

Friendly's Nutrition Information



Appetizers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheeseburger Sliders	110	655	73	25	0	117	3516	73	4	22	35
Chicken Quesadilla	1030	544	60	35	0	199	2686	64	5	7	59
Chicken Tender Appetizer	490	237	26	4	0	68	1860	42	0	11	23
Crispy Chicken Sliders	1100	520	58	17	0	88	3287	105	4	22	36
Fried Pickle Chips	600	382	42	7	0	20	2459	10	2	4	6
Friendly's Famous Fried Ravioli	590	364	40	15	0	72	995	37	4	7	18
Loaded Waffle Fries	1030	628	70	22	0	49	3646	76	6	2	21
Mini Mozz Sticks	790	234	26	12	0	65	2621	106	4	12	32
Munchie Mania, Choose 3 Items											
<i>Buffalo Chicken Tenders with Blue Cheese Dip</i>	670	426	47	7	0	75	2490	33	0	2	26
<i>Buffalo Chicken Tenders with Ranch Dip</i>	640	399	44	5	0	68	2400	36	0	2	23
<i>Cheeseburger Sliders</i>	550	298	33	15	0	65	1712	37	0	7	22
<i>Chicken Quesadilla</i>	470	238	26	15	0	94	1276	31	2	3	26
<i>Chicken Tenders with Blue Cheese Dip</i>	540	305	34	7	0	75	1860	33	0	2	26
<i>Chicken Tenders with Ranch Dip</i>	510	278	31	5	0	68	1770	36	0	2	23
<i>Crispy Chicken Sliders</i>	810	406	45	12	0	65	2364	74	3	19	25
<i>French Fries</i>	180	90	10	2	0	0	809	21	3	0	3
<i>Fried Pickle Chips with Ranch Dip</i>	380	263	29	5	0	15	1431	7	1	3	3
<i>Friendly's Famous Fried Ravioli</i>	590	364	40	15	0	72	995	37	4	7	18
<i>Honey BBQ Chicken Tenders with Blue Cheese Dip</i>	680	305	34	7	0	75	2487	69	0	34	26
<i>Honey BBQ Chicken Tenders with Ranch Dip</i>	650	278	31	5	0	68	2397	72	0	34	23
<i>Loaded Waffle Fries</i>	510	314	35	11	0	25	1823	38	3	1	11
<i>Mini Mozzarella Sticks with Marinara Sauce</i>	270	78	9	4	0	22	936	37	2	5	11
<i>Onion Rings</i>	270	30	3	1	0	0	664	52	2	8	6
<i>Waffle Fries</i>	270	132	15	2	0	0	834	32	3	0	3
Wings	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bone-In Wings, 12	1490	1050	117	27	0	576	2592	12	0	0	92
<i>Dip Choice Blue Cheese</i>	1970	1509	168	37	0	621	3432	15	0	3	98
<i>Dip Choice Ranch</i>	1910	1455	162	34	0	606	3252	21	0	3	92
<i>Sauce Choice BBQ</i>	1650	1050	117	27	0	576	4472	52	0	32	92
<i>Sauce Choice Buffalo</i>	1760	1293	144	27	0	576	3852	12	0	0	92
<i>Sauce Choice Friendly's Signature Sauce</i>	2010	1482	165	35	0	616	3712	40	0	28	92
<i>Sauce Choice Garlic Parmesan</i>	2090	1626	181	39	0	576	4352	16	0	4	96
<i>Sauce Choice Honey BBQ</i>	1790	1050	117	27	0	576	3845	84	0	64	92
Bone-In Wings, 6	750	525	58	13	0	288	1296	6	0	0	46
<i>Dip Choice Blue Cheese</i>	990	754	84	19	0	311	1716	7	0	2	49
<i>Dip Choice Ranch</i>	960	727	81	17	0	303	1626	10	0	2	46
<i>Sauce Choice BBQ</i>	830	525	58	13	0	288	2236	26	0	16	46
<i>Sauce Choice Buffalo</i>	880	646	72	13	0	288	1926	6	0	0	46
<i>Sauce Choice Friendly's Signature Sauce</i>	1010	741	82	17	0	308	1856	20	0	14	46
<i>Sauce Choice Garlic Parmesan</i>	1050	813	90	19	0	288	2176	8	0	2	48
<i>Sauce Choice Honey BBQ</i>	890	525	58	13	0	288	1923	42	0	32	46
Boneless Wings, 12	540	237	26	5	0	100	1080	40	2	0	34
<i>Dip Choice Blue Cheese</i>	1020	696	77	15	0	145	1920	43	2	3	40
<i>Dip Choice Ranch</i>	960	642	71	12	0	130	1740	49	2	3	34
<i>Sauce Choice BBQ</i>	700	237	26	5	0	100	2960	80	2	32	34
<i>Sauce Choice Buffalo</i>	810	480	53	5	0	100	2340	40	2	0	34
<i>Sauce Choice Friendly's Signature Sauce</i>	1060	669	74	13	0	140	2200	68	2	28	34
<i>Sauce Choice Garlic Parmesan</i>	1140	813	90	17	0	100	2840	44	2	4	38
<i>Sauce Choice Honey BBQ</i>	830	237	26	5	0	100	2333	112	2	64	34
Boneless Wings, 6	270	118	13	2	0	50	540	20	1	0	17
<i>Dip Choice Blue Cheese</i>	510	348	39	8	0	72	960	21	1	2	20
<i>Dip Choice Ranch</i>	480	321	36	6	0	65	870	24	1	2	17
<i>Sauce Choice BBQ</i>	350	118	13	2	0	50	1480	40	1	16	17
<i>Sauce Choice Buffalo</i>	400	240	27	2	0	50	1170	20	1	0	17
<i>Sauce Choice Friendly's Signature Sauce</i>	530	334	37	6	0	70	1100	34	1	14	17
<i>Sauce Choice Garlic Parmesan</i>	570	406	45	8	0	50	1420	22	1	2	19
<i>Sauce Choice Honey BBQ</i>	420	118	13	2	0	50	1167	56	1	32	17

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Soups and Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
\$100,000 Cobb Salad	520	282	31	11	0	260	1533	36	4	26	22
<i>Fried Chicken Tenders</i>	820	357	40	12	0	312	2973	67	4	26	45
<i>Grilled Chicken</i>	700	318	35	12	0	342	2182	36	4	26	55
Broccoli Cheddar Soup, Bowl	360	203	23	14	1	69	1035	28	3	4	11
Broccoli Cheddar Soup, Cup	240	131	15	9	1	41	685	21	2	2	7
Chicken Noodle Soup, Bowl	330	101	11	4	1	69	1998	38	1	3	19
Chicken Noodle Soup, Cup	200	62	7	2	1	34	1079	24	1	1	10
Crispy Chicken Salad	980	488	54	14	0	320	2189	81	4	22	40
New England Clam Chowder, Bowl	410	205	23	14	2	102	1583	35	2	6	15
New England Clam Chowder, Cup	240	114	13	8	1	51	872	23	1	3	8
Tomato Soup, Bowl	300	146	16	9	1	38	860	33	3	13	5
Tomato Soup, Cup	180	84	9	5	1	19	510	21	1	6	3
Salad Dressings, 3 fl oz	0	0	0	0	0	0	0	0	0	0	0
<i>Bleu Cheese</i>	480	459	51	11	0	45	840	3	0	3	6
<i>Honey Mustard</i>	360	270	30	5	0	30	420	24	0	18	0
<i>Lite Balsamic Vinaigrette</i>	180	135	15	2	0	0	1230	9	0	9	0
<i>Ranch</i>	420	405	45	8	0	30	660	9	0	3	0
<i>Thousand Island</i>	390	324	36	6	0	15	810	15	0	12	0
Soup and Salad Combo	160	57	6	2	0	10	463	22	2	3	7
<i>Bleu Cheese</i>	320	210	23	5	0	25	743	23	2	4	9
<i>Honey Mustard</i>	280	147	16	3	0	20	603	30	2	9	7
<i>Lite Balsamic Vinaigrette</i>	220	102	11	2	0	10	873	25	2	6	7
<i>Ranch</i>	300	192	21	4	0	20	683	25	2	4	7
<i>Thousand Island</i>	290	165	18	4	0	15	733	27	2	7	7
<i>Broccoli Cheddar Soup</i>	400	188	21	10	1	51	1148	42	3	5	14
<i>Chicken Noodle Soup</i>	360	119	13	4	1	44	1542	45	2	4	17
<i>New England Clam Chowder</i>	400	171	19	9	1	61	1335	44	3	6	15
<i>Tomato Soup</i>	460	204	23	10	1	47	1323	54	4	16	12
Quesadillas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Fajita Quesadilla	980	535	59	29	0	102	2534	79	7	5	36
Texas Bacon Ranch Quesadilla	1360	810	90	36	0	181	3408	81	6	6	60
Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
America's Best Grilled Cheese	890	446	50	27	1	114	1683	72	1	6	32
Buffalo Chicken Wrap	1150	580	64	12	0	75	3854	103	4	4	37
Center Court Turkey Club Sandwich	1460	794	88	22	0	153	3320	99	4	5	62
Classic Crispy Chicken Sandwich	970	560	62	14	0	80	2382	70	4	5	33
Crispy Chicken Wrap	960	365	41	9	0	68	3016	115	5	12	34
Friendly Frank	510	297	33	10	0	34	1531	43	3	2	13
Friendly's BLT	960	570	63	20	0	80	2016	74	4	4	23
Grilled Chicken Wrap	860	316	35	8	0	97	2385	88	6	12	44
Melts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fishamajig SuperMelt	900	477	53	20	0	130	2350	73	4	8	33
Legendary Honey BBQ Chicken SuperMelt	1460	688	76	30	0	168	4356	140	3	34	55
Pastrami SuperMelt	1140	581	65	19	0	125	3105	89	8	13	52
Philly Steak and Cheese SuperMelt	1010	519	58	26	0	135	3015	80	4	6	40
Turkey Club SuperMelt	1060	519	58	19	0	110	3132	78	3	8	54
Tuna Salad SuperMelt	880	469	52	20	0	87	2149	72	3	3	28
Burgers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
All American Cheeseburger	990	617	69	23	0	112	2187	55	3	7	34
All-American Burger	900	554	62	19	0	92	1806	54	3	6	30
Bacon Cheeseburger	1080	679	75	26	0	127	2456	55	3	8	39
Bacon Mac and Cheese Burger	1110	640	71	28	0	142	2766	69	3	9	45
Friendly's Patty Melt	1090	601	67	29	0	149	2101	72	3	1	50
Honey BBQ Burger	1320	786	87	31	0	142	2870	87	4	25	46

