



| 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) |
|---|----------------|--------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-----------|-------------|
| MUNCHIES & STARTERS: as stated on menu | | | | | | | | | | |
| LOADED WAFFLE FRIES | 1670 | 1020 | 114 | 28 | 100 | 4780 | 123 | 9 | 7 | 31 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| MINI MOZZARELLA CHEESE STICKS | 680 | 360 | 40 | 14 | 60 | 1850 | 56 | 3 | 5 | 25 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| CHICKEN QUESADILLA | 570 | 320 | 35 | 15 | 100 | 1330 | 29 | 3 | 5 | 35 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| KICKIN™ BUFFALO CHICKEN STRIPS | 1090 | 800 | 88 | 21 | 140 | 2740 | 39 | 4 | 5 | 35 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| Create Your Own Munchie Mania™: Select your choice of 3. | | | | | | | | | | |
| CHEESE QUESADILLA | 530 | 320 | 36 | 16 | 90 | 820 | 31 | 1 | 4 | 20 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| CHICKEN QUESADILLA | 640 | 360 | 40 | 17 | 120 | 1290 | 32 | 1 | 4 | 35 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| MINI MOZZARELLA STICKS | 350 | 180 | 20 | 7 | 30 | 1030 | 30 | 2 | 3 | 13 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| FRONIONS | 720 | 480 | 53 | 9 | 20 | 870 | 58 | 3 | 9 | 5 |
| Allergens: Milk, Egg, Soy, Wheat | | | | | | | | | | |
| CHEESEBURGER SLIDERS | 500 | 190 | 21 | 7 | 50 | 1440 | 57 | 6 | 18 | 20 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CHICKEN SLIDERS | 740 | 370 | 42 | 9 | 60 | 1210 | 69 | 7 | 15 | 23 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| LOADED WAFFLE FRIES | 930 | 590 | 65 | 16 | 60 | 2530 | 67 | 4 | 4 | 16 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| WAFFLE FRIES | 570 | 260 | 29 | 4 | 0 | 1840 | 71 | 4 | 13 | 6 |
| Allergens: Soy, Wheat | | | | | | | | | | |
| SUPERMELTS™ SANDWICHES: as stated on the menu | | | | | | | | | | |
| HONEY BBQ CHICKEN SUPERMELT | 1500 | 700 | 78 | 24 | 110 | 2410 | 155 | 7 | 41 | 48 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| TURKEY CLUB SUPERMELT | 1010 | 430 | 48 | 15 | 80 | 2280 | 103 | 6 | 8 | 43 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| TUNA SUPERMELT | 1110 | 570 | 63 | 13 | 80 | 1390 | 99 | 7 | 6 | 36 |
| Allergens: Egg, Fish, Milk, Soy, Wheat | | | | | | | | | | |
| CHEDDAR JACK CHICKEN SUPERMELT | 1100 | 470 | 52 | 19 | 140 | 2320 | 99 | 7 | 5 | 57 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| REUBEN SUPERMELT | 1140 | 500 | 56 | 19 | 100 | 2900 | 106 | 6 | 10 | 53 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| HALF SUPERMELT™ SANDWICH & SIDE SALAD OR CUP OF SOUP : Sandwich listed separately. Add data for choice of salad or soup. | | | | | | | | | | |
