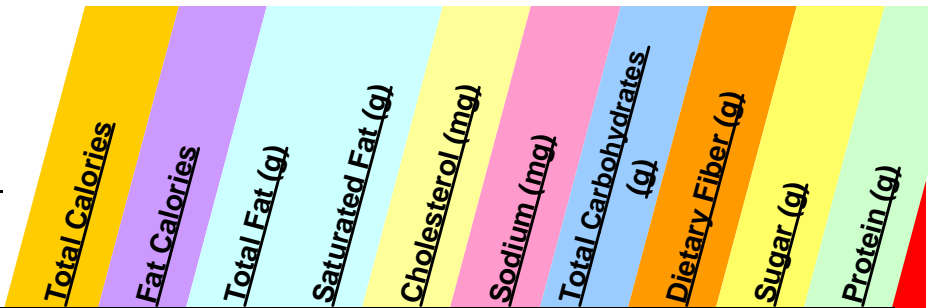




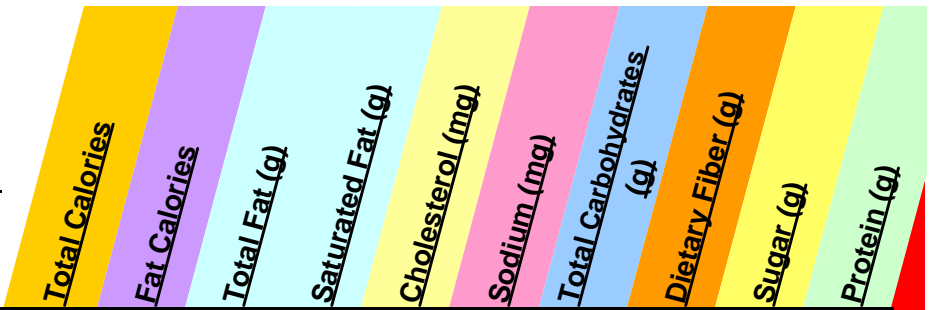
Nutrition calculations include entrée, sides and condiments as described on menu. Side order nutrition information is listed separately for any substitutions.



	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>MUNCHIES &amp; STARTERS: as stated on menu</b>										
<b>JUMBO FRONIONS®</b>	1430	810	90	13	30	2970	140	7	31	14
Allergens: Egg, Milk, Soy, Wheat										
<b>LOADED WAFFLE FRIES</b>	1650	1000	112	28	100	4720	123	9	7	31
Allergens: Egg, Milk, Soy, Wheat										
<b>MINI MOZZARELLA CHEESE STICKS</b>	680	360	40	14	60	1870	55	3	5	23
Allergens: Milk, Soy, Wheat										
<b>CHICKEN QUESEDILLA</b>	570	320	35	18	100	1340	29	3	5	35
Allergens: Milk, Soy, Wheat										
<b>KICKIN™ BUFFALO CHICKEN STRIPS</b>	1090	800	88	21	140	2740	39	4	5	35
Allergens: Egg, Milk, Soy, Wheat										
<b>Create Your Own Munchie Mania™: Select your choice of 3.</b>										
<b>CHEESE QUESADILLA</b>	530	320	36	16	90	940	31	3	5	20
Allergens: Milk, Soy, Wheat										
<b>CHICKEN QUESADILLA</b>	640	360	40	17	120	1410	32	3	5	35
Allergens: Milk, Soy, Wheat										
<b>MINI MOZZARELLA STICKS</b>	350	180	20	7	30	1010	30	2	3	13
Allergens: Milk, Soy, Wheat										
<b>JUMBO FRONIONS</b>	700	420	47	7	20	1300	63	3	12	6
Allergens: Milk, Egg, Soy, Wheat										
<b>CHEESEBURGER SLIDERS</b>	500	190	21	7	50	1440	57	6	18	20
Allergens: Egg, Milk, Soy, Wheat										
<b>CHICKEN SLIDERS</b>	740	370	42	9	60	1210	69	7	15	23
Allergens: Egg, Milk, Soy, Wheat										
<b>LOADED WAFFLE FRIES</b>	920	580	64	15	60	2510	67	4	4	17
Allergens: Egg, Milk, Soy, Wheat										
<b>WAFFLE FRIES</b>	570	260	29	4	0	1840	71	4	13	6
Allergens: Soy, Wheat										
<b>SUPERMELTS™ SANDWICHES:</b>										
<b>STEAK 'n MUSHROOM SUPERMELT</b>	1150	550	61	19	90	2120	108	7	9	44
Allergens: Egg, Milk, Soy, Wheat										
<b>GRILLED CHICKEN PESTO SUPERMELT</b>	1360	740	82	26	160	2060	98	6	7	59
Allergens: Milk, Soy, Wheat										
<b>BRUSCHETTA MOZZARELLA SUPERMELT</b>	1140	490	54	17	140	1870	105	7	6	57
Allergens: Milk, Soy, Wheat										
<b>CHEDDAR JACK CHICKEN SUPERMELT</b>	1070	440	49	18	140	2270	98	6	5	56
Allergens: Milk, Soy, Wheat										
<b>KICKIN™ BUFFALO CHICKEN SUPERMELT</b>	1430	780	86	25	100	2520	118	7	7	45
Allergens: Egg, Milk, Soy, Wheat										
<b>TURKEY CLUB SUPERMELT</b>	990	410	46	13	80	2220	102	7	9	44
Allergens: Egg, Milk, Soy, Wheat										
<b>REUBEN SUPERMELT</b>	1130	500	56	18	100	2910	105	6	10	54
Allergens: Egg, Milk, Soy, Wheat										
<b>TUNA SUPERMELT</b>	1140	590	66	15	80	1700	98	7	6	39
Allergens: Egg, Fish, Milk, Soy, Wheat										
<b>HONEY BBQ CHICKEN SUPERMELT</b>	1400	680	75	22	110	2160	134	8	23	49
Allergens: Egg, Milk, Soy, Wheat										
<b>QUESADILLAS:</b>										
<b>CHICKEN QUESADILLAS</b>	1330	740	82	41	210	3350	97	4	10	29
Allergens: Egg, Milk, Soy, Wheat										
<b>CHICKEN FAJITA QUESADILLAS</b>	1540	820	91	42	210	3870	106	7	13	74
Allergens: Egg, Milk, Soy, Wheat										



