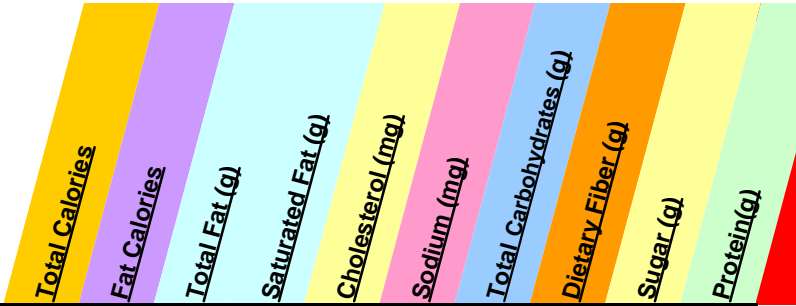




*Total Calories*  
*Fat Calories*  
*Total Fat (g)*  
*Saturated Fat (g)*  
*Cholesterol (mg)*  
*Sodium (mg)*  
*Total Carbohydrates (g)*  
*Dietary Fiber (g)*  
*Sugar (g)*  
*Protein(g)*

Menu Item

<b>*MEALS FOR KIDS 12 &amp; UNDER - LEVEL 1</b>											
<b>* Choose 4 items for complete meal nutrition data.</b>											
<b>LEVEL 1 CHOOSE A DRINK:</b>											
<b>COKE</b>	110	0	0	0	0	10	29	0	29	0	
Allergens: None											
<b>SPRITE</b>	110	0	0	0	0	20	27	0	27	0	
Allergens: None											
<b>FANTA ORANGE</b>	120	0	0	0	0	0	31	0	31	0	
Allergens: None											
<b>BARQ'S ROOT BEER</b>	120	0	0	0	0	30	32	0	32	0	
Allergens: None											
<b>MINUTE MAID LEMONADE</b>	100	0	0	0	0	40	27	0	27	0	
Allergens: None											
<b>DIET COKE</b>	0	0	0	0	0	0	0	0	0	0	
Allergens: None											
<b>CHOCOLATE 1% MILK</b>	330	30	4	3	20	180	61	1	47	11	
Allergens: Milk											
<b>STRAWBERRY 1% MILK</b>	350	20	3	2	10	350	73	0	62	9	
Allergens: Milk											
<b>VANILLA 1% MILK</b>	340	20	3	2	10	140	70	0	66	9	
Allergens: Milk											
<b>COFFEE 1% MILK</b>	350	20	3	2	10	150	71	0	60	9	
Allergens: Milk											
<b>1% MILK</b>	160	30	4	2	20	160	19	0	19	12	
Allergens: Milk											
<b>VANILLA FRIBBLE</b>	420	120	14	8	50	240	64	0	56	10	
Allergens: Milk											
<b>CHOCOLATE FRIBBLE</b>	460	130	14	9	50	260	73	1	59	11	
Allergens: Milk											
<b>STRAWBERRY FRIBBLE</b>	420	120	14	8	50	290	66	0	55	10	
Allergens: Milk											
<b>COFFEE FRIBBLE</b>	420	120	14	8	50	240	65	0	54	10	
Allergens: Milk											
<b>ORANGE JUICE</b>	130	0	0	0	0	0	29	0	25	2	
Allergens: None											
<b>CRANBERRY JUICE COCKTAIL</b>	150	0	0	0	0	40	37	0	37	0	
Allergens: None											
<b>APPLE JUICE</b>	120	0	0	0	0	40	32	0	32	0	
Allergens: None											
<b>HOT CHOCOLATE</b>	140	40	4	3	10	180	24	1	18	1	
Allergens: Milk, Soy											



**Menu Item**

**LEVEL 1 CHOOSE AN ENTREE:**

Data for Entrée choice only. Add data for choice of side. **\*\*KIDS LIVE WELL OFFERS data as pictured.**

