

Abbreviations and/or symbols associated with menu items influence nutrition information. See chart below.

*Add Sides to your menu choice *Add breads to your menu choice *Add condiments to your menu choice
(Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.)

\$2 \$4 \$6 \$8 Value Menu		Serv Size (oz)	Calories	Fat (g)	Trans Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
\$2.00												
Pancake Stack (2)	6oz	330	4	0	0.5	0	1170	68	2	8	12	
Biscuit & Gravy w/Hash Browns	10 oz	490	27	0.5	12	5	1480	54	3	7	4	
Biscuit & Gravy w/Eggs	8 oz	430	25	0.5	13	485	1120	29	1	19	2	
Cheese Fries	7oz	620	38	0.5	10	50	730	64	6	15	2	
Pancake Puppies Sundae	7oz	450	17	0	10	45	600	68	2	8	40	
\$4.00												
Everyday Value Slam w/Sausage	13oz	760	42	0	12	460	1750	70	3	25	12	
Everyday Value Slam w/Bacon	12oz	650	30	0	8	440	1660	69	2	25	13	
Pancakes (All You Can Eat)(3)*	9oz	720	13	0	3	0	1880	140	4	18	46	
Three Cheese Melt * add soup/salad	8oz	650	34	0.5	15	60	1630	64	2	19	6	
Chicken Noodle	12 oz	280	11	0	6	70	1450	25	3	19	4	
Vegetable Beef	12 oz	250	12	0	5	35	1440	24	5	14	7	
Clam Chowder	12oz	320	20	0	14	45	1884	28	3	9	14	
Broccoli Cheddar	12 oz	390	24	1.5	15	75	1640	24	5	17	7	
Garden Salad (no dressing)	13 oz	113	7	0	5	0	150	7	2	7	4	
Buffalo Chicken Wraps	14 oz	1010	47	0.5	10	80	2310	110	6	39	4	
\$6.00												
Southern Omelette	18oz	1080	80	0	30	435	2450	46	4	27	3	
Classic Burger & Fries	19 oz	1190	62	0	21	110	1190	101	8	56	11	
Endless Soup & Salad* (no dressing)	13 oz	113	7	0	5	0	150	7	2	7	4	
Chicken Noodle	12 oz	280	11	0	6	70	1450	25	3	19	4	
Vegetable Beef	12 oz	250	12	0	5	35	1440	24	5	14	7	
Clam Chowder	12 oz	320	20	0	14	45	1884	28	3	9	14	
Broccoli Cheddar	12 oz	390	24	1.5	15	75	1640	24	5	17	7	
Pull BBQ Chicken Sandwich* w/slaw	14 oz	670	23	0	5	80	1680	97	4	21	53	
Fries	5oz	430	23	0	0	0	105	49	5	5	0	
\$8.00												
Grand Slam Sluggo*	25 oz	1130	59	0	17	460	2500	113	6	35	13	
Asian Chicken Salad	21oz	870	38	0	4	80	2550	87	4	37	44	
Lemon Pepper Chicken*	6 oz	340	31	0	14	70	380	6	1	9	3	
Spicy Cowboy Chopped Steak*	15 oz	1120	74	4	32	210	1560	56	2	61	42	

*Does not include condiments /soups/sides/bread /beverage

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The nutrition information provided is based on computerized database analysis & vendor product data. The data represents an estimate of nutrient content. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients, and based upon special ordering. For additional information on specific ingredients, please contact our Nutrition Coordinator at 864-597-7396 or visit Denny's.com.

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