| MENU ITEM | ALLERGENS | | | | | | | | NUTRITIONAL INFORMATION | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Egg | Fish: | Milk | Peanut | Shellfish: Shrimp (s) | Soy | Tree Nut: Almond (a), Walnut (w) | Wheat (Gluten) | Total Calories | Fat Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) |
| **SUNDAES: as stated on menu. Any changes? Select from list of ice cream & toppings below.** | | | | | | | | | | | | | | | | | | |
| REESE'S PEANUT BUTTER CUP 3 Scoop | | | M | P | | S | | | 890 | 470 | 52 | 50 | 90 | 380 | 90 | 7 | 59 | 17 |
| REESE'S PEANUT BUTTER CUP 5 scoop | | | M | P | | S | | | 1190 | 630 | 70 | 62 | 150 | 460 | 123 | 7 | 86 | 21 |
| REESE'S PIECES 3 SCOOP | | | M | P | | S | | | 930 | 480 | 53 | 26 | 90 | 360 | 95 | 4 | 67 | 18 |
| REESE'S PIECES SUNDAE - 5 Scoop | | | M | P | | S | | | 1330 | 640 | 71 | 38 | 150 | 460 | 152 | 4 | 112 | 23 |
| MINT COOKIE CRUNCH | | | M | | | S | | W | 650 | 290 | 33 | 20 | 90 | 260 | 80 | 2 | 58 | 11 |
| JIM DANDY™ W/ PINEAPPLE TOPPING | E | | M | | | S | N (w) | | 1100 | 420 | 47 | 27 | 150 | 270 | 158 | 1 | 124 | 14 |
| JIM DANDY™ W/ STRAWBERRY TOPPING | E | | M | | | S | N (w) | | 1090 | 420 | 47 | 27 | 150 | 270 | 156 | 2 | 121 | 14 |
| FORBIDDEN FUDGE BROWNIE | E | | M | | | S | N | W | 970 | 390 | 43 | 50 | 120 | 340 | 133 | 6 | 90 | 13 |
| STRAWBERRY SHORTCAKE SUNDAE | E | | M | | | S | | W | 580 | 240 | 27 | 16 | 110 | 190 | 79 | 2 | 63 | 8 |
| ROYAL BANANA SPLIT | E | | M | | | S | N (w) | | 870 | 320 | 35 | 19 | 110 | 200 | 127 | 3 | 97 | 10 |
| **BROWNIES, CAKES & MORE: as stated on menu. Any changes? Select from list of ice cream & toppings below.** | | | | | | | | | | | | | | | | | | |
| HUNKA CHUNKA PB FUDGE® LAVA CAKE SUNDAE | E | | M | P | | S | N | W | 1770 | 970 | 107 | 36 | 120 | 1050 | 164 | 15 | 112 | 37 |
| CARAMEL FUDGE GHIRARDELLI BROWNIE SUNDAE | E | | M | | | S | N | W | 1150 | 460 | 51 | 26 | 130 | 570 | 160 | 4 | 108 | 14 |
| GIANT CROWD PLEASER | E | | M | P | | S | N | W | 2470 | 1060 | 118 | 65 | 330 | 920 | 317 | 5 | 235 | 41 |
| **TREATS & DRINKS** | | | | | | | | | | | | | | | | | | |
| FRIBBLE SHAKE - VANILLA | | | M | | | | | | 780 | 290 | 32 | 20 | 130 | 270 | 105 | 0 | 92 | 17 |
| FRIBBLE SHAKE - CHOCOLATE | | | M | | | | | | 810 | 310 | 34 | 20 | 130 | 330 | 107 | 2 | 89 | 19 |
| FRIBBLE SHAKE - STRAWBERRY | | | M | | | | | | 720 | 240 | 27 | 17 | 110 | 350 | 101 | 2 | 85 | 16 |
| FRIBBLE SHAKE - COFFEE | | | M | | | | | | 780 | 280 | 31 | 19 | 120 | 280 | 106 | 0 | 88 | 17 |
| FRIBBLE SHAKE - BLACK RASPBERRY | | | M | | | | | | 780 | 260 | 29 | 18 | 120 | 260 | 112 | 0 | 99 | 16 |
| FRIBBLE SHAKE - MINT CHOCOLATE CHIP | | | M | | | S | | | 820 | 310 | 35 | 22 | 120 | 260 | 111 | 2 | 97 | 18 |
| MALT POWDER | | | M | | | | | W | 90 | 20 | 2 | 1 | 10 | 100 | 15 | 0 | 10 | 2 |
| WATERMELON SLAMMER | | | M | | | | | | 450 | 40 | 4 | 3 | 20 | 80 | 100 | 0 | 76 | 3 |
| ORANGE SLAMMER | | | M | | | | | | 600 | 40 | 4 | 3 | 20 | 80 | 138 | 0 | 115 | 3 |
| BARQ'S ROOTBEER FLOAT | | | M | | | | | | 590 | 190 | 21 | 14 | 70 | 150 | 98 | 0 | 89 | 6 |
| ICE CREAM SODA VANILLA | | | M | | | | | | 730 | 400 | 45 | 26 | 130 | 240 | 73 | 0 | 62 | 6 |
| ICE CREAM SODA COFFEE | | | M | | | | | | 730 | 400 | 45 | 24 | 130 | 250 | 74 | 0 | 59 | 6 |
| ICE CREAM SODA STRAWBERRY | | | M | | | | | | 720 | 370 | 42 | 23 | 130 | 360 | 76 | 0 | 62 | 6 |
| ICE CREAM SODA CHOCOLATE | | | M | | | | | | 790 | 410 | 46 | 26 | 130 | 290 | 81 | 1 | 63 | 9 |

