



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

APPETIZERS											
Information for appetizers as stated on menu.											
TOWERING FRONIONS	1430	810	90	13	30	2970	140	7	31	14	
MUNCHIE MANIA	1670	970	108	36	170	3700	123	8	22	52	
LOADED WAFFLE FRIES	1660	1010	112	28	100	4740	123	9	7	32	
MINI MOZZARELLA CHEESE STICKS	680	360	40	14	60	1870	55	4	5	24	
CHICKEN QUESEDILLA	570	320	35	19	110	1340	29	3	6	33	
BUFFALO CHICKEN	1200	850	95	22	150	2920	45	5	5	41	
JUMBO FRONIONS AND WAFFLE FRIES	1270	680	76	11	20	3140	134	8	24	12	
LOADED JUMBO FRONIONS & WAFFLE FRIES	1600	990	110	22	70	3750	129	8	16	23	
SLIDER MUNCHIE MANIA - MINI CHEESEBURGER	1740	980	109	32	130	4420	141	12	14	49	
SLIDER MUNCHIE MANIA - CHICKEN	1990	1140	127	35	150	4690	161	14	24	52	
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	

Menu Nutritional Information
Lunch Dinner 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>
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	610	170	19	12	60	420	93	0	78	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	770	230	25	16	70	530	120	2	93	18
BARQ'S FLOAT	580	170	19	14	70	150	98	0	89	6
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
BEVERAGES:										
CHOCOLATE MILK-SMALL	250	30	3	2	10	140	47	1	36	9
CHOCOLATE MILK-LARGE	460	40	4	2	20	230	90	3	69	16
2% MILK - SMALL	120	20	3	2	10	120	14	0	14	9
2% MILK - LARGE	190	40	5	3	20	200	24	0	24	15
HOT CHOCOLATE	140	40	4	3	10	180	24	1	18	1
HOT CHOCOLATE - CARRYOUT	260	60	6	5	10	350	47	2	35	2

Menu Nutritional Information
Lunch Dinner 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>
FRESH BREWED COFFEE	0	0	0	0	0	0	0	0	0	0
HOT TEA	0	0	0	0	0	0	0	0	0	0
FRESH BREWED ICED TEA	0	0	0	0	0	0	0	0	0	0
HALF & HALF - 1	20	20	2	1	10	10	1	0	1	0
SUGAR - 1	10	0	0	0	0	0	3	0	3	0
LEMON WEDGE - 1	10	0	0	0	0	0	2	1	1	0
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
BOTTLED WATER	0	0	0	0	0	0	0	0	0	0



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)
*SODA (FREE REFILLS)										
*Data based on one individual serving, no refill.										
COCA COLA	200	0	0	0	0	10	51	0	51	0
SPRITE	190	0	0	0	0	40	49	0	49	0
FANTA ORANGE	210	0	0	0	0	0	54	0	54	0
BARQ'S ROOT BEER	220	0	0	0	0	50	56	0	56	0
MINUTE MAID LEMONADE	190	0	0	0	0	80	49	0	49	0
DIET COKE	0	0	0	0	0	20	0	0	0	0
*SUPERMELTS:										
Please refer to Sides data for one side selection.										
CHICKEN PARM SUPERMELT	830	390	43	13	70	1640	73	4	7	43
TURKEY CLUB SUPERMELT	670	290	33	12	90	2090	54	3	10	42
REUBEN SUPERMELT	800	370	42	17	100	2750	57	2	10	50
TUNA SUPERMELT	810	470	52	14	80	1540	50	3	6	35
HONEY BBQ CKN SUPERMELT	1080	560	62	21	110	2030	86	4	23	47
*QUESADILLAS:										
Please refer to Sides data for one side selection.										
CHICKEN QUESADILLAS	1020	610	67	35	210	2280	56	4	8	29
CHICKEN FAJITA QUESADILLAS	1220	690	77	37	210	2790	65	7	11	67
VEGETABLE FAJITA QUESADILLAS	1210	730	82	37	120	2920	77	12	14	43



