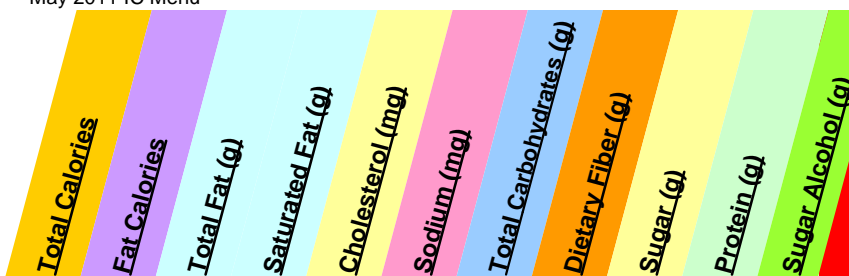
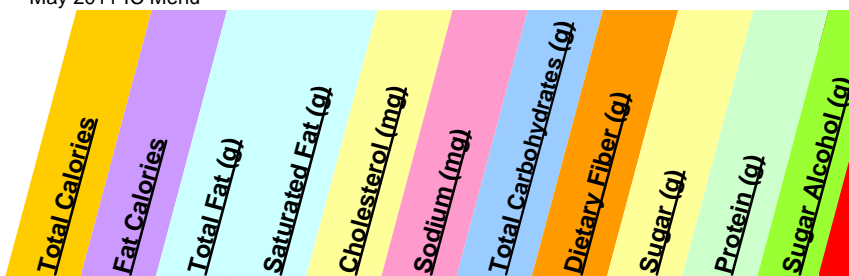


Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Sugar Alcohol (g)
<b>SUNDAE CREATIONS, LAVA CAKES AND MORE: as stated on menu.</b>											
<b>REESE'S PEANUT BUTTER CUP 5 scoop</b>	1190	630	70	62	150	460	123	7	86	21	
Allergens: Milk, Peanut, Soy											
<b>REESE'S PEANUT BUTTER CUP 3 Scoop</b>	890	470	52	50	90	380	90	7	59	17	
Allergens: Milk, Peanut, Soy											
<b>REESE'S PIECES SUNDAE - 5 Scoop</b>	1330	640	71	38	150	460	152	4	112	23	
Allergens: Egg, Milk, Peanut, Soy											
<b>REESE'S PIECES 3 SCOOP</b>	930	480	53	26	90	360	95	4	67	18	
Allergens: Milk, Peanut, Soy											
<b>JIM DANDY™ W/ PINEAPPLE TOPPING</b>	1100	420	47	27	150	270	158	1	124	14	
Allergens: Egg, Milk, Soy, Tree Nut											
<b>JIM DANDY™ W/ STRAWBERRY TOPPING</b>	1090	420	47	27	150	270	156	2	121	14	
Allergens: Egg, Milk, Soy, Tree Nut											
<b>ROYAL BANANA SPLIT</b>	870	320	35	19	110	200	127	3	97	10	
Allergens: Egg, Milk, Soy, Tree Nut											
<b>FORBIDDEN FUDGE BROWNIE</b>	740	370	41	51	140	320	129	6	86	13	
Allergens: Egg, Milk, Soy, Tree Nut, Wheat											
<b>ULTIMATE COOKIES 'N CREAM</b>	680	300	33	20	90	320	85	2	60	11	
Allergens: Milk, Soy, Wheat											
<b>STRAWBERRY SHORTCAKE SUNDAE</b>	580	240	27	16	110	190	79	2	63	8	
Allergens: Egg, Milk, Soy, Wheat											
<b>KIT KAT SUNDAE</b>	730	330	37	26	90	200	90	2	67	10	
Allergens: Milk, Soy, Wheat											
<b>BUTTERFINGER SUNDAE</b>	830	320	36	23	90	370	117	2	81	9	
Allergens: Milk, Peanut, Soy											
<b>MINT COOKIE CRUNCH</b>	650	290	33	20	90	260	80	2	58	11	
Allergens: Milk, Soy, Wheat											
<b>CARAMEL CONE CRUNCH SUNDAE</b>	700	290	33	20	90	280	91	3	54	11	
Allergens: Almonds, Milk, Soy, Wheat											
<b>FORBIDDEN CHOCOLATE LAVA CAKE SUNDAE</b>	1280	460	51	30	140	660	186	6	130	19	
Allergens: Milk, Egg, Soy, Wheat											
<b>MOCHA JAVA LAVA CAKE SUNDAE</b>	1350	530	59	36	120	730	184	4	121	20	
Allergens: Milk, Egg, Soy, Wheat											
<b>HUNKA CHUNKA PB FUDGE® LAVA CAKE SUNDAE</b>	1770	970	107	36	120	1050	164	15	112	37	
Allergens: Milk, Egg, Peanut, Soy, Tree Nut, Wheat											
<b>NUTS OVER CARAMEL LAVA CAKE SUNDAE</b>	1360	500	56	25	140	960	197	6	116	20	
Allergens: Milk, Egg, Nut (Almonds), Soy, Wheat											
<b>MINT CHOCOLATE CHIP LAVA CAKE</b>	1250	480	54	34	130	670	176	7	119	17	
Allergens: Egg, Milk, Soy, Wheat											
<b>CARAMEL FUDGE BROWNIE SUNDAE</b>	1410	600	66	40	230	620	186	2	124	19	
Allergens: Milk, Egg, Soy, Tree Nut, Wheat											
<b>GIANT CROWD PLEASER</b>	2470	1060	118	65	330	920	317	5	235	41	
Allergens: Milk, Egg, Peanut, Soy, Tree Nut, 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)	Sugar Alcohol (g)
<b>FOUNTAIN BEVERAGES: ORIGINAL FRIBBLE®, DOUBLE THICK MILK SHAKES, FANTASTIC FLOATS</b>											
<b>ORIGINAL FRIBBLE - VANILLA</b>	640	180	20	12	70	360	100	0	88	16	
	Allergens: Milk										
<b>ORIGINAL FRIBBLE - CHOCOLATE</b>	720	180	20	13	70	390	119	1	94	17	
	Allergens: Milk										
<b>ORIGINAL FRIBBLE - STRAWBERRY</b>	650	180	20	12	70	460	103	0	86	16	
	Allergens: Milk										
<b>ORIGINAL FRIBBLE - COFFEE</b>	640	180	20	12	70	360	102	0	85	16	
	Allergens: Milk										
<b>DOUBLE THICK MILKSHAKE - VANILLA</b>	780	290	32	21	110	270	106	0	92	15	
	Allergens: Milk										
<b>DOUBLE THICK MILKSHAKE - CHOCOLATE</b>	710	290	32	21	110	300	85	1	73	21	
	Allergens: Milk										
<b>DOUBLE THICK MILKSHAKE - STRAWBERRY</b>	740	240	27	16	100	390	110	0	93	16	
	Allergens: Milk										
<b>DOUBLE THICK MILKSHAKE - COFFEE</b>	770	290	32	18	110	270	107	0	89	15	
	Allergens: Milk										
<b>MINT CHOCOLATE CHIP MILK SHAKE</b>	820	310	35	22	120	260	111	2	97	18	
	Allergens: Milk, Soy										
<b>MALT POWDER</b>	90	20	2	1	10	100	15	0	10	2	
	Allergens: Milk, Wheat										
<b>BARQ'S FLOAT</b>	590	190	21	14	70	150	98	0	89	6	
	Allergens: Milk										
<b>WATERMELON SLAMMER</b>	450	40	4	3	20	80	100	0	76	3	
	Allergens: Milk										
<b>ORANGE SLAMMER</b>	600	40	4	3	20	80	138	0	115	3	
	Allergens: Milk										
<b>FRIEND-z®</b>											
<b>HEATH</b>	680	310	34	19	50	410	88	0	78	9	
	Allergens: Milk, Soy, Tree Nut										
<b>OREO</b>	580	210	23	12	40	470	84	2	62	9	
	Allergens: Milk, Soy, Wheat										
<b>M&amp;M's</b>	670	220	24	14	50	260	103	2	86	10	
	Allergens: Milk, Soy, Tree Nut										
<b>REESE'S PEANUT BUTTER CUP</b>	860	400	45	19	50	500	95	5	73	19	
	Allergens: Milk, Peanut, Soy										
<b>STRAWBERRY BANANA</b>	430	130	14	9	40	220	69	1	57	8	
	Allergens: Milk										
<b>CHIPS AHOY!</b>	580	220	25	12	40	350	80	1	56	10	
	Allergens: Milk, Soy, Wheat										
<b>KIT KAT</b>	790	280	31	20	50	280	115	2	89	12	
	Allergens: Milk, Soy, Wheat										
<b>BUTTERFINGER</b>	820	290	32	19	40	430	122	3	90	11	
	Allergens: Milk, Peanut, Soy										
<b>STRAWBERRY SHORTCAKE</b>	470	150	17	9	70	260	72	1	58	8	
	Allergens: Egg, Milk, Soy, Wheat										
<b>BIRTHDAY CAKE</b>	690	260	29	13	70	270	100	0	76	9	
	Allergens: Egg, Milk, Soy, Wheat										



