



Allergens & Sulfites

Nutritional Information

We at Denny's realize that an ever increasing number of our guests need to know if certain food ingredients are in our foods, i.e. they may be sensitive to MSG or may have a severe life threatening allergy to peanuts. We are providing this information to all of our guests that request it so that they may make informed choices prior to ordering.

These listings are based on information provided by product vendors and specifications, and may not be all inclusive. Please be aware that vendors and product formulations may change. Also, some locations may use different vendors or local vendors. If necessary, product labels are available. This list is updated periodically. For further information, please call Denny's Nutrition Consultant at 864-597-7396.

To designate type of fish or nut allergen in food item, the following code will be used in lieu of the "X":

Fish/Shellfish

A = Anchovies
C = Cod fish
CL = Clams
S = Shrimp
T = Tilapia

Tree Nuts/Peanuts

A = Almonds
B = Brazil Nut ♦
C = Cashew ♦
P = Peanut ♦
PC = Pecans ♦
W = Walnuts ♦

♦ designates the variety of nuts present in food item.

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine (Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Pie cont.... French Silk		x			x		x					x	
Key Lime		x			x		x					x	
Pecan		x	x		x		x				PC	x	
Pumpkin		x	x		x		x					x	
Pizza , Cheese, Kids		x			x	x						x	
Prime Rib		x											
Potatoes Diced Skillet		x			x			x				x	
French Fries		x						x					
Hash Browns								x	x				
Seasoned Fries		x			x			x				x	
Mashed Potatoes		x				x		x	x				
Rice Pilaf		x			x			x				x	x
Sauces: A-1		x			x			x					
Sweet & Spicy BBQ		x			x							x	
Buffalo					x	x		x					
Cocktail		x			x			x					x
Heinz 57		x			x			x					x
Lemon Butter Sauce		x				x			x				
Red Sauce /Marinara		x			x	x		x				x	x
Salsa					x								
Steak		x			x								
Tartar		x	x					x					
Sausage Crumbles					x								
Sausage Links (breakfast)					x		x	x					x
Shrimp (breaded)		x	x	S	x	x		x	x			x	
Shrimp Skewers				S	x	x		x	x				
Vegetable Sauce, Smoky for Green Beans						x		x		x			
Ham Veg sauce for Green Beans		x			x			x					x
Soup: Broccoli Cheese Soup		x			x	x		x		x		x	
Chicken Noodle		x	x		x	x	x	x		x		x	x
Clam Chowder		x		CL	x	x	x	x				x	
Vegetable Beef		x			x	x	x	x				x	x
Sour Cream		x				x							
Steak: Country Fried		x	x		x	x	x	x				x	
Sirloin Steak					x			x					
T-Bone		x			x			x					x

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Strawberries													
Sugar Sub: Equal	x												
Sugar Sub cont. Sweet & Splenda													
Syrup: Maple (diet)	x												
Pancake Syrup		x											
Blueberry Pomegranate													
Cherry Limeade													
Four Berry													
Strawberry Mango Syrup										x			
White Peach													
Tortilla Chips		x											
Tortilla , Soft Shell Wrap		x						x				x	
Turkey: Shaved,		x						x					
Tilapia: Grilled				T									
Waffles		x	x			x		x				x	
Wine									x				
Whipped Topping		x				x							
Vegetables: Corn		x				x		x					
Green Beans (canned)								x					
Green Beans (frozen)						x							
Fajita		x			x			x				x	x
Vinegar: Red Wine									x				
White, Distilled													
Yogurt		x				x							