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Burger Subs and Adds											
Beef Burger Patty	270	187	21	8	0	73	647	0	0	0	19
Gardein Burger Patty	160	54	6	0	0	0	390	23	4	2	5
Impossible Burger Patty	240	126	14	8	0	0	370	9	3	0	19
Turkey Burger Patty	250	180	20	6	0	70	1130	0	0	0	18
American	50	32	4	2	0	10	190	1	0	1	2
Cheddar	80	63	7	5	0	20	140	0	0	0	5
Pepper Jack	110	81	9	6	0	25	190	1	0	0	6
Sharp White Cheddar	80	61	7	5	0	23	135	0	0	0	5
Smoked Mozzarella	220	146	16	10	0	61	364	0	0	0	14
Swiss	80	61	7	5	0	23	41	0	0	0	5
Entrees	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Clam Strip Platter	1500	838	93	18	0	81	2912	142	9	11	38
Country Chicken Tenders	840	333	37	7	0	103	3495	86	4	8	41
Barbecue Sauce	900	333	37	7	0	103	4200	101	4	20	41
Buffalo Sauce	980	454	50	7	0	103	4125	86	4	8	41
Honey BBQ Sauce	950	333	37	7	0	103	3965	113	4	32	41
Honey Mustard Dressing	1020	468	52	9	0	118	3705	98	4	17	41
Friendly's Stir Fry	540	64	7	3	0	0	3610	100	9	35	18
Beef Tips	750	132	15	6	0	105	4157	102	9	36	51
Grilled Chicken	710	100	11	4	0	82	4259	100	9	35	51
New England Fish 'N' Chips	1300	784	87	15	0	113	2784	84	5	11	43
Steak Tips and Mash	480	154	17	5	0	111	2117	43	6	10	41
Turkey Stack	560	207	23	8	0	24	2190	75	3	4	11
Sides	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Broccoli	60	24	3	0	0	0	48	6	2	2	3
Coleslaw	170	118	13	2	0	15	287	13	2	8	1
Garlic Red Skin Mashed Potatoes	180	86	10	6	0	24	612	22	2	2	4
Golden Fries	180	90	10	2	0	0	809	21	3	0	3
Loaded Waffle Fries	1030	628	70	22	0	49	3646	76	6	2	21
Mac and Cheese	330	145	16	8	0	51	790	34	2	3	14
Onion Rings	280	31	3	1	0	0	684	54	2	8	6
Waffle Fries	270	132	15	2	0	0	834	32	3	0	3
White Rice	240	64	7	3	0	0	1195	37	1	0	4
Senior Meals	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
All-American Cheeseburger	990	617	69	23	0	112	2187	55	3	7	34
Clam Roll	1100	607	67	14	0	44	2489	108	6	5	24
Classic Grilled Cheese	650	291	32	13	0	30	1948	70	3	2	19
Fishamajig SuperMelt	900	477	53	20	0	130	2350	73	4	8	33
Friendly's BLT	960	570	63	20	0	80	2016	74	4	4	23
Friendly's Frank	510	297	33	10	0	34	1531	43	3	2	13
Tuna Roll	640	387	43	9	0	54	1451	43	3	3	21
Kids Menu Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids 2 Double Sliders	800	471	52	23	0	129	3014	37	0	7	38
Kids Apple Slices	80	2	0	0	0	0	1	19	3	14	0
Kids Applesauce	110	0	0	0	0	0	0	27	1	25	0
Kids Banana Split	410	145	16	7	1	33	81	63	3	41	5
Kids Broccoli	60	24	3	0	0	0	48	6	2	2	3
Kids Cheese Quesadilla	800	445	49	30	0	114	1623	55	3	3	36
Kids Cheeswich	410	192	21	13	0	50	742	45	3	17	8
Kids Chicken Pops, 3	490	142	16	3	0	53	2820	62	2	12	24
Kids Chicken Pops, 4	590	167	19	4	0	70	3300	72	2	12	32
Kids French Fries	130	67	7	2	0	0	675	15	2	0	2
Kids Friendly Frank	330	207	23	8	0	34	722	22	0	2	10
Kids Mac and Cheese	300	81	9	3	0	10	650	44	2	8	10

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Kids Mac and Frank	470	225	25	9	0	44	1117	45	2	8	17
Kids Mandarin Oranges	80	0	0	0	0	0	10	17	1	15	1
Kids Mini Mozzarella Sticks	550	156	17	8	0	43	1873	74	4	10	22
Kids Mini Sliders	550	298	33	15	0	65	1712	37	0	7	22
Kids Onion Rings	280	31	3	1	0	0	684	54	2	8	6
Kids Waffle Fries	300	150	17	2	0	0	944	36	3	0	3
Kids Cone Head	490	183	20	13	0	57	267	69	2	45	6
Kids Hot Fudge Sundae	380	166	18	13	0	51	127	50	1	36	5
Kids Monster Mash Sundae	320	146	16	9	0	30	127	38	1	30	6
Kids Piglet Conehead Sundae	320	126	14	9	0	47	107	46	1	35	5
Kids Puddles the Pig Conehead Sundae	440	203	23	13	0	47	160	53	1	42	8
Kids Rock The Star Conehead Sundae	410	196	22	12	0	57	144	46	1	35	8
Kids Spot The Dog Conehead Sundae	420	172	19	12	0	43	199	56	1	41	8
Kids Worms and Dirt Friendz	820	315	35	21	0	86	267	111	0	81	11
Kids Build Your Own Sundae	50	27	3	2	0	8	14	5	0	4	0
<i>Black Raspberry</i>	290	119	13	9	0	51	82	36	0	29	4
<i>Butter Crunch</i>	300	133	15	9	0	50	208	37	0	31	4
<i>Butter Pecan</i>	300	164	18	9	0	50	115	30	0	26	5
<i>Chocolate</i>	250	135	15	10	0	51	91	26	0	23	6
<i>Chocolate Chip</i>	300	148	16	9	0	50	81	34	0	27	5
<i>Chocolate Chip Cookie Dough</i>	320	148	16	9	0	50	81	39	0	29	4
<i>Coffee</i>	270	135	15	9	0	51	82	32	0	26	4
<i>Cookies and Cream</i>	300	133	15	9	0	50	124	39	0	29	5
<i>Fluffernutter</i>	310	132	15	8	0	47	118	40	0	32	4
<i>Forbidden Chocolate</i>	310	150	17	10	0	59	82	34	0	26	6
<i>Hunka Chunka Peanut Butter Fudge</i>	410	236	26	11	0	46	154	38	2	29	7
<i>Mint Chocolate Chip</i>	300	148	16	9	0	50	81	34	0	27	5
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	200	49	5	3	0	20	133	38	5	14	5
<i>Orange Sherbet</i>	280	50	6	4	0	21	85	56	0	42	2
<i>Peanut Butter Cup</i>	360	195	22	12	0	49	142	37	0	25	6
<i>Purely Pistachio</i>	300	148	16	9	0	50	107	32	0	26	5
<i>Rockin' Poppin' Cotton Candy</i>	300	133	15	10	0	50	81	37	0	31	4
<i>Strawberry</i>	250	119	13	8	0	51	91	32	0	28	4
<i>Vanilla</i>	270	135	15	10	0	51	82	32	0	26	4
<i>Vienna Mocha Chunk</i>	320	164	18	12	0	50	90	39	0	32	5
<i>Topping Choice Butterfinger Candy Pieces</i>	180	71	8	5	0	8	78	25	0	16	2
<i>Topping Choice Chocolate Sprinkles</i>	190	87	10	5	2	8	36	23	2	5	1
<i>Topping Choice Cookie Dough Bites</i>	160	61	7	3	0	12	84	24	0	15	1
<i>Topping Choice Gummi Bears</i>	140	27	3	2	0	8	24	26	0	18	3
<i>Topping Choice Kit Kat Topping</i>	190	92	10	7	0	11	34	23	1	18	2
<i>Topping Choice M and M's</i>	190	81	9	5	0	8	32	25	1	22	2
<i>Topping Choice Mini Marshmallows</i>	140	27	3	2	0	8	42	29	0	19	0
<i>Topping Choice Oreo Cookie Pieces</i>	180	79	9	4	0	8	126	26	0	15	1
<i>Topping Choice Rainbow Sprinkles</i>	180	71	8	4	2	8	16	27	0	16	0
<i>Topping Choice Reese's Peanut Butter Cups</i>	200	106	12	5	0	8	102	21	1	17	3
<i>Topping Choice Reese's Pieces</i>	190	92	10	6	0	8	66	22	1	19	4
<i>Topping Choice Sour Gummy Worms</i>	130	27	3	2	0	8	18	26	0	17	1
<i>Topping Choice Vanilla Pound Cake Cubes</i>	150	56	6	4	0	32	76	21	0	13	2
<i>Topping Choice Walnuts</i>	250	193	21	4	0	8	14	9	2	4	5
<i>Topping Choice Caramel Topping</i>	100	32	4	2	0	9	62	15	0	10	2
<i>Topping Choice Chocolate Sauce</i>	150	27	3	2	0	8	34	28	1	20	1
<i>Topping Choice Hot Fudge Topping</i>	160	58	6	5	0	8	59	23	1	14	1
<i>Topping Choice Marshmallow Topping</i>	120	27	3	2	0	8	19	23	0	18	0
<i>Topping Choice Peanut Butter Topping</i>	280	197	22	5	0	8	157	14	2	8	7
<i>Topping Choice Pineapple Topping</i>	90	27	3	2	0	8	19	16	1	14	0
<i>Topping Choice Strawberry Topping</i>	100	27	3	2	0	8	14	19	1	17	0
<i>Topping Choice Swiss Chocolate Topping</i>	140	27	3	2	0	8	52	28	0	21	1

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Friendly's Nutrition Information



