MENU ITEM	ALLERGENS							NUTRITIONAL INFORMATION									
	Egg	Fish:	Milk	Peanut	Shellfish: Shrimp (s)	Soy	Tree Nut: Almond (a), Walnut (w	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar(g)	Protein(g)
***MEALS FOR KIDS 12 & UNDER - LIL' SCOOPS**																	
*** Choose Beverage, Entrée and Dessert for complete nutritional data**																	
LIL' SCOOP CHOOSE A DRINK: Nutritionals based on 1 fill																	
COKE								110	0	0	0	0	10	29	0	29	0
SPRITE								110	0	0	0	0	20	27	0	27	0
FANTA ORANGE								120	0	0	0	0	0	31	0	31	0
BARQ'S ROOT BEER								120	0	0	0	0	30	32	0	32	0
MINUTE MAID LEMONADE								100	0	0	0	0	40	27	0	27	0
DIET COKE								0	0	0	0	0	0	0	0	0	0
CHOCOLATE 1% MILK			M					330	30	4	3	20	180	61	1	47	11
STRAWBERRY 1% MILK			M					350	20	3	2	10	350	73	0	62	9
VANILLA 1% MILK			M					340	20	3	2	10	140	70	0	66	9
COFFEE 1% MILK			M					350	20	3	2	10	150	71	0	60	9
1% MILK			M					160	30	4	2	20	160	19	0	19	12
KIDS PB CUP FRIBBLE SHAKE			M	P		S		770	330	37	18	80	360	94	3	76	18
KIDS VANILLA FRIBBLE SHAKE			M					570	230	25	16	90	190	75	0	64	11
KIDS CHOCOLATE FRIBBLE SHAKE			M					570	230	26	17	90	230	70	1	60	15
KIDS STRAWBERRY FRIBBLE SHAKE			M					540	190	21	13	80	260	78	0	65	11
KIDS COFFEE FRIBBLE SHAKE			M					570	230	25	14	90	200	75	0	63	11
JUICE- ORANGE JUICE 12 oz								170	0	0	0	0	0	41	2	30	3
CRANBERRY JUICE COCKTAIL								150	0	0	0	0	40	37	0	37	0
APPLE JUICE								120	0	0	0	0	40	32	0	32	0
HOT CHOCOLATE								140	40	4	3	10	180	24	1	18	1

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)
LIL' SCOOP CHOOSE AN ENTREE:																		
Data for Entrée as pictured on menu. Please see SIDES section for other options.																		
TURKEY SANDWICH ON GOLDFISH® BREAD w/ APPLE SLICES								W	260	20	3	1	20	670	44	8	21	17
PIZZA w/ CARROT AND CELERY STICKS	E		M			S		W	530	200	23	9	40	990	61	6	9	21
FRIENDLY'S CHICKEN FINGERS Fried w/ APPLESAUCE	E							W	520	180	20	4	40	1570	60	1	37	23
FRIENDLY'S CHICKEN FINGERS Grilled w/ APPLESAUCE									340	50	5	1	80	1410	43	1	37	29
CHEESY MAC & FRANK®			M					W	480	220	24	9	50	1190	47	2	8	17
CHEESEBURGER SLIDERS w/ APPLE SLICES			M			S		W	540	250	28	13	70	970	51	5	19	21
CHEESE QUESADILLA			M			S		W	890	540	60	28	120	1450	51	3	6	37
GRILLED CHEESE w/ CARROT & CELERY STICKS	E		M			S		W	410	190	21	10	20	1230	43	3	9	11
FRIENDLY FRANK® w/ GOLDFISH® CRACKERS			M			S		W	550	320	35	14	30	1250	45	3	4	13
LIL' SCOOP AND BIG SCOOP SIDES:																		
APPLESAUCE									110	0	0	0	0	0	27	1	25	0
MIXED VEGETABLES						S			110	50	6	3	0	110	13	4	6	3
