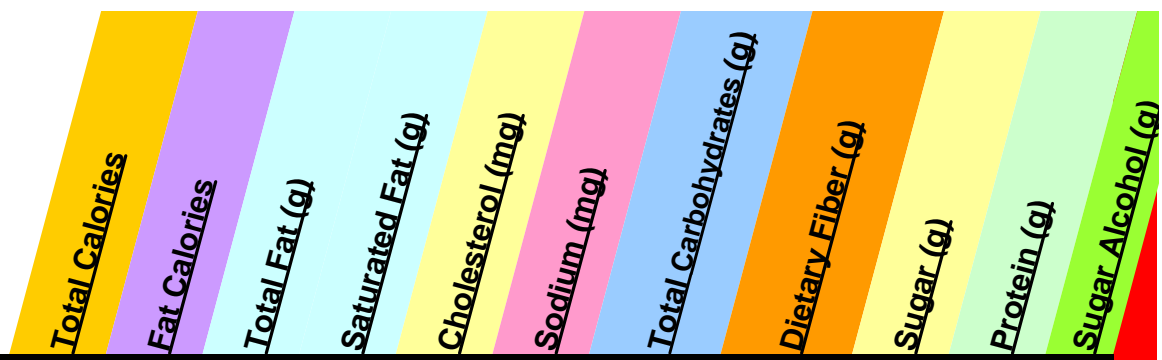
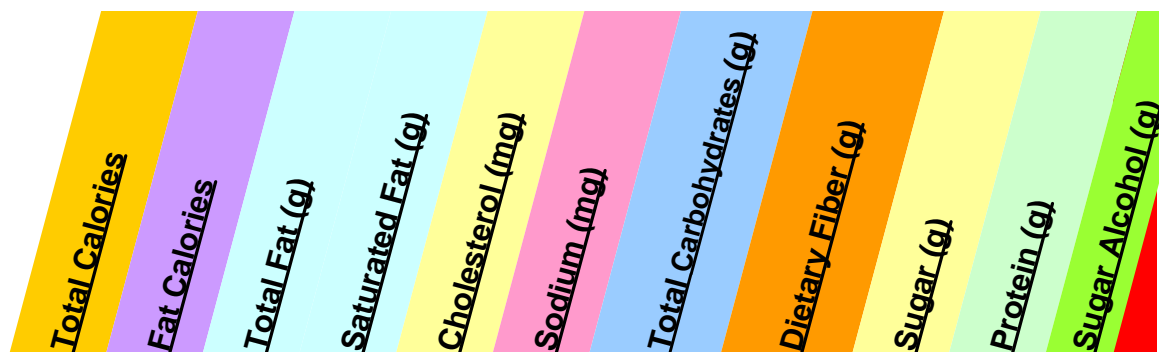


Menu Nutritional Information
Ice Cream Menu June 2009



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)	Sugar Alcohol (g)
WHAT'S YOUR FAVORITE:											
JIM DANDY	1090	420	47	27	150	270	156	2	121	14	
ROYAL BANANA SPLIT	880	320	35	20	110	200	132	2	102	10	
FORBIDDEN FUDGE BROWNIE	940	360	41	51	130	340	131	4	85	13	
FRUIT & SHERBET HAPPY ENDING SUNDAE	240	40	5	3	20	50	47	0	36	2	
ULTIMATE COOKIES 'N CREAM	690	300	33	20	90	330	86	1	59	11	
REESE'S PEANUT BUTTER CUP SUNDAE	890	470	52	50	90	380	90	7	59	17	
STRAWBERRY SHORTCAKE SUNDAE	580	240	27	16	110	190	79	2	63	8	
KIT KAT SUNDAE	740	340	37	25	90	210	91	1	65	10	
BUTTERFINGER SUNDAE	830	320	36	23	90	370	117	2	81	9	
FRIEND-Z HEATH	680	310	34	19	50	410	88	0	78	9	
FRIEND-Z OREO	580	210	23	12	40	470	84	2	62	9	
FRIEND-Z M&M	560	210	23	52	50	260	80	2	70	10	
FRIEND-Z REESE'S PEANUT BUTTER CUP	860	410	45	18	50	520	96	4	71	20	
FRIEND-Z STRAWBERRY/BAN	430	130	14	9	40	220	69	1	57	8	
FRIEND-Z KITKAT	690	280	31	20	50	260	93	1	73	11	
FRIEND-Z BUTTERFINGER	820	290	32	19	40	430	122	3	90	11	
FRIEND-Z STRAWBERRY SHORTCAKE	470	150	17	9	70	260	72	1	58	8	
BIRTHDAY CAKE FRIEND-Z	690	260	29	13	70	270	100	0	76	9	
GIANT CROWD PLEASER	2480	1060	118	64	330	930	317	4	233	41	



Menu Item

REESE'S PIECES SUNDAE	1330	640	71	38	150	460	152	4	112	23
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OVEN FRESH:

CARAMEL FUDGE BROWNIE SUNDAE	1410	600	66	40	230	620	186	2	124	19
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CREATE YOUR OWN

Use the chart below to help you create your own Cones/Dishes and Sundaes

CREATION:	Select Cone	Ice cream scoop	Wet Topping*	Dry Topping*	Whipped Topping	Cherry
CONE - SINGLE - 1 flavor	1	2	--	--	--	--
CONE - DOUBLE - 1 or 2 flavors	1	4	--	--	--	--
SOFT SERVE CONE - SINGLE	1	4 oz	--	--	--	--
SOFT SERVE CONE - DOUBLE	1	8 oz	--	--	--	--
CONE - DOUBLE WAFFLE - 1 or 2 flavors	waffle cone	4	--	--	--	--
KIDS DOUBLE SHOT CONE	double head cone	2	--	--	--	--
DISH - SINGLE - 1 flavor	--	2	--	--	--	--
DISH - DOUBLE - 1 or 2 flavors	--	4	--	--	--	--
SOFT SERVE DISH - SINGLE	--	4 oz	--	--	--	--
SOFT SERVE DISH - DOUBLE	--	8 oz	--	--	--	--
HAPPY ENDING SUNDAE	--	2	1	--	1	1
ORIGINAL SUNDAE	--	3	1	1	1	1
SUPER SUNDAE	--	5	2	1	2	1
GIANT CROWD PLEASER	--	12	3	3	3	6
KIDS CANDY SHOPPE SUNDAE	--	2	1	1	1	1
KIDS HOT FUDGE SUNDAE	--	2	1	--	1	1
KIDS WHOPPING TOPPING SUNDAE	waffle cone	2	1	--	1	choc, sprinkles
KIDS 3-SCOOP SUNDAE	--	3	1	--	1	1
KIDS BUILD-YOUR-OWN SUNDAE	--	3	2	1	1	1

Menu Nutritional Information
Ice Cream Menu June 2009

Friendly's

Where ice cream makes the meal™



Total Calories

Fat Calories

Total Fat (g)

Saturated Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carbohydrates (g)

Dietary Fiber (g)

Sugar (g)

Protein (g)

Sugar Alcohol (g)

Menu Item

CREATE YOUR OWN: ICE CREAM FLAVORS: SINGLE SCOOP											
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)	Sugar Alcohol (g)
VANILLA	120	50	6	4	25	35	14	0	11	2	
CHOCOLATE	110	50	6	4	25	40	10	0	9	2	
STRAWBERRY	110	50	5	3	20	35	14	0	12	2	
COFFEE	110	50	6	4	25	35	13	0	11	2	
MINT CHOCOLATE	130	60	7	4	20	35	15	0	12	2	
CHOCOLATE CHIP COOKIE DOUGH	130	60	7	4	25	40	17	0	12	2	
BLACK RASPBERRY	120	50	5	4	20	35	15	0	13	2	
CHOCOLATE ALMOND CHIP	120	60	7	4	20	40	11	0	10	2	
CHOCOLATE CHIP	130	60	7	4	20	35	15	0	12	2	
COOKIES 'N CREAM	130	50	6	4	20	55	16	0	12	2	
PISTACHIO	130	60	7	4	20	35	14	0	11	3	
VIENNA MOCHA CHUNK	140	70	8	5	20	35	16	0	14	2	
NUTS OVER CARAMEL	150	70	8	4	20	50	18	0	11	2	
BUTTER PECAN	130	70	8	4	20	35	13	0	11	2	
MAPLE WALNUT	130	70	8	4	20	35	13	0	11	2	
BUTTER CRUNCH	130	50	6	4	20	100	16	0	14	2	
FORBIDDEN CHOCOLATE	130	60	7	5	25	35	14	0	11	3	

Menu Nutritional Information
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Where ice cream makes the meal™



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)	Sugar Alcohol (g)
HUNKA CHUNKA PB FUDGE	180	100	11	5	20	70	17	1	12	3	
MOCHA MUD CRUNCH	160	80	9	5	20	60	18	1	13	2	
PEANUT BUTTER CUP	150	80	9	4	20	70	16	1	13	3	
ORANGE SHERBET	80	10	1	1	1	15	17	0	12	1	
WATERMELON SHERBET	80	10	1	1	5	15	17	0	13	1	
NON FAT VANILLA YOGURT	80	0	0	0	0	55	17	0	11	3	
NON FAT RED RASPBERRY SWIRL YOGURT	90	0	0	0	0	45	19	0	14	3	
SOFT SERVE - VANILLA - 4 OZ	180	60	7	4	20	100	25	0	21	3	
SOFT SERVE - CHOCOLATE - 4 OZ	170	50	6	4	20	120	24	0	21	4	
SOFT SERVE - TWIST - 4 OZ	170	60	7	4	20	110	25	0	21	4	
SOFT SERVE - VANILLA - 8 OZ	360	130	14	9	40	210	51	0	42	7	
SOFT SERVE - CHOCOLATE - 8 OZ	340	110	12	8	35	240	49	0	42	9	
SOFT SERVE - TWIST - 8 OZ	350	120	13	8	40	230	50	0	42	8	
NO SUGAR ADDED VANILLA ICE CREAM	100	60	7	5	30	25	11	3	2	2	5
CREATE YOUR OWN: TOPPINGS:											
NO SUGAR ADDED FUDGE TOPPING	90	0	0	0	0	0	25	2	0	1	21
HOT FUDGE TOPPING	120	40	4	3	0	60	19	0	9	2	
MARSHMALLOW TOPPING	100	0	0	0	0	10	24	0	18	0	
PEANUT BUTTER TOPPING	210	150	17	3	0	130	7	3	4	7	
CARAMEL TOPPING	130	10	2	1	5	100	27	0	14	1	

