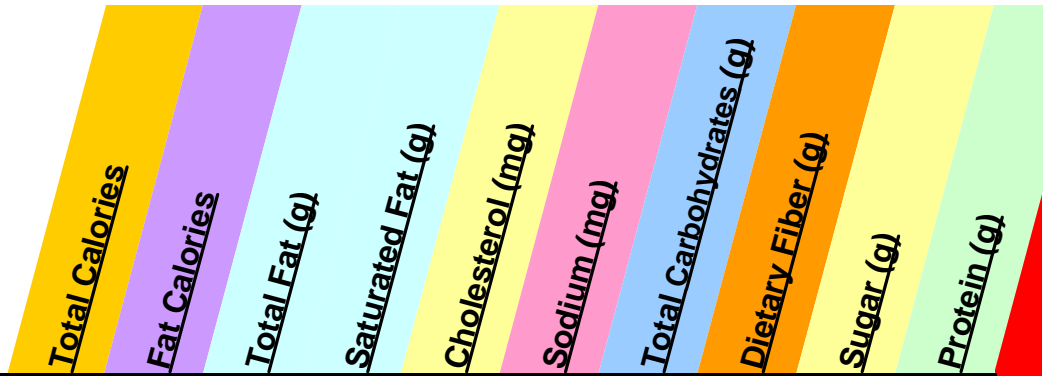


Menu Nutritional Information
Breakfast Menu June 2009



Menu Item

SUPER SIZZLIN' BREAKFASTS : DATA FOR BREAKFAST MEAT, HOMEFRIES AND ORANGE SLICE ONLY. ADD DATA FROM CHOICE OF EGGS (3) AND TOAST/MUFFINS BELOW

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)
SUPER SIZZLIN'/COMBO	570	330	37	11	60	1020	43	4	1	16
SUPER SIZZLIN BACON	440	210	23	6	40	980	42	4	1	16
SUPER SIZZLIN SAUSAGE	690	450	50	17	80	1070	43	4	1	17
SUPER SIZZLIN HAM	450	160	18	4	80	1800	45	4	4	26

PANCAKES & FRENCH TOAST: ADD DATA FROM CHOICE OF BREAKFAST MEATS (3) BACON OR SAUSAGE

PANCAKES - 3	930	160	17	8	80	2140	175	5	61	14
FRENCH TOAST - 3	760	180	20	9	140	1220	128	3	55	16

***BREAKFAST INGREDIENTS FOR FRIENDLY'S FAVORITES, SENIOR BREAKFASTS, BREAKFAST SIDES AND EGGS COOKED YOUR WAY**
*Please use the data below for your custom designed breakfast.

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	70	50	6	2	20	230	0	0	0	6
BACON - 3	110	70	8	3	30	340	0	0	0	8
BACON - 4	140	100	11	4	40	450	0	0	0	11
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

Menu Nutritional Information
Breakfast Menu June 2009



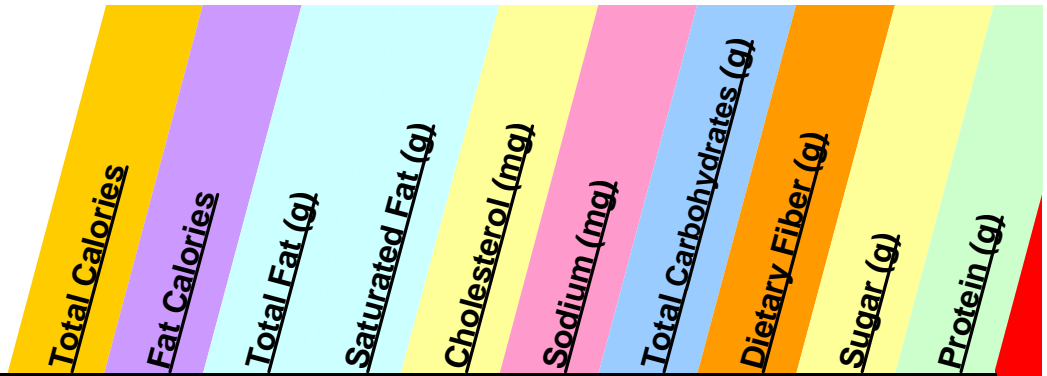
<u>Menu Item</u>	<u>Total Calories</u>	<u>Fat Calories</u>	<u>Total Fat (g)</u>	<u>Saturated Fat (g)</u>	<u>Cholesterol (mg)</u>	<u>Sodium (mg)</u>	<u>Total Carbohydrates (g)</u>	<u>Dietary Fiber (g)</u>	<u>Sugar (g)</u>	<u>Protein (g)</u>
TWO PANCAKES	500	160	17	7	50	1440	77	3	15	9
PANCAKE SYRUP	240	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
3 EGGS SCRAMBLED	320	220	25	5	710	250	4	0	4	21
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
3 EGGS POACHED	210	140	15	5	630	440	1	0	1	19
1 EGGBEATER SCRAMBLED	50	20	3	0	0	130	1	0	1	8
2 EGGBEATERS SCRAMBLED	100	50	5	0	0	250	1	0	1	16
3 EGGBEATERS SCRAMBLED	160	70	8	0	0	380	2	0	2	24
WHITE TOAST	200	90	10	5	0	320	23	2	1	4
WHEAT TOAST	200	90	10	5	0	300	22	2	3	5
RYE TOAST	340	110	12	5	0	470	48	2	4	10