Hot Drinks	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Hot Chocolate	160	49	5	4	0	8	186	26	1	19	1
Hot Coffee	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	0	0	0	0	0	0	70	1	0	0	0
Cold Drinks	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Juice	210	0	0	0	0	0	19	51	0	51	0
Barq's Root Beer	200	0	0	0	0	0	43	54	0	54	0
Cherry Coke	190	0	0	0	0	0	7	50	0	50	0
Chocolate Milk	410	35	4	2	0	23	245	78	2	60	15
Coke	180	0	0	0	0	0	11	49	0	49	0
Dasani Bottled Water	0	0	0	0	0	0	1	0	0	0	0
Diet Coke	0	0	0	0	0	0	18	0	0	0	0
Dr Pepper	200	0	0	0	0	0	63	49	0	49	0
French Vanilla Iced Coffee	160	0	0	0	0	0	15	36	0	34	0
Hazelnut Iced Coffee	130	0	0	0	0	0	16	33	0	32	0
Hi-C Orange Lavaburst	200	0	0	0	0	0	0	54	0	54	0
Iced Coffee	0	0	0	0	0	0	6	0	0	0	0
Iced Tea	0	0	0	0	0	0	105	1	0	0	0
Mango Iced Tea	230	0	0	0	0	0	151	55	0	54	0
Milk	190	42	5	3	0	28	234	24	0	24	15
Minute Maid Fruit Punch	220	0	0	0	0	0	63	56	0	54	0
Minute Maid Lemonade	180	0	0	0	0	0	74	47	0	47	0
Mr. Pibb	180	0	0	0	0	0	50	47	0	47	0
Orange Juice	210	0	0	0	0	0	0	49	0	41	4
Raspberry Iced Tea	210	0	0	0	0	0	151	52	0	50	0
Sprite	170	0	0	0	0	0	40	47	0	47	0

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Friendly's Nutrition Information



Cake Cone	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cake Cone, Double Scoop	40	4	0	0	0	0	1	9	0	0	1
<i>Black Raspberry</i>	520	189	21	14	0	86	139	71	0	52	8
<i>Butter Crunch</i>	550	217	24	15	0	85	390	73	0	54	8
<i>Butter Pecan</i>	550	278	31	15	0	85	204	60	0	44	11
<i>Chocolate</i>	460	220	24	16	0	86	156	50	0	38	11
<i>Chocolate Chip</i>	550	247	27	15	0	85	136	67	0	48	11
<i>Chocolate Chip Cookie Dough</i>	580	247	27	15	0	85	136	77	0	51	8
<i>Coffee</i>	490	220	24	14	0	86	139	64	0	45	8
<i>Cookies N Cream</i>	550	217	24	15	0	85	221	77	0	51	11
<i>Fluffernutter</i>	560	215	24	13	0	78	210	80	0	57	9
<i>Forbidden Chocolate</i>	560	251	28	17	0	103	138	68	0	45	11
<i>Hunka Chunka Peanut Butter Fudge</i>	760	423	47	19	0	78	281	74	3	50	13
<i>Mint Chocolate Chip</i>	550	247	27	15	0	85	136	67	0	48	11
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	350	49	5	3	0	25	240	75	10	20	11
<i>Orange Sherbet</i>	510	51	6	4	0	26	144	111	0	76	3
<i>Peanut Butter Cup</i>	670	340	38	21	0	82	258	72	0	42	12
<i>Purely Pistachio</i>	550	247	27	15	0	85	187	63	0	44	11
<i>Rockin' Poppin' Cotton Candy</i>	550	217	24	17	0	85	136	73	0	54	8
<i>Strawberry</i>	460	189	21	12	0	86	156	64	0	48	8
<i>Vanilla</i>	490	220	24	16	0	86	139	64	0	45	8
<i>Vienna Mocha Chunk</i>	580	278	31	20	0	85	153	77	0	58	11
Cake Cone, Single Scoop	40	4	0	0	0	0	1	9	0	0	1
<i>Black Raspberry</i>	280	97	11	7	0	43	70	40	0	26	4
<i>Butter Crunch</i>	300	110	12	8	0	42	196	41	0	27	4
<i>Butter Pecan</i>	300	141	16	8	0	42	103	35	0	22	6
<i>Chocolate</i>	250	112	12	8	0	43	78	30	0	19	6
<i>Chocolate Chip</i>	300	126	14	8	0	42	69	38	0	24	6
<i>Chocolate Chip Cookie Dough</i>	310	126	14	8	0	42	69	43	0	26	4
<i>Coffee</i>	270	112	12	7	0	43	70	37	0	22	4
<i>Cookies N Cream</i>	300	110	12	8	0	42	111	43	0	26	6
<i>Fluffernutter</i>	305	109	12	7	0	39	105	44	0	29	5
<i>Forbidden Chocolate</i>	300	127	14	9	0	52	70	38	0	22	6
<i>Hunka Chunka Peanut Butter Fudge</i>	400	213	24	9	0	39	141	42	2	25	7
<i>Mint Chocolate Chip</i>	300	126	14	8	0	42	69	38	0	24	6
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	200	26	3	1	0	13	121	42	5	10	6
<i>Orange Sherbet</i>	280	27	3	2	0	13	73	60	0	38	2
<i>Peanut Butter Cup</i>	360	172	19	11	0	41	130	41	0	21	7
<i>Purely Pistachio</i>	300	126	14	8	0	42	94	36	0	22	6
<i>Rockin' Poppin' Cotton Candy</i>	300	110	12	9	0	42	69	41	0	27	4
<i>Strawberry</i>	250	97	11	6	0	43	78	37	0	24	4
<i>Vanilla</i>	270	112	12	8	0	43	70	37	0	22	4
<i>Vienna Mocha Chunk</i>	310	141	16	10	0	42	77	43	0	29	6

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Friendly's Nutrition Information



Dish	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Dish of Ice Cream, Double Scoop	0	0	0	0	0	0	0	0	0	0	0
<i>Black Raspberry</i>	480	186	21	14	0	86	137	62	0	52	7
<i>Butter Crunch</i>	510	213	24	15	0	85	389	64	0	54	7
<i>Butter Pecan</i>	510	274	30	15	0	85	203	51	0	44	10
<i>Chocolate</i>	410	216	24	15	0	86	155	41	0	38	10
<i>Chocolate Chip</i>	510	244	27	15	0	85	135	58	0	47	10
<i>Chocolate Chip Cookie Dough</i>	540	244	27	15	0	85	135	68	0	51	7
<i>Coffee</i>	450	216	24	14	0	86	137	55	0	45	7
<i>Cookies N Cream</i>	510	213	24	15	0	85	220	68	0	51	10
<i>Fluffernutter</i>	520	211	23	13	0	78	209	70	0	57	8
<i>Forbidden Chocolate</i>	520	247	27	17	0	103	137	58	0	45	10
<i>Hunka Chunka Peanut Butter Fudge</i>	720	419	47	19	0	78	280	65	3	50	12
<i>Mint Chocolate Chip</i>	510	244	27	15	0	85	135	58	0	47	10
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	300	45	5	3	0	25	239	66	10	20	10
<i>Orange Sherbet</i>	470	47	5	4	0	26	143	102	0	76	3
<i>Peanut Butter Cup</i>	630	337	37	21	0	82	257	63	0	42	12
<i>Purely Pistachio</i>	510	244	27	15	0	85	186	54	0	44	10
<i>Rockin' Poppin' Cotton Candy</i>	510	213	24	17	0	85	135	64	0	54	7
<i>Strawberry</i>	410	186	21	12	0	86	155	55	0	48	7
<i>Vanilla</i>	450	216	24	15	0	86	137	55	0	45	7
<i>Vienna Mocha Chunk</i>	540	274	30	20	0	85	152	68	0	58	10
Dish of Ice Cream, Single Scoop	0	0	0	0	0	0	0	0	0	0	0
<i>Black Raspberry</i>	240	93	10	7	0	43	69	31	0	26	3
<i>Butter Crunch</i>	250	107	12	8	0	42	195	32	0	27	3
<i>Butter Pecan</i>	250	137	15	8	0	42	102	25	0	22	5
<i>Chocolate</i>	210	108	12	8	0	43	77	21	0	19	5
<i>Chocolate Chip</i>	250	122	14	8	0	42	68	29	0	24	5
<i>Chocolate Chip Cookie Dough</i>	270	122	14	8	0	42	68	34	0	25	3
<i>Coffee</i>	220	108	12	7	0	43	69	27	0	22	3
<i>Cookies N Cream</i>	250	107	12	8	0	42	110	34	0	25	5
<i>Fluffernutter</i>	260	106	12	7	0	39	104	35	0	29	4
<i>Forbidden Chocolate</i>	260	124	14	9	0	52	69	29	0	22	5
<i>Hunka Chunka Peanut Butter Fudge</i>	360	210	23	9	0	39	140	33	2	25	6
<i>Mint Chocolate Chip</i>	250	122	14	8	0	42	68	29	0	24	5
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	150	23	3	1	0	13	120	33	5	10	5
<i>Orange Sherbet</i>	470	47	5	4	0	26	143	102	0	76	3
<i>Peanut Butter Cup</i>	630	337	37	21	0	82	257	63	0	42	12
<i>Purely Pistachio</i>	250	122	14	8	0	42	93	27	0	22	5
<i>Rockin' Poppin' Cotton Candy</i>	250	107	12	8	0	42	68	32	0	27	3
<i>Strawberry</i>	210	93	10	6	0	43	77	27	0	24	3
<i>Vanilla</i>	220	108	12	8	0	43	69	27	0	22	3
<i>Vienna Mocha Chunk</i>	270	137	15	10	0	42	76	34	0	29	5

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Friendly's Nutrition Information