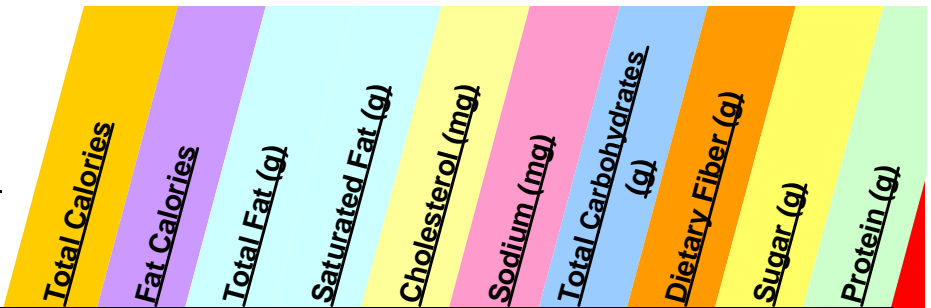
**Nutrition calculations include entrée, sides and condiments as described on menu. Side order nutrition information is listed separately for any substitutions.**



<b>ENTRÉE SALADS:</b>										
* Chicken Caesar salad data includes Caesar dressing.										
<b>STEAK &amp; BLEU CHEESE SALAD</b>	640	300	34	11	120	1240	41	8	9	44
Allergens: Milk, Soy, Wheat										
<b>LF DIJON VINAIGRETTE DRESSING</b>	110	30	3	0	0	1560	21	0	21	0
Allergens: none										
<b>STEAK &amp; BLEU CHEESE ENTRÉE SALAD W/ LF DIJON VII</b>	750	330	37	11	120	2800	62	8	30	44
Allergens: Milk, Soy, Wheat										
<b>CHIPOTLE CHICKEN SALAD</b>	550	200	22	3	80	1440	50	8	7	37
Allergens: Soy, Wheat										
<b>SALSA RANCH DRESSING</b>	170	150	17	3	20	620	5	1	3	2
Allergens: Egg, Milk, Soy										
<b>CHIPOTLE CHICKEN SALAD W/ SALSA RANCH DRESSING</b>	720	350	39	6	100	2060	55	9	10	39
Allergens: Egg, Milk, Soy, Wheat										
<b>APPLE WALNUT CHICKEN SALAD</b>	390	160	18	7	110	1140	22	5	9	38
Allergens: Milk, Tree Nuts										
<b>LITE BALSAMIC VINAIGRETTE</b>	180	140	15	2	0	1230	9	0	9	0
Allergens: Soy										
<b>APPLE WALNUT CHICKEN SALAD W/ LITE BALSAMIC VIN</b>	570	300	33	9	110	2370	31	5	18	38
Allergens: Milk, Soy, Tree Nuts										
<b>CRISPY CHICKEN SALAD</b>	630	340	38	10	260	820	38	6	5	35
Allergens: Egg, Milk, Soy, Wheat										
<b>HONEY MUSTARD DRESSING</b>	360	270	30	5	30	420	24	0	18	0
Allergens: Egg, Soy										
<b>CRISPY CHICKEN SALAD W/ HONEY MUSTARD DRESSING</b>	990	610	68	15	290	1240	62	6	23	35
Allergens: Egg, Milk, Soy, Wheat										
<b>ASIAN CHICKEN SALAD</b>	490	180	20	3	80	1200	41	6	21	36
Allergens: Soy, Tree Nut, Wheat										
<b>SESAME ORIENTAL DRESSING</b>	270	120	14	2	0	960	36	0	30	0
Allergens: Soy, Wheat										
<b>ASIAN CHICKEN SALAD W/ SESAME ORIENTAL DRESSING</b>	760	300	34	5	80	2160	77	6	51	36
Allergens: Soy, Tree Nut, Wheat										
<b>CHICKEN CAESAR SALAD*</b>	1030	760	84	16	220	2010	32	3	10	47
Allergens: Egg, Fish, Milk, Wheat										
<b>KICKIN'™ BUFFALO CHICKEN SALAD</b>	710	420	47	9	90	1370	42	7	5	29
Allergens: Egg, Milk, Soy, Wheat										
<b>BLEU CHEESE DRESSING</b>	470	430	48	11	60	720	3	0	3	6
Allergens: Egg, Milk, Soy										
<b>KICKIN' BUFFALO CHICKEN SALAD W/ BLEU CHEESE DR</b>	1180	850	95	20	150	2090	45	7	8	35
Allergens: Egg, Milk, Soy, Wheat										



