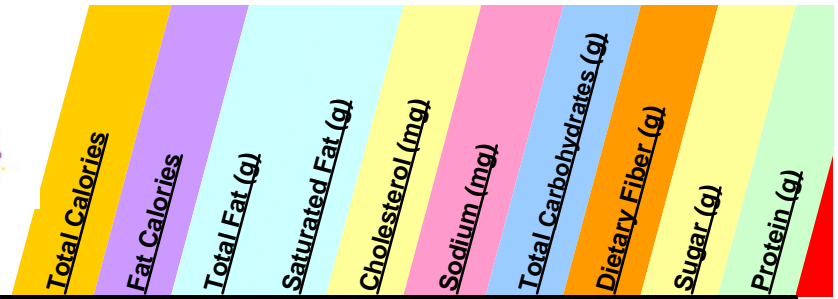


Menu Item

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)
CLASSICS & SUPERMELTS: As stated on menu.										
FRENCH TOAST WITH BACON	900	290	33	14	160	1710	129	3	56	23
Allergens: Egg, Milk, Soy, Wheat										
FRENCH TOAST WITH SAUSAGE	1050	430	48	19	200	1610	129	3	56	25
Allergens: Egg, Milk, Soy, Wheat										
BUTTERMILK PANCAKES WITH BACON	860	280	31	11	80	2320	130	0	52	15
Allergens: Egg, Milk, Soy, Wheat										
BUTTERMILK PANCAKES WITH SAUSAGE	1000	410	46	16	110	2220	130	0	52	17
Allergens: Egg, Milk, Soy, Wheat										
ADD STRAWBERRY TOPPING	190	0	0	0	0	40	48	4	44	1
Allergens: None										
ADD PINEAPPLE TOPPING	240	0	0	0	0	30	60	1	54	0
Allergens: None										
APPLE CARAMEL WALNUT PANCAKES	1360	300	34	6	70	1990	245	4	116	20
Allergens: Egg, Milk, Soy, Tree Nut (Walnut), Wheat										
CHOCOLATE CHIP PANCAKES WITH BACON	1270	350	39	18	100	2270	209	2	104	20
Allergens: Egg, Milk, Soy, Wheat										
CHOCOLATE CHIP PANCAKES WITH SAUSAGE	1410	490	54	24	130	2170	209	2	104	22
Allergens: Egg, Milk, Soy, Wheat										
SUPER SIZZLIN™ BREAKFAST: add data for egg style and toast										
SUPER SIZZLIN/COMBO BACON & SAUSAGE	590	360	40	13	60	1110	43	4	2	16
Allergens: Soy, Wheat										
SUPER SIZZLIN BACON	500	270	30	10	30	1200	43	4	2	14
Allergens: Soy, Wheat										
SUPER SIZZLIN SAUSAGE	690	450	50	17	80	1070	43	4	2	17
Allergens: Soy, Wheat										
SUPER SIZZLIN HICKORY-SMOKED HAM	450	160	18	4	80	1800	45	4	5	26
Allergens: Soy, Wheat										
SIRLOIN STEAK TIPS & EGGS	530	210	23	5	90	990	43	5	2	38
530 210										
3 EGGS SUNNY/OVER EASY	270	180	21	6	550	290	1	0	1	19
Allergens: Egg										
3 EGGS SCRAMBLED	320	220	25	5	710	250	4	0	4	21
Allergens: Egg, Milk										
3 EGGS POACHED	210	140	15	6	550	290	1	0	1	19
Allergens: Egg										
3 EGGBEATERS SCRAMBLED	160	70	8	0	0	380	2	0	2	24
Allergens: Egg										
WHITE TOAST	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
WHEAT TOAST	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
RYE TOAST	340	110	12	4	0	460	48	2	4	10
Allergens: Soy, Wheat										

