





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 SEPTEMBER 15, 2014																			
TURKEY & STUFFING SUPERMELT	E		M		S		W		1330	660	73	20	0	130	2430	120	6	15	51
MEATLOAF SUPERMELT	E		M		S		W		1800	1050	116	39	0	190	2980	132	6	17	58
ROASTED TURKEY DINNER			M		S		W		1010	350	39	12	0	140	3740	112	7	33	52
MEATLOAF DINNER			M		S		W		1320	740	82	34	0	220	3240	88	6	26	57
MAC&CHEESE W/ GRILLED CHICKEN AND BROCCOLI			M		S		W		1230	530	59	28	0	220	2910	105	5	11	74
FRIENDLY'S DELUXE CHICKEN SANDWICH FRIED	E		M		S		W		1220	660	73	19	0	80	1630	110	5	10	31
FRIENDLY'S DELUXE CHICKEN SANDWICH GRILLED	E		M		S		W		1080	540	60	16	0	120	1680	93	6	10	42
*LTO ICE CREAM OFFERS (As stated on menus. Please see dessert nutritional for your special selections) EFFECTIVE SEPTEMBER 15, 2014																			
KIDS' COOKIE CRAZE SUNDAE			M		S		W		490	190	22	14	0	50	240	66	2	44	7
TRADITIONAL FUDGE BROWNIE SUNDAE	E		M		S		W		1130	470	52	28	1	130	500	151	5	106	14
HUNKA CHUNKA PB FUDGE® BROWNIE SUNDAE	E		M	P	S		N W		1950	1070	119	40	1	120	960	183	16	127	36
APPLE PIE ALA MODE SUNDAE	E		M		S		W		1080	380	42	19	1	150	630	162	2	101	10
PEPPERMINT STICK BROWNIE SUNDAE	E		M		S		W		1160	460	52	28	1	120	500	159	5	108	14
COOKIE CRAZE IC CONE (Suger Cone)			M		S		W		320	120	13	8	0	40	160	46	1	30	5
ICE CREAM- COOKIE CRAZE 2 OZ			M		S		W		140	60	6	4	0	20	60	17	0	13	2
APPLE PIE ALA MODE IC CONE (Suger Cone)			M		S		W		300	120	13	7	1	40	150	42	1	24	4
ICE CREAM- APPLE PIE ALA MODE 2 OZ			M		S		W		130	60	6	4	0	20	50	16	0	10	2
PEPPERMINT STICK IC CONE (Suger Cone)			M		S		W		300	100	12	8	0	40	120	43	0	28	5
IC- PEPPERMINT STICK 2 OZ			M		S				130	50	6	4	0	20	30	16	0	12	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
- 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 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 SEPTEMBER 15, 2014