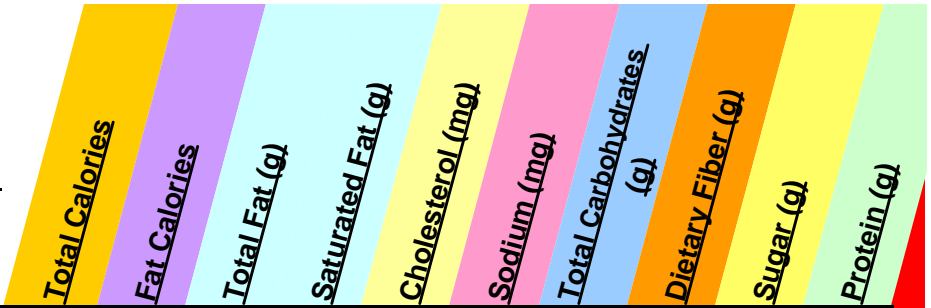
**Nutrition calculations include entrée, sides and condiments as described on menu. Side order nutrition information is listed separately for any substitutions.**



	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>ENTRÉE SALAD DRESSINGS:</b>										
<b>LF DIJON VINAIGRETTE DRESSING</b>	110	30	3	0	0	1560	21	0	21	0
Allergens: None										
<b>LITE PEPPERCORN PARMESAN DRESSING</b>	230	190	21	5	20	630	6	0	3	3
Allergens: Egg, Milk, Soy										
<b>SALSA RANCH DRESSING</b>	170	150	17	3	20	620	5	1	3	2
Allergens: Egg, Milk, Soy										
<b>HONEY MUSTARD DRESSING</b>	360	270	30	5	30	420	24	0	18	0
Allergens: Egg, Soy										
<b>SESAME ORIENTAL DRESSING</b>	270	120	14	2	0	960	36	0	30	0
Allergens: Soy, Wheat										
<b>BLEU CHEESE DRESSING</b>	470	430	48	11	60	720	3	0	3	6
Allergens: Egg, Milk, Soy										
<b>THOUSAND ISLAND DRESSING</b>	390	320	36	6	20	840	15	0	12	0
Allergens: Egg, Soy										
<b>RANCH DRESSING</b>	330	300	33	6	30	750	3	0	3	3
Allergens: Egg, Milk, Soy										
<b>BALSAMIC VINAIGRETTE</b>	180	140	15	2	0	1230	9	0	9	0
Allergens: Soy										
<b>ITALIAN</b>	410	0	42	6	0	690	6	0	6	0
Allergens: Soy										
<b>SIDE SALADS:</b>										
* Caesar salad data includes Caesar dressing. Side Salad, add data for selected dressing.										
<b>SIDE GARDEN SALAD NO DRESSING</b>	60	10	1	0	0	110	10	2	2	2
Allergens: Milk, Soy, Wheat										
<b>SIDE CAESAR SALAD W/CAESAR DR</b>	410	320	36	7	70	640	15	1	5	9
Allergens: Egg, Fish, Milk, Soy, Wheat										
<b>SIDE SALAD DRESSINGS:</b>										
<b>LF DIJON VINAIGRETTE DRESSING</b>	60	10	2	0	0	780	11	0	11	0
Allergens: None										
<b>LITE PEPPERCORN PARMESAN DRESSING</b>	80	60	7	3	10	210	2	0	1	1
Allergens: Egg, Milk, Soy										
<b>SALSA RANCH DRESSING</b>	90	70	8	2	10	310	2	1	2	1
Allergens: Egg, Milk, Soy										
<b>HONEY MUSTARD DRESSING</b>	180	140	15	2	20	210	12	0	9	0
Allergens: Egg, Soy										
<b>SESAME ORIENTAL DRESSING</b>	130	60	7	1	0	480	18	0	15	0
Allergens: Soy, Wheat										
<b>BLEU CHEESE DRESSING</b>	240	220	24	5	30	360	2	0	2	3
Allergens: Egg, Milk, Soy										
<b>RANCH DRESSING</b>	160	150	17	3	20	380	2	0	2	2
Allergens: Egg, Milk, Soy										
<b>THOUSAND ISLAND DRESSING</b>	190	160	18	3	10	420	8	0	6	0
Allergens: Egg, Soy										
<b>BALSAMIC VINAIGRETTE</b>	90	70	8	1	0	620	5	0	5	0
Allergens: Soy										
<b>ITALIAN DRESSING</b>	210	190	21	3	0	350	3	0	3	0
Allergens: Soy										
<b>FAT-FREE ITALIAN DRESSING</b>	30	0	0	0	0	420	8	0	6	0
Allergens: Soy										