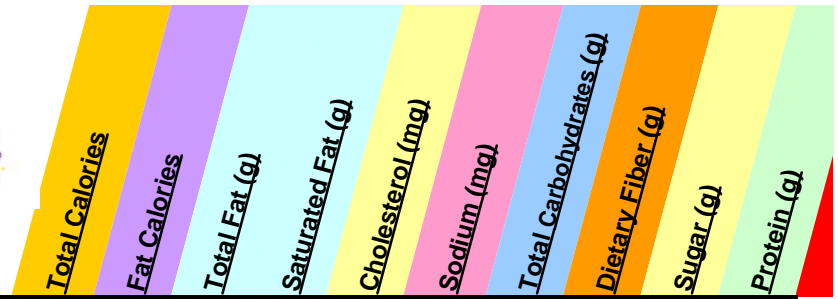


Menu Item

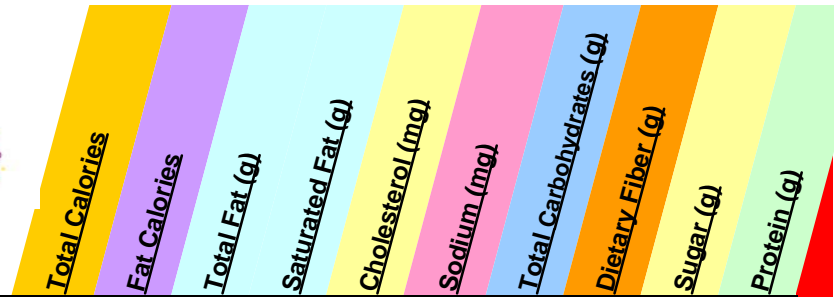
BIG - TWO - DO®, SUPER BIG - TWO - DO, LUMBERJACK, SENIORS BREAKFASTS, BREAKFAST SIDES										
*Please use the data below for your custom designed breakfast.										
Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
SAUSAGE - 2	200	170	19	7	40	270	0	0	0	6
Allergens: None										
SAUSAGE - 3	300	260	29	11	60	410	1	0	0	9
Allergens: None										
SAUSAGE - 4	390	340	38	15	80	540	1	0	0	12
Allergens: None										
BACON - 2	100	80	9	4	20	320	0	0	0	5
Allergens: None										
BACON - 3	150	120	14	6	30	510	1	0	0	7
Allergens: None										
BACON - 4	200	160	18	8	30	680	1	0	0	10
Allergens: None										
HICKORY SMOKED HAM	100	40	4	2	50	850	2	0	2	14
Allergens: None										
SIRLOIN STEAK TIPS	230	100	11	3	90	470	1	1	1	33
Allergens: None										
TWO PANCAKES	580	140	15	5	30	1250	104	0	47	5
Allergens: Egg, Milk, Soy, Wheat										
THREE PANCAKES	700	160	17	5	50	1810	128	0	51	8
Allergens: Egg, Milk, Soy, Wheat										
TWO FRENCH TOAST	610	150	16	7	90	850	104	2	49	11
Allergens: Egg, Milk, Soy, Wheat										
THREE FRENCH TOAST	750	170	19	8	140	1210	127	3	55	16
Allergens: Egg, Milk, Soy, Wheat										
HOMEFRIES	290	110	12	2	0	530	41	4	1	5
Allergens: Soy, Wheat										
1 EGG SUNNY/OVER EASY	90	60	7	2	180	100	0	0	0	6
Allergens: Egg										
2 EGGS SUNNY/OVER EASY	180	120	14	4	370	190	1	0	0	13
Allergens: Egg										
3 EGGS SUNNY/OVER EASY	270	180	21	6	550	290	1	0	1	19
Allergens: Egg										
1 EGG SCRAMBLED	110	70	8	2	240	80	1	0	1	7
Allergens: Egg, Milk										
2 EGGS SCRAMBLED	220	150	16	3	470	190	3	0	3	14
Allergens: Egg, Milk										
3 EGGS SCRAMBLED	320	220	25	5	710	250	4	0	4	21
Allergens: Egg, Milk										
1 EGG POACHED	70	50	5	2	180	100	0	0	0	6
Allergens: Egg										
2 EGGS POACHED	150	90	10	4	470	190	3	0	3	14
Allergens: Egg										
3 EGGS POACHED	210	140	15	6	550	290	1	0	1	19
Allergens: Egg										
1 EGGBEATER SCRAMBLED	50	20	3	0	0	130	1	0	1	8
Allergens: Egg										
2 EGGBEATERS SCRAMBLED	100	50	5	0	0	250	1	0	1	16
Allergens: Egg										
3 EGGBEATERS SCRAMBLED	160	70	8	0	0	380	2	0	2	24
Allergens: Egg										