**Menu Item**

**CREATE YOUR OWN**

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

CREATION:	Select Cone	Ice cream scoop	Wet Topping*	W/ Toppings	Whipped	Cherry
CONE - SINGLE - 1 flavor	1	2	--	--	--	--
CONE - DOUBLE - 1 or 2 flavors	1	4	--	--	--	--
SOFT SERVE CONE - SINGLE	1	4 oz	--	--	--	--
SOFT SERVE CONE - DOUBLE	1	8 oz	--	--	--	--
CONE - DOUBLE WAFFLE - 1 or 2 flavors	waffle cone	4	--	--	--	--
KIDS DOUBLE SHOT CONE	double head cone	2	--	--	--	--
DISH - SINGLE - 1 flavor	--	2	--	--	--	--
DISH - DOUBLE - 1 or 2 flavors	--	4	--	--	--	--
SOFT SERVE DISH - SINGLE	--	4 oz	--	--	--	--
SOFT SERVE DISH - DOUBLE	--	8 oz	--	--	--	--
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 WHOPPING TOPPING SUNDAE	waffle cone	2	1	--	1	chocolate sprinkles
KIDS 3-SCOOP SUNDAE	--	3	1	--	1	1
KIDS BUILD-YOUR-OWN SUNDAE	--	3	2	1	1	1

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

**CREATE YOUR OWN: ICE CREAM FLAVORS: SINGLE SCOOP**

<b>VANILLA</b>	120	50	6	4	23	35	14	0	11	2
Allergens: Milk										
<b>CHOCOLATE</b>	110	60	6	4	23	41	10	0	9	2
Allergens: Milk										
<b>STRAWBERRY</b>	110	50	5	3	20	35	14	0	12	2
Allergens: Milk										
<b>COFFEE</b>	110	50	6	4	23	35	13	0	11	2
Allergens: Milk										
<b>MINT CHOCOLATE</b>	130	60	7	4	22	33	15	0	12	2
Allergens: Milk, Soy										
<b>CHOCOLATE CHIP COOKIE DOUGH</b>	140	60	7	4	25	42	17	0	12	2
Allergens: Milk, Soy, Wheat										
<b>BLACK RASPBERRY</b>	120	50	5	4	20	35	15	0	13	2
Allergens: Milk										
<b>CHOCOLATE ALMOND CHIP</b>	120	60	7	4	22	41	11	0	10	2
Allergens: Milk, Soy, Tree Nut (almond)										
<b>CHOCOLATE CHIP</b>	120	60	6	4	22	33	15	0	12	2
Allergens: Milk, Soy										
<b>COOKIES 'N CREAM</b>	130	50	6	4	20	55	16	0	12	2
Allergens: Milk, Soy, Wheat										
<b>PISTACHIO</b>	130	60	7	4	22	33	14	0	11	3
Allergens: Milk, Tree Nut (Pistachio)										
<b>VIENNA MOCHA CHUNK</b>	140	70	8	5	20	34	16	0	14	2
Allergens: Milk, Soy										
<b>NUTS OVER CARAMEL</b>	150	70	8	4	22	52	18	1	11	2
Allergens: Milk, Soy, Tree Nut (Almond)										
<b>BUTTER PECAN</b>	130	70	8	4	22	37	13	0	11	2
Allergens: Milk, Tree Nut (Pecan)										