| HALF HONEY BBQ CHICKEN SUPERMELT | 710 | 300 | 33 | 11 | 60 | 1480 | 77 | 2 | 37 | 26 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| HALF TURKEY CLUB SUPERMELT | 350 | 150 | 17 | 6 | 40 | 1140 | 27 | 1 | 4 | 22 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| HALF TUNA SUPERMELT | 380 | 220 | 24 | 5 | 40 | 610 | 25 | 2 | 3 | 16 |
| Allergens: Egg, Fish, Milk, Soy, Wheat | | | | | | | | | | |
| HALF CHEDDAR JACK CHICKEN SUPERMELT | 380 | 170 | 19 | 8 | 70 | 1190 | 25 | 2 | 2 | 27 |
| Allergens: Milk, 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) |
|---|----------------|--------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-----------|-------------|
| SIDE GARDEN SALAD NO DRESSING | 60 | 10 | 1 | 0 | 0 | 100 | 10 | 2 | 2 | 2 |
| Allergens: Milk, Wheat | | | | | | | | | | |
| SIDE SALAD DRESSINGS: | | | | | | | | | | |
| LF DIJON VINAIGRETTE DRESSING 1.5 oz | 60 | 10 | 2 | 0 | 0 | 780 | 11 | 0 | 11 | 0 |
| Allergens: None | | | | | | | | | | |
| HONEY MUSTARD 1.5 oz | 180 | 140 | 15 | 2 | 20 | 210 | 12 | 0 | 9 | 0 |
| Allergens: Egg | | | | | | | | | | |
| SWEET GINGER SESAME 1.5 oz | 130 | 60 | 7 | 1 | 0 | 480 | 18 | 0 | 15 | 0 |
| Allergens: Soy, Wheat | | | | | | | | | | |
| BLEU CHEESE DRESSING 1.5 oz | 240 | 220 | 24 | 5 | 30 | 360 | 2 | 0 | 2 | 3 |
| Allergens: Egg, Milk, Soy | | | | | | | | | | |
| RANCH DRESSING 1.5 oz | 160 | 150 | 17 | 3 | 20 | 380 | 2 | 0 | 2 | 2 |
| Allergens: Egg, Milk, Soy | | | | | | | | | | |
| THOUSAND ISLAND 1.5 oz | 190 | 160 | 18 | 3 | 10 | 420 | 8 | 0 | 6 | 0 |
| Allergens: Egg | | | | | | | | | | |
| LITE BALSAMIC VINAIGRETTE 1.5 oz | 90 | 70 | 8 | 1 | 0 | 620 | 5 | 0 | 5 | 0 |
| Allergens: None | | | | | | | | | | |
| FAT-FREE ITALIAN DRESSING 1 oz | 10 | 0 | 0 | 0 | 0 | 480 | 3 | 0 | 2 | 0 |
| Allergens: None | | | | | | | | | | |
| CUP OF SOUP: | | | | | | | | | | |
| CUP CHUNKY CHICKEN NOODLE | 280 | 80 | 9 | 3 | 70 | 1970 | 31 | 2 | 4 | 20 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CUP BROCCOLI CHEDDAR | 190 | 110 | 13 | 7 | 40 | 780 | 14 | 1 | 3 | 7 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| CUP HOMESTYLE CLAM CHOWDER | 270 | 160 | 18 | 10 | 60 | 890 | 17 | 1 | 3 | 11 |
| Allergens: Fish, Milk, Soy, Wheat | | | | | | | | | | |
| CHILI - CUP | 270 | 150 | 16 | 6 | 40 | 910 | 18 | 3 | 3 | 14 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| ENTRÉES: as stated on menu | | | | | | | | | | |
