



ALLERGENS

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 and may have a severe life threatening allergic reactions. We are providing this information to all of our guests that request it so that they may make informed choices prior to ordering.

PLEASE NOTE:

1. This list is based on information supplied by our ingredient suppliers.
2. This information pertains only to the main menu and does not include information related to limited time offers, other special menus or isolated local menu offerings.
3. This information pertains only to items offered in the contiguous United States as many international locations use locally sourced ingredients.
4. This information is updated periodically. However, we encourage individuals with food allergies and special dietary needs to contact us at 1-800-733-6697 for further inquiries.

X = Contains this allergen

★ = May contain this allergen or is processed in a facility or on equipment with this allergen

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
CL = Clams
F = Cod/Whitefish
H = Haddock
S = Shrimp
SM = Salmon
T = Tilapia

TREE NUTS

A = Almond ◇
B = Brazil Nut ◇
C = Cashew ◇
CO = Coconut ◇
PC = Pecan ◇
W = Walnut ◇

◇ Designates a variety of nuts are present in food item.

MENU ITEMS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Amy's Veggie Burger				★	X		★	X	X
Apple Pie Crisp (no ice cream)				X	X		A	X	X
Bacon Strips					X				
Bacon, Turkey					X				
Beef Patty					X				
Beverages:									
Apple Juice									
Berry Blend									
Coffee, Cold Brew				X					
Coffee, Regular/Decaffeinated									
Coke									
Coke, Diet									
Fuze Raspberry									
Hot Chocolate				X	★				
Lemonade									
Orange Juice									
Root Beer									
Ruby Red Grapefruit									
Tea									
Tomato Juice									
Breads:									
Bagel								X	X
Biscuit	★			X	X			X	X
Brioche Bun					X			X	X
Cheddar Bun				X	X			X	X
Corn Tortilla Chips					X				
Dinner Rolls				X				X	X
English Muffin					X			X	X
Gluten Free English Muffin	X			X	X				
Flour Tortillas					X			X	X
French Toast (Bread)					X			X	X
French Toast (Batter Only)	X			X	X		CO		
Garlic Toast				X	X			X	X
Hoagie Roll					X			X	X
Kids Bun				★	X			X	X
Potato Bread	★				X		★	X	X
Rye				X	X			X	X
7 Grain	★			★	X		★	X	X
Sourdough				X	X			X	X
Wheat				X	X		★	X	X
White				X	X			X	X
Whole Wheat Bun					X			X	X
Butter				X					

MENU ITEMS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Cereal:									
Grits (No Butter Blend)								★	★
Oatmeal								★	★
Cheese:									
American				X	X				
Cheddar, Shredded & Sliced				X					
Cheese Blend, Italian				X					
Cream Cheese				X					
Feta				X					
Swiss				X					
Cheese Cake	X			X	X	★	★	X	X
Chicken Breast, Grilled					X				
Chicken Nuggets					X			X	X
Chicken Strips, Breaded	X				X			X	X
Chicken, Roasted					X				
Chicken Wings (no sauce)					X				
Choc. & White Choc. Chips				X	X				
Chocolate Lava Cake (cake only)	X			X	X		CO	X	X
Chorizo					X				
Cod, Breaded	★	F			X			X	X
Condiments:									
Honey									
Ketchup									
Jams & Jellies, Fruit Flavors									
Mayonnaise	X				X				
Mustard									
Sun-Dried Tomato Mayonnaise	X				X				
Crackers, Goldfish				X	X			X	X
Crackers, Saltine					X			X	X
Cream Cheese Icing				X	X				
Creamer, Half & Half				X					
Creamer, Vanilla/Hazelnut				X			CO		
Croutons				X			★	X	X
Dressings:									
Balsamic Vinaigrette, Low-Fat					X				
Bleu Cheese	X			X	X				
Caesar	X	A		X	X				
French					X				
Honey Mustard	X				X				
Italian, Fat Free					X				
Ranch, Fat Free				X	X				
Ranch, Regular	X			X	X				
Thousand Island	X				X				

