

FEATURED & KIDS' 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)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Apple Bourbon Crepe a la carte	7 oz	470	24	210	0	8	30	480	58	2	6	41
Apple Bourbon Crepe Breakfast (add egg choice and meat choice)	11 oz	640	36	320	0	10	30	850	73	3	7	42
Apple Bourbon Pancake Breakfast (add hash browns, egg, and meat choices)	2	900	36	330	0	11	75	1430	131	7	15	77
Apple Bourbon Two-Crepe Breakfast (add egg choice and meat choice)	18 oz	1110	60	530	1	18	60	1330	131	5	13	82
Banana Chocolate Hazelnut Crepe a la carte	6 oz	400	19	170	0	7	15	220	53	3	5	33
Banana Chocolate Hazelnut Crepe Breakfast (add egg choice and meat choice)	11 oz	570	30	270	0	9	15	580	69	4	7	34
Banana Chocolate Hazelnut Two-Crepe Breakfast (add egg choice and meat choice)	17 oz	960	49	440	0	16	30	800	122	7	12	67
Berry Vanilla Crepe a la carte	6 oz	270	12	110	0	4.5	15	220	36	2	4	21
Berry Vanilla Crepe Breakfast (add egg choice and meat choice)	10 oz	440	24	210	0	7	15	580	52	3	5	22
Berry Vanilla Two-Crepe Breakfast (add egg choice and meat choice)	16 oz	700	36	320	0	12	30	800	88	5	9	43
Bourbon Bacon Burger (add side choice)	16 oz	920	53	470	2	21	165	1800	60	3	50	18
Bourbon Chicken Sizzlin' Skillet	21 oz	880	39	350	0.5	8	145	1900	69	6	65	34
Coffee	8 oz	0	0	0	0	0	0	0	0	0	0	0
Double Chocolate Pancake Puppies®	6	760	30	270	0	11	10	800	122	3	6	82
Double Chocolate Pancake Puppies®	10	1120	47	420	0.5	17	10	1290	176	5	9	110
Dipping Sauce:												
Bourbon Sauce	1 oz	110	0	5	0	0	0	270	26	0	0	24
Premium Chicken Tenders (add bread, side & sauce choices)	7 oz	540	32	290	0	4	80	2000	30	2	36	0
Pumpkin Pancakes Upgrade	2	450	11	90	0	3.5	55	1310	78	2	10	24
Sirloin & Eggs (add hash browns, egg, & bread choices)	8 oz	350	17	160	0	5	125	960	2	0	43	0
Sirloin & Eggs (add hash browns, egg, & bread choices)	6 oz	260	13	120	0	3.5	95	720	1	0	32	0
Super Slam™	16 oz	880	46	410	0	14	110	2410	95	4	23	22

LOS ANGELES MARKET ONLY

All-Star Omelette w/ hash browns (add bread choice)	19 oz	840	63	560	0.5	18	765	2000	28	5	41	5
Gold Medal Greek Salad (add dressing choice)	14 oz	470	35	320	0	24	20	1190	28	5	13	7
Add Grilled Chicken	5 oz	200	9	80	0	2	75	400	0	0	29	0
Hall of Fame Cali Burrito w/ Wavy-Cut Fries	18 oz	1360	84	750	1	23	115	2340	99	9	51	3
Showtime Burrito w/ hash browns	21 oz	1360	96	860	1	33	590	2770	71	4	49	5
Tropical Green Smoothie	15 oz	320	0	5	0	0	0	105	81	2	4	72

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

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