| MENU ITEM | ALLERGENS | | | | | | | | NUTRITIONAL INFORMATION | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Egg | Fish: | Milk | Peanut | Shellfish: Shrimp (s) | Soy | Tree Nut: Almond (a), Walnut (w) | Wheat (Gluten) | Total Calories | Fat Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) |
| **FRIEND-z®** | | | | | | | | | | | | | | | | | | |
| *HEATH®* | | | M | | | S | N | | 910 | 450 | 50 | 28 | 90 | 380 | 107 | 1 | 91 | 12 |
| *COOKIE DOUGH FRIENDZ* | | | M | | | S | | W | 740 | 310 | 35 | 21 | 80 | 270 | 96 | 1 | 70 | 12 |
| *OREO®* | | | M | | | S | | W | 810 | 350 | 39 | 22 | 80 | 440 | 103 | 2 | 75 | 12 |
| *M&M's®* | | | M | | | S | N | | 900 | 360 | 40 | 24 | 90 | 230 | 122 | 3 | 99 | 13 |
| *REESE'S® PEANUT BUTTER CUP* | | | M | P | | S | | | 1090 | 540 | 60 | 28 | 80 | 470 | 114 | 6 | 86 | 23 |
| *STRAWBERRY BANANA* | | | M | | | | | | 660 | 270 | 30 | 18 | 80 | 190 | 87 | 2 | 70 | 11 |
| *KIT KAT®* | | | M | | | S | | W | 1020 | 420 | 47 | 30 | 90 | 250 | 134 | 3 | 102 | 15 |
| *BUTTERFINGER®* | | | M | P | | S | | | 1050 | 430 | 48 | 28 | 80 | 400 | 141 | 4 | 103 | 14 |
| *STRAWBERRY SHORTCAKE* | | E | M | | | S | | W | 700 | 290 | 32 | 19 | 100 | 230 | 91 | 2 | 71 | 12 |
| *BIRTHDAY CAKE* | | E | M | | | S | | W | 920 | 400 | 44 | 23 | 100 | 240 | 118 | 1 | 89 | 12 |