Waffle Cone	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Waffle Cone, Double Scoop	30	2	0	0	0	0	16	6	0	2	0
<i>Black Raspberry</i>	510	188	21	14	0	86	154	68	0	54	7
<i>Butter Crunch</i>	540	215	24	15	0	85	406	70	0	56	7
<i>Butter Pecan</i>	540	276	31	15	0	85	219	57	0	46	11
<i>Chocolate</i>	440	219	24	16	0	86	171	47	0	40	11
<i>Chocolate Chip</i>	540	246	27	15	0	85	152	64	0	50	11
<i>Chocolate Chip Cookie Dough</i>	570	246	27	15	0	85	152	74	0	53	7
<i>Coffee</i>	470	219	24	14	0	86	154	61	0	47	7
<i>Cookies N Cream</i>	540	215	24	15	0	85	236	74	0	53	11
<i>Fluffernutter</i>	550	213	24	13	0	78	225	76	0	59	8
<i>Forbidden Chocolate</i>	540	249	28	17	0	103	154	64	0	47	11
<i>Hunka Chunka Peanut Butter Fudge</i>	740	421	47	19	0	78	296	71	3	52	13
<i>Mint Chocolate Chip</i>	540	246	27	15	0	85	152	64	0	50	11
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	330	47	5	3	0	25	256	72	10	22	10
<i>Orange Sherbet</i>	500	49	5	4	0	26	160	108	0	78	3
<i>Peanut Butter Cup</i>	660	339	38	21	0	82	274	69	0	44	12
<i>Purely Pistachio</i>	540	246	27	15	0	85	203	60	0	46	11
<i>Rockin' Poppin' Cotton Candy</i>	530	215	24	17	0	85	152	70	0	56	7
<i>Strawberry</i>	440	188	21	12	0	86	171	61	0	50	7
<i>Vanilla</i>	470	219	24	16	0	86	154	61	0	47	7
<i>Vienna Mocha Chunk</i>	570	276	31	20	0	85	169	74	0	60	11
Waffle Cone, Single Scoop	30	2	0	0	0	0	16	6	0	2	0
<i>Black Raspberry</i>	270	95	11	7	0	43	85	37	0	28	4
<i>Butter Crunch</i>	280	109	12	8	0	42	211	38	0	29	4
<i>Butter Pecan</i>	280	139	15	8	0	42	118	31	0	24	5
<i>Chocolate</i>	230	110	12	8	0	43	94	27	0	21	6
<i>Chocolate Chip</i>	280	124	14	8	0	42	84	35	0	26	5
<i>Chocolate Chip Cookie Dough</i>	300	124	14	8	0	42	84	40	0	28	4
<i>Coffee</i>	250	110	12	7	0	43	85	34	0	24	4
<i>Cookies N Cream</i>	280	109	12	8	0	42	126	40	0	28	5
<i>Fluffernutter</i>	290	108	12	7	0	39	121	41	0	31	4
<i>Forbidden Chocolate</i>	290	126	14	9	0	52	85	35	0	24	6
<i>Hunka Chunka Peanut Butter Fudge</i>	380	212	24	9	0	39	156	39	2	27	7
<i>Mint Chocolate Chip</i>	280	124	14	8	0	42	84	35	0	26	5
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	180	25	3	1	0	13	136	39	5	12	5
<i>Orange Sherbet</i>	260	25	3	2	0	13	88	57	0	40	2
<i>Peanut Butter Cup</i>	340	170	19	11	0	41	145	38	0	23	6
<i>Purely Pistachio</i>	280	124	14	8	0	42	109	33	0	24	5
<i>Rockin' Poppin' Cotton Candy</i>	280	109	12	9	0	42	84	38	0	29	4
<i>Strawberry</i>	230	95	11	6	0	43	94	34	0	26	4
<i>Vanilla</i>	250	110	12	8	0	43	85	34	0	24	4
<i>Vienna Mocha Chunk</i>	300	139	15	10	0	42	93	40	0	31	5

Friendly's Nutrition Information



Signature Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caramel Fudge Brownie Sundae	1670	715	79	40	1	194	749	227	6	158	20
Hunka Chunka PB Fudge Lava Cake	2490	1418	158	52	0	168	1348	226	15	159	46
Jim Dandy Super Sundae	1120	419	47	26	0	144	278	164	6	123	16
Retro Royal Banana Split	1280	525	58	34	0	175	325	176	6	134	18
Strawberry Shortcake Sundae	740	269	30	15	0	69	287	112	2	84	5
Mini Cone Flight, Choose 3 Scoops of Ice Cream	180	0	0	0	0	0	60	39	0	12	3
<i>Black Raspberry</i>	260	31	3	2	0	14	83	49	0	21	4
<i>Butter Crunch</i>	260	35	4	3	0	14	125	50	0	21	4
<i>Butter Pecan</i>	260	46	5	3	0	14	94	47	0	19	5
<i>Chocolate</i>	250	36	4	3	0	14	86	46	0	18	5
<i>Chocolate Chip</i>	260	41	5	3	0	14	83	49	0	20	5
<i>Chocolate Chip Cookie Dough</i>	270	41	5	3	0	14	83	50	0	20	4
<i>Coffee</i>	250	36	4	2	0	14	83	48	0	19	4
<i>Cookies N Cream</i>	260	35	4	3	0	14	97	50	0	20	5
<i>Fluffernutter</i>	270	35	4	2	0	13	95	51	0	22	4
<i>Forbidden Chocolate</i>	270	41	5	3	0	17	83	49	0	19	5
<i>Hunka Chunka Peanut Butter Fudge</i>	300	70	8	3	0	13	106	50	1	20	5
<i>Mint Chocolate Chip</i>	260	41	5	3	0	14	83	49	0	20	5
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	230	8	1	0	0	4	100	50	2	15	5
<i>Orange Sherbet</i>	260	8	1	1	0	4	84	56	0	25	3
<i>Peanut Butter Cup</i>	280	56	6	3	0	14	103	49	0	19	5
<i>Purely Pistachio</i>	260	41	5	3	0	14	91	48	0	19	5
<i>Rockin' Poppin' Cotton Candy</i>	260	35	4	3	0	14	82	50	0	21	4
<i>Strawberry</i>	250	31	3	2	0	14	86	48	0	20	4
<i>Vanilla</i>	250	36	4	3	0	14	83	48	0	19	4
<i>Vienna Mocha Chunk</i>	270	46	5	3	0	14	85	50	0	22	5
Fribbles	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
The Fabulous Fribble	170	73	8	5	0	28	134	19	0	18	8
<i>Black Raspberry</i>	780	305	34	22	0	136	306	96	0	82	16
<i>Butter Crunch</i>	810	339	38	24	0	134	620	100	0	85	16
<i>Butter Pecan</i>	810	415	46	24	0	134	388	83	0	73	20
<i>Chocolate</i>	690	343	38	24	0	136	327	71	0	65	21
<i>Chocolate Chip</i>	810	377	42	24	0	134	303	91	0	77	20
<i>Chocolate Chip Cookie Dough</i>	850	377	42	24	0	134	303	104	0	81	16
<i>Coffee</i>	730	343	38	22	0	136	306	88	0	73	16
<i>Cookies N Cream</i>	810	339	38	24	0	134	409	104	0	81	20
<i>Fluffernutter</i>	830	337	37	21	0	126	394	107	0	89	18
<i>Forbidden Chocolate</i>	820	382	42	26	0	157	305	92	0	73	21
<i>Hunka Chunka Peanut Butter Fudge</i>	1070	597	66	28	0	125	483	101	4	80	23
<i>Mint Chocolate Chip</i>	810	377	42	24	0	134	303	91	0	77	20
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	550	129	14	8	0	60	433	101	13	43	20
<i>No Sugar Added Vanilla</i>	600	382	42	26	0	157	241	75	13	30	21
<i>Nuts Over Caramel</i>	910	457	51	24	0	145	425	105	4	80	19
<i>Orange Sherbet</i>	760	131	15	10	0	61	313	146	0	112	11
<i>Peanut Butter Cup</i>	960	493	55	31	0	131	455	98	0	70	22
<i>Purely Pistachio</i>	810	377	42	24	0	134	367	87	0	73	20
<i>Rockin' Poppin' Cotton Candy</i>	810	339	38	26	0	134	303	99	0	85	16
<i>Strawberry</i>	690	305	34	20	0	136	327	88	0	78	16
<i>Vanilla</i>	730	343	38	24	0	136	306	88	0	73	16
<i>Vienna Mocha Chunk</i>	850	415	46	30	0	134	324	104	0	89	20

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Friendly's Nutrition Information



Friend-z	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Birthday Cake Friend-z	930	394	44	25	2	104	235	119	0	92	10
Butterfinger Friend-z	980	404	45	28	0	86	363	128	0	94	13
Cookie Dough Friend-z	740	311	35	21	0	91	255	92	0	69	10
Kit Kat Friend-z	940	422	47	30	0	93	219	111	1	89	13
M&M's Friend-z	990	379	42	27	0	86	228	133	2	109	12
Oreo Friend-z	790	334	37	21	0	86	299	97	0	71	10
Reese's Peanut Butter Cup Friend-z	1170	589	65	30	0	86	490	118	4	90	20
Reese's Pieces Friend-z	1350	741	82	35	0	86	563	121	6	95	29
Strawberry Banana Friend-z	690	272	30	19	0	86	172	90	2	70	9
Strawberry Shortcake Friend-z	710	293	33	21	0	104	219	88	1	70	10
Worms and Dirt Friend-z	820	315	35	21	0	86	267	111	0	81	11
Floats	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Barq's Root Beer Float	190	27	3	2	0	8	44	42	0	41	0
<i>Black Raspberry</i>	430	119	13	9	0	51	112	73	0	67	4
<i>Butter Crunch</i>	440	133	15	9	0	50	238	75	0	68	4
<i>Butter Pecan</i>	440	164	18	9	0	50	145	68	0	63	5
<i>Chocolate</i>	390	135	15	10	0	51	121	63	0	60	6
<i>Chocolate Chip</i>	440	148	16	9	0	50	111	71	0	65	5
<i>Chocolate Chip Cookie Dough</i>	460	148	16	9	0	50	111	76	0	67	4
<i>Coffee</i>	410	135	15	9	0	51	112	70	0	64	4
<i>Cookies and Cream</i>	440	133	15	9	0	50	154	76	0	67	5
<i>Fluffernuttter</i>	450	132	15	8	0	47	148	78	0	70	4
<i>Forbidden Chocolate</i>	440	150	17	10	0	59	112	72	0	64	6
<i>Hunka Chunka Peanut Butter Fudge</i>	540	236	26	11	0	46	184	75	2	66	7
<i>Mint Chocolate Chip</i>	440	148	16	9	0	50	111	71	0	65	5
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	340	49	5	3	0	20	163	75	5	51	5
<i>Orange Sherbet</i>	420	50	6	4	0	21	115	93	0	79	2
<i>Peanut Butter Cup</i>	500	195	22	12	0	49	172	74	0	62	6
<i>Purely Pistachio</i>	440	148	16	9	0	50	137	70	0	63	5
<i>Rockin' Poppin' Cotton Candy</i>	440	133	15	10	0	50	111	75	0	68	4
<i>Strawberry</i>	390	119	13	8	0	51	121	70	0	65	4
<i>Vanilla</i>	410	135	15	10	0	51	112	70	0	64	4
<i>Vienna Mocha Chunk</i>	460	164	18	12	0	50	120	76	0	70	5
Coca Cola Float	170	27	3	2	0	8	21	39	0	37	0
<i>Black Raspberry</i>	410	119	13	9	0	51	90	70	0	63	4
<i>Butter Crunch</i>	430	133	15	9	0	50	216	71	0	65	4
<i>Butter Pecan</i>	430	164	18	9	0	50	123	64	0	59	5
<i>Chocolate</i>	380	135	15	10	0	51	99	59	0	56	6
<i>Chocolate Chip</i>	430	148	16	9	0	50	89	67	0	61	5
<i>Chocolate Chip Cookie Dough</i>	440	148	16	9	0	50	89	73	0	63	4
<i>Coffee</i>	400	135	15	9	0	51	90	66	0	60	4
<i>Cookies and Cream</i>	430	133	15	9	0	50	131	73	0	63	5
<i>Fluffernuttter</i>	430	132	15	8	0	47	125	74	0	66	4
<i>Forbidden Chocolate</i>	430	150	17	10	0	59	90	68	0	60	6
<i>Hunka Chunka Peanut Butter Fudge</i>	530	236	26	11	0	46	161	71	2	62	7
<i>Mint Chocolate Chip</i>	430	148	16	9	0	50	89	67	0	61	5
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	320	49	5	3	0	20	141	71	5	48	5
<i>Orange Sherbet</i>	410	50	6	4	0	21	93	90	0	75	2
<i>Peanut Butter Cup</i>	490	195	22	12	0	49	150	70	0	58	6
<i>Purely Pistachio</i>	430	148	16	9	0	50	114	66	0	59	5
<i>Rockin' Poppin' Cotton Candy</i>	430	133	15	10	0	50	89	71	0	65	4
<i>Strawberry</i>	380	119	13	8	0	51	99	66	0	62	4
<i>Vanilla</i>	400	135	15	10	0	51	90	66	0	60	4
<i>Vienna Mocha Chunk</i>	440	164	18	12	0	50	97	73	0	66	5