APPLE SLICES									70	0	0	0	0	0	17	3	13	0
BROCCOLI						S			80	50	6	3	0	80	6	2	2	2
CARROT & CELERY STICKS	E		M			S			60	20	3	1	0	190	8	2	5	2
CORN						S			160	70	7	3	0	70	20	4	9	4
FRENCH FRIES									200	80	9	2	0	100	29	2	2	2
MANDARIN ORANGES									80	0	0	0	0	10	20	0	18	0
RICE						S			210	30	3	0	0	900	41	0	2	3
WAFFLE FRIES								W	590	300	33	5	0	1430	67	5	1	7
MASHED POTATOES			M						220	80	9	5	20	620	29	3	2	5
GOLD FISH® CRACKERS			M						140	50	5	1	0	250	20	2	0	3

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)
ADD A SIDE SALAD: add data for dressing choice																		
*GARDEN SALAD no dressing			M					W	90	20	2	0	0	170	15	2	3	3
GARDEN SALAD DRESSINGS:																		
DRESSING - LITE CREAMY RANCH 28/1.5 OZ	E		M			S			40	20	3	1	0	140	4	0	3	1
HONEY MUSTARD DRESSING	E								180	140	15	2	20	210	12	0	9	0
SESAME ORIENTAL DRESSING						S		W	130	60	7	1	0	480	18	0	15	0
BLEU CHEESE DRESSING	E		M						230	220	24	5	30	240	2	0	2	2
RANCH DRESSING	E		M						220	200	23	4	20	380	5	0	2	0
THOUSAND ISLAND DRESSING	E								190	160	18	3	10	420	8	0	6	0
LITE BALSAMIC VINIAGRETTE									90	70	8	1	0	620	5	0	5	0
FAT-FREE ITALIAN DRESSING									30	0	0	0	0	420	8	0	6	0
ADD A CROCK OF SOUP																		
CROCK HOMESTYLE CLAM CHOWDER	F {c}		M			S		W	470	280	31	17	110	1420	32	1	5	17
CROCK CHICKEN NOODLE	E		M			S		W	230	70	8	2	40	1310	29	1	3	14
CROCK OF CHILI			M			S		W	470	260	29	11	70	1520	30	5	4	23
CROCK CREAM OF TOMATO SOUP			M			S		W	340	190	21	11	60	1270	34	1	15	6
LIL' SCOOP CHOOSE A DESSERT: As pictured on menu.																		
KIDS HOT FUDGE SUNDAE			M			S			330	150	17	11	60	110	40	1	30	5
OREO® SUNDAE			M			S		W	420	180	20	12	50	200	53	1	38	6
MONSTER MASH SUNDAE			M	P		S			430	200	22	12	50	160	51	1	41	8
CONEHEAD SUNDAE			M	P		S		W	430	180	20	13	60	170	56	1	39	7
CANDY SHOP SUNDAE			M	P		S		W	440	200	22	14	60	120	56	1	45	6
DOUBLE SHOT CONE			M			S		W	270	120	13	8	40	90	34	1	24	5

LIL' AND BIG SCOOPS JUST DESSERTS: Please refer to Ice Cream menu for complete list of ice cream flavors and toppings for your 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)
***MEALS FOR KIDS 12 & UNDER - BIG SCOOPS**																		
*** Choose a Drink, an Entrée and a Dessert for complete nutritional data**																		
BIG SCOOP CHOOSE A DRINK: Nutritional based on 1 fill																		
16 OZ 1% CHOCOLATE MILK			M						390	40	5	3	20	210	75	2	58	13
16 OZ 1% STRAWBERRY MILK			M						430	30	3	2	20	430	90	0	76	11
16 OZ 1% VANILLA MILK			M						420	30	3	2	20	160	85	0	81	11
16 OZ 1% COFFEE MILK			M						420	30	3	2	20	180	88	0	73	11