**BUILD YOUR OWN CREATION: Choose your size, choose your flavors of ice cream, choose your toppings**

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

| CREATION: | # ice cream Scoops | | Wet Toppings* | Dry Toppings* | Whipped Topping | Cherry |
|---|---|---|---|---|---|---|
| CONE - SINGLE - 1 flavor | 2 | | -- | -- | -- | -- |
| CONE - DOUBLE - 1 or 2 flavors | 4 | | -- | -- | -- | -- |
| CONE - DOUBLE WAFFLE - 1 or 2 flavors | 4 | | -- | -- | -- | -- |
| KIDS DOUBLE SHOT CONE | 2 | | -- | -- | -- | -- |
| DISH - SINGLE - 1 flavor | 2 | | -- | -- | -- | -- |
| DISH - DOUBLE - 1 or 2 flavors | 4 | | -- | -- | -- | -- |
| 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 WORMS IN DIRT SUNDAE | 2 | | 1 | -- | 1 | 1 |
| KIDS 3-SCOOP SUNDAE | 3 | | 1 | -- | 1 | 1 |
| KIDS BUILD-YOUR-OWN SUNDAE/ VOLCONO SUNDAE | 3 | | 2 | 1 | 1 | 1 |

***For wet/dry toppings, interpret the above chart with your own selections.**

| MENU ITEM | ALLERGENS | | | | | | | | NUTRITIONAL INFORMATION | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Egg | Fish: | Milk | Peanut | Shellfish: Shrimp (s) | Soy | Tree Nut: Almond (a), Walnut (w) | Wheat (Gluten) | Total Calories | Fat Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) |
| **CREATE YOUR OWN: ICE CREAM FLAVORS: SINGLE SCOOP** | | | | | | | | | | | | | | | | | | |
| VANILLA | | | M | | | | | | 120 | 50 | 6 | 4 | 23 | 35 | 14 | 0 | 11 | 2 |
| CHOCOLATE | | | M | | | | | | 110 | 60 | 6 | 4 | 23 | 41 | 10 | 0 | 9 | 2 |
| STRAWBERRY | | | M | | | | | | 110 | 50 | 5 | 3 | 20 | 35 | 14 | 0 | 12 | 2 |
| COFFEE | | | M | | | | | | 110 | 50 | 6 | 4 | 23 | 35 | 13 | 0 | 11 | 2 |
| MINT CHOCOLATE | | | M | | | S | | | 130 | 60 | 7 | 4 | 22 | 33 | 15 | 0 | 12 | 2 |
| CHOCOLATE CHIP COOKIE DOUGH | | | M | | | S | | W | 140 | 60 | 7 | 4 | 25 | 42 | 17 | 0 | 12 | 2 |
| BLACK RASPBERRY | | | M | | | | | | 120 | 50 | 5 | 4 | 20 | 35 | 15 | 0 | 13 | 2 |
| CHOCOLATE ALMOND CHIP | | | M | | | S | T (a) | | 120 | 60 | 7 | 4 | 22 | 41 | 11 | 0 | 10 | 2 |
| CHOCOLATE CHIP | | | M | | | S | | | 120 | 60 | 6 | 4 | 22 | 33 | 15 | 0 | 12 | 2 |
| COOKIES 'N CREAM | | | M | | | S | | W | 130 | 50 | 6 | 4 | 20 | 55 | 16 | 0 | 12 | 2 |
| PISTACHIO | | | M | | | | T | | 130 | 60 | 7 | 4 | 22 | 33 | 14 | 0 | 11 | 3 |
| VIENNA MOCHA CHUNK | | | M | | | S | | | 140 | 70 | 8 | 5 | 20 | 34 | 16 | 0 | 14 | 2 |
| NUTS OVER CARAMEL | | | M | | | S | T (a) | | 150 | 70 | 8 | 4 | 22 | 52 | 18 | 1 | 11 | 2 |
| BUTTER PECAN | | | M | | | | T | | 130 | 70 | 8 | 4 | 22 | 37 | 13 | 0 | 11 | 2 |
| MAPLE WALNUT | | | M | | | | T | | 130 | 70 | 8 | 4 | 22 | 33 | 13 | 0 | 11 | 3 |
| BUTTER CRUNCH | | | M | | | S | | | 130 | 50 | 6 | 4 | 23 | 104 | 16 | 0 | 14 | 2 |
| FORBIDDEN CHOCOLATE | | | M | | | | | | 130 | 60 | 7 | 4 | 27 | 33 | 14 | 0 | 11 | 3 |
| HUNKA CHUNKA PB FUDGE | E | | M | P | | S | T | W | 180 | 100 | 11 | 5 | 19 | 70 | 17 | 1 | 13 | 3 |
| PEANUT BUTTER CUP | | | M | P | | S | | | 160 | 80 | 9 | 4 | 20 | 70 | 16 | 1 | 13 | 3 |
| ROCKIN' POPPIN' COTTON CANDY | | | M | | | S | | | 140 | 60 | 6 | 4 | 20 | 40 | 18 | 1 | 15 | 2 |
| CELEBRATION ICE CREAM - 2 OZ | E | | M | | | S | | W | 160 | 70 | 8 | 4 | 30 | 40 | 19 | 0 | 14 | 2 |
| ORANGE SHERBET | | | M | | | | | | 80 | 10 | 1 | 1 | 4 | 15 | 17 | 0 | 12 | 1 |
| WATERMELON SHERBET | | | M | | | | | | 80 | 10 | 1 | 1 | 4 | 15 | 17 | 0 | 13 | 1 |
| NON FAT VANILLA YOGURT | | | M | | | | | | 80 | 0 | 0 | 0 | 1 | 53 | 17 | 0 | 11 | 3 |
| NON FAT RED RASPBERRY SWIRL YOGURT | | | M | | | | | | 90 | 0 | 0 | 0 | 0 | 46 | 19 | 0 | 14 | 3 |
| NO SUGAR ADDED VANILLA ICE CREAM (Includes 5 g sugar alcohol. Made with Splenda) | | | M | | | | | | 100 | 60 | 7 | 5 | 30 | 25 | 11 | 3 | 2 | 2 |