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Friendly's Nutrition Information



Small Sundaes	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Happy Ending Sundae	50	27	3	2	0	8	14	5	0	4	0
<i>Black Raspberry</i>	290	119	13	9	0	51	82	36	0	29	4
<i>Butter Crunch</i>	300	133	15	9	0	50	208	37	0	31	4
<i>Butter Pecan</i>	300	164	18	9	0	50	115	30	0	26	5
<i>Chocolate</i>	250	135	15	10	0	51	91	26	0	23	6
<i>Chocolate Chip</i>	300	148	16	9	0	50	81	34	0	27	5
<i>Chocolate Chip Cookie Dough</i>	320	148	16	9	0	50	81	39	0	29	4
<i>Coffee</i>	270	135	15	9	0	51	82	32	0	26	4
<i>Cookies N Cream</i>	300	133	15	9	0	50	124	39	0	29	5
<i>Fluffernutter</i>	310	132	15	8	0	47	118	40	0	32	4
<i>Forbidden Chocolate</i>	310	150	17	10	0	59	82	34	0	26	6
<i>Hunka Chunka Peanut Butter Fudge</i>	410	236	26	11	0	46	154	38	2	29	7
<i>Mint Chocolate Chip</i>	300	148	16	9	0	50	81	34	0	27	5
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	200	49	5	3	0	20	133	38	5	14	5
<i>Orange Sherbet</i>	280	50	6	4	0	21	85	56	0	42	2
<i>Peanut Butter Cup</i>	360	195	22	12	0	49	142	37	0	25	6
<i>Purely Pistachio</i>	300	148	16	9	0	50	107	32	0	26	5
<i>Rockin' Poppin' Cotton Candy</i>	300	133	15	10	0	50	81	37	0	31	4
<i>Strawberry</i>	250	119	13	8	0	51	91	32	0	28	4
<i>Vanilla</i>	270	135	15	10	0	51	82	32	0	26	4
<i>Vienna Mocha Chunk</i>	320	164	18	12	0	50	90	39	0	32	5
<i>Topping Choice Butterfinger Candy Pieces</i>	180	71	8	5	0	8	78	25	0	16	2
<i>Topping Choice Chocolate Sprinkles</i>	190	87	10	5	2	8	36	23	2	5	1
<i>Topping Choice Cookie Dough Bites</i>	160	61	7	3	0	12	84	24	0	15	1
<i>Topping Choice Gummi Bears</i>	140	27	3	2	0	8	24	26	0	18	3
<i>Topping Choice Kit Kat Topping</i>	190	92	10	7	0	11	34	23	1	18	2
<i>Topping Choice M and M's</i>	190	81	9	5	0	8	32	25	1	22	2
<i>Topping Choice Mini Marshmallows</i>	140	27	3	2	0	8	42	29	0	19	0
<i>Topping Choice Oreo Cookie Pieces</i>	180	79	9	4	0	8	126	26	0	15	1
<i>Topping Choice Rainbow Sprinkles</i>	180	71	8	4	2	8	16	27	0	16	0
<i>Topping Choice Reese's Peanut Butter Cups</i>	200	106	12	5	0	8	102	21	1	17	3
<i>Topping Choice Reese's Pieces</i>	190	92	10	6	0	8	66	22	1	19	4
<i>Topping Choice Sour Gummy Worms</i>	130	27	3	2	0	8	18	26	0	17	1
<i>Topping Choice Vanilla Pound Cake Cubes</i>	150	56	6	4	0	32	76	21	0	13	2
<i>Topping Choice Walnuts</i>	250	193	21	4	0	8	14	9	2	4	5
<i>Topping Choice Caramel Topping</i>	100	32	4	2	0	9	62	15	0	10	2
<i>Topping Choice Chocolate Sauce</i>	150	27	3	2	0	8	34	28	1	20	1
<i>Topping Choice Hot Fudge Topping</i>	160	58	6	5	0	8	59	23	1	14	1
<i>Topping Choice Mango Bursting Boba</i>	100	30	3	2	0	8	31	19	2	15	0
<i>Topping Choice Marshmallow Topping</i>	120	27	3	2	0	8	19	23	0	18	0
<i>Topping Choice Peanut Butter Topping</i>	280	197	22	5	0	8	157	14	2	8	7
<i>Topping Choice Pineapple Topping</i>	90	27	3	2	0	8	19	16	1	14	0
<i>Topping Choice Strawberry Bursting Boba</i>	100	30	3	2	0	8	31	19	2	15	0
<i>Topping Choice Strawberry Topping</i>	100	27	3	2	0	8	14	19	1	17	0
<i>Topping Choice Swiss Chocolate Topping</i>	140	27	3	2	0	8	52	28	0	21	1
Hunka Chunka PB Fudge Sundae, Small	580	337	37	14	0	46	248	51	3	36	10
Mint Cookie Crunch Sundae, Small	410	184	20	12	0	50	144	52	1	37	6
Ultimate Cookies N' Cream Sundae, Small	440	179	20	12	0	50	206	61	1	41	7

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Friendly's Nutrition Information



Medium Sundaes	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BYO Sundae, Medium	90	53	6	4	0	15	24	8	0	6	1
<i>Black Raspberry</i>	570	239	27	17	0	101	162	70	0	58	8
<i>Butter Crunch</i>	590	266	30	19	0	100	414	72	0	60	8
<i>Butter Pecan</i>	590	327	36	19	0	100	228	59	0	50	11
<i>Chocolate</i>	500	269	30	19	0	101	179	49	0	44	11
<i>Chocolate Chip</i>	590	297	33	19	0	100	160	65	0	54	11
<i>Chocolate Chip Cookie Dough</i>	630	297	33	19	0	100	160	75	0	57	8
<i>Coffee</i>	530	269	30	17	0	101	162	63	0	51	8
<i>Cookies N Cream</i>	590	266	30	19	0	100	244	75	0	57	11
<i>Forbidden Chocolate</i>	600	300	33	21	0	118	162	66	0	51	11
<i>Hunka Chunka Peanut Butter Fudge</i>	800	472	52	22	0	93	304	73	3	56	13
<i>Mint Chocolate Chip</i>	590	297	33	19	0	100	160	65	0	54	11
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	390	98	11	6	0	40	264	73	10	26	11
<i>Orange Sherbet</i>	560	100	11	8	0	41	168	109	0	82	3
<i>Peanut Butter Cup</i>	720	390	43	25	0	97	282	71	0	48	12
<i>Purely Pistachio</i>	590	297	33	19	0	100	211	62	0	50	11
<i>Rockin' Poppin' Cotton Candy</i>	590	266	30	21	0	100	160	72	0	60	8
<i>Strawberry</i>	500	239	27	16	0	101	179	63	0	54	8
<i>Vanilla</i>	530	269	30	19	0	101	162	63	0	51	8
<i>Vienna Mocha Chunk</i>	630	327	36	24	0	100	177	75	0	64	11
<i>Topping Choice Butterfinger Candy Pieces</i>	210	98	11	7	0	15	88	28	0	19	2
<i>Topping Choice Chocolate Sprinkles</i>	220	113	13	7	2	15	46	26	2	8	2
<i>Topping Choice Cookie Dough Bites</i>	200	87	10	5	0	20	95	27	0	17	2
<i>Topping Choice Gummi Bears</i>	180	53	6	4	0	15	35	28	0	20	3
<i>Topping Choice Kit Kat Topping</i>	230	119	13	8	0	18	45	26	1	21	3
<i>Topping Choice M and M's</i>	230	107	12	7	0	15	42	28	1	25	2
<i>Topping Choice Oreo Cookie Pieces</i>	220	105	12	5	0	15	137	29	0	18	2
<i>Topping Choice Rainbow Sprinkles</i>	220	98	11	6	2	15	27	30	0	18	1
<i>Topping Choice Reese's Peanut Butter Cups</i>	240	132	15	7	0	15	112	23	1	20	3
<i>Topping Choice Reese's Pieces</i>	230	118	13	8	0	15	77	25	1	21	4
<i>Topping Choice Sour Gummy Worms</i>	170	53	6	4	0	15	29	29	0	19	2
<i>Topping Choice Vanilla Pound Cake Cubes</i>	190	83	9	6	0	39	87	24	0	16	2
<i>Topping Choice Walnuts</i>	290	219	24	5	0	15	25	12	2	7	5
<i>Topping Choice Caramel Topping</i>	140	58	6	4	0	17	72	18	0	12	2
<i>Topping Choice Chocolate Sauce</i>	190	53	6	4	0	15	44	31	1	22	2
<i>Topping Choice Hot Fudge Topping</i>	200	84	9	7	0	15	69	26	1	16	2
<i>Topping Choice Mango Bursting Boba</i>	140	57	6	4	0	15	42	22	2	18	1
<i>Topping Choice Marshmallow Topping</i>	160	53	6	4	0	15	29	26	0	20	1
<i>Topping Choice Peanut Butter Topping</i>	320	223	25	7	0	15	168	17	2	10	7
<i>Topping Choice Pineapple Topping</i>	130	53	6	4	0	15	29	19	1	16	1
<i>Topping Choice Strawberry Bursting Boba</i>	140	57	6	4	0	15	42	22	2	18	1
<i>Topping Choice Strawberry Topping</i>	140	53	6	4	0	15	24	22	1	19	1
<i>Topping Choice Swiss Chocolate Topping</i>	180	54	6	4	0	15	63	31	0	24	1
Fluffernutter Sundae, Medium	910	434	48	20	0	93	381	105	2	82	15
Forbidden Fudge Brownie Sundae, Medium	1000	408	45	26	0	119	390	141	3	102	11
Hunka Chunka PB Fudge Sundae, Medium	1140	674	75	29	0	93	492	100	6	70	21
Mint Cookie Crunch Sundae, Medium	720	327	36	23	0	101	259	92	1	67	9
Reese's Peanut Butter Cup Sundae, Medium	1000	532	59	28	1	102	415	104	4	74	17
Reese's Pieces Sundae, Medium	1050	548	61	31	0	101	407	110	4	80	19
S'Mores Sundae, Medium	720	232	26	15	0	86	251	115	2	84	11
Ultimate Cookies N' Cream Sundae, Medium	720	327	36	23	0	101	259	92	1	67	9

