0
Allergens: None										
<b>LEMON WEDGE - 1</b>	10	0	0	0	0	0	2	1	1	0
Allergens: None										
<b>*SODA (FREE REFILLS): Data based on individual serving. Allergens: None</b>										
<b>COCA COLA</b>	200	0	0	0	0	10	51	0	51	0
<b>SPRITE</b>	190	0	0	0	0	40	49	0	49	0
<b>FANTA ORANGE</b>	210	0	0	0	0	0	54	0	54	0
<b>BARQ'S ROOT BEER</b>	220	0	0	0	0	50	56	0	56	0
<b>MINUTE MAID LEMONADE</b>	190	0	0	0	0	80	49	0	49	0
<b>DIET COKE</b>	0	0	0	0	0	20	0	0	0	0

**Item Nutrition Information**

Friendly's works hard to provide current and accurate information on the ingredients in our menu items. The information provided in this brochure is based on our standard product recipe and portion size. Your serving will be made-to-order and may vary somewhat from the standard in portion size and the precise mix of ingredients. Our suppliers, recipes, or ingredients are based on availability and may change without notice, and any requested additions or substitutions to menu items can also change the nutrition content. Menu items listed in this brochure may not be available in your restaurant, and regional products, or local specials are not listed in this brochure. None of our menu offerings are certified as vegetarian, organic or kosher. Friendly's offers a variety of food items to fit within a balanced diet, but does not recommend any nutritional program or offer any dietary advice. We suggest you ask your health care professional or dietician about any dietary concerns you may have. If you would like further information regarding the nutritional information in this brochure, please contact us at Friendly Ice Cream Corp., 1855 Boston Road, Wilbraham, MA 01095, (800) 966-9970 or visit us at [www.friendlys.com](http://www.friendlys.com). VALID AS OF MAY 23, 2011



**Friendly Ice Cream Corporation**  
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**or visit us at [www.friendlys.com](http://www.friendlys.com)**