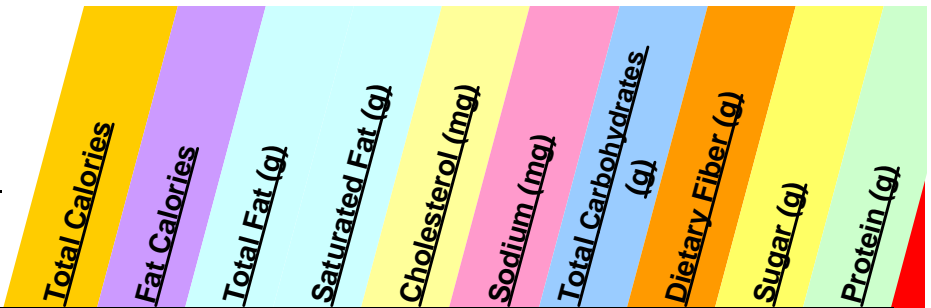
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	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>SOUPS:</b> Nutritional calculation includes soup and saltine crackers.										
<b>CUP CHUNKY CHICKEN NOODLE</b>	280	90	10	3	70	1970	31	2	4	20
Allergens: Egg, Milk, Soy, Wheat										
<b>BOWL CHUNKY CHICKEN NOODLE</b>	560	160	18	6	140	3940	62	4	8	40
Allergens: Egg, Milk, Soy, Wheat										
<b>CUP MINESTRONE</b>	90	10	1	0	0	620	15	2	2	4
Allergens: Egg, Soy, Wheat										
<b>BOWL MINESTRONE</b>	170	20	3	0	0	1230	31	5	5	7
Allergens: Egg, Soy, Wheat										
<b>CUP BROCCOLI CHEDDAR</b>	200	110	13	7	40	780	14	1	3	7
Allergens: Milk, Soy, Wheat										
<b>BOWL BROCCOLI CHEDDAR</b>	390	230	25	14	70	1560	28	2	6	13
Allergens: Milk, Soy, Wheat										
<b>CUP HOMESTYLE CLAM CHOWDER</b>	270	160	18	10	60	890	17	1	3	11
Allergens: Fish, Milk, Soy, Wheat										
<b>BOWL HOMESTYLE CLAM CHOWDER</b>	540	320	36	20	130	1790	34	2	6	21
Allergens: Fish, Milk, Soy, Wheat										
<b>CHILI - CUP</b>	270	150	16	6	40	910	18	3	3	14
Allergens: Milk, Soy, Wheat										
<b>CHILI - BOWL</b>	540	290	33	12	80	1820	36	7	5	27
Allergens: Milk, Soy, Wheat										
<b>WRAPS &amp; SANDWICHES:</b>										
<b>CRISPY CHICKEN WRAP</b>	1140	490	54	8	60	1610	132	10	14	31
Allergens: Egg, Milk, Soy, Wheat										
<b>CRISPY CHICKEN CAESAR WRAP</b>	1500	840	94	18	160	2300	123	9	7	43
Allergens: Egg, Fish, Milk, Soy, Wheat										
<b>BUFFALO CHICKEN WRAP</b>	1510	840	94	19	130	2640	123	9	6	42
Allergens: Egg, Milk, Soy, Wheat										
<b>GRILLED CHICKEN DELUXE</b>	1000	410	45	9	90	1810	108	8	15	43
Allergens: Egg, Soy, Wheat										
<b>BIG BEEF® BURGERS:</b>										
<b>ALL AMERICAN BURGER</b>	1190	610	68	19	120	1170	103	8	12	43
Allergens: Egg, Soy, Wheat										
<b>ADD CHEESE</b>	90	60	7	5	20	380	1	0	0	4
Allergens: Milk										
<b>ADD BACON</b>	60	50	5	2	20	200	0	0	0	4
Allergens: None										
<b>MUSHROOM SWISS BACON BURGER</b>	1570	900	100	33	190	2040	109	7	15	61
Allergens: Egg, Milk, Soy, Wheat										
<b>BBQ FRONION BURGER</b>	1560	820	91	30	160	2020	134	8	21	55
Allergens: Egg, Milk, Soy, Wheat										
<b>ULTIMATE BACON CHEESE BURGER</b>	1400	770	86	29	170	2040	103	7	11	55
Allergens: Egg, Milk, Soy, Wheat										
<b>SOFT PRETZEL BACON BURGER</b>	1420	710	79	29	190	1360	119	7	11	58
Allergens: Egg, Milk, Soy, Wheat										
<b>THE VERMONT</b>	1420	780	87	32	190	1530	102	7	4	59
Allergens: Egg, Milk, Soy, Wheat										