| ROASTED TURKEY | 1160 | 410 | 45 | 13 | 140 | 3720 | 135 | 8 | 43 | 54 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| BOURBON BBQ CHICKEN | 1480 | 650 | 73 | 27 | 260 | 3230 | 121 | 9 | 32 | 87 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CHICKEN STRIPS ENTREE (5) BBQ Sauce | 1130 | 520 | 58 | 9 | 90 | 1740 | 114 | 8 | 20 | 37 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CHICKEN STRIPS ENTREE (5) Honey Mustard S. | 1220 | 660 | 73 | 11 | 110 | 1540 | 106 | 8 | 18 | 37 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CHICKEN STRIPS BASKET (6) BBQ Sauce | 1240 | 580 | 65 | 10 | 110 | 1920 | 120 | 8 | 20 | 43 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CHICKEN STRIPS BASKET (6) Honey Mustard S. | 1330 | 720 | 80 | 12 | 120 | 1720 | 112 | 8 | 18 | 43 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| HONEY BBQ CHICKEN STRIPS - 5 strips | 1570 | 670 | 75 | 12 | 110 | 2250 | 189 | 8 | 88 | 38 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| HONEY BBQ CHICKEN STRIPS - 6 strips | 1680 | 730 | 81 | 13 | 120 | 2430 | 196 | 8 | 89 | 45 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| KICKIN' BUFFALO CHICKEN STRIPS - 5 strips | 1540 | 980 | 109 | 15 | 150 | 2860 | 98 | 8 | 10 | 40 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| KICKIN' BUFFALO CHICKEN STRIPS - 6 strips | 1650 | 1040 | 116 | 16 | 170 | 3040 | 105 | 8 | 11 | 46 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CREATE YOUR OWN CHICKEN STRIPS ENTRÉE 5 STRIPS: (Honey BBQ/Kickin Buffalo) | | | | | | | | | | |
| Create Your Own Chicken Strips Entrée | 1760 | 1010 | 112 | 18 | 150 | 2920 | 145 | 8 | 51 | 41 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CREATE YOUR OWN CHICKEN STRIPS ENTRÉE 6 STRIPS: (Honey BBQ/Kickin Buffalo) | | | | | | | | | | |
| Create Your Own Chicken Strips Entrée | 1870 | 1070 | 119 | 19 | 170 | 3100 | 152 | 8 | 51 | 48 |
| Allergens: Egg, Milk, 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) |
|--|----------------|--------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-----------|-------------|
| NEW ENGLAND FISH 'N CHIPS Allergens: Egg, Milk, Soy, Wheat | 1160 | 630 | 70 | 12 | 80 | 2120 | 107 | 9 | 15 | 25 |
| GOLDEN FRIED SHRIMP Allergens: Egg, Milk, Shellfish, Soy, Wheat | 1100 | 550 | 61 | 8 | 190 | 3290 | 111 | 9 | 17 | 27 |
| SIRLOIN STEAK TIPS Allergens: Fish, Milk, Soy | 1080 | 460 | 51 | 18 | 200 | 3830 | 75 | 9 | 20 | 75 |
| SIGNATURE CLAMBOAT Allergens: Egg, Milk, Soy, Wheat | 1720 | 920 | 103 | 16 | 100 | 3340 | 171 | 11 | 19 | 28 |
| SURF & TURF (Grilled Shrimp) Allergens: Fish (Anchovy), Milk, Shellfish (Shrimp), Soy, Wheat | 950 | 320 | 36 | 8 | 180 | 2460 | 93 | 8 | 29 | 62 |
| SURF & TURF (Fried Shrimp) Allergens: Fish (Anchovy), Milk, Shellfish (Shrimp), Soy, Wheat | 1090 | 440 | 49 | 10 | 170 | 3720 | 109 | 10 | 30 | 53 |
| CHICKEN QUESADILLAS Allergens: Egg, Milk, Soy, Wheat | 1330 | 740 | 82 | 35 | 210 | 3350 | 97 | 4 | 10 | 29 |
| FRIENDLY'S BIG BEEF® BURGERS: as stated on menu | | | | | | | | | | |