MENU ITEMS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Eggs, Boiled	X								
Eggs, Whole/Liquid	X				X				
Egg Whites	X				X				
Fryer Oil					X				
Gravies:									
Brown	★			X	X			X	X
Country				X	X			X	X
Country Sausage				X	X			X	X
Ham, Sliced					★				
Ham, Shaved					★				
Ice Cream:									
Chocolate/Strawberry/Vanilla	★			X	★	★	★	★	★
Margarine, Liquid					X				
Margarine, Whipped Butter Blend				X	X				
Milk:									
Milk 2%				X					
Buttermilk				X					
Chocolate, LF				X					
Macaroni & Cheese (Kids)				X				X	X
Meatloaf	X			X	X			X	X
Meatballs	X			X	X			X	X
Mozzarella Cheese Stick				X	X			X	X
Nacho Meat									
Oreo Cookie Crumbs					X			X	X
Pancakes, Buttermilk	X			X	X			X	X
Pancake, Hearty 9-Grain	X			X	X			X	X
Pies:									
Coconut				X	X		CO	X	X
Cookies & Cream				X	X		CO	X	X
French Silk				X	X			X	X
Key Lime				X	X	★	★	X	X
Lemon Meringue	X				X			X	X
Peanut Butter Silk				X	X	X		X	X
Prime Rib					X				
Pot Roast				X	X			X	X
Pudding, Vanilla				X	X				
Potatoes:									
Bacon Cheddar Tots				X	X			X	X
Baked (no toppings)									
French Fries					X				
Hash Browns					X				
Mashed, Red Skinned				X					
Red Skinned					X				
Seasoned Fries					X			X	X

MENU ITEMS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Potato Stix									
Salmon		SM		X	X				
Sauces:									
Bourbon Sauce					X			X	
Buffalo				X	X				
Garlic and Herb Spread				X	X				
Gouda Sauce				X	X			X	X
Heinz 57					X				X
Hot Pepper Sauce: Green									
Hot Pepper Sauce: Red									
Meatloaf Sauce									
Pepper Jack Queso				X					
5-Pepper Sauce									
Salsa					X				
Sea Salt Caramel				X					
Sriracha									
Sweet and Spicy BBQ					X				
Sweet Grilling Spread					X				
Tartar	X				X				
Tomato Bruschetta									
Tomato Sauce	X			X	X			X	X
Worcestershire Sauce		A			X				
Sausage Crumbles					X				
Sausage, Hearty Breakfast					★				
Sausage Links					X				
Seasonings									
All-Purpose Seasonings									
Greek					X				
Sea Salt & Black Pepper					X				
Smoothie, Fruit Flavors				X					
Spaghetti Noodles								X	X
Soup:									
Chicken Noodle	X			X	X		CO	X	X
Chili				X	X			X	X
Loaded Baked Potato				X	X			X	X
Vegetable Beef				X	X				X
Sour Cream				X					
Steak:									
Country Fried	X	★			X			X	X
T-Bone					X				
Sirloin					X				

MENU ITEMS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Sugar Substitutes:									
Equal									
Sweet & Low									
Splenda									
Syrup:									
Cane Sugar									
Chocolate					X				
Pancake Syrup, Sugar-Free									
Pancake Syrup									
Vanilla & Cherry Flavor Shot									
Tilapia, Grilled		T			X				
Toppings & Mix-Ins:									
Cake Batter Mix-Ins				X			CO		X
Cinnamon Crumb	★			★	X			★	X
Confetti Sprinkles					X				
Flaxseed Streusel				X				X	X
Hot Fudge				X	X				
Nut					X	X	◇		
Peanut Butter						X			
Shortbread	X			X	★	★	CO★	X	X
Strawberry									
Sugar, Powdered									
Turkey, Shaved Deli					X				
Waffles	X			X	X			X	X
Whipped Cream				X					
Whole Grain Rice Blend					X				X
Vegetables:									
Broccoli					X				
Caramelized Onions					X				
Fajita Blend					X				
Jalapeños, Sliced									
Mushrooms					X				
Pickle Slices									
Sweet Petite Corn					X				
Zucchini & Summer Squash					X				
Vinegar:									
Red Wine									
Malt									X
Yogurt, Vanilla				X					