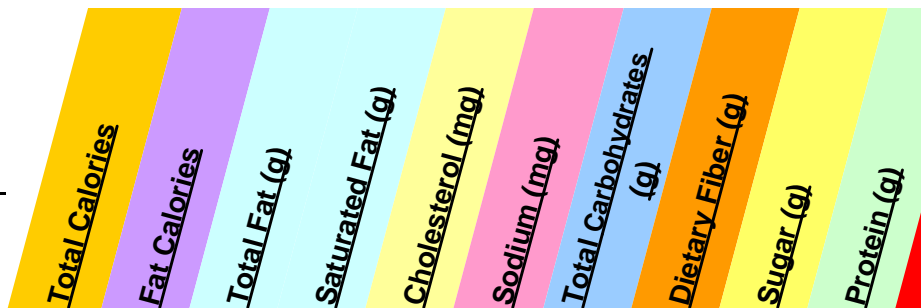
Nutrition calculations include entrée, sides and condiments as described on menu. Side order nutrition information is listed separately for any substitutions.



	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>BIG BEEF® BURGERMELTS:</b>										
<b>DELUXE CHEESE BURGERMELT "SET-UP"</b>	1180	670	75	25	140	1310	83	7	5	44
Allergens: Egg, Milk, Soy, Wheat										
<b>SWISS PATTY BURGERMELT</b>	1360	700	78	27	150	1220	110	8	12	56
Allergens: Milk, Soy, Wheat										
<b>ZESTY QUESTO BURGERMELT</b>	1380	710	79	26	140	2410	117	7	8	53
Allergens: Milk, Soy, Wheat										
<b>ULTIMATE GRILLED CHEESE BURGERMELT</b>	1500	870	97	38	180	2090	101	9	4	54
Allergens: Egg, Milk, Soy, Wheat										
<b>SUBSTITUTES: GRILLED CHICKEN, BOCA BURGER FOR BIG BEEF® BURGER</b>										
<b>BOCA BURGER PATTY</b>	180	60	7	2	10	410	8	5	0	20
Allergens: Milk, Soy, Wheat										
<b>GRILLED CHICKEN BREAST</b>	170	50	5	1	80	720	2	0	0	29
Allergens: None										
<b>BIG BEEF® BURGER</b>	390	270	30	12	110	110	0	0	0	29
Allergens: None										
<b>STEAK &amp; SEAFOOD:</b>										
<b>SIRLOIN STEAK TIPS</b>	1140	460	51	19	200	3350	92	13	28	77
Allergens: Fish, Milk, Soy										
<b>GRILLED FLOUNDER</b>	980	430	48	10	80	3070	100	7	10	38
Allergens: Fish, Milk, Soy, Wheat										
<b>CLAMBOAT BASKET</b>	1710	920	102	15	90	3340	170	11	19	28
Allergens: Egg, Milk, Soy, Wheat										
<b>NEW ENGLAND FISH 'N CHIPS</b>	1150	630	70	10	80	2120	106	9	15	25
Allergens: Egg, Milk, Soy, Wheat										
<b>SHRIMP BASKET</b>	1090	540	60	7	180	3290	110	9	17	27
Allergens: Egg, Milk, Shellfish, Soy, Wheat										
<b>SIGNATURE CHICKEN ENTRÉES:</b>										
<b>CHICKEN STRIPS BASKET - 5 strips no dipping sauce</b>	1030	520	58	8	90	1330	93	8	9	37
Allergens: Egg, Soy, Wheat										
<b>BBQ SAUCE</b>	90	0	0	0	0	410	20	0	11	0
Allergens: Egg, Soy, Wheat										
<b>HONEY MUSTARD SAUCE</b>	180	140	15	2	20	210	12	0	9	0
Allergens: Egg, Soy										
<b>CHICKEN STRIPS BASKET - 6 strips no dipping sauce</b>	1140	580	64	9	100	1510	99	9	9	43
Allergens: Egg, Soy, Wheat										
<b>BBQ SAUCE</b>	90	0	0	0	0	410	20	0	11	0
Allergens: Egg, Soy, Wheat										
<b>HONEY MUSTARD SAUCE</b>	180	140	15	2	20	210	12	0	9	0
Allergens: Egg, Soy										
<b>HONEY BBQ CHICKEN STRIPS - 5 strips</b>	1560	670	74	11	110	2240	188	8	88	38
Allergens: Egg, Milk, Soy, Wheat										
<b>HONEY BBQ CHICKEN STRIPS - 6 strips</b>	1670	720	81	12	120	2430	195	9	88	45
Allergens: Egg, Milk, Soy, Wheat										
<b>KICKIN' BUFFALO CHICKEN STRIPS - 5 strips</b>	1530	980	109	13	150	2860	97	8	10	40
Allergens: Egg, Milk, Soy, Wheat										
<b>KICKIN' BUFFALO CHICKEN STRIPS - 6 strips</b>	1640	1040	115	14	160	3040	104	9	10	46
Allergens: Egg, Milk, Soy, Wheat										