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

*CHICKEN BASKETS AND ENTRÉES											
<i>*Please refer to Sides data for choice of two sides selections. Dipping sauces are listed separately.</i>											
POPCORN CHICKEN	610	270	30	3	110	1900	46	3	0	38	
CHICKEN STRIPS BASKET - 6 strips	650	340	38	6	90	1090	39	3	1	39	
BBQ SAUCE	90	0	0	0	0	410	20	0	11	0	
HONEY MUSTARD SAUCE	180	140	15	2	20	210	12	0	9	0	
CHICKEN STRIPS BASKET - 5 strips	540	290	32	5	80	910	32	3	1	32	
BBQ SAUCE	90	0	0	0	0	410	20	0	11	0	
HONEY MUSTARD SAUCE	180	140	15	2	20	210	12	0	9	0	
HONEY BBQ CHICKEN STRIPS - 6 strips	1020	340	38	6	90	1630	133	3	79	39	
HONEY BBQ CHICKEN STRIPS - 5 strips	910	290	32	5	80	1450	126	3	79	32	
RANCH DRESSING	160	150	17	3	20	380	2	0	2	2	
KICKIN' BUFFALO CHICKEN STRIPS - 6 strips	910	590	65	6	120	2260	42	3	1	39	
KICKIN' BUFFALO CHICKEN STRIPS - 5 strips	810	530	59	5	110	2080	35	3	1	32	
BLEU CHEESE DRESSING	240	220	24	5	30	360	2	0	2	3	
BBQ CHICKEN PLATTER	1010	380	42	18	240	3370	75	2	32	79	
CHEDDAR JACK CHICKEN	640	300	34	17	240	2000	5	1	2	78	



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

*CHICKEN SANDWICHES:											
Please refer to Sides for data on choice of one side selection.											
All Chicken Sandwiches include lettuce, tomato and condiments as stated.											
CRISPY CHICKEN TENDER DELUXE	800	410	46	10	60	1410	72	6	10	28	
CHICKEN DELUXE ADD CHEESE	90	60	7	5	20	380	1	0	0	4	
CHICKEN DELUXE ADD BACON	70	50	6	2	20	230	0	0	0	6	
GRILLED CHICKEN DELUXE	640	280	32	8	90	1580	54	5	9	38	
HONEY MUSTARD CHICKEN SANDWICH	850	440	49	14	80	1410	74	6	12	33	
BUFFALO CHICKEN SANDWICH	940	550	61	12	80	1950	69	6	7	30	
COUNTRY CLUB CHICKEN SANDWICH	940	510	57	16	90	1720	71	6	10	40	
*USDA CHOICE 100% BLACK ANGUS BIG BEEF BURGERS:											
*Please refer to Sides for data on choice of one side selection. All burgers include lettuce, tomato and condiments as stated.											
ALL AMERICAN BURGER	860	490	54	18	120	1010	55	4	12	39	
ADD CHEESE	90	60	7	5	20	380	1	0	0	4	
ADD BACON	70	50	6	2	20	230	0	0	0	6	
BACON CHEESEBURGER	940	550	61	23	140	1390	55	3	11	43	
DELUXE CHEESEBURGER "SET-UP"	850	540	61	24	140	1150	35	3	5	40	
WESTERN BBQ BURGER	1230	690	77	29	160	1860	86	4	21	51	
MUSHROOM SWISS BACON BURGER	1240	780	87	32	190	1900	61	3	16	59	
SWISS PATTY MELT	1030	580	64	26	150	1060	62	4	12	52	