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Friendly's Nutrition Information



Large Sundaes	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BYO Sundae, Large	130	79	9	5	0	23	35	11	0	9	1
<i>Black Raspberry</i>	850	358	40	26	0	152	241	103	0	86	11
<i>Butter Crunch</i>	890	399	44	28	0	150	619	107	0	90	11
<i>Butter Pecan</i>	890	491	55	28	0	150	340	87	0	75	16
<i>Chocolate</i>	740	404	45	29	0	152	267	72	0	65	17
<i>Chocolate Chip</i>	890	445	49	28	0	150	238	97	0	80	16
<i>Chocolate Chip Cookie Dough</i>	940	445	49	28	0	150	238	112	0	85	11
<i>Coffee</i>	800	404	45	26	0	152	241	93	0	76	11
<i>Cookies N Cream</i>	890	399	44	28	0	150	365	112	0	85	16
<i>Fluffernutter</i>	910	396	44	25	0	140	348	116	0	95	13
<i>Forbidden Chocolate</i>	900	450	50	31	0	177	241	98	0	76	17
<i>Hunka Chunka Peanut Butter Fudge</i>	1200	708	79	33	0	139	455	108	5	83	20
<i>Mint Chocolate Chip</i>	890	445	49	28	0	150	238	97	0	80	16
<i>No Sugar Added Lowfat Vanilla Ice Cream</i>	580	147	16	9	0	61	394	109	15	39	16
<i>Orange Sherbet</i>	830	150	17	11	0	62	250	163	0	122	5
<i>Peanut Butter Cup</i>	1070	584	65	37	0	146	421	105	0	72	19
<i>Purely Pistachio</i>	890	445	49	28	0	150	314	92	0	75	16
<i>Rockin' Poppin' Cotton Candy</i>	890	399	44	31	0	150	238	107	0	90	11
<i>Strawberry</i>	740	358	40	24	0	152	267	93	0	81	11
<i>Vanilla</i>	800	404	45	29	0	152	241	93	0	76	11
<i>Vienna Mocha Chunk</i>	940	491	55	36	0	150	264	112	0	95	16
<i>Topping Choice Butterfinger Candy Pieces</i>	250	124	14	8	0	23	99	30	0	21	3
<i>Topping Choice Chocolate Sprinkles</i>	260	140	16	9	2	23	57	29	2	10	2
<i>Topping Choice Cookie Dough Bites</i>	240	114	13	7	0	27	106	30	0	19	2
<i>Topping Choice Gummi Bears</i>	220	79	9	5	0	23	46	31	0	23	3
<i>Topping Choice Kit Kat Topping</i>	270	145	16	10	0	26	56	29	1	23	3
<i>Topping Choice M and M's</i>	270	134	15	9	0	23	53	31	1	27	2
<i>Topping Choice Mini Marshmallows</i>	220	79	9	5	0	23	63	34	0	24	1
<i>Topping Choice Oreo Cookie Pieces</i>	260	132	15	7	0	23	148	31	0	20	2
<i>Topping Choice Rainbow Sprinkles</i>	260	124	14	8	2	23	37	32	0	21	1
<i>Topping Choice Reese's Peanut Butter Cups</i>	280	158	18	9	0	23	123	26	1	22	4
<i>Topping Choice Reese's Pieces</i>	270	145	16	10	0	23	88	28	1	24	4
<i>Topping Choice Sour Gummy Worms</i>	210	79	9	5	0	23	40	31	0	22	2
<i>Topping Choice Vanilla Pound Cake Cubes</i>	230	109	12	7	0	47	98	27	0	18	2
<i>Topping Choice Walnuts</i>	330	246	27	7	0	23	36	14	2	9	5
<i>Topping Choice Caramel Topping</i>	180	85	9	6	0	24	83	21	0	15	2
<i>Topping Choice Chocolate Sauce</i>	230	79	9	5	0	23	55	34	1	25	2
<i>Topping Choice Hot Fudge Topping</i>	240	111	12	9	0	23	80	29	1	19	2
<i>Topping Choice Mango Bursting Boba</i>	180	83	9	5	0	23	53	25	2	20	1
<i>Topping Choice Marshmallow Topping</i>	200	79	9	5	0	23	40	29	0	23	1
<i>Topping Choice Peanut Butter Topping</i>	360	249	28	9	0	23	178	19	2	13	8
<i>Topping Choice Pineapple Topping</i>	170	79	9	5	0	23	40	22	1	19	1
<i>Topping Choice Strawberry Bursting Boba</i>	180	83	9	5	0	23	53	25	2	20	1
<i>Topping Choice Strawberry Topping</i>	180	79	9	5	0	23	35	25	1	22	1
<i>Topping Choice Swiss Chocolate Topping</i>	220	80	9	6	0	23	74	34	0	26	1
Fluffernutter Sundae, Large	1550	762	85	33	0	148	655	173	5	133	27
Forbidden Fudge Brownie Sundae, Large	1670	676	75	42	1	205	641	228	5	161	22
Hunka Chunka PB Fudge Sundae, Large	1670	984	109	41	0	132	726	146	10	102	31
Mint Cookie Crunch Sundae, Large	1290	588	65	38	0	157	456	158	2	114	20
Reese's Peanut Butter Cup Sundae, Large	1370	690	77	40	0	161	509	154	4	115	22
Reese's Pieces Sundae, Large	1430	712	79	42	1	159	503	162	4	122	23
Ultimate Cookies N' Cream Sundae, Large	1220	490	54	34	0	142	561	167	2	114	19

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Friendly's Nutrition Information



Breakfast Entrees	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Big Two-Do Breakfast	180	0	0	0	0	0	23	44	0	29	0
<i>Breakfast Entree Choice Brioche French Toast</i>	560	102	11	3	0	105	686	101	0	40	14
<i>Breakfast Entree Choice Buttermilk Pancakes</i>	430	66	7	4	0	38	577	84	0	37	4
<i>Breakfast Meat Choice Bacon</i>	270	63	7	3	0	15	293	45	0	30	5
<i>Breakfast Meat Choice Sausage</i>	380	171	19	7	0	40	293	44	0	29	6
<i>Egg Choice Egg Whites</i>	250	0	0	0	0	0	273	44	0	29	17
<i>Egg Choice Fresh Eggs Any Style</i>	350	104	12	4	0	490	185	44	0	29	15
<i>Egg Choice Scrambled Eggs</i>	340	90	10	3	0	438	191	47	0	31	14
<i>Jam and Jelly Choice Grape Jelly</i>	220	0	0	0	0	0	28	53	0	37	0
<i>Jam and Jelly Choice Strawberry Jam</i>	220	0	0	0	0	0	23	53	0	37	0
<i>Toast Choice Rye Toast</i>	540	107	12	3	0	0	492	96	4	31	10
<i>Toast Choice Sourdough Toast</i>	540	127	14	4	0	0	614	92	0	29	10
<i>Toast Choice Toasted English Muffin</i>	430	118	13	8	0	30	374	72	1	30	5
<i>Toast Choice Wheat Toast</i>	450	127	14	8	0	30	364	76	0	33	6
<i>Toast Choice White Toast</i>	430	127	14	8	0	30	384	72	0	33	4
Blueberry Muffin Top Pancakes	920	188	21	9	0	61	1114	170	3	91	9
<i>Breakfast Meat Choice Bacon</i>	1060	283	31	13	0	84	1519	172	3	92	16
<i>Breakfast Meat Choice Sausage</i>	1220	445	49	20	0	121	1519	171	3	91	18
Breakfast Quesadilla	1000	582	65	32	0	552	2355	60	3	7	46
Brioche French Toast	740	135	15	4	0	152	1003	130	0	46	20
<i>Breakfast Meat Choice Bacon</i>	870	230	26	8	0	175	1408	131	0	47	28
<i>Breakfast Meat Choice Sausage</i>	1030	392	44	15	0	212	1408	130	0	46	29
Chocolate, Bananas and Cream French Toast	1170	210	23	9	0	173	1058	214	5	102	25
<i>Breakfast Meat Choice Bacon</i>	1310	304	34	12	0	196	1463	215	5	103	33
<i>Breakfast Meat Choice Sausage</i>	1470	466	52	20	0	233	1463	215	5	102	34
Chocolate, Bananas, and Cream Pancakes	980	157	17	10	0	73	895	188	5	96	11
<i>Breakfast Meat Choice Bacon</i>	1110	252	28	13	0	96	1300	190	5	98	19
<i>Breakfast Meat Choice Sausage</i>	1270	414	46	21	0	133	1300	189	5	96	20
Corned Beef Hash	270	156	17	7	0	43	699	17	1	1	12
Country Style Scramble	660	391	43	13	0	33	1188	54	4	2	15
<i>Egg Choice Egg Whites</i>	730	391	43	13	0	33	1438	54	4	2	32
<i>Egg Choice Fresh Eggs Any Style</i>	830	494	55	17	0	523	1350	54	4	3	30
<i>Egg Choice Scrambled Eggs</i>	820	481	53	16	0	471	1357	57	4	4	29
<i>Toast Choice Rye Toast</i>	1020	498	55	17	0	33	1657	106	8	4	25
<i>Toast Choice Sourdough Toast</i>	1020	518	58	17	0	33	1779	102	4	2	25
<i>Toast Choice Toasted English Muffin</i>	910	509	57	21	0	64	1539	82	5	3	20
<i>Toast Choice Wheat Toast</i>	930	518	58	21	0	64	1529	86	4	6	21
<i>Toast Choice White Toast</i>	910	518	58	21	0	64	1549	82	4	6	19
Garden Veggie Omelet	260	164	18	12	0	50	385	10	2	4	16
<i>Egg Choice Egg Whites</i>	390	195	22	13	0	50	1166	10	2	4	39
<i>Egg Choice Liquid Eggs</i>	430	257	29	15	0	501	990	14	2	7	30
<i>Egg Choice Whole Eggs</i>	460	285	32	16	0	487	985	14	2	7	30
<i>Jam and Jelly Choice Grape Jelly</i>	300	164	18	12	0	50	390	19	2	12	16
<i>Jam and Jelly Choice Strawberry Jam</i>	300	164	18	12	0	50	385	20	2	13	16
<i>Side Choice Breakfast Potatoes</i>	410	196	22	13	0	50	654	36	5	6	19
<i>Side Choice Home Fries</i>	560	327	36	15	0	50	968	40	4	4	19
<i>Toast Choice Rye Toast</i>	620	271	30	15	0	50	854	62	6	6	26
<i>Toast Choice Sourdough Toast</i>	620	291	32	16	0	50	976	58	2	4	26
<i>Toast Choice Toasted English Muffin</i>	510	282	31	20	0	80	736	38	3	5	21
<i>Toast Choice Wheat Toast</i>	530	291	32	20	0	80	726	42	2	8	22
<i>Toast Choice White Toast</i>	510	291	32	20	0	80	746	38	2	8	20