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	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>CREATE YOUR OWN CHICKEN STRIPS ENTRÉE 5 STRIPS: as pictured on menu (Honey BBQ/Kickin Buffalo)</b>										
<i>Create Your Own Chicken Strips Entrée</i>	1750	1010	112	16	150	2920	144	8	51	41
Allergens: Egg, Milk, Soy, Wheat										
<b>CREATE YOUR OWN CHICKEN STRIPS ENTRÉE 6 STRIPS: as pictured on menu (Honey BBQ/Kickin Buffalo)</b>										
<i>Create Your Own Chicken Strips Entrée</i>	1860	1060	118	17	160	3100	151	9	51	48
Allergens: Egg, Milk, Soy, Wheat										
<b>*PUT 2 &amp; 2 TOGETHER: PICK TWO ITEMS FROM LIST BELOW:</b>										
<b>*Please see Sides nutritional information for choice of two sides selections. Garlic Bread is listed separately below.</b>										
<b>2+2 GRILLED FLOUNDER</b>	260	150	16	3	40	940	15	2	1	15
Allergens: Fish, Milk, Soy, Wheat										
<b>2+2 FRIED SHRIMP</b>	330	160	17	2	90	1900	32	2	11	12
Allergens: Egg, Milk, Shellfish, Soy, Wheat										
<b>2+2 SIRLOIN STEAK TIPS</b>	410	150	16	5	90	2320	31	5	17	35
Allergens: Fish, Milk, Soy										
<b>2+2 CHICKEN STRIPS with Honey Mustard sauce</b>	510	310	34	5	60	760	31	2	10	19
Allergens: Egg, Milk, Soy, Wheat										
<b>2+2 CHICKEN STRIPS with BBQ Sauce</b>	410	170	19	3	50	960	39	2	12	19
Allergens: Egg, Milk, Soy, Wheat										
<b>2+2 HONEY BBQ CHICKEN STRIPS</b>	670	320	36	6	60	1190	68	2	41	21
Allergens: Egg, Milk, Soy, Wheat										
<b>2+2 KICKIN BUFFALO CHICKEN STRIPS</b>	690	510	57	8	90	1490	22	2	2	22
Allergens: Egg, Milk, Soy, Wheat										
<b>GARLIC BREAD</b>	130	50	6	1	0	190	18	0	1	3
Allergens: Milk, Soy, Wheat										
<b>FRIENDLYS SIDES:</b>										
<b>FRIES</b>	330	130	14	1	0	160	48	4	0	4
Allergens: None										
<b>WAFFLE FRIES</b>	590	300	33	5	0	1430	67	5	1	7
Allergens: Wheat										
<b>MIXED VEGETABLES</b>	110	50	6	3	0	110	13	4	6	3
Allergens: Milk, Soy										
<b>CORN</b>	160	70	7	3	0	70	20	4	9	4
Allergens: Milk, Soy										
<b>BROCCOLI</b>	80	50	6	5	0	80	5	3	2	3
Allergens: Milk, Soy										
<b>RICE</b>	210	30	3	0	0	900	41	0	2	3
Allergens: Soy										
<b>SPANISH RICE</b>	330	130	15	6	0	1200	41	0	2	7
Allergens: Soy										
<b>HOMESTYLE MASHED POTATOES</b>	240	110	12	7	30	160	29	2	4	4
Allergens: Milk										
<b>COLE SLAW</b>	160	110	12	2	10	260	13	2	8	1
Allergens: Egg, Soy										
<b>APPLE SLICES</b>	100	0	0	0	0	0	26	5	20	1
Allergens: None										
<b>APPLESAUCE</b>	110	0	0	0	0	0	27	1	25	0
Allergens: None										