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>MAC &amp; CHEESE</b>	340	100	11	3	30	1020	48	2	1	12
Allergens: Milk, Soy, Wheat										
<b>MINI MOZZARELLA STICKS</b>	360	190	21	7	30	1250	30	2	3	12
Allergens: Milk, Soy, Wheat										
<b>FRIENDLY'S CHICKEN FINGERS</b>	410	170	19	3	50	1130	39	2	12	19
Allergens: Egg, Soy, Wheat										
<b>CHEESY MAC &amp; FRANK®</b>	510	230	26	9	60	1470	50	2	1	18
Allergens: Milk, Soy, Wheat										
<b>CHEESEBURGER SLIDERS</b>	450	190	21	7	50	1270	46	6	6	21
Allergens: Milk, Soy, Wheat										
<b>CHEESE QUESADILLA</b>	890	540	60	28	120	1450	51	3	6	37
Allergens: Milk, Soy, Wheat										
<b>GRILLED CHEESE</b>	350	160	18	9	20	1040	35	2	4	9
Allergens: Milk, Soy, Wheat										
<b>FRIENDLY FRANK®</b>	410	270	30	13	30	1000	25	1	4	10
Allergens: Milk, Soy, Wheat										
<b>CHICKEN WITH BROCCOLI**</b>	260	50	5	1	80	540	23	6	15	31
Allergens: NONE										
<b>HALF TURKEY SANDWICH**</b>	310	90	11	3	30	770	42	4	19	14
Allergens: Egg, Milk, Soy, Wheat										

**LEVEL 1 AND LEVEL 2 CHOOSE A SIDE:**

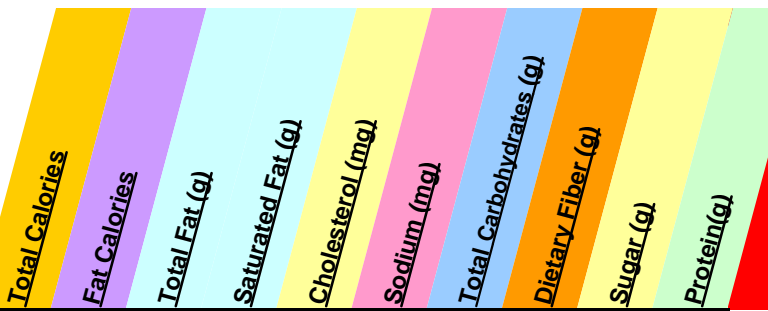
<b>APPLESAUCE</b>	110	0	0	0	0	0	27	1	25	0
Allergens: None										
<b>MIXED VEGETABLES</b>	110	50	6	3	0	110	13	4	6	3
Allergens: Soy										
<b>APPLE SLICES</b>	100	0	0	0	0	0	26	5	20	1
Allergens: None										
<b>BROCCOLI</b>	80	50	6	3	0	80	6	2	2	2
Allergens: Soy										
<b>CARROT &amp; CELERY STICKS</b>	100	60	7	3	10	260	6	2	3	2
Allergens: Egg, Milk, Soy										
<b>CORN</b>	160	70	7	3	0	70	20	4	9	4
Allergens: Soy										
<b>FRENCH FRIES</b>	200	80	9	2	0	100	29	2	2	2
Allergens: None										
<b>MANDARIN ORANGES</b>	80	0	0	0	0	10	20	0	18	0
Allergens: None										
<b>RICE</b>	210	30	3	0	0	900	41	0	2	3
Allergens: Soy										
<b>WAFFLE FRIES</b>	390	200	22	3	0	950	44	3	1	5
Allergens: Wheat										
<b>MASHED POTATOES</b>	240	110	12	7	30	160	29	2	4	4
Allergens: Milk										