16 OZ REGULAR 1% MILK			M						180	40	4	3	20	190	22	0	22	14
16 OZ CRANBERRY JUICE									250	0	0	0	0	70	62	0	62	0
16 OZ ORANGE JUICE									200	0	0	0	0	0	47	2	35	4
16 OZ APPLE JUICE									210	0	0	0	0	70	53	0	53	0
HOT CHOCOLATE			M			S			140	40	4	3	10	180	24	1	18	1
COTTON CANDY									220	0	0	0	0	30	56	0	54	0
ROYAL RAZZ									220	0	0	0	0	30	56	0	54	0
FRIENDLY'S SHIRLEY TEMPLE									220	0	0	0	0	30	55	0	53	0
SHARKS IN THE WATER									340	0	0	0	0	70	82	0	71	2
COKE									160	0	0	0	0	10	41	0	41	0
SPRITE									150	0	0	0	0	30	39	0	39	0
FANTA ORANGE									170	0	0	0	0	0	44	0	44	0
BARQ'S ROOT BEER									180	0	0	0	0	40	45	0	45	0
MINUTE MAID LEMONADE									150	0	0	0	0	60	39	0	39	0
DIET COKE									0	0	0	0	0	0	0	0	0	0

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)
BIG SCOOP CHOOSE AN ENTRÉE																		
Data for Entrée as pictured on menu. Please see SIDES section for other options.																		
DIPPIN' CHICKEN Fried w/ CARROT & CELERY STICKS	E							W	810	400	44	8	60	2570	71	2	38	32
DIPPIN' CHICKEN Grilled w/ CARROT & CELERY STICKS	E								510	200	23	4	100	2200	49	2	39	30
CHEESEBURGER SLIDERS w/ GOLDFISH® CRACKERS			M			S		W	860	390	43	17	100	2610	85	5	21	33
MINI MOZZARELLA STICKS w/ APPLESAUCE			M					W	800	370	41	15	60	2090	83	5	30	24
CHICKEN QUESADILLAS	E		M			S		W	1070	650	72	31	210	2340	57	4	7	29
BUILD YOUR OWN MAC & CHEESE									810	290	32	10	60	1510	97	4	16	32
KIDS TURKEY TIPS w/ BROCCOLI & APPLE SLICES	E								430	150	17	3	70	560	40	6	28	31
BIG SCOOP CHOOSE A DESSERT: as pictured on menu																		
***Please refer to regular ice cream menu for information on your special selections of ice cream and topping in your ice cream creations.**																		
BUILD YOUR OWN VOL-CONE-O SUNDAE	E		M	P		S		W	930	460	51	23	90	360	101	4	60	20
BUILD YOUR OWN SUNDAE			M	P		S			770	320	36	21	90	170	99	1	73	12
WORMS IN DIRT			M			S		W	400	180	20	11	60	220	51	1	40	7
PEANUT BUTTER CUP® FRIENDZ			M	P		S			860	410	45	18	50	520	96	4	71	20
COOKIE DOUGH FRIENDZ			M			S		W	740	310	35	21	80	270	96	1	70	12
HEATH® FRIENDZ			M			S	N		680	310	34	19	50	410	88	0	78	9
OREO® FRIENDZ			M			S		W	580	210	23	12	40	470	84	2	62	9
M&M's® FRIENDZ			M			S	N		670	220	24	14	50	260	103	2	86	10
STRAWBERRY BANANA FRIENDZ			M						430	130	14	9	40	220	69	1	57	8
KIT KAT® FRIENDZ			M			S		W	790	280	31	20	50	280	115	2	89	12
BUTTERFINGER® FRIENDZ			M	P		S			820	290	32	19	40	430	122	3	90	11
STRAWBERRY SHORTCAKE FRIENDZ	E		M			S		W	470	150	17	9	70	260	72	1	58	8