***Pancakes**– Mix is made on equipment that also makes products containing soy, eggs and tree nuts.

***Grits and Oatmeal** are produced & packaged in plants that also produce products made with wheat.

***Cheese Cake**– Produced in plant that also produce products made with Peanuts and tree nuts.

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Apple Crisp			x				x		x			A	x	
Applesauce														
Avocado														
Bacon Strips														
Bacon, Turkey									x					x
Banana Split			x	x			x		x			◆		
Beef Patty						x	x							
Beverages: Apple Juice														
Coke			x											
Coke, Diet		x	x											
Cappuccino			x				x							
RR Grapefruit														
Hot Chocolate			x				x		x					
Lemonade			x											
Orange Juice														
Raspberry			x											
Root Beer			x											
Boca Burger							x		x					x
Breads: Bagel			x											x
Biscuit			x				x		x					x
Burger Bun			x	x					x					x
Butter Roll			x				x		x					x
Dinner Roll									x					x
English Muffin			x						x					x
Garlic Herb			x			x	x		x					x
Ciabatta			x						x					x
French Toast (bread)		x	x						x					x
French Tst (Batter only)			x	x			x		x					x
Multigrain									x					x
Sourdough			x				x		x					x
White			x				x		x					x
Brownie, Chocolate			x	x			x		x			◆		x
Buffalo Chicken Strips			x			x	x		x					x
Buffalo Wings			x			x	x		x					x
Buffalo Sauce						x	x		x					x
Butter							x							
Carrot Cake			x	x			x		x			W		x
Chocolate Cake			x	x			x		x					x
Cereal: * Grits,			x											
Granola			x				x					A		x
*Oatmeal, Quaker														

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Cinnamon Apples			x				x		x					
Cinnamon Roll				x			x		x		x		x	
Cheese Cake*				x			x		x				x	
Cheese Cake, no added sugar			x	x			x		x			A	x	
Cherry Topping			x											
Cheese: American/Swiss (sl)							x							
Bleu Cheese Crumbles							x							
Cheddar, Shredded							x							
Cottage Cheese							x							
Cream Cheese							x							
Cheese Blend, Shredded							x							
Chicken Breast, Grilled			x				x		x				x	
Chicken Fillet, Breaded			x	x			x		x				x	
Chicken Nuggets, Sports			x				x		x				x	x
Chicken Sausage						x							x	
Chicken, Smoked Pulled			x											
Chicken Strips, Breaded			x						x				x	
Coffee: Regular														
Decaffeinated														
Coffee Creamer							x							
Crackers, Saltine			x						x				x	
Cranberries, dried														
Croutons			x				x		x				x	
Bread Sticks			x						x				x	
Dressings:														
Balsamic Vinaigrette						x	x		x	x			x	
Bleu Cheese			x	x		x	x	x	x				x	x
Caesar			x	x	A	x	x	x	x				x	
Coleslaw			x	x					x				x	
French			x	x					x				x	
Honey Mustard			x	x		x			x				x	
Italian, Fat Free			x			x			x				x	
Mayonnaise			x	x					x				x	
Ranch, Fat Free			x	x		x	x	x	x				x	x
Ranch, Regular			x	x		x	x	x	x				x	x
Thousand Island				x		x			x				x	
Egg: Whole Liquid				x					x					

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Egg Whites				x										
Fryer Oil									x					
Fudge Topping, Chocolate			x				x		x					
Goldfish, Crackers							x		x				x	
Gravies: Brown			x			x	x	x	x				x	x
Country			x				x		x				x	
Sausage			x			x	x		x				x	
Turkey			x			x	x	x	x				x	x
Ham: Sliced			x											
Shaved														
Ice Cream: Butter Pecan			x				x					PC	x	
Chocolate			x				x							
Choc.Chip Cookie Dgh			x	x			x		x		x		x	
Cookies'n Crm			x				x		x				x	
Mint Choc. Chip			x				x				x			
Strawberry			x				x							
Vanilla			x	x			x							
Ketchup			x											
Margarine : Liquid									x					
Whipped Butter Blend							x		x					
Milk: 2 %							x							
Buttermilk							x							x
Chocolate, LF							x							
Macaroni & Cheese			x				x		x		x		x	
Meat Loaf			x	x	A		x		x				x	
Mozzeralla Cheese Stick						x	x	x	x					x
Mustard									x					
Nacho Beef Meat			x			x								x
Nut Topping												◆		
Onion Rings, Breaded			x			x	x		x		x		x	
Onion Tanglers			x			x	x		x					x
Oreo Cookie Crumbs			x				x		x					x
Pancakes(*See note on back)			x				x		x					x
Pecans, Glazed			x						x			PC		
Pickle Slices						x								
Pies: Apple			x	x					x					x