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Where ice cream makes the meal™



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)	Sugar Alcohol (g)
SWISS CHOCOLATE TOPPING	100	0	0	0	0	35	25	0	19	0	
WHIPPED TOPPING	80	50	6	4	22	22	5	0	4	1	
CHOCOLATE SYRUP	100	0	0	0	0	20	23	1	16	1	
ROASTED SLICED ALMONDS	110	90	10	1	0	60	3	2	1	4	
WALNUTS	100	90	10	0	0	0	2	0	1	0	
REESE'S PIECES	130	50	6	4	0	50	15	1	14	3	
PEANUT BUTTER CUP	90	50	5	2	0	60	10	1	9	2	
KIT KAT BARS	80	40	4	3	2	12	11	0	8	1	
CRUSHED HEATH	170	90	10	5	5	100	19	0	18	1	
GUMMY BEARS	90	0	0	0	0	10	21	0	14	1	
M&M'S	100	50	5	3	5	15	15	1	14	1	
CRUSHED OREOS	60	20	2	1	0	65	9	0	5	1	
TOPPING - BUTTERFINGER PIECES	120	50	5	3	0	60	18	1	12	1	
CHOCOLATE SPRINKLES	120	50	5	2	0	4	19	0	9	0	
RAINBOW SPRINKLES	120	50	5	2	0	1	18	0	9	0	
CHERRY	10	0	0	0	2	2	2	0	1	0	
CREATE YOUR OWN: CONES:											
SUGAR CONE	50	0	0	0	0	50	11	0	4	1	
CAKE CONE	30	0	0	0	0	15	7	0	0	1	
WAFFLE CONE	90	0	1	0	0	35	20	1	7	2	

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Where ice cream makes the meal™

Menu Item

Total Calories

Fat Calories

Total Fat (g)

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Cholesterol (mg)

Sodium (mg)

Total Carbohydrates (g)

Dietary Fiber (g)

Sugar (g)

Protein (g)

Sugar Alcohol (g)

FOUNTAIN BEVERAGES: FRIBBLE IT!										
DOUBLE THICK MILKSHAKE - VANILLA	770	290	32	21	110	270	106	0	92	15
DOUBLE THICK MILKSHAKE - CHOCOLATE	700	290	32	21	110	300	85	1	73	21
DOUBLE THICK MILKSHAKE - STRAWBERRY	740	240	27	16	100	390	110	0	93	16
DOUBLE THICK MILKSHAKE - COFFEE	770	290	32	18	110	270	107	0	89	15
MALT POWDER	90	20	2	1	10	100	15	0	10	2
FRIBBLE SHAKE - VANILLA	620	170	19	12	60	360	100	0	88	16
FRIBBLE SHAKE - CHOCOLATE	590	150	17	11	50	420	94	1	78	19
FRIBBLE SHAKE - STRAWBERRY	630	170	19	12	60	460	103	0	86	16
FRIBBLE SHAKE - COFFEE	630	170	19	12	60	360	102	0	85	16
FRIBBLE SHAKE - BUTTERFINGER	990	300	33	20	70	520	155	2	125	19
OREO FREEZE	780	250	27	16	70	530	121	2	93	18
BARQ'S FLOAT	590	190	21	14	70	150	98	0	89	6
STRAWBERRY SMOOTHIE	520	40	4	2	20	290	105	2	76	17
BANANA SMOOTHIE	520	40	4	2	20	280	104	1	71	17
STRAWBERRY BANANA SMOOTHIE	520	40	4	2	20	290	105	2	73	17
PINEAPPLE SMOOTHIE	590	40	4	2	20	290	122	1	91	16
WATERMELON SLAMMER	450	40	4	3	20	80	100	0	76	3
ORANGE SLAMMER	600	40	4	3	20	80	138	0	115	3



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)

Sugar Alcohol (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. VALID AS OF JUNE, 2009



Friendly Ice Cream Corporation
1855 Boston Road, Wilbraham, MA 01095
1-800-966-9970
or visit us at www.friendlys.com