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)	Sugar Alcohol (g)
<b>MAPLE WALNUT</b>	130	70	8	4	22	33	13	0	11	3	
Allergens: Milk, Tree Nut (Walnut)											
<b>BUTTER CRUNCH</b>	130	50	6	4	23	104	16	0	14	2	
Allergens: Milk, Soy											
<b>FORBIDDEN CHOCOLATE</b>	130	60	7	4	27	33	14	0	11	3	
Allergens: Milk											
<b>HUNKA CHUNKA PB FUDGE</b>	180	100	11	5	19	70	17	1	13	3	
Allergens: Milk, Egg, Peanut, Soy, Tree Nut, Wheat											
<b>PEANUT BUTTER CUP</b>	160	80	9	4	20	70	16	1	13	3	
Allergens: Milk, Peanut, Soy											
<b>ORANGE SHERBET</b>	80	10	1	1	4	15	17	0	12	1	
Allergens: Milk											
<b>WATERMELON SHERBET</b>	80	10	1	1	4	15	17	0	13	1	
Allergens: Milk											
<b>NON FAT VANILLA YOGURT</b>	80	0	0	0	1	53	17	0	11	3	
Allergens: Milk											
<b>NON FAT RED RASPBERRY SWIRL YOGURT</b>	90	0	0	0	0	46	19	0	14	3	
Allergens: Milk											
<b>SOFT SERVE - VANILLA - 4 OZ</b>	180	60	7	4	20	100	25	0	21	3	
Allergens: Milk											
<b>SOFT SERVE - VANILLA - 8 OZ</b>	360	130	14	9	40	210	51	0	42	7	
Allergens: Milk											
<b>SOFT SERVE - CHOCOLATE - 4 OZ</b>	170	50	6	4	17	122	24	0	21	4	
Allergens: Milk											
<b>SOFT SERVE - CHOCOLATE - 8 OZ</b>	340	110	12	8	34	244	48	0	42	8	
Allergens: Milk											
<b>SOFT SERVE - TWIST - 4 OZ</b>	170	60	7	4	20	113	25	0	21	4	
Allergens: Milk											
<b>SOFT SERVE - TWIST - 8 OZ</b>	350	120	13	8	40	226	50	0	42	8	
Allergens: Milk											
<b>NO SUGAR ADDED VANILLA ICE CREAM</b>	100	60	7	5	30	25	11	3	2	2	0
(Includes 5 g sugar alcohol. Made with Splenda)											
Allergens: Milk											
<b>CREATE YOUR OWN: TOPPINGS:</b>											
<b>NO SUGAR ADDED FUDGE TOPPING</b>	90	0	0	0	0	0	25	2	0	1	21
(Includes 21g of Sugar Alcohol)											
Allergens: Milk											
<b>HOT FUDGE TOPPING</b>	110	30	4	4	0	46	18	1	11	2	
Allergens: Milk, Soy											
<b>MARSHMALLOW TOPPING</b>	70	0	0	0	0	7	18	0	14	0	
Allergens: Egg											
<b>PEANUT BUTTER TOPPING</b>	210	150	17	3	0	130	7	3	4	7	
Allergens: Peanut											
<b>CARAMEL TOPPING</b>	130	10	2	1	4	130	28	0	16	0	
Allergens: Milk											
<b>PINEAPPLE TOPPING</b>	50	0	0	0	0	5	12	0	11	0	
Allergens: None											
<b>STRAWBERRY TOPPING</b>	40	0	0	0	0	8	10	1	9	0	
Allergens: None											
<b>SWISS CHOCOLATE TOPPING</b>	100	0	0	0	0	37	25	0	19	0	
Allergens: Egg											
<b>WHIPPED TOPPING</b>	80	50	6	4	22	21	6	0	4	1	
Allergens: Milk											

