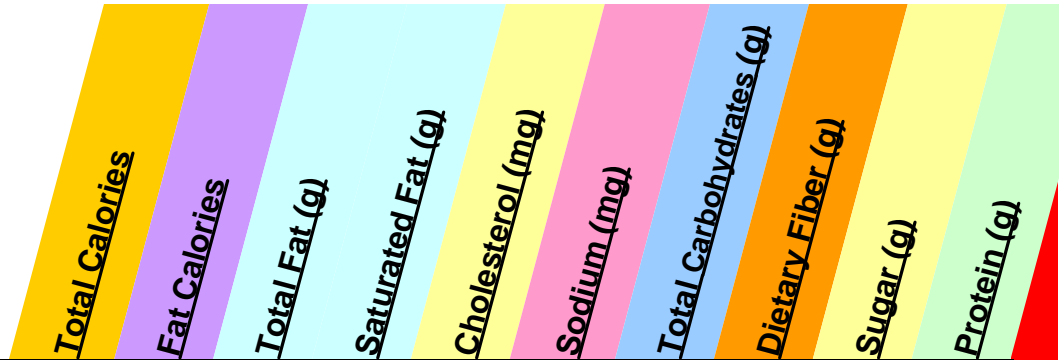


MENU NUTRITIONAL INFORMATION  
Adult Breakfast Menu March 2010



**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>SUPER SIZZLIN' BREAKFASTS : DATA FOR BREAKFAST MEAT, HOMEFRIES AND ORANGE SLICE ONLY. ADD DATA FROM CHOICE OF EGGS (3) AND TOAST/MUFFINS BELOW</b>										
<b>SUPER SIZZLIN/COMBO</b>	550	320	36	11	60	1000	43	4	1	15
<b>SUPER SIZZLIN BACON</b>	410	190	21	5	30	930	42	4	1	13
<b>SUPER SIZZLIN SAUSAGE</b>	690	450	50	17	80	1070	43	4	1	17
<b>SUPER SIZZLIN HAM</b>	450	160	18	4	80	1800	45	4	4	26
<b>SWEET CREATIONS: AS STATED ON MENU</b>										
<b>DOUBLE CHOCOLATE PANCAKES</b>	1270	250	27	13	90	1950	244	2	136	15
<b>APPLE CARAMEL WALNUT PANCAKES</b>	1540	270	30	11	120	2290	297	8	140	21
<b>CARAMEL CINNAMON SWIRL FRENCH TOAST</b>	2090	510	57	28	170	1610	374	4	214	23
<b>STRAWBERRY FILLS FOREVER</b>	1380	310	35	18	230	1480	245	7	156	22
<b>FLAVORED SYRUPS: 1.0 OZ SELF-SERVE PORTION</b>										
<b>STRAWBERRY PANCAKE SYRUP</b>	110	0	0	0	0	30	27	0	18	0
<b>CARAMEL PANCAKE SYRUP</b>	120	0	0	0	0	30	29	0	18	0
<b>SWISS CHOCOLATE PANCAKE SYRUP</b>	110	0	0	0	0	20	28	0	19	0
<b>PANCAKES, FRENCH TOAST WITH SYRUP: ADD DATA FROM CHOICE OF BREAKFAST MEAT (3) BACON OR SAUSAGE, FRUIT TOPPING</b>										
<b>BUTTERMILK PANCAKES</b>	930	160	17	8	80	2140	175	5	61	14
<b>FRENCH TOAST</b>	760	180	20	9	140	1220	128	3	55	16

MENU NUTRITIONAL INFORMATION  
Adult Breakfast Menu March 2010



*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

*BREAKFAST INGREDIENTS FOR FRIENDLY'S FAVORITES, SENIOR BREAKFASTS AND BREAKFAST SIDES AND EGGS COOKED YOUR WAY											
*Please use the data below for your custom designed breakfast. Use this for your selections from the above categories.											
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)	
SAUSAGE - 2	200	170	19	7	40	270	0	0	0	6	
SAUSAGE - 3	300	260	29	11	60	410	1	0	0	9	
SAUSAGE - 4	390	340	38	15	80	540	1	0	0	12	
BACON - 2	60	50	5	2	20	200	0	0	0	4	
BACON - 3	90	60	7	3	20	300	0	0	0	6	
BACON - 4	120	80	9	3	30	400	0	0	0	8	
HICKORY SMOKED HAM	100	40	4	2	50	850	2	0	2	14	
TRI-TIP STEAK	350	170	19	8	120	850	0	0	2	44	
TWO PANCAKES	500	160	17	7	50	1440	77	3	15	9	
PANCAKE SYRUP	240	0	0	0	0	30	58	0	38	0	
HOMEFRIES	290	110	12	2	0	530	41	4	1	5	
1 EGG SUNNY	90	60	7	2	210	90	0	0	0	6	
2 EGGS SUNNY	180	130	14	4	420	190	1	0	1	13	
3 EGGS SUNNY	270	190	21	6	630	280	1	0	1	19	
1 EGG SCRAMBLED	110	70	8	2	240	80	1	0	1	7	
2 EGGS SCRAMBLED	220	150	16	3	470	190	3	0	3	14	
1 EGG POACHED	70	50	5	2	210	150	0	0	0	6	
2 EGGS POACHED	140	90	10	3	420	290	1	0	1	13	