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

**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>CUP OF SOUP OR SALAD</b>										
*GARDEN SALAD <i>no dressing</i>	60	10	1	0	0	100	10	2	3	2
Allergens: Milk, Soy, Wheat										
<b>GARDEN SALAD DRESSINGS:</b>										
LF DIJON VINAIGRETTE DRESSING	60	10	2	0	0	780	11	0	11	0
Allergens: None										
HONEY MUSTARD DRESSING	180	140	15	2	20	210	12	0	9	0
Allergens: Egg, Soy										
SESAME ORIENTAL DRESSING	130	60	7	1	0	480	18	0	15	0
Allergens: Soy, Wheat										
BLEU CHEESE DRESSING	240	220	24	5	30	360	2	0	2	3
Allergens: Egg, Milk, Soy										
RANCH DRESSING	160	150	17	3	20	380	2	0	2	2
Allergens: Egg, Milk, Soy										
THOUSAND ISLAND DRESSING	190	160	18	3	10	420	8	0	6	0
Allergens: Egg, Soy										
LITE BALSAMIC VINAIGRETTE	90	70	8	1	0	620	5	0	5	0
Allergens: Soy										
FAT-FREE ITALIAN DRESSING	30	0	0	0	0	420	8	0	6	0
Allergens: Soy										
CUP CHUNKY CHICKEN NOODLE	280	90	10	3	70	1970	31	2	4	20
Allergens: Egg, Milk, Soy, Wheat										
CUP HOMESTLYE CLAM CHOWDER	270	160	18	10	60	890	17	1	3	11
Allergens: Fish, Milk, Soy, Wheat										
<b>LEVEL 1 CHOOSE A DESSERT: As pictured on menu.</b>										
KIDS HOT FUDGE SUNDAE	330	150	17	11	60	110	40	1	30	5
Allergens: Milk, Soy										
OREO SUNDAE	420	180	20	12	50	200	53	1	38	6
Allergens: Milk, Soy, Wheat										
MONSTER MASH SUNDAE	430	200	22	12	50	160	51	1	41	8
Allergens: Milk, Peanut, Soy										
CONEHEAD SUNDAE	430	180	20	13	60	170	56	1	39	7
Allergens: Milk, Peanut, Soy, Wheat										
CANDY SHOP SUNDAE	440	200	22	14	60	120	56	1	45	6
Allergens: See Ice Cream Menu Flavors Section										
DOUBLE SHOT CONE	270	120	13	8	40	90	34	1	24	5
Allergens: See Ice Cream Menu Flavors Section										
<b>LEVEL 1 &amp; 2 JUST DESSERTS: Please refer to Ice Cream menu for complete list of ice cream flavors and toppings for your selections.</b>										



Menu Item

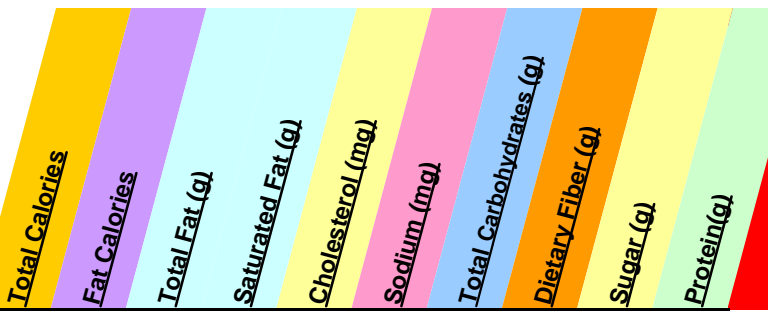
*MEALS FOR KIDS 12 & UNDER - LEVEL 2											
* Choose 4 items for complete meal nutrition data.											
LEVEL 2 CHOOSE A DRINK:											
Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein(g)	Allergens
16 OZ 1% CHOCOLATE MILK	390	40	5	3	20	210	75	2	58	13	Allergens: Milk
16 OZ 1% STRAWBERRY MILK	430	30	3	2	20	430	90	0	76	11	Allergens: Milk
16 OZ 1% VANILLA MILK	420	30	3	2	20	160	85	0	81	11	Allergens: Milk
16 OZ 1% COFFEE MILK	420	30	3	2	20	180	88	0	73	11	Allergens: Milk
16 OZ REGULAR 1% MILK	180	40	4	3	20	190	22	0	22	14	Allergens: Milk
16 OZ CRANBERRY JUICE	250	0	0	0	0	70	62	0	62	0	Allergens: None
16 OZ ORANGE JUICE	210	0	0	0	0	0	49	0	41	4	Allergens: None
16 OZ APPLE JUICE	210	0	0	0	0	70	53	0	53	0	Allergens: None
HOT CHOCOLATE	140	40	4	3	10	180	24	1	18	1	Allergens: Milk, Soy
COTTON CANDY	220	0	0	0	0	30	56	0	54	0	Allergens: None
ROYAL RAZZ	220	0	0	0	0	30	56	0	54	0	Allergens: None
FRIENDLY'S SHIRLEY TEMPLE	220	0	0	0	0	30	55	0	53	0	Allergens: None
COKE	160	0	0	0	0	10	41	0	41	0	Allergens: None
SPRITE	150	0	0	0	0	30	39	0	39	0	Allergens: None
FANTA ORANGE	170	0	0	0	0	0	44	0	44	0	Allergens: None
BARQ'S ROOT BEER	180	0	0	0	0	40	45	0	45	0	Allergens: None
MINUTE MAID LEMONADE	150	0	0	0	0	60	39	0	39	0	Allergens: None
DIET COKE	0	0	0	0	0	0	0	0	0	0	Allergens: None