| ALL AMERICAN BURGER Allergens: Egg, Soy, Wheat | 1060 | 540 | 60 | 18 | 110 | 1110 | 92 | 7 | 6 | 39 |
| ADD CHEESE Allergens: Milk | 90 | 60 | 7 | 5 | 20 | 380 | 1 | 0 | 0 | 4 |
| ADD BACON Allergens: None | 80 | 60 | 7 | 3 | 10 | 270 | 0 | 0 | 0 | 4 |
| ULTIMATE BACON CHEESE BURGER Allergens: Egg, Milk, Soy, Wheat | 1300 | 730 | 81 | 29 | 160 | 1880 | 92 | 6 | 6 | 50 |
| SWISS n' MUSHROOM BACON BURGER Allergens: Egg, Milk, Soy, Wheat | 1450 | 850 | 94 | 32 | 170 | 1840 | 97 | 6 | 10 | 56 |
| PATTY MELT Allergens: Milk, Soy, Wheat | 1290 | 640 | 71 | 26 | 140 | 1120 | 111 | 8 | 12 | 52 |
| BBQ FRONION BURGER Allergens: Egg, Milk, Soy, Wheat | 1520 | 810 | 90 | 30 | 150 | 1690 | 129 | 8 | 15 | 51 |
| DELUXE CHEESEBURGER "SET-UP" Allergens: Egg, Milk, Soy, Wheat | 1120 | 600 | 67 | 23 | 130 | 1270 | 88 | 6 | 6 | 40 |
| THE VERMONT Allergens: Egg, Milk, Soy, Wheat | 1350 | 710 | 79 | 28 | 180 | 1630 | 103 | 7 | 4 | 56 |
| GRILLED CHEESE BURGER Allergens: Egg, Milk, Soy, Wheat | 1540 | 820 | 92 | 35 | 170 | 2490 | 124 | 9 | 10 | 55 |
| SUBSTITUTES: GRILLED CHICKEN, BOCA BURGER FOR BIG BEEF® BURGER | | | | | | | | | | |
| BOCA BURGER PATTY Allergens: Milk, Soy, Wheat | 180 | 60 | 7 | 2 | 10 | 410 | 8 | 5 | 0 | 20 |
| GRILLED CHICKEN BREAST Allergens: None | 170 | 50 | 5 | 1 | 80 | 720 | 2 | 0 | 0 | 29 |
| BIG BEEF® BURGER Allergens: None | 310 | 200 | 22 | 9 | 100 | 210 | 1 | 0 | 0 | 26 |



| 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) |
|---|----------------|--------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-----------|-------------|
| SANDWICHES, SOUP & MORE: as stated on the menu | | | | | | | | | | |
| FISHAMAJIG SANDWICH | 990 | 460 | 51 | 15 | 80 | 1580 | 104 | 6 | 7 | 30 |
| Allergens: Egg, Fish, Milk, Soy, Wheat | | | | | | | | | | |
| GRILLED CHEESE | 800 | 330 | 37 | 14 | 30 | 1280 | 96 | 6 | 4 | 20 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| CRISPY CHICKEN WRAP | 1140 | 490 | 55 | 10 | 60 | 1620 | 133 | 9 | 14 | 31 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| FRIENDLY'S BLT | 1020 | 550 | 61 | 15 | 40 | 1200 | 98 | 6 | 6 | 21 |
| Allergens: Egg, Soy, Wheat | | | | | | | | | | |
| TURKEY BACON CRANBERRY CLUB | 890 | 240 | 27 | 5 | 90 | 2030 | 120 | 7 | 21 | 45 |
| Allergens: Wheat | | | | | | | | | | |
| TUNA ROLL | 920 | 520 | 58 | 11 | 60 | 1080 | 73 | 5 | 5 | 28 |
| Allergens: Egg, Fish, Milk, Soy, Wheat | | | | | | | | | | |
| FRIENDLY FRANK | 750 | 400 | 44 | 14 | 30 | 1070 | 74 | 5 | 5 | 15 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| BUFFALO CHICKEN WRAP | 1520 | 850 | 94 | 21 | 130 | 2650 | 124 | 9 | 7 | 42 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| SOUPS: | | | | | | | | | | |