Nutrition calculations include entrée, sides and condiments as described on menu. Side order nutrition information is listed separately for any substitutions.

	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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<b>MANDARIN ORANGES</b>	80	0	0	0	0	10	20	0	18	0
Allergens: None										
<b>CARROT &amp; CELERY STICKS W/Ranch Dressing</b>	100	60	7	3	10	260	6	2	3	2
Allergens: Egg, Milk, Soy										
<b>*FRIENDLY'S ORIGINALS:</b>										
<b>FRIENDLY'S BLT</b>	990	520	57	13	40	1110	99	7	7	21
Allergens: Egg, Milk, Soy, Wheat										
<b>GRILLED CHEESE</b>	790	330	37	12	30	1280	96	6	4	20
Allergens: Milk, Soy, Wheat										
<b>FISHAMAJIG</b>	970	450	51	14	70	1520	99	7	5	30
Allergens: Egg, Fish, Milk, Soy, Wheat										
<b>TUNA ROLL</b>	920	520	57	10	60	1080	73	6	5	28
Allergens: Egg, Fish, Milk, Soy, Wheat										
<b>FRIENDLY FRANK</b>	750	400	44	13	30	1070	73	5	5	15
Allergens: Milk, Soy, Wheat										
<b>*FOR OUR GUESTS 60 AND OVER:</b>										
<b>TURKEY CLUB SUPERMELT</b>	990	410	35	14	90	2290	53	3	10	45
Allergens: Egg, Milk, Soy, Wheat										
<b>FRIENDLY'S BIG BEEF BURGER</b>	1190	610	54	18	120	1210	55	4	12	39
Allergens: Milk, Soy, Wheat										
<b>ADD CHEESE</b>	90	60	7	5	20	380	1	0	0	4
Allergens: Milk										
<b>ADD BACON</b>	60	50	5	2	20	200	0	0	0	4
Allergens: None										
<b>GRILLED CHICKEN DELUXE SANDWICH</b>	1000	410	45	9	90	1810	108	8	15	43
Allergens: Egg, Milk, Soy, Wheat										
<b>FISHAMAJIG</b>	970	450	51	14	70	1520	99	7	5	30
Allergens: Egg, Fish, Milk, Soy, Wheat										
<b>TUNA ROLL</b>	920	520	57	10	60	1080	73	6	5	28
Allergens: Egg, Fish, Milk, Soy, Wheat										
<b>CLAMBOAT PLATTER</b>	1380	760	84	12	80	2460	136	10	17	21
Allergens: Egg, Milk, Soy, Wheat										
<b>HAPPY ENDING SUNDAE: As pictured on menu (Hot Fudge on Vanilla Ice Cream)</b>										
<b>HAPPY ENDING HOT FUDGE SUNDAE</b>	330	150	17	11	60	110	40	1	30	5
Allergens: Milk, Soy										
<b>FOUNTAIN BEVERAGES: FRIBBLE IT!</b>										
<b>DOUBLE THICK MILKSHAKE - VANILLA</b>	770	290	32	21	110	270	106	0	92	15
Allergens: Milk										
<b>DOUBLE THICK MILKSHAKE - CHOCOLATE</b>	700	290	32	21	110	300	85	1	73	21
Allergens: Milk										
<b>DOUBLE THICK MILKSHAKE - STRAWBERRY</b>	740	240	27	16	100	390	110	0	93	16
Allergens: Milk										
<b>DOUBLE THICK MILKSHAKE - COFFEE</b>	770	290	32	18	110	270	107	0	89	15
Allergens: Milk										
<b>MALT POWDER</b>	90	20	2	1	10	100	15	0	10	2
Allergens: Milk, Wheat										
<b>FRIBBLE SHAKE - VANILLA</b>	620	170	19	12	60	360	100	0	88	16
Allergens: Milk										



**Nutrition calculations include entrée, sides and condiments as described on menu. Side order nutrition information is listed separately for any substitutions.**