| MENU ITEM | ALLERGENS | | | | | | | | NUTRITIONAL INFORMATION | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Egg | Fish: | Milk | Peanut | Shellfish: Shrimp (s) | Soy | Tree Nut: Almond (a), Walnut (w) | Wheat (Gluten) | Total Calories | Fat Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) |
| **CREATE YOUR OWN: TOPPINGS:** | | | | | | | | | | | | | | | | | | |
| NO SUGAR ADDED FUDGE TOPPING (Includes 21g of Sugar Alcohol) | | | M | | | | | | 90 | 0 | 0 | 0 | 0 | 0 | 25 | 2 | 0 | 1 |
| HOT FUDGE TOPPING | | | M | | | | S | | 110 | 30 | 4 | 4 | 0 | 46 | 18 | 1 | 11 | 2 |
| MARSHMALLOW TOPPING | E | | | | | | | | 70 | 0 | 0 | 0 | 0 | 7 | 18 | 0 | 14 | 0 |
| PEANUT BUTTER TOPPING | | | | P | | | | | 210 | 150 | 17 | 3 | 0 | 130 | 7 | 3 | 4 | 7 |
| CARAMEL TOPPING | | | M | | | | | | 130 | 10 | 2 | 1 | 4 | 130 | 28 | 0 | 16 | 0 |
| PINEAPPLE TOPPING | | | | | | | | | 50 | 0 | 0 | 0 | 0 | 5 | 12 | 0 | 11 | 0 |
| STRAWBERRY TOPPING | | | | | | | | | 40 | 0 | 0 | 0 | 0 | 8 | 10 | 1 | 9 | 0 |
| SWISS CHOCOLATE TOPPING | E | | | | | | | | 100 | 0 | 0 | 0 | 0 | 37 | 25 | 0 | 19 | 0 |
| WHIPPED TOPPING | | | M | | | | | | 80 | 50 | 6 | 4 | 22 | 21 | 6 | 0 | 4 | 1 |
| CHOCOLATE SYRUP | | | | | | | | | 100 | 0 | 0 | 0 | 0 | 20 | 23 | 1 | 16 | 1 |
| ROASTED SLICED ALMONDS | | | | | | | N | | 110 | 90 | 10 | 1 | 0 | 61 | 3 | 2 | 1 | 4 |
| WALNUTS | | | | | | | N | | 80 | 70 | 8 | 1 | 0 | 2 | 2 | 1 | 1 | 2 |
| CHOCOLATE CHIPS | | | M | | | S | | | 160 | 80 | 9 | 6 | 6 | 21 | 18 | 1 | 16 | 2 |
| REESE'S PIECES | | | M | P | | S | | | 130 | 60 | 6 | 4 | 0 | 48 | 15 | 1 | 14 | 3 |
| PEANUT BUTTER CUP | | | M | P | | S | | | 90 | 50 | 5 | 2 | 1 | 60 | 10 | 1 | 9 | 2 |
| KIT KAT BARS | | | M | | | S | | W | 150 | 70 | 7 | 5 | 3 | 21 | 18 | 1 | 14 | 2 |
| CRUSHED HEATH | | | M | | | S | N | | 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 | | | M | P | | S | | | 110 | 50 | 5 | 3 | 5 | 15 | 15 | 1 | 14 | 1 |
| CRUSHED OREOS | | | | | | S | | W | 60 | 20 | 2 | 1 | 0 | 65 | 9 | 0 | 5 | 1 |
| TOPPING - BUTTERFINGER PIECES | | | M | P | | S | | | 120 | 40 | 5 | 3 | 0 | 60 | 18 | 0 | 12 | 1 |
| TOPPING - POUND CAKE CUBES | E | | M | | | S | | W | 100 | 30 | 4 | 1 | 30 | 60 | 16 | 0 | 10 | 2 |
| BROWNIE- GHIRARDELLI CHOCOLATE CUBES | E | | M | | | S | | W | 240 | 90 | 11 | 3 | 20 | 140 | 34 | 2 | 23 | 2 |
| CHOCOLATE SPRINKLES | | | | | | S | | | 120 | 50 | 5 | 2 | 0 | 4 | 19 | 0 | 9 | 0 |
| RAINBOW SPRINKLES | | | | | | S | | | 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 | | | | | | S | | W | 50 | 0 | 0 | 0 | 0 | 50 | 11 | 0 | 4 | 1 |
| CAKE CONE | | | | | | S | | W | 30 | 0 | 0 | 0 | 0 | 15 | 7 | 0 | 0 | 1 |
| WAFFLE CONE | | | | | | S | | W | 90 | 10 | 1 | 0 | 0 | 35 | 20 | 1 | 7 | 2 |
| KIDS DOUBLE HEADED CONE | | | | | | S | | W | 20 | 0 | 0 | 0 | 0 | 20 | 5 | 0 | 0 | 1 |
| RED VELVET WAFFLE CONE | E | | M | | | S | | W | 160 | 40 | 4 | 1 | 10 | 5 | 29 | 1 | 13 | 2 |

