

FEATURED & KIDS' NUTRITION GUIDE

FEATURED ITEMS	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Banana Berry Caramel Crepe Breakfast (add egg & meat choices)	13 oz	530	26	240	0	8	15	610	67	5	6	30
Banana Berry Caramel Crepe À La Carte	8 oz	360	15	130	0	6	15	250	51	3	4	29
Banana Berry Caramel Two Crepe Breakfast (add egg & meat choices)	20 oz	880	41	370	0	14	30	860	118	8	10	59
Banana Chocolate Hazelnut Crepe Breakfast (add egg & meat choices)	11 oz	570	30	270	0	9	15	580	69	4	7	34
Banana Chocolate Hazelnut Crepe À La Carte	6 oz	400	19	170	0	7	15	220	53	3	5	33
Banana Chocolate Hazelnut Two Crepe Breakfast (add egg & meat choices)	17 oz	960	49	440	0	16	30	800	122	7	12	67
Build Your Own Sampler™												
Bacon Cheddar Tots (add sauce choice)	6	300	15	140	0	5	25	950	31	2	10	3
Beer-Battered Onion Rings (add sauce choice)	5 oz	400	27	240	0	4.5	0	710	35	3	4	5
Boneless Chicken Wings w/ BBO Sauce (add sauce choice)	4	460	18	160	0	2.5	30	1820	60	3	17	37
Boneless Chicken Wings w/ Buffalo Sauce (add sauce choice)	4	460	34	300	0	5	30	2550	22	3	17	0
Chips & Queso (add sauce choice)	1 serv	570	34	310	0	9	30	620	57	4	10	3
Mozzarella Cheese Sticks (add sauce choice)	4	280	11	100	0	6	40	1230	30	1	16	2
Premium Chicken Tenders (add sauce choice)	2	270	16	140	0	2	40	1000	15	1	18	0
Dipping Sauces:												
All-American Sauce	1.5 oz	250	27	250	0	4.5	15	190	2	0	0	1
BBO Sauce	1.5 oz	110	0	0	0	0	0	470	30	1	0	28
Blue Cheese Dressing	1.5 oz	160	16	150	0	4	30	330	2	0	2	1
Bourbon Sauce	1 oz	110	0	5	0	0	0	270	26	0	0	24
Buffalo Sauce	1.5 oz	110	12	110	0	2	0	1010	1	0	0	0
Creamy Sriracha Sauce	1.5 oz	160	15	140	0	3	5	420	4	0	0	4
Den Sauce	1.5 oz	220	22	200	0	3.5	20	420	4	0	0	3
Honey Mustard Dressing	1.5 oz	180	15	130	0	2	15	190	12	0	0	8
Mango Habanero Sauce	1.5 oz	100	0	0	0	0	0	150	27	0	0	25
Ranch Dressing	1.5 oz	200	21	190	0	4	10	290	1	0	0	0
Premium Chicken Tenders (add bread, side & sauce choices)	7 oz	540	32	290	0	4	80	2000	30	2	36	0
Southwest Chorizo Burger w/ Wavy-Cut Fries	21 oz	1480	90	810	1.5	31	210	3080	103	7	63	11
Strawberry Pancake Puppies®	6 / 10	700 / 1010	27 / 42	240 / 370	0 / 0.5	12 / 18	10	790 / 1260	108 / 152	2 / 3	5 / 8	74 / 97
Strawberry Vanilla Crepe Breakfast (add egg & meat choices)	10 oz	440	24	210	0	7	15	580	52	3	5	22
Strawberry Vanilla Crepe À La Carte	6 oz	270	12	110	0	4.5	15	220	36	2	4	21
Strawberry Vanilla Two Crepe Breakfast (add egg & meat choices)	16 oz	700	36	320	0	12	30	800	88	5	9	43
Super Meat Lovers Slam (add egg choice)	12 oz	840	46	410	0	16	140	2370	80	4	27	21

KIDS' BEVERAGES

Apple Juice	10 oz	140	0	0	0	0	0	5	35	0	0	33
Chocolate Milk (reduced fat)	10 oz	190	3	30	0	1.5	15	200	31	0	11	31
Hot Chocolate	8 oz	190	3	30	0	1.5	5	260	37	0	2	30
Jr. Groovy Mango Smoothie	10 oz	190	0	0	0	0	0	50	50	0	2	46
Jr. Strawberry Banana Bliss Smoothie	10 oz	190	0	0	0	0	0	50	48	2	2	37
2% Milk	10 oz	150	6	50	0	4	25	140	15	0	10	15
Minute Maid® Lemonade	8 oz	100	0	0	0	0	0	0	26	0	0	24
Minute Maid® Orange Juice	10 oz	140	0	0	0	0	0	0	34	0	2	30
Shirley Temple	8 oz	140	0	0	0	0	0	55	39	0	0	39
Soft Drinks	8 oz	0-120	0	0	0	0	0	25-50	0-33	0	0	0-33

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.