| CUP CHUNKY CHICKEN NOODLE | 280 | 80 | 9 | 3 | 70 | 1970 | 31 | 2 | 4 | 20 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| BOWL CHUNKY CHICKEN NOODLE | 560 | 160 | 18 | 6 | 140 | 3940 | 62 | 4 | 8 | 40 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CUP BROCCOLI CHEDDAR | 200 | 110 | 13 | 7 | 40 | 780 | 14 | 1 | 3 | 7 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| BOWL BROCCOLI CHEDDAR | 390 | 230 | 25 | 14 | 70 | 1560 | 28 | 2 | 6 | 13 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| CUP HOMESTYLE CLAM CHOWDER | 270 | 160 | 18 | 10 | 60 | 890 | 17 | 1 | 3 | 11 |
| Allergens: Fish, Milk, Soy, Wheat | | | | | | | | | | |
| BOWL HOMESTYLE CLAM CHOWDER | 540 | 320 | 36 | 20 | 130 | 1790 | 34 | 2 | 6 | 21 |
| Allergens: Fish, Milk, Soy, Wheat | | | | | | | | | | |
| CHILI - CUP | 270 | 150 | 16 | 6 | 40 | 910 | 18 | 3 | 3 | 14 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| CHILI - BOWL | 540 | 290 | 33 | 12 | 80 | 1820 | 36 | 7 | 5 | 27 |
| Allergens: Milk, 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) |
|--|----------------|--------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-----------|-------------|
| ENTRÉE SALADS: as stated with recommended dressings | | | | | | | | | | |
| CRISPY CHICKEN SALAD | 990 | 610 | 68 | 15 | 290 | 1240 | 62 | 6 | 23 | 35 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| ASIAN CHICKEN SALAD | 760 | 300 | 34 | 5 | 80 | 2160 | 77 | 6 | 51 | 36 |
| Allergens: Soy, Tree Nut, Wheat | | | | | | | | | | |
| APPLE HARVEST CHICKEN SALAD | 570 | 300 | 33 | 9 | 110 | 2370 | 31 | 5 | 18 | 38 |
| Allergens: Milk, Soy, Tree Nuts | | | | | | | | | | |
| BLEU MOON SIRLOIN SALAD | 750 | 330 | 37 | 11 | 120 | 2800 | 62 | 8 | 30 | 44 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| KICKIN™ BUFFALO CHICKEN SALAD | 1180 | 850 | 95 | 19 | 150 | 2090 | 45 | 7 | 8 | 35 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| ENTRÉE SALAD DRESSINGS: | | | | | | | | | | |
| LF DIJON VINAIGRETTE DRESSING | 110 | 30 | 3 | 0 | 0 | 1560 | 21 | 0 | 21 | 0 |
| Allergens: None | | | | | | | | | | |
| HONEY MUSTARD DRESSING | 360 | 270 | 30 | 5 | 30 | 420 | 24 | 0 | 18 | 0 |
| Allergens: Egg, Soy | | | | | | | | | | |
| DRESSING - SWEET GINGER SESAME | 270 | 120 | 14 | 2 | 0 | 960 | 36 | 0 | 30 | 0 |
| Allergens: Soy, Wheat | | | | | | | | | | |
| BLEU CHEESE DRESSING | 470 | 430 | 48 | 11 | 60 | 720 | 3 | 0 | 3 | 6 |
| Allergens: Egg, Milk, Soy | | | | | | | | | | |
| THOUSAND ISLAND DRESSING | 390 | 320 | 36 | 6 | 20 | 840 | 15 | 0 | 12 | 0 |
| Allergens: Egg, Soy | | | | | | | | | | |
| RANCH DRESSING | 330 | 300 | 33 | 6 | 30 | 750 | 3 | 0 | 3 | 3 |
| Allergens: Egg, Milk, Soy | | | | | | | | | | |
| BALSAMIC VINAIGRETTE | 180 | 140 | 15 | 2 | 0 | 1230 | 9 | 0 | 9 | 0 |