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)
WHITE TOAST	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
WHEAT TOAST	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
RYE TOAST	340	110	12	4	0	460	48	2	4	10
Allergens: Soy, Wheat										
ENGLISH MUFFIN	310	90	10	4	0	450	45	2	2	8
Allergens: Milk, Soy, Wheat										
GRAPE JELLY	60	0	0	0	0	0	14	0	14	0
Allergens: None										
ORANGE MARMALADE	40	0	0	0	0	0	10	0	4	0
Allergens: None										
CRANBERRY MUFFIN	620	360	40	9	100	570	59	2	33	8
Allergens: Egg, Soy, Tree Nut (Walnut), Wheat										
BLUEBERRY MUFFIN	600	320	36	9	110	620	64	1	37	7
Allergens: Egg, Soy, Wheat										
BAGEL	350	90	10	4	0	510	55	5	5	10
Allergens: Soy, Wheat										
BAGEL WITH CREAM CHEESE	430	160	18	9	30	630	57	5	6	11
Allergens: Milk, Soy, Wheat										
CEREAL - RAISEN BRAN CRUNCH	370	30	3	1	10	390	77	6	40	11
Allergens: Milk, Wheat										
CEREAL - FROOT LOOPS	250	30	3	2	10	280	46	1	27	8
Allergens: Milk, Soy, Wheat										
1/2 BANANA FOR CEREAL	40	0	0	0	0	0	9	0	6	0
Allergens: None										
PANCAKE SYRUP	230	0	0	0	0	30	58	0	38	0
BREAKFAST SUPERMELTS AS STATED ON MENU:										
BACON CHEESE SUPERMELT	1000	480	54	18	410	1960	93	7	8	36
Allergens: Milk, Egg, Soy, Wheat										
SAUSAGE MUSHROOM SWISS SUPERMELT	1200	620	69	26	450	1780	96	8	8	47
Allergens: Milk, Egg, Soy, Wheat										
HAM & CHEESE SUPERMELT	950	420	47	15	390	2070	94	7	9	39
Allergens: Milk, Egg, Soy, Wheat										
VERMONT CHEDDAR SUPERMELT	1040	510	57	21	430	1810	91	6	7	44
Allergens: Milk, Egg, Soy, Wheat										

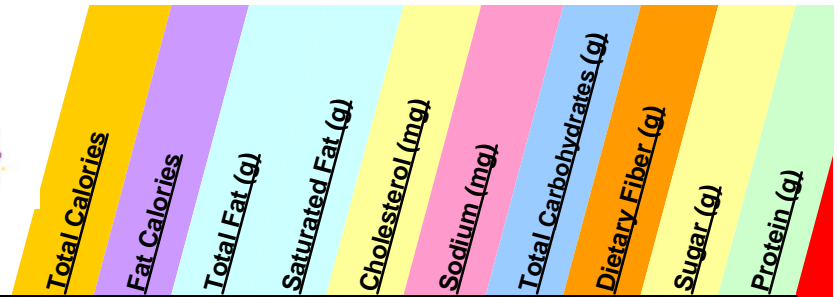


Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BUILD YOUR OWN BREAKFAST SUPERMELT: SELECT BREAD, BREAKFAST MEAT AND CHEESE.										
FARM FRESH EGGS/HOMEFRIES/ ORANGE SLICE										
FARM FRESH EGGS/HOMEFRIES/ORANGE SLICE	470	230	26	6	370	720	43	4	1	17
Allergens: Egg, Wheat										
BREAD: PICK ONE TYPE										
GRILLED SOURDOUGH BREAD	330	110	12	4	0	540	46	2	4	10
Allergens: Soy, Wheat										
GRILLED HONEY DILL RYE BREAD	0	0	12	4	0	460	48	2	4	10
Allergens: Soy, Wheat										
GRILLED WHITE BREAD	260	100	11	5	0	460	34	1	0	5
GRILLED WHITE BREAD	260	100	11	5	0	460	34	1	0	5
GRILLED WHEAT BREAD	260	100	11	5	0	460	34	1	0	5
Allergens: Soy, Wheat										
BAGEL - TOASTED	350	90	10	4	0	510	55	5	5	10
Allergens: Soy, Wheat										
ENGLISH MUFFIN - TOASTED	270	100	11	4	0	360	38	1	2	7
Allergens: Soy, Wheat										
CHEESE: PICK ONE TYPE										
AMERICAN CHEESE	90	60	7	5	20	380	1	0	0	4
Allergens: Milk, Soy										
SWISS CHEESE	160	110	12	8	40	170	2	0	2	12
Allergens: Milk										
CHEDDAR CHEESE	160	130	14	9	0	280	0	0	0	10
Allergens: Milk										
MONTEREY JACK CHEESE	140	100	11	7	30	300	1	0	0	8
Allergens: Milk										
BREAKFAST MEAT: PICK ONE TYPE										
BACON	100	80	9	4	20	320	0	0	0	5
Allergens: None										
BREAKFAST HAM	50	20	2	2	30	430	1	0	2	7
Allergens: None										
SAUSAGE LINKS	200	170	19	7	40	270	0	0	0	6
Allergens: None										
OMELETTES: AS STATED ON MENU. ADD DATA FOR CHOICE OF TOAST										
HAM & CHEESE OMELETTE	870	500	55	18	820	2160	49	4	9	55
Allergens: Egg, Milk, Soy, Wheat										
WESTERN OMELETTE	930	520	57	20	800	1680	53	5	10	50
Allergens: Egg, Milk, Soy, Wheat										
THREE CHEESE & BACON OMELETTE	910	540	60	19	760	1500	49	4	7	44
Allergens: Egg, Milk, Soy, Wheat										
GARDEN VEGETABLE OMELETTE	860	490	55	19	760	1170	52	5	8	40
Allergens: Egg, Milk, Soy, Wheat										