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Friendly's Nutrition Information



Breakfast Entrees	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol ol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ham and Cheese Omelet	350	206	23	13	0	81	1118	9	1	3	26
<i>Egg Choice Egg Whites</i>	470	237	26	14	0	81	1900	9	1	3	49
<i>Egg Choice Liquid Eggs</i>	520	299	33	16	0	532	1724	13	1	6	40
<i>Egg Choice Whole Eggs</i>	540	327	36	17	0	519	1718	12	1	6	39
<i>Jam and Jelly Choice Grape Jelly</i>	380	206	23	13	0	81	1123	18	1	11	26
<i>Jam and Jelly Choice Strawberry Jam</i>	380	206	23	13	0	81	1118	18	1	12	26
<i>Side Choice Breakfast Potatoes</i>	490	238	26	14	0	81	1387	35	4	5	29
<i>Side Choice Home Fries</i>	640	369	41	16	0	81	1702	39	3	3	29
<i>Toast Choice Rye Toast</i>	710	313	35	16	0	81	1588	61	5	5	36
<i>Toast Choice Sourdough Toast</i>	710	333	37	17	0	81	1710	57	1	3	36
<i>Toast Choice Toasted English Muffin</i>	600	324	36	21	0	111	1470	37	2	4	31
<i>Toast Choice Wheat Toast</i>	620	333	37	21	0	111	1460	41	1	7	32
<i>Toast Choice White Toast</i>	600	333	37	21	0	111	1480	37	1	7	30
Lumberjack Breakfast	180	0	0	0	0	0	23	44	0	29	0
<i>Breakfast Entree Choice Brioche French Toast</i>	740	135	15	4	0	152	1003	130	0	46	20
<i>Breakfast Entree Choice Buttermilk Pancakes</i>	540	82	9	5	0	52	840	104	0	40	6
<i>Breakfast Meat Choice Bacon</i>	320	95	11	4	0	23	428	45	0	30	8
<i>Breakfast Meat Choice Sausage</i>	470	257	29	11	0	60	428	44	0	29	9
<i>Egg Choice Egg Whites</i>	280	0	0	0	0	0	398	44	0	29	25
<i>Egg Choice Fresh Eggs Any Style</i>	440	156	17	5	0	735	266	45	0	30	22
<i>Egg Choice Scrambled Eggs</i>	420	135	15	5	0	656	276	49	0	32	21
<i>Jam and Jelly Choice Grape Jelly</i>	220	0	0	0	0	0	28	53	0	37	0
<i>Jam and Jelly Choice Strawberry Jam</i>	220	0	0	0	0	0	23	53	0	37	0
<i>Toast Choice Rye Toast</i>	720	161	18	5	0	0	726	122	6	32	15
<i>Toast Choice Sourdough Toast</i>	720	191	21	6	0	0	910	116	0	29	15
<i>Toast Choice Toasted English Muffin</i>	430	118	13	8	0	30	374	72	1	30	5
<i>Toast Choice Wheat Toast</i>	580	191	21	12	0	46	534	92	0	35	9
<i>Toast Choice White Toast</i>	550	191	21	12	0	46	564	86	0	35	6
Maple Caramel Banana Walnut Pancakes	980	141	16	4	0	47	972	193	4	92	13
<i>Breakfast Meat Choice Bacon</i>	1120	235	26	8	0	69	1377	195	4	94	21
<i>Breakfast Meat Choice Sausage</i>	1280	397	44	15	0	107	1377	194	4	92	22
Meat Lovers Omelet	590	418	46	22	0	136	1657	6	0	2	36
<i>Egg Choice Egg Whites</i>	720	449	50	23	0	136	2438	6	0	2	60
<i>Egg Choice Liquid Eggs</i>	760	511	57	26	0	587	2262	10	0	5	50
<i>Egg Choice Whole Eggs</i>	790	539	60	26	0	574	2257	10	0	5	50
<i>Jam and Jelly Choice Grape Jelly</i>	630	418	46	22	0	136	1662	15	0	10	36
<i>Jam and Jelly Choice Strawberry Jam</i>	630	418	46	22	0	136	1657	15	0	11	36
<i>Side Choice Breakfast Potatoes</i>	740	450	50	23	0	136	1925	32	3	4	40
<i>Side Choice Home Fries</i>	890	581	65	26	0	136	2240	36	2	2	40
<i>Toast Choice Rye Toast</i>	950	525	58	26	0	136	2126	58	4	4	46
<i>Toast Choice Sourdough Toast</i>	950	545	61	27	0	136	2248	54	0	2	46
<i>Toast Choice Toasted English Muffin</i>	840	536	60	31	0	166	2008	34	1	3	41
<i>Toast Choice Wheat Toast</i>	860	545	61	31	0	166	1998	38	0	6	42
<i>Toast Choice White Toast</i>	840	545	61	31	0	166	2018	34	0	6	40
Meat Lovers Scramble	1160	718	80	27	0	571	3069	57	3	5	51
<i>Toast Choice Rye Toast</i>	1520	825	92	30	0	571	3538	109	7	7	61
<i>Toast Choice Sourdough Toast</i>	1520	845	94	31	0	571	3660	105	3	5	61
<i>Toast Choice Toasted English Muffin</i>	1410	836	93	35	0	601	3420	85	4	6	56
<i>Toast Choice Wheat Toast</i>	1430	845	94	35	0	601	3410	89	3	9	57
<i>Toast Choice White Toast</i>	1410	845	94	35	0	601	3430	85	3	9	55

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Breakfast Entrees	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mushroom, Swiss and Onion Omelet	280	194	22	14	0	68	126	4	1	2	17
<i>Egg Choice Egg Whites</i>	400	225	25	14	0	68	907	4	1	2	40
<i>Egg Choice Liquid Eggs</i>	450	287	32	17	0	519	731	8	1	4	31
<i>Egg Choice Whole Eggs</i>	470	315	35	17	0	505	726	7	1	4	31
<i>Jam and Jelly Choice Grape Jelly</i>	310	194	22	14	0	68	131	13	1	10	17
<i>Jam and Jelly Choice Strawberry Jam</i>	310	194	22	14	0	68	126	13	1	10	17
<i>Side Choice Breakfast Potatoes</i>	420	226	25	14	0	68	395	30	3	4	20
<i>Side Choice Home Fries</i>	570	357	40	17	0	68	709	34	2	2	20
<i>Toast Choice Rye Toast</i>	640	302	34	17	0	68	595	56	5	4	27
<i>Toast Choice Sourdough Toast</i>	640	322	36	18	0	68	717	52	1	2	27
<i>Toast Choice Toasted English Muffin</i>	530	313	35	22	0	98	477	32	2	3	22
<i>Toast Choice Wheat Toast</i>	550	322	36	22	0	98	467	36	1	6	23
<i>Toast Choice White Toast</i>	530	322	36	22	0	98	487	32	1	6	21
Omelet Your Way											
<i>Egg Choice Egg Whites</i>	120	31	3	1	0	0	781	0	0	0	23
<i>Egg Choice Liquid Eggs</i>	170	93	10	3	0	451	605	4	0	3	14
<i>Egg Choice Whole Eggs</i>	190	121	13	4	0	438	600	4	0	3	14
<i>Jam and Jelly Choice Grape Jelly</i>	40	0	0	0	0	0	5	9	0	8	0
<i>Jam and Jelly Choice Strawberry Jam</i>	40	0	0	0	0	0	0	9	0	9	0
<i>Mix In Choice American Cheese</i>	140	95	11	7	0	30	570	2	0	2	6
<i>Mix In Choice Bacon</i>	90	63	7	3	0	15	270	1	0	1	5
<i>Mix In Choice Broccoli</i>	50	4	0	0	0	0	38	7	3	2	4
<i>Mix In Choice Cheddar Cheese</i>	240	189	21	14	0	60	420	0	0	0	15
<i>Mix In Choice Ham</i>	40	11	1	0	0	16	369	1	0	1	6
<i>Mix In Choice Mixed Cheese</i>	220	162	18	12	0	50	379	2	0	0	14
<i>Mix In Choice Mushrooms</i>	10	1	0	0	0	0	1	1	0	0	1
<i>Mix In Choice Onions</i>	20	0	0	0	0	0	1	4	1	2	0
<i>Mix In Choice Pepper Jack Cheese</i>	330	243	27	18	0	75	570	3	0	0	18
<i>Mix In Choice Peppers</i>	10	1	0	0	0	0	1	2	1	1	0
<i>Mix In Choice Sausage</i>	200	171	19	7	0	40	270	0	0	0	6
<i>Mix In Choice Shaved Sirloin</i>	360	248	28	11	0	94	1331	1	0	1	26
<i>Mix In Choice Swiss Cheese</i>	250	183	20	14	0	68	124	0	0	0	16
<i>Mix In Choice Tomatoes</i>	10	1	0	0	0	0	2	2	1	1	0
<i>Side Choice Breakfast Potatoes</i>	140	32	4	1	0	0	269	26	3	2	4
<i>Side Choice Home Fries</i>	290	163	18	3	0	0	583	30	2	0	3
<i>Toast Choice Rye Toast</i>	360	107	12	3	0	0	469	52	4	2	10
<i>Toast Choice Sourdough Toast</i>	360	127	14	4	0	0	591	48	0	0	10
<i>Toast Choice Toasted English Muffin</i>	250	118	13	8	0	30	351	28	1	1	5
<i>Toast Choice Wheat Toast</i>	270	127	14	8	0	30	341	32	0	4	6
<i>Toast Choice White Toast</i>	250	127	14	8	0	30	361	28	0	4	4
<i>Topping Choice Marinara Sauce</i>	20	0	0	0	0	0	125	4	1	2	1
<i>Topping Choice Salsa</i>	10	0	0	0	0	0	243	3	1	2	0
<i>Topping Choice Sour Cream</i>	80	58	6	4	0	19	58	3	0	1	1