| Allergens: Soy | | | | | | | | | | |
| SIDE SALADS: | | | | | | | | | | |
| *Side Salad, add data for selected dressing. | | | | | | | | | | |
| SIDE GARDEN SALAD NO DRESSING | 60 | 10 | 1 | 0 | 0 | 100 | 10 | 2 | 2 | 2 |
| Allergens: Milk, Wheat | | | | | | | | | | |
| SIDE SALAD DRESSINGS: | | | | | | | | | | |
| LF DIJON VINAIGRETTE DRESSING | 60 | 10 | 2 | 0 | 0 | 780 | 11 | 0 | 11 | 0 |
| Allergens: None | | | | | | | | | | |
| HONEY MUSTARD DRESSING | 180 | 140 | 15 | 2 | 20 | 210 | 12 | 0 | 9 | 0 |
| Allergens: Egg | | | | | | | | | | |
| SWEET GINGER SESAME DRESSING | 130 | 60 | 7 | 1 | 0 | 480 | 18 | 0 | 15 | 0 |
| Allergens: Soy, Wheat | | | | | | | | | | |
| BLEU CHEESE DRESSING | 240 | 220 | 24 | 5 | 30 | 360 | 2 | 0 | 2 | 3 |
| Allergens: Egg, Milk, Soy | | | | | | | | | | |
| RANCH DRESSING | 160 | 150 | 17 | 3 | 20 | 380 | 2 | 0 | 2 | 2 |
| Allergens: Egg, Milk, Soy | | | | | | | | | | |
| THOUSAND ISLAND DRESSING | 190 | 160 | 18 | 3 | 10 | 420 | 8 | 0 | 6 | 0 |
| Allergens: Egg | | | | | | | | | | |
| LITE BALSAMIC VINAIGRETTE | 90 | 70 | 8 | 1 | 0 | 620 | 5 | 0 | 5 | 0 |
| Allergens: None | | | | | | | | | | |
| FAT-FREE ITALIAN DRESSING | 20 | 0 | 0 | 0 | 0 | 720 | 5 | 0 | 3 | 0 |
| Allergens: None | | | | | | | | | | |



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|--|----------------|--------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-----------|-------------|
| UNDER 555 CALORIES: as stated on menu. | | | | | | | | | | |
| CHICKEN CAPRESE SANDWICH | 550 | 120 | 13 | 3 | 90 | 1970 | 66 | 5 | 9 | 42 |
| Allergens: Milk, Wheat | | | | | | | | | | |
| SWEET & SPICY GRILLED SHRIMP | 490 | 80 | 9 | 0 | 70 | 1660 | 80 | 4 | 23 | 22 |
| Allergens: Shellfish (Shrimp), Soy, Wheat | | | | | | | | | | |
| GINGER CHICKEN STIR-FRY | 530 | 90 | 10 | 1 | 80 | 1930 | 73 | 4 | 23 | 35 |
| Allergens: Soy, Wheat | | | | | | | | | | |
| HALF TURKEY CLUB SUPERMELT & SALAD | 420 | 170 | 18 | 6 | 40 | 1720 | 40 | 3 | 8 | 24 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| SENIORS & SIDES: as stated on menu. | | | | | | | | | | |
| ALL AMERICAN BURGER | 1060 | 540 | 54 | 18 | 120 | 1210 | 55 | 4 | 12 | 39 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| ADD CHEESE | 90 | 60 | 7 | 5 | 20 | 380 | 1 | 0 | 0 | 4 |
| Allergens: Milk | | | | | | | | | | |
| ADD BACON | 80 | 60 | 7 | 3 | 10 | 270 | 0 | 0 | 0 | 4 |
| Allergens: None | | | | | | | | | | |
| FISHAMAJIG | 980 | 460 | 51 | 15 | 80 | 1520 | 100 | 6 | 5 | 30 |
| Allergens: Egg, Fish, Milk, Soy, Wheat | | | | | | | | | | |
| TUNA ROLL | 920 | 520 | 58 | 11 | 60 | 1080 | 73 | 5 | 5 | 28 |
| Allergens: Egg, Fish, Milk, Soy, Wheat | | | | | | | | | | |