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

Menu Item

<b>LEVEL 2 CHOOSE AN ENTRÉE</b>										
Data for Entrée choice only. Add data for choice of side. <b>**KIDS LIVE WELL OFFERS data as pictured.</b>										
<b>DIPPIN' CHICKEN</b>	750	360	40	6	80	1910	70	2	33	26
Allergens: Egg, Soy, Wheat										
<b>CHEESEBURGER SLIDERS</b>	720	280	32	11	70	2910	80	9	21	31
Allergens: Milk, Soy, Wheat										
<b>CHICKEN QUESADILLAS</b>	1070	650	72	31	210	2340	57	4	7	29
Allergens: Egg, Milk, Soy, Wheat										
<b>WRAP IT UP - CRISPY</b>	950	440	49	13	90	2370	94	5	24	34
Allergens: Egg, Milk, Soy, Wheat										
<b>WRAP IT UP - GRILLED</b>	790	320	35	12	130	2550	76	4	24	43
Allergens: Milk, Soy, Wheat										
<b>**CHICKEN IN THE GARDEN SALAD</b>	270	90	10	2	80	760	15	4	8	32
Allergens: Egg, Milk, Soy										
<b>DIPPIN' CHICKEN SALAD</b>	950	450	50	12	80	1880	92	6	15	35
Allergens: Egg, Milk, Soy, Wheat										
<b>LEVEL 2 CHOOSE A DESSERT: as pictured on menu</b>										
*Please refer to regular ice cream menu for information on your special selections of ice cream and topping in your ice cream creations.										
<b>BUILD YOUR OWN VOL-CONE-O SUNDAE</b>	930	460	51	23	90	360	101	4	60	20
Allergens: Egg, Milk, Peanut, Soy, Wheat										
<b>BUILD YOUR OWN SUNDAE</b>	770	320	36	21	90	170	99	1	73	12
Allergens: Milk, Peanut, Soy										
<b>COOKIE JAR SUNDAE</b>	750	320	36	22	90	290	98	3	68	11
Allergens: Egg, Milk, Soy, Wheat										
<b>FRIEND-Z PEANUT BUTTER CUP</b>	860	410	45	18	50	520	96	4	71	20
Allergens: Milk, Peanut, Soy										
<b>HEATH</b>	680	310	34	19	50	410	88	0	78	9
Allergens: Milk, Soy, Tree Nut										
<b>OREO</b>	580	210	23	12	40	470	84	2	62	9
Allergens: Milk, Soy, Wheat										
<b>M&amp;M's</b>	670	220	24	14	50	260	103	2	86	10
Allergens: Milk, Soy, Tree Nut										
<b>STRAWBERRY BANANA</b>	430	130	14	9	40	220	69	1	57	8
Allergens: Milk										
<b>CHIPS AHOY!</b>	580	220	25	12	40	350	80	1	56	10
Allergens: Milk, Soy, Wheat										
<b>KIT KAT</b>	790	280	31	20	50	280	115	2	89	12
Allergens: Milk, Soy, Wheat										
<b>BUTTERFINGER</b>	820	290	32	19	40	430	122	3	90	11
Allergens: Milk, Peanut, Soy										
<b>STRAWBERRY SHORTCAKE</b>	470	150	17	9	70	260	72	1	58	8
Allergens: Egg, Milk, Soy, Wheat										
<b>BIRTHDAY CAKE</b>	690	260	29	13	70	270	100	0	76	9
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>KIDS BREAKFAST</b>										
<b>ENGLISH MUFFIN &amp; EGG SANDWICH</b>	390	50	6	2	10	760	58	4	17	26
Allergens: Egg, Milk, Soy, Wheat										
<b>TWO PANCAKES WITH BACON</b>	840	220	24	5	70	1730	141	4	57	13
Allergens: Egg, Milk, Soy, Wheat										
<b>TWO PANCAKES WITH SAUSAGE</b>	960	320	36	9	90	1730	141	4	57	15
Allergens: Egg, Milk, Soy, Wheat										
<b>FUNCAKE</b>	610	180	20	9	40	950	100	2	47	7
Allergens: Egg, Milk, Peanut, Soy, Wheat										
<b>TIE-DYED PANCAKE WITH BACON</b>	680	170	19	9	60	990	117	3	63	10
Allergens: Egg, Milk, Peanut, Soy, Wheat										
<b>TIE-DYED PANCAKE WITH SAUSAGE</b>	800	280	31	13	90	1000	117	3	63	12
Allergens: Egg, Milk, Peanut, Soy, Wheat										
<b>FRENCH TOAST STIX WITH BACON</b>	710	210	24	5	110	1120	110	2	53	15
Allergens: Egg, Milk, Soy, Wheat										
<b>FRENCH TOAST STIX WITH SAUSAGE</b>	830	320	35	9	130	1120	110	2	53	17
Allergens: Egg, Milk, Soy, Wheat										
<b>TWO EGG BREAKFAST:</b>										
<b>SUNNY EGGS/BACON/TOAST</b>	520	290	32	12	380	920	37	2	5	22
Allergens: Egg, Soy, Wheat										
<b>SUNNY EGGS/SAUSAGE/TOAST</b>	640	400	44	16	410	920	37	2	5	24
Allergens: Egg, Soy, Wheat										
<b>SUNNY EGGS/BACON/ENGLISH MUFFIN</b>	540	280	32	11	380	820	41	1	3	23
Allergens: Egg, Milk, Soy, Wheat										
<b>SUNNY EGGS/SAUSAGE/ENGLISH MUFFIN</b>	660	390	44	15	410	820	41	1	3	26
Allergens: Egg, Milk, Soy, Wheat										
<b>SCRAMBLED EGGS/BACON/TOAST</b>	560	310	35	11	480	920	38	2	8	23
Allergens: Egg, Milk, Soy, Wheat										
<b>SCRAMBLED EGGS/SAUSAGE/TOAST</b>	680	420	47	15	510	920	39	2	8	25
Allergens: Egg, Milk, Soy, Wheat										
<b>SCRAMBLED EGGS/BACON/ENGLISH MUFFIN</b>	580	310	34	10	480	820	42	1	6	25
Allergens: Egg, Milk, Soy, Wheat										
<b>SCRAMBLED EGGS/SAUSAGE/ENGLISH MUFFIN</b>	690	410	46	15	510	820	43	1	6	27
Allergens: Egg, 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										