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)
TURKEY BURGER	1140	700	78	26	210	1910	61	3	16	50
ULTIMATE BACON CHEESE BURGER	1050	620	69	26	170	1730	55	3	11	52
COLOSSAL BURGER	1490	930	104	42	290	2320	56	4	12	82
ENTRÉE SALADS:										
* Chicken Caesar salad data includes Caesar dressing. All other Entrée Salads, add data for selected dressing.										
CRISPY CHICKEN SALAD	710	380	42	12	290	820	45	6	6	37
ORIENTAL CHICKEN SALAD	500	190	21	3	80	1200	41	5	23	37
CHICKEN CAESAR SALAD*	1030	760	84	16	220	2010	32	3	10	47
KICKIN'tmBUFFALO CHICKEN SALAD	770	450	50	10	90	1350	48	6	6	31
ENTRÉE SALAD DRESSINGS:										
HONEY MUSTARD DRESSING	360	270	30	5	30	420	24	0	18	0
SESAME ORIENTAL DRESSING	270	120	14	2	0	960	36	0	30	0
BLEU CHEESE DRESSING	470	430	48	11	60	720	3	0	3	6
THOUSAND ISLAND DRESSING	390	320	36	6	20	840	15	0	12	0
RANCH DRESSING	330	300	33	6	30	750	3	0	3	3
BALSAMIC VINIAGRETTE DRESSING	180	140	15	2	0	1230	9	0	9	0
ITALIAN DRESSING	410	380	42	6	0	690	6	0	6	0
SOUPS:										
CUP CHUNKY CHICKEN NOODLE	260	80	9	3	70	1880	27	2	4	19
BOWL CHUNKY CHICKEN NOODLE	510	160	17	6	140	3760	54	3	8	38



<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>
CUP MINESTRONE	60	10	1	0	0	530	11	2	2	3
BOWL MINESTRONE	120	10	2	0	0	1050	23	5	5	6
CUP BROCCOLI CHEDDAR	170	110	12	7	40	690	10	1	3	6
BOWL BROCCOLI CHEDDAR	340	220	24	14	70	1380	20	2	6	12
CUP HOMESTYLE CLAM CHOWDER	240	160	17	10	60	800	13	1	3	10
BOWL HOMESTYLE CLAM CHOWDER	490	310	35	20	130	1610	26	1	6	20
SIDE SALADS:										
* Caesar salad data includes Caesar dressing. Side Salad, add data for selected dressing.										
SIDE SALAD	60	10	1	0	0	100	10	2	3	2
SIDE CAESAR SALAD*	410	320	36	7	70	640	15	1	5	9
SIDE SALAD DRESSINGS:										
HONEY MUSTARD DRESSING	180	140	15	2	20	210	12	0	9	0
SESAME ORIENTAL DRESSING	130	60	7	1	0	480	18	0	15	0
BLEU CHEESE DRESSING	240	220	24	5	30	360	2	0	2	3
RANCH DRESSING	160	150	17	3	20	380	2	0	2	2
THOUSAND ISLAND DRESSING	190	160	18	3	10	420	8	0	6	0
BALSAMIC VINAIGRETTE DRESSING	90	70	8	1	0	620	5	0	5	0
ITALIAN DRESSING	210	190	21	3	0	350	3	0	3	0
FAT-FREE ITALIAN DRESSING	30	0	0	0	0	420	8	0	6	0
SALTINE CRACKER PACKET	30	0	1	0	0	90	4	0	0	1



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

*WRAPS:										
*Please refer to Sides for data on choice of one side selection. All Wraps include condiments as stated.										
CRISPY CHICKEN WRAP	800	360	40	7	60	1450	84	6	14	27
CRISPY CHICKEN CAESAR WRAP	1180	720	80	17	170	2170	75	5	7	40
BUFFALO CHICKEN WRAP	1180	720	80	18	130	2480	75	5	6	38
*FRIENDLY'S ORIGINALS:										
*Please refer to Sides for data on choice of side selection. Includes condiments as stated in menu copy.										
FRIENDLY'S BLT	680	400	45	12	50	980	51	3	8	20
GRILLED CHEESE	460	200	23	11	30	1120	48	2	4	16
GRILLED HAM AND CHEESE	510	210	23	14	70	1880	49	2	6	28
FISHAMAJIG	640	330	37	13	70	1360	51	3	5	26
TUNA ROLL	580	390	43	9	60	920	25	2	5	24
FRIENDLY FRANK	410	270	30	12	30	910	25	1	5	11
*FOR OUR GUESTS 60 AND OVER:										
All Senior Meals come with a FREE Happy Ending Sundae. Please refer to ice cream data for ice cream and toppings selections.										
*Please see Sides data for choice of one side selection and garlic bread, where stated. Includes lettuce, tomato and condiments as stated.										
TURKEY CLUB SUPERMELT	690	310	35	14	90	2290	53	3	10	45
FRIENDLY'S BIG BEEF BURGER	860	490	54	18	120	1210	55	4	12	39
ADD CHEESE	90	60	7	5	20	380	1	0	0	4
GRILLED CHICKEN DELUXE SANDWICH	640	280	32	8	90	1580	54	5	9	38
FISHAMAJIG	640	330	37	13	70	1360	51	3	5	26