	<i>Total Calories</i>	<i>Fat Calories</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Dietary Fiber (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
<b>FRIBBLE SHAKE - CHOCOLATE</b>	590	150	17	11	50	420	94	1	78	19
Allergens: Milk										
<b>FRIBBLE SHAKE - STRAWBERRY</b>	610	170	19	12	60	420	93	0	78	16
Allergens: Milk										
<b>FRIBBLE SHAKE - COFFEE</b>	630	170	19	12	60	360	102	0	85	16
Allergens: Milk										
<b>FRIBBLE SHAKE - BUTTERFINGER</b>	990	300	33	20	70	520	155	2	125	19
Allergens: Milk, Peanut										
<b>OREO FREEZE</b>	770	230	25	16	70	530	120	2	93	18
Allergens: Milk, Soy, Wheat										
<b>BARQ'S FLOAT</b>	580	170	19	14	70	150	98	0	89	6
Allergens: Milk										
<b>BANANA SMOOTHIE</b>	520	40	4	2	20	280	104	1	71	17
Allergens: Milk										
<b>STRAWBERRY BANANA SMOOTHIE</b>	520	40	4	2	20	290	105	2	73	17
Allergens: Milk										
<b>PINEAPPLE SMOOTHIE</b>	590	40	4	2	20	290	122	1	91	16
Allergens: Milk										
<b>WATERMELON SLAMMER</b>	450	40	4	3	20	80	100	0	76	3
Allergens: Milk										
<b>ORANGE SLAMMER</b>	600	40	4	3	20	80	138	0	115	3
Allergens: Milk										
<b>BEVERAGES:</b>										
<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>FRESH BREWED ICED 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>ORANGE JUICE - SMALL</b>	130	0	0	0	0	0	29	0	25	2
Allergens: None										



**Nutrition calculations include entrée, sides and condiments as described on menu. Side order nutrition information is listed separately for any substitutions.**

	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>ORANGE JUICE - LARGE</b>	210	0	0	0	0	0	49	0	41	4
Allergens: None										
<b>TOMATO JUICE - SMALL</b>	60	0	0	0	0	770	11	2	8	2
Allergens: None										
<b>TOMATO JUICE - LARGE</b>	90	0	0	0	0	1280	19	4	13	4
Allergens: None										
<b>CRANBERRY JUICE - SMALL</b>	150	0	0	0	0	40	37	0	37	0
Allergens: None										
<b>CRANBERRY JUICE - LARGE</b>	250	0	0	0	0	70	62	0	62	0
Allergens: None										
<b>GRAPEFRUIT JUICE - SMALL</b>	120	0	0	0	0	80	27	0	23	2
Allergens: None										
<b>GRAPEFRUIT JUICE - LARGE</b>	190	0	0	0	0	130	45	0	38	4
Allergens: None										
<b>APPLE JUICE - SMALL</b>	120	0	0	0	0	40	32	0	32	0
Allergens: None										
<b>APPLE JUICE - LARGE</b>	210	0	0	0	0	70	53	0	53	0
Allergens: None										
<b>BOTTLED WATER</b>	0	0	0	0	0	0	0	0	0	0
Allergens: None										
<b>*SODA (FREE REFILLS) Data based on one individual serving, no refill.</b>										
<b>COCA COLA</b>	200	0	0	0	0	10	51	0	51	0
Allergens: None										
<b>SPRITE</b>	190	0	0	0	0	40	49	0	49	0
Allergens: None										
<b>FANTA ORANGE</b>	210	0	0	0	0	0	54	0	54	0
Allergens: None										
<b>BARQ'S ROOT BEER</b>	220	0	0	0	0	50	56	0	56	0
Allergens: None										
<b>MINUTE MAID LEMONADE</b>	190	0	0	0	0	80	49	0	49	0
Allergens: None										
<b>DIET COKE</b>	0	0	0	0	0	20	0	0	0	0
Allergens: None										
<b>GOLD PEAK UNSWEETENED BLACK TEA</b>	10	0	0	0	0	10	2	1	1	0
Allergens: None										
<b>GOLD PEAK SWEETENED BLACK TEA</b>	100	0	0	0	0	10	26	1	25	0
Allergens: None										
<b>GOLD PEAK CITRUS WHITE TEA</b>	110	0	0	0	0	10	28	1	27	0
Allergens: None										
<b>GOLD PEAK SWEETENED GREEN TEA</b>	110	0	0	0	0	10	28	1	26	0
Allergens: None										



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**Total Calories**

**Fat Calories**

**Total Fat (g)**

**Saturated Fat (g)**

**Cholesterol (mg)**

**Sodium (mg)**

**Total Carbohydrates (g)**

**Dietary Fiber (g)**

**Sugar (g)**

**Protein (g)**

**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 JUNE, 2010



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