MENU NUTRITIONAL INFORMATION  
Adult Breakfast Menu March 2010



<u>Menu Item</u>	<u>Total Calories</u>	<u>Fat Calories</u>	<u>Total Fat (g)</u>	<u>Saturated Fat (g)</u>	<u>Cholesterol (mg)</u>	<u>Sodium (mg)</u>	<u>Total Carbohydrates (g)</u>	<u>Dietary Fiber (g)</u>	<u>Sugar (g)</u>	<u>Protein (g)</u>
<b>3 EGGS POACHED</b>	210	140	15	5	630	440	1	0	1	19
<b>1 EGGBEATER SCRAMBLED</b>	50	20	3	0	0	130	1	0	1	8
<b>2 EGGBEATERS SCRAMBLED</b>	100	50	5	0	0	250	1	0	1	16
<b>3 EGGBEATERS SCRAMBLED</b>	160	70	8	0	0	380	2	0	2	24
<b>WHITE TOAST</b>	200	90	10	5	0	320	23	2	1	4
<b>WHEAT TOAST</b>	200	90	10	5	0	300	22	2	3	5
<b>RYE TOAST</b>	340	110	12	5	0	470	48	2	4	10
<b>ENGLISH MUFFIN</b>	310	100	11	5	0	460	45	2	2	8
<b>GRAPE JELLY</b>	60	0	0	0	0	0	14	0	14	0
<b>ORANGE MARMALADE</b>	40	0	0	0	0	0	10	0	4	0
<b>CRANBERRY MUFFIN</b>	630	360	40	10	100	580	59	2	33	8
<b>BLUEBERRY MUFFIN</b>	610	320	36	10	110	630	64	1	37	7
<b>BAGEL</b>	350	100	11	5	0	520	55	5	5	10
<b>BAGEL WITH CREAM CHEESE</b>	440	170	19	9	30	640	57	5	6	11
<b>CEREAL - RAISEN BRAN CRUNCH</b>	370	30	3	1	10	390	77	6	40	11
<b>CEREAL - FROOT LOOPS</b>	250	30	3	2	10	280	46	1	27	8
<b>BANANA</b>	40	0	0	0	0	0	9	0	6	0
<b>PINEAPPLE TOPPING</b>	240	0	0	0	0	30	60	1	54	0
<b>STRAWBERRY TOPPING</b>	190	0	0	0	0	40	48	4	44	1

MENU NUTRITIONAL INFORMATION  
Adult Breakfast Menu March 2010



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

BUILD YOUR OWN BREAKFAST OMELETTE: START WITH THREE FARM-FRESH EGGS.											
ADD DATA FOR VEGETABLES, MEAT, CHEESE. PLEASE SEE BREAKFAST INGREDIENTS FOR DATA ON HOMEFRIES, TOAST & JELLY.											
OMELETTE EGGS/ORANGE SLICE	370	270	30	7	660	320	5	0	4	19	
<b>CHEESE: CHOOSE 1 TYPE</b>											
AMERICAN CHEESE	90	60	7	5	20	380	1	0	0	4	
SWISS CHEESE	160	110	12	8	40	170	2	0	2	12	
CHEDDAR CHEESE	160	130	14	9	0	280	0	0	0	10	
MIXED CHEESE	110	80	9	5	30	180	1	0	0	7	
<b>BREAKFAST MEAT: CHOOSE ONE TYPE</b>											
BACON	70	50	6	2	20	230	0	0	0	6	
BREAKFAST HAM	50	20	2	2	30	430	1	0	2	7	
SAUSAGE LINKS	200	170	19	7	40	270	0	0	0	6	
<b>VEGETABLES: CHOOSE 1 TYPE</b>											
ONION AND PEPPER COMBO	20	0	0	0	0	0	2	1	1	0	
ONIONS	20	0	0	0	0	0	2	1	1	1	
GREEN PEPPERS	20	0	0	0	0	0	4	1	1	1	
DICED TOMATOES	10	0	0	0	0	0	2	1	2	1	
SAUTEED MUSHROOMS	20	0	0	0	0	140	4	0	2	2	