**Total Calories**

**Fat Calories**

**Total Fat (g)**

**Saturated Fat (g)**

**Cholesterol (mg)**

**Sodium (mg)**

**Total Carbohydrates (g)**

**Dietary Fiber (g)**

**Sugar (g)**

**Protein(g)**

**Menu Item**

**Item Nutrition Information**

**VALID AS OF OCTOBER 2011**

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. 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 Corporation  
1855 Boston Road  
Wilbraham, MA 01095  
1-800-966-9970  
or  
visit us at [www.friendlys.com](http://www.friendlys.com)**

**Food Allergens Information**

**VALID AS OF OCTOBER 2011**

Friendly's works hard to provide current and accurate information on ingredients in our menu items that may be potential food allergens for some customers. We prepared this brochure to provide you important information to help you make careful choices when dining in our restaurant. We examined the ingredients in each of our standard recipes in order to list the eight most common food allergens identified by the U.S. Food and Drug Administration. However, this brochure is not intended to address other, less common allergens, and doesn't include regional products, or local specials. Our suppliers or ingredients may change without notice and any requested additions or substitutions to menu items could also change the potential allergen content. In addition, common restaurant cooking equipment, such as grills and fryers, may create a risk of allergen residue from food cross-contact. We exercise great care to minimize this risk, but it cannot be eliminated entirely. If you have a question about a menu item, ingredients or preparation, please ask your server. We recommend that you consult your medical professional with any concerns you have about food allergies and/or food sensitivities. If you would like further information regarding the allergen information in this brochure, please contact us at the above address/phone # or website.