Menu Nutritional Information
Breakfast Menu June 2009



<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>
ENGLISH MUFFIN	310	100	11	5	0	460	45	2	2	8
GRAPE JELLY	60	0	0	0	0	0	14	0	14	0
ORANGE MARMALADE	40	0	0	0	0	0	10	0	4	0
CRANBERRY MUFFIN	630	360	40	10	100	580	59	2	33	8
BLUEBERRY MUFFIN	610	320	36	10	110	630	64	1	37	7
BAGEL	350	100	11	5	0	520	55	5	5	10
BAGEL WITH CREAM CHEESE	440	170	19	9	30	640	57	5	6	11
CEREAL - RAISEN BRAN CRUNCH	370	30	3	1	10	390	77	6	40	11
CEREAL - FROOT LOOPS	250	30	3	2	10	280	46	1	27	8
BANANA	40	0	0	0	0	0	9	0	6	0
STRAWBERRY TOPPING	190	0	0	0	0	40	48	4	44	1
THREE EGG OMELETTES										
*Includes omelette and orange slice. Please see Breakfast Ingredients for data on breakfast potatoes, toast or muffin and jelly.										
OMELETTE - HAM & CHEESE	580	390	43	16	820	1630	9	0	7	50
OMELETTE - WESTERN	640	410	45	18	800	1150	12	1	8	45
OMELETTE - 4 CHEESE & BACON	670	450	50	18	780	1110	8	0	5	46
OMELETTE - GARDEN	860	490	55	19	760	1170	52	5	7	40

Menu Nutritional Information
Breakfast Menu June 2009



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)
BREAKFAST SUPERMELTS										
*Includes breakfast sandwich and orange slice. Please see Breakfast Ingredients for data on breakfast potatoes.										
BACON CHEESE SUPERMELT	680	350	39	15	460	1350	52	3	7	33
SAUSAGE MUSHROOM SWISS SUPERMELT	910	520	58	24	500	1260	56	4	7	42
HAM & CHEESE SUPERMELT	660	320	35	14	440	1540	53	3	7	34
BREAKFAST JUICE:										
ORANGE JUICE - SMALL	130	0	0	0	0	0	29	0	25	2
ORANGE JUICE LARGE	210	0	0	0	0	0	49	0	41	4
TOMATO JUICE - SMALL	60	0	0	0	0	770	11	2	8	2
TOMATO JUICE - LARGE	90	0	0	0	0	1280	19	4	13	4
CRANBERRY JUICE - SMALL	150	0	0	0	0	40	37	0	37	0
CRANBERRY JUICE - LARGE	250	0	0	0	0	70	62	0	62	0
GRAPEFRUIT JUICE - SMALL	120	0	0	0	0	80	27	0	23	2
GRAPEFRUIT JUICE - LARGE	190	0	0	0	0	130	45	0	38	4
APPLE JUICE - SMALL	120	0	0	0	0	40	32	0	32	0
APPLE JUICE - LARGE	210	0	0	0	0	70	53	0	53	0



<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>
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Menu Item

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. VALID AS OF JUNE, 2009



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