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Philly Steak and Cheese Omelet	470	314	35	16	0	105	1102	7	1	4	28
Egg Choice Egg Whites	590	345	38	17	0	105	1883	7	1	4	51
Egg Choice Liquid Eggs	630	407	45	20	0	556	1707	11	1	7	42
Egg Choice Whole Eggs	660	435	48	20	0	543	1702	10	1	7	41
Jam and Jelly Choice Grape Jelly	500	314	35	16	0	105	1107	16	1	12	28
Jam and Jelly Choice Strawberry Jam	500	314	35	16	0	105	1102	16	1	13	28
Side Choice Breakfast Potatoes	610	346	38	17	0	105	1371	33	4	6	31
Side Choice Home Fries	760	477	53	19	0	105	1685	37	3	4	31
Toast Choice Rye Toast	830	422	47	20	0	105	1571	59	5	6	38
Toast Choice Sourdough Toast	830	442	49	20	0	105	1693	55	1	4	38
Toast Choice Toasted English Muffin	710	433	48	24	0	135	1453	35	2	5	33
Toast Choice Wheat Toast	730	442	49	24	0	135	1443	39	1	8	34
Toast Choice White Toast	710	442	49	24	0	135	1463	35	1	8	32
Sausage and Cheese Omelet	460	354	39	20	0	90	651	7	1	2	20
Egg Choice Egg Whites	580	385	43	20	0	90	1432	7	1	2	44
Egg Choice Liquid Eggs	620	447	50	23	0	541	1256	10	1	4	35
Egg Choice Whole Eggs	650	475	53	24	0	527	1251	10	1	4	34
Jam and Jelly Choice Grape Jelly	490	354	39	20	0	90	656	16	1	10	20
Jam and Jelly Choice Strawberry Jam	490	354	39	20	0	90	651	16	1	10	20
Side Choice Breakfast Potatoes	600	386	43	20	0	90	920	32	4	4	24
Side Choice Home Fries	750	518	58	23	0	90	1234	37	3	2	24
Toast Choice Rye Toast	820	462	51	23	0	90	1120	59	5	4	30
Toast Choice Sourdough Toast	820	482	54	24	0	90	1242	55	1	2	30
Toast Choice Toasted English Muffin	710	473	53	28	0	120	1002	35	2	3	25
Toast Choice Wheat Toast	730	482	54	28	0	120	992	39	1	6	26
Toast Choice White Toast	710	482	54	28	0	120	1012	35	1	6	24
Strawberries and Cream French Toast	1010	206	23	9	0	173	1017	179	3	90	22
Breakfast Meat Choice Bacon	1140	301	33	12	0	196	1422	181	3	92	30
Breakfast Meat Choice Sausage	1300	463	51	20	0	233	1422	180	3	90	31
Strawberries and Cream Pancakes	810	154	17	9	0	73	854	153	3	85	8
Breakfast Meat Choice Bacon	950	248	28	13	0	96	1259	155	3	87	15
Breakfast Meat Choice Sausage	1110	410	46	21	0	133	1259	154	3	85	17
Sunrise Hash Scramble	750	442	49	19	0	88	1369	49	4	2	27
Egg Choice Egg Whites	820	442	49	19	0	88	1619	49	4	2	44
Egg Choice Fresh Eggs Any Style	920	546	61	23	0	578	1531	50	4	3	42
Egg Choice Scrambled Eggs	910	532	59	22	0	526	1537	53	4	5	41
Toast Choice Rye Toast	1110	549	61	23	0	88	1838	101	8	4	37
Toast Choice Sourdough Toast	1110	569	63	23	0	88	1960	97	4	2	37
Toast Choice Toasted English Muffin	1000	560	62	27	0	119	1720	77	5	3	32
Toast Choice Wheat Toast	1020	569	63	27	0	119	1710	81	4	6	33
Toast Choice White Toast	1000	569	63	27	0	119	1730	77	4	6	31
Supreme Breakfast Quesadilla	1030	553	61	31	0	568	2824	65	4	9	53
Traditional Stack	540	82	9	5	0	52	840	104	0	40	6
Breakfast Meat Choice Bacon	670	177	20	8	0	75	1245	106	0	42	14
Breakfast Meat Choice Sausage	830	339	38	16	0	112	1245	105	0	40	15
Veggie Breakfast Quesadilla	950	521	58	30	0	537	2091	67	5	10	42
Veggie Scramble	620	369	41	7	0	10	985	56	5	4	7
Egg Choice Egg Whites	690	369	41	7	0	10	1235	56	5	4	24
Egg Choice Fresh Eggs Any Style	790	473	53	11	0	500	1147	57	5	5	21
Egg Choice Scrambled Eggs	780	459	51	10	0	447	1154	60	5	7	22
Toast Choice Rye Toast	980	476	53	10	0	10	1454	108	9	6	17
Toast Choice Sourdough Toast	980	496	55	11	0	10	1576	104	5	4	17
Toast Choice Toasted English Muffin	870	488	54	15	0	40	1336	84	6	5	12
Toast Choice Wheat Toast	890	497	55	15	0	40	1326	88	5	8	13
Toast Choice White Toast	870	497	55	15	0	40	1346	84	5	8	11

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Friendly's Nutrition Information



Breakfast Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
B.E.L.T.	870	492	55	13	0	540	1279	54	1	5	36
Side Choice Breakfast Potatoes	970	516	57	13	0	540	1481	74	3	7	38
Side Choice Home Fries	1160	655	73	16	0	540	1862	84	3	5	39
Breakfast Sliders	510	250	28	12	0	461	1205	40	0	9	22
Meat Choice Bacon	600	313	35	14	0	476	1475	41	0	10	27
Meat Choice Sausage	710	421	47	19	0	501	1475	41	0	9	28
Side Choice Breakfast Potatoes	620	274	30	12	0	461	1407	60	2	11	25
Side Choice Home Fries	810	413	46	15	0	461	1789	70	2	9	26
Morning SuperMelt	770	399	44	17	0	535	1571	51	0	3	36
Side Choice Breakfast Potatoes	910	431	48	17	0	535	1840	77	3	5	39
Side Choice Home Fries	1060	562	62	20	0	535	2154	81	2	3	39
Philly Steak and Cheese Wrap	950	535	59	31	0	155	2087	57	2	5	46
Breakfast Side Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Applewood Smoked Bacon	140	95	11	4	0	23	405	2	0	2	8
Bagel and Cream Cheese	490	208	23	14	0	60	781	57	2	2	12
Breakfast Potatoes	140	32	4	1	0	0	269	26	3	2	4
Brioche French Toast	560	102	11	3	0	105	686	101	0	40	14
Buttermilk Pancakes	430	66	7	4	0	38	577	84	0	37	4
Egg											
Egg White	30	0	0	0	0	0	125	0	0	0	8
Fresh Egg Any Style	90	52	6	2	0	245	81	0	0	0	7
Scrambled Egg	80	45	5	2	0	219	84	2	0	1	7
English Muffin	250	118	13	8	0	30	351	28	1	1	5
Grape Jelly	280	118	13	8	0	30	356	37	1	9	5
Strawberry Jam	280	118	13	8	0	30	351	37	1	10	5
Ham	70	18	2	1	0	25	590	2	0	1	9
Hard Boiled Egg (1 egg)	80	48	5	2	0	212	62	1	0	1	6
Home Fries	290	163	18	3	0	0	583	30	2	0	3
Plain Bagel	390	118	13	8	0	30	691	57	2	2	10
Sausage	290	257	29	11	0	60	405	1	0	0	9
Toast and Jelly											
Grape Jelly	40	0	0	0	0	0	5	9	0	8	0
Strawberry Jam	40	0	0	0	0	0	0	9	0	9	0
Rye Toast	360	107	12	3	0	0	469	52	4	2	10
Sourdough Toast	360	127	14	4	0	0	591	48	0	0	10
Toasted English Muffin	250	118	13	8	0	30	351	28	1	1	5
Wheat Toast	270	127	14	8	0	30	341	32	0	4	6
White Toast	250	127	14	8	0	30	361	28	0	4	4
Kids Menu Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Breakfast Sliders	510	250	28	12	0	461	1205	40	0	9	22
Kids Cheese Omelet	390	255	28	15	0	501	985	6	0	3	28
Toast Choice Toasted English Muffin	640	373	41	23	0	531	1336	34	1	4	33
Toast Choice Wheat Toast	660	382	42	23	0	531	1326	38	0	7	34
Toast Choice White Toast	640	382	42	23	0	531	1346	34	0	7	32
Kids French Toast	680	168	19	9	0	84	861	115	0	48	13
Kids Silver Dollar Pancakes	560	141	16	10	0	59	647	98	0	45	4
Kids Tie Dye Pancakes with M&M's	710	140	16	9	0	36	594	131	1	76	6

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