| TURKEY CLUB SUPERMELT | 1010 | 430 | 35 | 14 | 90 | 2290 | 53 | 3 | 10 | 45 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| CLAMBOAT ENTRÉE | 1390 | 760 | 85 | 14 | 80 | 2470 | 137 | 9 | 17 | 21 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| BOURBON BBQ CHICKEN | 1000 | 440 | 49 | 19 | 140 | 2040 | 93 | 7 | 20 | 48 |
| Allergens: Egg, Milk, Soy, Wheat | | | | | | | | | | |
| HAPPY ENDING SUNDAE: As pictured on menu (Hot Fudge on Vanilla Ice Cream) | | | | | | | | | | |
| HAPPY ENDING HOT FUDGE SUNDAE | 330 | 150 | 17 | 11 | 60 | 110 | 40 | 1 | 30 | 5 |
| Allergens: Milk, Soy | | | | | | | | | | |
| TREATS & DRINKS | | | | | | | | | | |
| FRIBBLE SHAKE - VANILLA | 640 | 180 | 20 | 12 | 70 | 360 | 100 | 0 | 88 | 16 |
| Allergens: Milk | | | | | | | | | | |
| FRIBBLE SHAKE - CHOCOLATE | 720 | 180 | 20 | 13 | 70 | 390 | 119 | 1 | 94 | 17 |
| Allergens: Milk | | | | | | | | | | |
| FRIBBLE SHAKE - STRAWBERRY | 630 | 180 | 20 | 12 | 70 | 420 | 93 | 0 | 79 | 16 |
| Allergens: Milk | | | | | | | | | | |
| FRIBBLE SHAKE - COFFEE | 650 | 180 | 20 | 12 | 70 | 360 | 102 | 0 | 85 | 16 |
| Allergens: Milk | | | | | | | | | | |
| MALT POWDER | 90 | 20 | 2 | 1 | 10 | 100 | 15 | 0 | 10 | 2 |
| Allergens: Milk, Wheat | | | | | | | | | | |
| 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 | | | | | | | | | | |



| 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) |
|---|----------------|--------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-----------|-------------|
| HOT TEA | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Allergens: None | | | | | | | | | | |
| FRESH BREWED ICED 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 | | | | | | | | | | |
| ORANGE JUICE - SMALL | 130 | 0 | 0 | 0 | 0 | 0 | 29 | 0 | 25 | 2 |
| Allergens: None | | | | | | | | | | |
| ORANGE JUICE - LARGE | 210 | 0 | 0 | 0 | 0 | 0 | 49 | 0 | 41 | 4 |
| Allergens: None | | | | | | | | | | |
| TOMATO JUICE - SMALL | 60 | 0 | 0 | 0 | 0 | 770 | 11 | 2 | 8 | 2 |
| Allergens: None | | | | | | | | | | |
| TOMATO JUICE - LARGE | 90 | 0 | 0 | 0 | 0 | 1280 | 19 | 4 | 13 | 4 |
| Allergens: None | | | | | | | | | | |
| CRANBERRY JUICE - SMALL | 150 | 0 | 0 | 0 | 0 | 40 | 37 | 0 | 37 | 0 |
| Allergens: None | | | | | | | | | | |
| CRANBERRY JUICE - LARGE | 250 | 0 | 0 | 0 | 0 | 70 | 62 | 0 | 62 | 0 |
| Allergens: None | | | | | | | | | | |
| GRAPEFRUIT JUICE - SMALL | 120 | 0 | 0 | 0 | 0 | 80 | 27 | 0 | 23 | 2 |
| Allergens: None | | | | | | | | | | |
| GRAPEFRUIT JUICE - LARGE | 190 | 0 | 0 | 0 | 0 | 130 | 45 | 0 | 38 | 4 |
| Allergens: None | | | | | | | | | | |
| APPLE JUICE - SMALL | 120 | 0 | 0 | 0 | 0 | 40 | 32 | 0 | 32 | 0 |
| Allergens: None | | | | | | | | | | |
| APPLE JUICE - LARGE | 210 | 0 | 0 | 0 | 0 | 70 | 53 | 0 | 53 | 0 |
| Allergens: None | | | | | | | | | | |