KIDS' ENTRÉES

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Build Your Own Jr. Grand Slam®												
Bacon Strips	2	100	8	70	0	2	20	350	1	0	7	1
Bacon Strip & Sausage Link	1 ea	130	12	110	0	4	25	320	1	1	6	0
Egg, Boiled	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Egg, Fried	2 oz	90	8	70	0	2	165	100	0	0	6	0
Egg, Scrambled	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
Egg White	2 oz	40	0	0	0	0	0	115	0	0	7	0
Hash Browns	2 oz	80	6	50	0	1	0	180	7	1	1	0
Sausage Links	2	160	15	140	0	5	30	300	1	1	5	0
Silver Dollar Pancakes	3	190	7	60	0	2	25	550	29	1	4	8
Toast, Sourdough w/ margarine	1	140	6	50	0	1	0	230	19	1	3	1
Toast, Wheat w/ margarine	1	120	5	50	0	1	0	200	14	1	3	2
Toast, White w/ margarine	1	120	5	45	0	1	0	200	15	1	3	1
Turkey Bacon Strips	2	60	3.5	35	0	1	30	330	1	0	7	1
Yogurt	4 oz	120	1.5	10	0	1	10	100	19	0	6	18
Grilled Chicken on a Stick (add dipping sauce & side)	4 oz	200	9	80	0	2	75	330	0	0	29	0
Grilled Chicken on a Stick w/ broccoli, orange juice & w/o sauce	19 oz	370	9	90	0	2	75	480	39	3	33	32
Jr. Birthday Cake Pancake Breakfast (add egg choice)	7 oz	460	20	180	0	8	50	890	61	2	11	32
Jr. Cheeseburger (add side)	6 oz	460	26	230	1.5	12	100	1100	31	0	29	4
Jr. Chocolate Chip Pancakes w/ bacon & sausage	5 oz	360	20	180	0	8	50	840	37	2	10	13
Jr. French Toast w/ egg whites, turkey bacon & orange juice	19 oz	460	14	120	0	3.5	115	710	65	3	22	41
Jr. French Toast w/ sausage (add egg choice)	8 oz	380	24	220	0	8	115	560	31	4	11	9
Jr. Grand Slam w/ egg whites, turkey bacon, hash browns & orange juice	16 oz	330	10	90	0	2	30	620	42	1	17	32
Jr. Grand Slam w/ pancakes, bacon, sausage & scrambled egg	7 oz	440	27	240	0	9	290	1050	31	1	17	8
Jr. Premium Chicken Tenders (add dipping sauce & side)	2	270	16	140	0	2	40	1000	15	1	18	0
Add a Chicken Tender	1	140	8	70	0	1	20	500	8	1	9	0
Jr. Spaghetti w/ steamed broccoli, bread & apple juice	23 oz	510	10	90	0	2.5	5	660	90	5	14	39
Jr. Spaghetti w/ tomato sauce & bread (add side)	8 oz	340	10	90	0	2.5	5	500	50	2	10	5
Add a Meatball	2 oz	160	13	120	0	5	30	380	4	1	8	1
Mac & Cheese (add side)	7 oz	300	9	80	0	2.5	10	650	44	2	10	8
Mac & Cheese w/ steamed broccoli & apple juice	22 oz	470	9	80	0	2.5	10	810	84	5	13	42
Mini Corn Dogs (add dipping sauce & side)	6	360	21	180	0	5	55	720	33	1	10	9

KIDS' SIDES

Apple Dunkers w/ caramel	3 oz	120	1.5	15	0	1	5	140	26	1	1	20
Apple Slices	2 oz	30	0	0	0	0	0	0	8	1	0	6
Fresh Banana Slices	1 serv	110	0	0	0	0	0	0	27	3	1	14
Goldfish® Crackers	1 oz	120	4	40	0	1	10	210	17	1	3	0
Grapes	3 oz	60	0	0	0	0	0	0	14	1	1	12
Jr. Garden Salad w/o dressing	3 oz	80	2.5	25	0	0	0	200	13	1	2	3
Red-Skinned Mashed Potatoes w/o gravy	1 serv	120	5	45	0	3.5	15	560	17	0	3	2
Southwest Creamed Corn	4 oz	240	18	160	0	11	60	470	13	2	4	1
Steamed Broccoli	4 oz	35	0	0	0	0	0	150	5	3	3	1
Vanilla Yogurt w/ strawberry topping	6 oz	150	1.5	15	0	1	10	100	29	1	6	27

KIDS' DESSERTS

Build Your Own Jr. Sundae												
Pick Jr. Ice Cream Flavor												
Topping: Caramel	1 oz	120	2	15	0	1	5	180	24	0	1	18
Hot Fudge	1 oz	120	3	25	0	2.5	0	105	23	1	2	20
Strawberry	1 oz	40	0	0	0	0	0	0	10	1	0	9
OREO® Cookie Pieces	1 oz	110	4.5	40	0	1	0	110	16	1	1	9
Whipped Cream	1 rosette	15	1	10	0	0.5	0	0	1	0	0	1
Jr. Ice Cream: Chocolate	1 scoop	270	15	130	0	10	60	60	30	0	5	23
Strawberry	1 scoop	230	12	100	0	7	50	85	32	0	3	22
Vanilla	1 scoop	250	15	130	0	10	60	90	27	0	3	22
Jr. Milk Shake: Cake Batter	12 oz	730	37	330	0	25	120	510	93	0	9	77
Chocolate	12 oz	680	32	290	0	21	120	160	89	0	12	70
OREO® Blender Blaster™	12 oz	760	41	370	0	24	120	430	90	1	11	65
Strawberry	12 oz	550	26	230	0	16	105	200	77	1	9	56
Vanilla	12 oz	620	32	290	0	21	120	220	78	0	9	68