| MENU ITEM | ALLERGENS | | | | | | | | NUTRITIONAL INFORMATION | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Egg | Fish: | Milk | Peanut | Shellfish: Shrimp (s) | Soy | Tree Nut: Almond (a), Walnut (w) | Wheat (Gluten) | 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 and Allergen Information

***Friendly's works hard to assist you in making careful choices when dining in our restaurant, by providing current, accurate information on the ingredients in our menu items. The nutritional information in this website is based on our standard product recipe and portion size for each menu item, and is provided subject to the following limitations:***

- *Your serving will be made-to-order, by hand, so it will vary slightly from the standard in*
- *Our suppliers, recipes, or ingredients are based on availability and may, of necessity,*
- *If you request additions or substitutions to menu items the nutritional content will change.*
- *Menu items listed in this website may not be available in your restaurant.*
- *Regional products, local specials and limited-time offerings are not listed.*
- *None of our menu offerings are certified as vegetarian, organic or Kosher.*

***Allergens : We examined the ingredients in each of our listed standard recipes, to determine the presence of any of the eight most common food allergens identified by the U.S. Food and Drug Administration. We do not address any other, less common, potential allergens . In addition, common restaurant cooking equipment, such as grills and fryers, may create a risk of ingesting allergen residue from food cross-contact. We exercise great care to minimize this risk but it cannot be eliminated entirely. We recommend that you consult your medical professional with any concerns you have about food allergies and/or sensitivities.***

***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 website, please contact us at***

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

VALID AS OF JANUARY 13, 2014