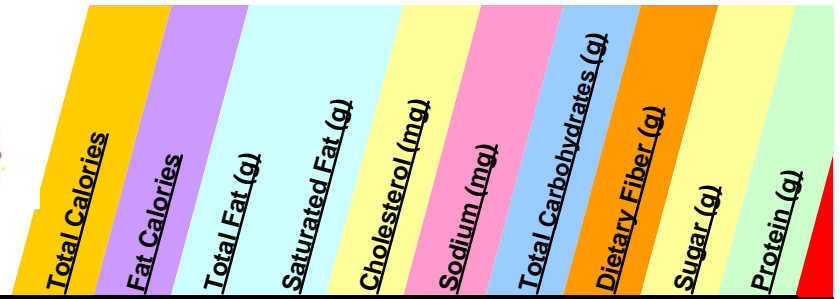


Menu Item

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)
BUILD YOUR OWN BREAKFAST OMELETTE										
START WITH 3 EGG, HOMEFRIES AND ORANGE SLICE. ADD DATA FOR CHOICE OF TOAST, VEGETABLES, MEAT, CHEESE.										
OMELETTE EGGS/HOMEFRIES/ ORANGE SLICE	660	380	42	9	660	850	46	4	5	24
Allergens: Egg, Milk, Soy, Wheat										
CHEESE: CHOOSE 1 TYPE										
AMERICAN CHEESE	90	60	7	5	20	380	1	0	0	4
Allergens: Milk, Soy										
SWISS CHEESE	160	110	12	8	40	170	2	0	2	12
Allergens: Milk										
CHEDDAR CHEESE	160	130	14	9	0	280	0	0	0	10
Allergens: Milk										
MIXED CHEESE	110	80	9	5	30	180	1	0	0	7
Allergens: Milk										
BREAKFAST MEAT: CHOOSE ONE TYPE										
BACON	100	80	9	4	20	320	0	0	0	5
Allergens: None										
BREAKFAST HAM	50	20	2	2	30	430	1	0	2	7
Allergens: None										
SAUSAGE LINKS	200	170	19	7	40	270	0	0	0	6
Allergens: None										
VEGETABLES: CHOOSE 1 TYPE										
ONION AND PEPPER COMBO	20	0	0	0	0	0	2	1	1	0
Allergens: None										
ONIONS	20	0	0	0	0	0	2	1	1	1
Allergens: None										
GREEN PEPPERS	20	0	0	0	0	0	4	1	1	1
Allergens: None										
DICED TOMATOES	10	0	0	0	0	0	2	1	2	1
Allergens: None										
SAUTEED MUSHROOMS	20	0	0	0	0	140	4	0	2	2
Allergens: None										
BREAKFAST SKILLET: AS STATED ON MENU. ADD DATA FOR CHOICE OF TOAST										
HUEVOS RANCHEROS	760	400	44	15	710	1260	58	7	8	33
Allergens: Egg, Milk, Soy, Wheat										
MEATLOVER'S SKILLET	1000	610	68	25	780	2230	47	4	6	51
Allergens: Egg, Milk, Soy, Wheat										
SAUSAGE, MUSHROOM & SWISS	900	530	59	22	740	1480	51	4	8	44
Allergens: Egg, Milk, Soy, Wheat										
BREAKFAST JUICE: Allergens: None										
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
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
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



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)
BEVERAGES:										
CHOCOLATE MILK-SMALL	250	30	3	2	10	140	47	1	36	9
	Allergens: Milk									
CHOCOLATE MILK-LARGE	460	40	4	2	20	230	90	3	69	16
	Allergens: Milk									
1% MILK - SMALL	120	20	3	2	10	120	14	0	14	9
	Allergens: Milk									
1% MILK - LARGE	190	40	5	3	20	200	24	0	24	15
	Allergens: Milk									
HOT CHOCOLATE	140	40	4	3	10	180	24	1	18	1
	Allergens: Milk, Soy									
HOT CHOCOLATE - CARRYOUT	260	60	6	5	10	350	47	2	35	2
	Allergens: Milk, Soy									
FRESH BREWED COFFEE	0	0	0	0	0	0	0	0	0	0
	Allergens: None									
HOT TEA	0	0	0	0	0	0	0	0	0	0
	Allergens: None									
HALF & HALF - 1	20	20	2	1	10	10	1	0	1	0
	Allergens: Milk									
SUGAR - 1	10	0	0	0	0	0	3	0	3	0
	Allergens: None									
LEMON WEDGE - 1	10	0	0	0	0	0	2	1	1	0
	Allergens: None									
*SODA (FREE REFILLS): Data based on on individual serving. Allergens: None										
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



Menu Item

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 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 July 25, 2011