BIRTHDAY CAKE FRIENDZ	E		M			S		W	690	260	29	13	70	270	100	0	76	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)
KIDS BREAKFAST																		
CHOOSE A BEVERAGE:																		
CHOCOLATE 1% MILK			M						330	30	4	3	20	180	61	1	47	11
STRAWBERRY 1% MILK			M						350	20	3	2	10	350	73	0	62	9
VANILLA 1% MILK			M						340	20	3	2	10	140	70	0	66	9
COFFEE 1% MILK			M						350	20	3	2	10	150	71	0	60	9
1% MILK			M						160	30	4	2	20	160	19	0	19	12
JUICE- ORANGE JUICE 12 oz									170	0	0	0	0	0	41	2	30	3
CRANBERRY JUICE COCKTAIL 12 oz									150	0	0	0	0	40	37	0	37	0
APPLE JUICE 12 oz									120	0	0	0	0	40	32	0	32	0
HOT CHOCOLATE									140	40	4	3	10	180	24	1	18	1
STRAWBERRY SMOOTHIE			M						260	0	0	0	0	150	56	1	42	8
CHOOSE AN ENTRÉE																		
STRAWBERRY YOGURT PARFAIT W/ WINTER FRUIT			M	P		S		W	300	60	6	3	10	60	49	3	40	12
STRAWBERRY YOGURT PARFAIT W/ SPRING FRUIT			M					W	270	60	6	3	10	60	41	4	33	12
OATMEAL w/ OREOS®			M			S		W	310	80	9	3	10	270	50	5	17	6
ENGLISH MUFFIN & EGG SANDWICH	E		M			S		W	390	50	6	2	10	760	61	5	19	26
TWO PANCAKES WITH BACON	E		M			S		W	660	150	17	7	70	1510	114	0	47	11
TWO PANCAKES WITH SAUSAGE	E		M			S		W	780	270	30	12	90	1470	114	0	47	11
BELGIAN WAFFLE WITH BACON	E		M			S		W	550	150	17	8	50	700	91	1	42	10
BELGIAN WAFFLE WITH SAUSAGE	E		M			S		W	670	270	30	13	80	660	91	1	42	10
TIE-DYED PANCAKE WITH BACON	E		M	P		S		W	690	160	18	8	60	1030	120	3	59	12
TIE-DYED PANCAKE WITH SAUSAGE	E		M	P		S		W	810	280	31	13	90	990	121	3	59	12
FRENCH TOAST WITH BACON	E		M			S		W	880	260	29	13	170	1390	133	2	55	18
FRENCH TOAST WITH SAUSAGE	E		M			S		W	1000	380	42	18	200	1350	134	2	55	18

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)
TWO EGG BREAKFAST:																		
SUNNY EGGS/BACON/TOAST	E		M					W	500	260	29	11	440	950	35	2	4	25
SUNNY EGGS/SAUSAGE/TOAST	E		M					W	620	380	42	16	470	910	35	2	4	25
SUNNY EGGS/BACON/ENGLISH MUFFIN	E		M					W	520	260	28	10	440	850	39	1	2	27
SUNNY EGGS/SAUSAGE/ENGLISH MUFFIN	E		M					W	640	370	41	16	470	810	39	1	2	27
SCRAMBLED EGGS/BACON/TOAST	E		M					W	480	230	25	10	450	930	37	2	7	25
SCRAMBLED EGGS/SAUSAGE/TOAST	E		M					W	600	340	38	15	480	890	37	2	7	25
SCRAMBLED EGGS/BACON/ENGLISH MUFFIN	E		M					W	490	220	25	9	450	830	41	1	5	27
SCRAMBLED EGGS/SAUSAGE/ENGLISH MUFFIN	E		M					W	610	340	38	15	480	790	41	1	5	27
GRAPE JELLY									60	0	0	0	0	0	14	0	14	0
ORANGE MARMALADE									40	0	0	0	0	0	10	0	4	0

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 portion*
- *Our suppliers, recipes, or ingredients are based on availability and may, of necessity, change*
- *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