| BOTTLED WATER | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Allergens: None | | | | | | | | | | |
| *SODA (FREE REFILLS): Data based on one individual serving, no refill. Allergens: NONE | | | | | | | | | | |
| COCA COLA | 200 | 0 | 0 | 0 | 0 | 10 | 51 | 0 | 51 | 0 |
| Allergens: None | | | | | | | | | | |
| SPRITE | 190 | 0 | 0 | 0 | 0 | 40 | 49 | 0 | 49 | 0 |
| Allergens: None | | | | | | | | | | |
| FANTA ORANGE | 210 | 0 | 0 | 0 | 0 | 0 | 54 | 0 | 54 | 0 |
| Allergens: None | | | | | | | | | | |
| BARQ'S ROOT BEER | 220 | 0 | 0 | 0 | 0 | 50 | 56 | 0 | 56 | 0 |
| Allergens: None | | | | | | | | | | |
| MINUTE MAID LEMONADE | 190 | 0 | 0 | 0 | 0 | 80 | 49 | 0 | 49 | 0 |
| Allergens: None | | | | | | | | | | |
| DIET COKE | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 |
| Allergens: None | | | | | | | | | | |
| ICED TEA UNSWEETENED | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 0 |
| Allergens: None | | | | | | | | | | |
| SIDES: | | | | | | | | | | |
| GOLDEN FRIES | 340 | 130 | 15 | 3 | 0 | 160 | 49 | 4 | 0 | 4 |
| Allergens: None | | | | | | | | | | |
| WAFFLE FRIES | 590 | 300 | 33 | 5 | 0 | 1430 | 67 | 5 | 1 | 7 |
| Allergens: Wheat | | | | | | | | | | |
| MIXED VEGETABLES | 100 | 50 | 6 | 3 | 0 | 100 | 11 | 3 | 7 | 1 |
| Allergens: Soy | | | | | | | | | | |



| 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) |
|--|----------------|--------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-----------|-------------|
| CORN | 160 | 60 | 7 | 3 | 0 | 50 | 22 | 2 | 8 | 4 |
| Allergens: Soy | | | | | | | | | | |
| BROCCOLI | 80 | 50 | 6 | 3 | 0 | 80 | 6 | 2 | 2 | 2 |
| Allergens: Soy | | | | | | | | | | |
| RICE | 210 | 30 | 3 | 0 | 0 | 900 | 41 | 0 | 2 | 3 |
| Allergens: Soy | | | | | | | | | | |
| SPANISH RICE | 320 | 130 | 15 | 5 | 0 | 1190 | 41 | 0 | 2 | 6 |
| Allergens: Soy | | | | | | | | | | |
| HOMESTYLE MASHED POTATOES | 220 | 100 | 11 | 6 | 30 | 600 | 28 | 2 | 1 | 4 |
| Allergens: Milk | | | | | | | | | | |
| GARLIC BREAD | 140 | 60 | 7 | 2 | 0 | 240 | 15 | 38 | 1 | 3 |
| Allergens: Milk, Soy, Wheat | | | | | | | | | | |
| COLE SLAW | 160 | 110 | 12 | 2 | 10 | 260 | 13 | 2 | 8 | 1 |
| Allergens: Egg, Soy | | | | | | | | | | |
| APPLE SLICES | 100 | 0 | 0 | 0 | 0 | 0 | 26 | 5 | 20 | 1 |
| Allergens: None | | | | | | | | | | |
| APPLESAUCE | 110 | 0 | 0 | 0 | 0 | 0 | 27 | 1 | 25 | 0 |
| Allergens: None | | | | | | | | | | |
| MANDARIN ORANGES | 80 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 18 | 0 |
| Allergens: None | | | | | | | | | | |
| CARROT & CELERY STICKS W/Ranch Dressing | 100 | 60 | 7 | 3 | 10 | 260 | 6 | 2 | 3 | 2 |
| Allergens: Egg, Milk, Soy | | | | | | | | | | |

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

