



FEATURED NUTRITION GUIDE

The nutritional information provided is based on computerized database analysis and 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, please call 800-733-6697 or visit dennys.com.

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.

FEATURED ITEMS	Serving Size	Calories	Fat (g)	Cal from Fat	Trans Fats (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Pumpkin Pecan Pancake Breakfast (add hash browns, egg & meat choices)	2	670	28	250	0	9	80	1430	99	4	11	41
Pumpkin Pancakes Upgrade	2	490	13	120	0	5	60	1350	85	3	10	30
Super Slam™ (add egg choice)	16 oz	880	46	410	0	14	110	2410	95	4	23	22
Pecan Pie, slice	1 slice	520	25	230	0	8	75	570	70	1	5	32
Pecan Pie, whole	whole pie	4160	200	1800	0	64	600	4560	560	8	40	256
Pumpkin Pie, slice	1 slice	400	14	130	0	7	60	460	59	1	6	26
Pumpkin Pie, whole	whole pie	3040	104	940	0	48	480	3680	464	8	48	200
Senior Turkey & Dressing Dinner (add bread, side & soup/salad choices)	9 oz	450	21	190	0	3.5	60	1610	38	2	25	22
Turkey & Dressing Dinner (add bread & side choices)	13 oz	570	23	210	0	4	125	2520	42	2	48	27