MENU ITEM	ALLERGENS									NUTRITIONAL INFORMATION										
	Egg	Fish: Anchovey (a) Cod {c} Flounder (f) Haddock (h)	Milk	Peanut	Shellfish: Shrimp (s)	Soy	Tree Nut: Almond (a) Walnut (w)	Wheat (Gluten)		Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
***LTO MENU OFFERS (As stated or pictured on menu. Please see sides data for any substitutions.) EFFECTIVE MAY 23, 2014**																				
SUMMER BERRY SALAD W/ GRILLED CHICKEN			M				TN{a}			770	440	49	15	0	110	1940	30	6	16	53
SUMMER BERRY SALAD W/ GRILLED CHICKEN no dressing			M				TN{a}			560	280	31	12	0	110	1560	18	6	7	53
TERIYAKI SALMON W/ PINEAPPLE MANGO SALSA		F				S				860	280	31	7	0	150	2710	88	3	40	55
TERIYAKI SALMON W/ PINEAPPLE MANGO SALSA no sauce		F				S				700	280	31	7	0	150	1560	54	3	10	53
BAJA BURGER	E	F {a}	M			S		W		1450	820	91	34	1	180	2650	101	6	14	55
TURKEY AVOCADO BURGER	E		M			S		W		1120	590	65	20	0	90	1670	98	10	10	32
LOBSTER ROLL	E				SF	S		W		1120	600	67	13	0	210	1620	96	7	10	33
***LTO BEVERAGE OFFERS (Information based on individual serving, no refill) EFFECTIVE MAY 23, 2014**																				
MANGO ICED TEA										160	0	0	0	0	0	0	39	1	37	0
RASPBERRY ICED TEA										140	0	0	0	0	0	0	36	1	35	0
STRAWBERRY LEMONADE										150	0	0	0	0	0	50	32	2	29	1
KIDS SOUR PATCH SPLASH BEVERAGE										270	0	0	0	0	0	30	68	0	63	0
***LTO ICE CREAM OFFERS (As stated on menus. Please see dessert nutritionals for your special selections) EFFECTIVE MAY 23, 2014**																				
KIDS' SOUR PATCH SUNDAE			M			S				530	240	27	12	1	60	90	66	0	55	5
CRACKER JACK SUNDAE			M	P		S		W		820	270	30	20	1	90	480	126	1	84	8
COFFEE SALTED CARAMEL CRUNCH IC CONE (Suger Cone)			M			S		W		330	130	14	9	1	40	170	48	1	32	5
COFFEE SALTED CARAMEL CRUNCH IC 2 OZ			M					W		140	60	7	5	0	20	60	18	0	14	2

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 size and the precise mix of ingredients.*
- *Our suppliers, recipes, or ingredients are based on availability and may, of necessity, change without notice.*
- *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 MAY 23, 2014