Menu Nutritional Information
Lunch Dinner June 2009



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)
TUNA ROLL	580	390	43	9	60	920	25	2	5	24
CHEDDAR JACK CHICKEN	320	150	17	9	120	1000	3	1	1	39
BBQ CHICKEN PLATTER	420	150	17	9	120	1330	28	0	15	39
*Please see Sides data for choice of two sides selections.										
CLAMBOAT PLATTER	660	320	36	5	40	1740	70	4	4	16
TARTAR SAUCE	230	200	23	4	20	300	6	0	6	0
*STEAK & SEAFOOD										
*Please see Sides data for choice of two sides selection. Garlic bread listed separately.										
SIRLOIN STEAK	510	250	28	9	120	1150	19	1	4	46
SOUTHWEST BBQ STEAK	760	370	42	18	170	2230	37	2	13	57
HOMESTLYE MEATLOAF	850	440	49	18	160	2280	45	1	7	54
SIRLOIN STEAK TIPS	490	180	20	6	120	2580	31	5	17	46
GARLIC BREAD	130	50	6	1	0	190	18	0	1	3
GRILLED FLOUNDER	520	290	32	6	80	1870	28	2	1	29
CLAMBOAT BASKET	990	480	54	8	60	2610	104	6	5	24
TARTAR SAUCE	230	200	23	4	20	300	6	0	6	0
NEW ENGLAND FISH 'N CHIPS	660	400	44	7	70	1700	45	3	7	21
TARTAR SAUCE	230	200	23	4	20	300	6	0	6	0
SHRIMP BASKET	570	310	35	4	170	2310	42	4	2	21
COCKTAIL SAUCE	30	0	0	0	0	560	8	0	8	1



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

*PUT 2 & 2 TOGETHER: PICK TWO ITEMS FROM LIST BELOW:											
<i>*Please see Sides data for choice of two sides selections. Garlic Bread is listed separately.</i>											
2+2 GRILLED FLOUNDER	260	150	16	3	40	940	15	2	1	15	
2 + 2 BBQ CHICKEN	590	230	26	10	120	1630	46	2	17	41	
2+2 SIRLOIN STEAK	510	250	28	9	120	1150	19	1	4	46	
2+2 SOUTHWEST BBQ STEAK	750	370	42	18	170	2200	37	1	12	57	
2+2 CHEDDAR JACK CHICKEN	320	150	17	9	120	1000	3	1	1	39	
2+2 FRIED SHRIMP	330	160	17	2	90	1900	32	2	11	12	
2+2 SIRLOIN STEAK TIPS	490	180	20	6	120	2580	31	5	17	46	
GARLIC BREAD	130	50	6	1	0	190	18	0	1	3	
SIDES:											
GARDEN VEGETABLES	110	50	6	3	0	110	13	4	6	3	
CORN	160	70	7	3	0	70	20	4	9	4	
BROCCOLI	90	50	6	3	0	100	6	4	2	3	
RICE	210	30	3	0	0	900	41	0	2	3	
SPANISH RICE	330	130	15	6	0	1200	41	0	2	7	
HOMESTYLE MASHED POTATOES	240	110	12	7	30	160	29	2	4	4	
GOLDEN FRIES	300	110	13	1	0	150	44	4	0	3	
WAFFLE FRIES	590	300	33	5	0	1430	67	5	1	7	



<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>
COLE SLAW	160	110	12	2	10	260	13	2	8	1
APPLE SLICES	100	0	0	0	0	0	26	5	20	1
APPLESAUCE	110	0	0	0	0	0	27	1	25	0
MANDARIN ORANGES	80	0	0	0	0	10	20	0	18	0
GARLIC BREAD	130	50	6	1	0	190	18	0	1	3

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