Menu Nutritional Information  
May 2011 IC Menu



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)	Sugar Alcohol (g)
<b>CHOCOLATE SYRUP</b>	100	0	0	0	0	20	23	1	16	1	
Allergens: None											
<b>ROASTED SLICED ALMONDS</b>	110	90	10	1	0	61	3	2	1	4	
Allergens: Tree Nut											
<b>WALNUTS</b>	80	70	8	1	0	2	2	1	1	2	
Allergens: Tree Nut											
<b>CHOCOLATE CHIPS</b>	160	80	9	6	6	21	18	1	16	2	
Allergens: Milk, Soy											
<b>REESE'S PIECES</b>	130	60	6	4	0	48	15	1	14	3	
Allergens: Milk, Peanut, Soy											
<b>PEANUT BUTTER CUP</b>	90	50	5	2	1	60	10	1	9	2	
Allergens: Milk, Peanut, Soy											
<b>KIT KAT BARS</b>	150	70	7	5	3	21	18	1	14	2	
Allergens: Milk, Soy, Wheat											
<b>CRUSHED HEATH</b>	170	90	10	5	5	100	19	0	18	1	
Allergens: Milk, Soy, Tree Nut											
<b>GUMMY BEARS</b>	90	0	0	0	0	10	21	0	14	1	
Allergens: None											
<b>M&amp;M'S</b>	110	50	5	3	5	15	15	1	14	1	
Allergens: Milk, Peanut, Soy											
<b>CRUSHED CHIPS AHOY! COOKIES</b>	170	70	8	3	0	110	22	1	11	2	
Allergens: Milk, Soy, Wheat											
<b>CRUSHED OREOS</b>	60	20	2	1	0	65	9	0	5	1	
Allergens: Soy, Wheat											
<b>TOPPING - BUTTERFINGER PIECES</b>	120	40	5	3	0	60	18	0	12	1	
Allergens: Milk, Peanut, Soy											
<b>CHOCOLATE SPRINKLES</b>	120	50	5	2	0	4	19	0	9	0	
Allergens: Soy											
<b>RAINBOW SPRINKLES</b>	120	50	5	2	0	1	18	0	9	0	
Allergens: Soy											
<b>CHERRY</b>	10	0	0	0	2	2	2	0	1	0	
Allergens: None											
<b>CREATE YOUR OWN: CONES:</b>											
<b>SUGAR CONE</b>	50	0	0	0	0	50	11	0	4	1	
Allergens: Soy, Wheat											
<b>CAKE CONE</b>	30	0	0	0	0	15	7	0	0	1	
Allergens: Soy, Wheat											
<b>WAFFLE CONE</b>	90	0	1	0	0	35	20	1	7	2	
Allergens: Soy, Wheat											
<b>KIDS DOUBLE HEADED CONE</b>	20	0	0	0	0	20	5	0	0	1	
Allergens: Soy, Wheat											



<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>	<u>Sugar Alcohol (g)</u>
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**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](http://www.friendlys.com). Valid as of May 23, 2011