MENU NUTRITIONAL INFORMATION  
Adult Breakfast Menu March 2010



Menu Item

*Total Calories*

*Fat Calories*

*Total Fat (g)*

*Saturated Fat (g)*

*Cholesterol (mg)*

*Sodium (mg)*

*Total Carbohydrates (g)*

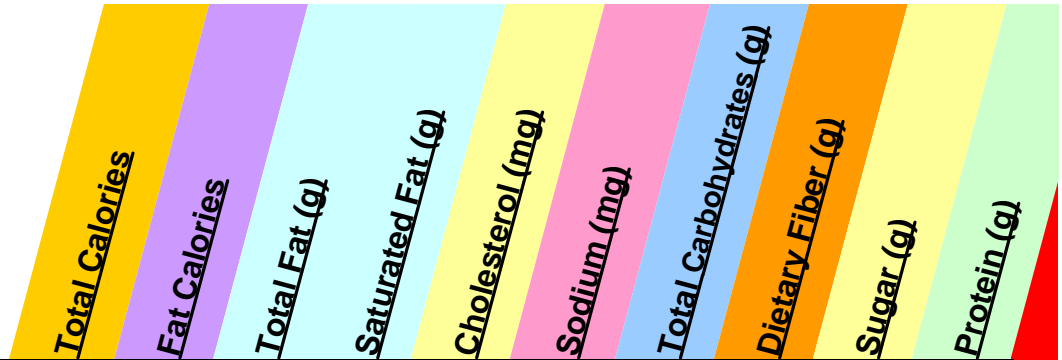
*Dietary Fiber (g)*

*Sugar (g)*

*Protein (g)*

THREE EGG OMELETTES: AS STATED ON MENU. PLEASE SEE BREAKFAST INGREDIENTS FOR DATA ON HOMEFRIES, TOAST/MUFFIN AND JELLY.										
<i>HAM &amp; CHEESE OMELETTE</i>	580	390	43	16	820	1630	9	0	7	50
<i>WESTERN OMELETTE</i>	640	410	45	18	800	1150	12	1	8	45
<i>THREE CHEESE &amp; BACON OMELETTE</i>	580	400	44	16	760	860	8	0	5	39
<i>GARDEN OMELETTE</i>	570	380	43	17	760	640	11	1	7	36

MENU NUTRITIONAL INFORMATION  
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Menu Item

BUILD YOUR OWN BREAKFAST SUPERMELT. PLEASE SEE BREAKFAST INGREDIENTS FOR DATA ON HOMEFRIES.										
ADD DATA FOR CHOICE OF BREAD, BREAKFAST MEAT AND CHEESE.										
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>FARM FRESH EGGS/ORANGE SLICE</b>	130	80	9	3	370	120	2	0	1	11
<b>BREAD: PICK ONE TYPE</b>										
<b>GRILLED SOURDOUGH BREAD</b>	330	110	12	4	0	540	46	2	4	10
<b>GRILLED HONEY DILL RYE BREAD</b>	340	110	12	4	0	460	48	2	4	10
<b>GRILLED WHITE PULLMAN BREAD</b>	260	100	11	5	0	460	34	1	0	5
<b>GRILLED WHITE BREAD</b>	200	90	10	4	0	310	23	2	1	4
<b>GRILLED WHEAT BREAD</b>	190	90	10	4	0	290	22	2	3	5
<b>BAGEL - TOASTED</b>	350	90	10	4	0	510	55	5	5	10
<b>ENGLISH MUFFIN - TOASTED</b>	270	100	11	4	0	360	38	1	2	7
<b>CHEESE: PICK ONE TYPE</b>										
<b>AMERICAN CHEESE</b>	90	60	7	5	20	380	1	0	0	4
<b>SWISS CHEESE</b>	160	110	12	8	40	170	2	0	2	12
<b>CHEDDAR CHEESE</b>	160	130	14	9	0	280	0	0	0	10
<b>MOZZARELLA CHEESE</b>	150	90	10	5	20	260	2	0	0	12
<b>BREAKFAST MEAT: PICK ONE TYPE</b>										
<b>BACON</b>	70	50	6	2	20	230	0	0	0	6
<b>BREAKFAST HAM</b>	50	20	2	2	30	430	1	0	2	7
<b>SAUSAGE LINKS</b>	200	170	19	7	40	270	0	0	0	6

MENU NUTRITIONAL INFORMATION  
Adult Breakfast Menu March 2010



*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

BREAKFAST SUPERMELTS: AS STATED ON MENU, ADD DATA FOR HOMEFRIES										
<b>BACON CHEESE SUPERMELT</b>	670	340	38	15	460	1320	52	3	6	31
<b>SAUSAGE MUSHROOM SWISS SUPERMELT</b>	910	520	58	24	500	1260	56	4	7	42
<b>HAM &amp; CHEESE SUPERMELT</b>	660	320	35	14	440	1540	53	3	7	34
BREAKFAST JUICE:										
<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>TOMATO JUICE - SMALL</b>	60	0	0	0	0	770	11	2	8	2
<b>TOMATO JUICE - LARGE</b>	90	0	0	0	0	1280	19	4	13	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>GRAPEFRUIT JUICE - SMALL</b>	120	0	0	0	0	80	27	0	23	2
<b>GRAPEFRUIT JUICE - LARGE</b>	190	0	0	0	0	130	45	0	38	4
<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

MENU NUTRITIONAL INFORMATION  
Adult Breakfast Menu March 2010



*Total Calories*

*Fat Calories*

*Total Fat (g)*

*Saturated Fat (g)*

*Cholesterol (mg)*

*Sodium (mg)*

*Total Carbohydrates (g)*

*Dietary Fiber (g)*

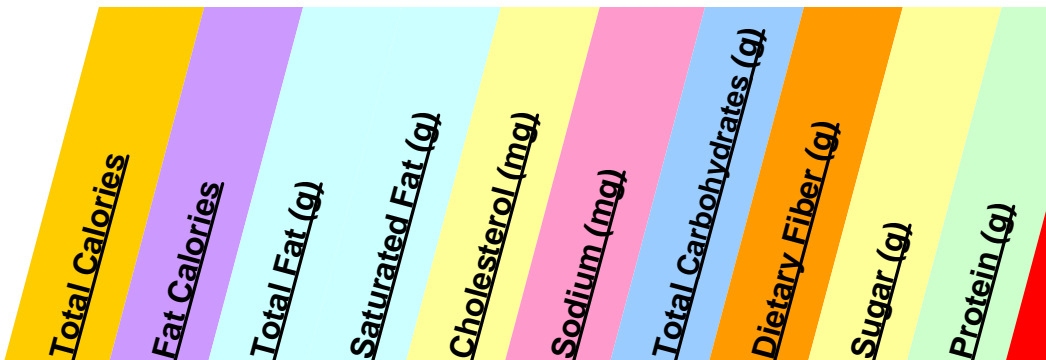
*Sugar (g)*

*Protein (g)*

Menu Item

<b>BEVERAGES:</b>											
<b>CHOCOLATE MILK-SMALL</b>	250	30	3	2	10	140	47	1	36	9	
<b>CHOCOLATE MILK-LARGE</b>	460	40	4	2	20	230	90	3	69	16	
<b>1% MILK - SMALL</b>	120	20	3	2	10	120	14	0	14	9	
<b>1% MILK - LARGE</b>	190	40	5	3	20	200	24	0	24	15	
<b>HOT CHOCOLATE</b>	140	40	4	3	10	180	24	1	18	1	
<b>HOT CHOCOLATE - CARRYOUT</b>	260	60	6	5	10	350	47	2	35	2	
<b>FRESH BREWED COFFEE</b>	0	0	0	0	0	0	0	0	0	0	
<b>HOT TEA</b>	0	0	0	0	0	0	0	0	0	0	
<b>FRESH BREWED ICED TEA</b>	0	0	0	0	0	0	0	0	0	0	
<b>HALF &amp; HALF - 1</b>	20	20	2	1	10	10	1	0	1	0	
<b>SUGAR - 1</b>	10	0	0	0	0	0	3	0	3	0	
<b>LEMON WEDGE - 1</b>	10	0	0	0	0	0	2	1	1	0	
<b>BREAKFAST SMOOTHIES</b>											
<b>STRAWBERRY LOW FAT SMOOTHIE</b>	520	40	4	2	20	290	105	2	76	17	
<b>BANANA LOW FAT SMOOTHIE</b>	520	40	4	2	20	280	104	1	71	17	
<b>STRAWBERRY BANANA LOW FAT SMOOTHIE</b>	520	40	4	2	20	290	105	2	73	17	
<b>PINEAPPLE LOW FAT SMOOTHIE</b>	590	40	4	2	20	290	122	1	91	16	

MENU NUTRITIONAL INFORMATION  
Adult Breakfast Menu March 2010



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>*SODA (FREE REFILLS)</b>										
<b>*Data based on one individual serving, no refill.</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 MARCH, 2010



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