

NUTRITION MENU



WELCOME TO AMERICA'S DINER®



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. See chart below. 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.

| Build Your Own Grand Slam® | 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) |
|---|--------------|-----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Bacon Strips | 2 sl | 70 | 5 | 45 | 0 | 2 | 15 | 230 | 1 | 0 | 5 | 0 |
| Buttermilk Biscuit | 1 pc | 200 | 9 | 80 | 0 | 5 | 0 | 580 | 25 | 1 | 3 | 2 |
| Eggs (2) | 4 oz | 250 | 21 | 190 | 0 | 5 | 375 | 220 | 1 | 0 | 13 | 0 |
| Egg Whites (2) | 4 oz | 60 | 1 | 5 | 0 | 0 | 0 | 190 | 1 | 0 | 12 | 0 |
| English Muffin w/o margarine / w/ margarine | 1 pc | 140 / 240 | 1 / 12 | 10 / 110 | 0 | 0 / 2 | 0 | 270 / 340 | 29 | 1 | 4 | 1 |
| Gluten Free English Muffin w/o margarine / w/ margarine | 1 pc | 170 / 270 | 2 / 13 | 18 / 110 | 0 | 0 / 2 | 0 | 400 / 480 | 29 | 1 | 3 | 6 |
| Gouda-Apple Chicken Sausage | 1 link | 130 | 6 | 54 | 0 | 2 | 45 | 490 | 3 | 1 | 13 | 1 |
| Grilled Ham Slice | 3 oz | 100 | 4 | 36 | 1 | 4 | 45 | 1020 | 3 | 0 | 14 | 0 |
| Grits w/ margarine | 4 oz | 115 | 4 | 40 | 0 | 1 | 0 | 25 | 17 | 1 | 2 | 0 |
| Hash Browns | 1 serv | 210 | 16 | 140 | 0 | 3 | 0 | 410 | 15 | 1 | 1 | 1 |
| Hearty Breakfast Sausage | 1 link | 350 | 31 | 280 | 0 | 8 | 70 | 840 | 5 | 0 | 14 | 1 |
| Oatmeal w/ milk & brown sugar | 10 oz | 240 | 5 | 45 | 0 | 1.5 | 5 | 220 | 48 | 3 | 6 | 27 |
| Pancakes, Buttermilk w/ margarine | 2 cakes | 450 | 10 | 90 | 0 | 3 | 45 | 1380 | 79 | 2 | 8 | 20 |
| Pancakes, Hearty Wheat | 2 cakes | 310 | 2 | 18 | 0 | 0 | 15 | 950 | 64 | 8 | 10 | 4 |
| Sausage Links | 2 links | 160 | 15 | 135 | 0 | 5 | 30 | 325 | 1 | 1 | 5 | 0 |
| Seasonal Fruit | 4 oz | 70 | 0 | 0 | 0 | 0 | 0 | 7 | 19 | 3 | 1 | 14 |
| Slices of Toast w/ margarine | 2 sl | 270 | 13 | 120 | 0 | 2 | 0 | 110 | 31 | 1 | 5 | 4 |
| Turkey Bacon Strips | 2 sl | 55 | 4 | 35 | 0 | 1 | 30 | 330 | 1 | 0 | 6 | 0 |
| Yogurt | 6 oz | 160 | 2 | 20 | 0 | 1 | 5 | 85 | 30 | 0 | 5 | 25 |

| Slams | 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) |
|--|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| All-American Slam® w/ hash browns (add bread choice) | 15 oz | 990 | 83 | 740 | 0.5 | 26 | 680 | 1870 | 20 | 3 | 40 | 2 |
| Belgian Waffle Slam® | 13 oz | 860 | 63 | 630 | 1 | 30 | 567 | 1290 | 27 | 2 | 31 | 2 |
| Fit Slam® | 15 oz | 390 | 10 | 90 | 0 | 2 | 30 | 890 | 54 | 6 | 24 | 17 |
| French Toast Slam® | 11 oz | 810 | 48 | 430 | 0 | 14 | 370 | 1620 | 66 | 3 | 31 | 15 |
| Grand Slam Slugger® (add choices) | 15 oz | 970 | 56 | 510 | 0 | 16 | 470 | 2290 | 82 | 3 | 32 | 21 |
| Honey Jalapeño Bacon Slam® | 15 oz | 860 | 43 | 380 | 0 | 11 | 75 | 2580 | 95 | 4 | 22 | 21 |
| Lumberjack Slam® (add bread choice) | 23 oz | 1320 | 81 | 720 | 1 | 21 | 520 | 3790 | 101 | 5 | 48 | 22 |

Breakfast Favorites

| | | | | | | | | | | | | |
|---|-------|------|----|-----|-----|----|-----|------|----|---|----|---|
| Country-Fried Steak & Eggs w/ hash browns (add bread choice) | 16 oz | 850 | 62 | 550 | 1 | 16 | 425 | 1880 | 44 | 2 | 29 | 3 |
| Ham & Cheese Omelette w/ hash browns (add bread choice) | 17 oz | 860 | 64 | 580 | 1 | 21 | 715 | 2370 | 22 | 1 | 46 | 2 |
| Loaded Veggie Omelette w/ hash browns (add bread choice) | 18 oz | 600 | 43 | 380 | 0.5 | 14 | 615 | 930 | 25 | 4 | 28 | 5 |
| Moons Over My Hammy® w/ hash browns | 17 oz | 980 | 65 | 580 | 1 | 21 | 480 | 2560 | 55 | 1 | 43 | 3 |
| Philly Cheesesteak Omelette w/ hash browns (add bread choice) | 15 oz | 1170 | 92 | 830 | 1 | 33 | 750 | 2290 | 28 | 3 | 56 | 6 |
| T-Bone Steak & Eggs w/ hash browns (add bread choice) | 18 oz | 1070 | 80 | 720 | 0 | 24 | 495 | 2370 | 16 | 1 | 68 | 1 |
| The Grand Slamwich® w/ hash browns | 20 oz | 1390 | 96 | 860 | 1 | 28 | 510 | 3320 | 82 | 4 | 47 | 9 |
| Ultimate Omelette® w/ hash browns (add bread choice) | 17 oz | 830 | 66 | 600 | 1 | 20 | 630 | 1550 | 25 | 3 | 32 | 5 |

Buttermilk Pancakes

| | | | | | | | | | | | | |
|---|-------|------|----|-----|---|----|-----|------|-----|----|----|----|
| Banana Pecan Pancake Breakfast | 16 oz | 750 | 13 | 120 | 0 | 3 | 45 | 1590 | 134 | 11 | 29 | 49 |
| Blueberry Pancake Breakfast w/ hash browns & eggs (add meat choice) | 19 oz | 910 | 46 | 420 | 0 | 10 | 460 | 2150 | 99 | 4 | 22 | 23 |
| Double Berry Banana Pancake Breakfast w/ hash browns & eggs (add meat choice) | 24 oz | 960 | 45 | 400 | 0 | 10 | 425 | 1980 | 119 | 7 | 23 | 37 |
| Salted Caramel & Banana Cream Pancake Breakfast w/ hash browns & eggs (add meat choice) | 23 oz | 1150 | 40 | 360 | 0 | 14 | 60 | 2040 | 184 | 8 | 15 | 82 |
| Strawberries & Cream Pancake Breakfast w/ hash browns & eggs (add meat choice) | 22 oz | 1080 | 52 | 470 | 0 | 16 | 420 | 2030 | 128 | 5 | 24 | 50 |
| Sticky Bun Pancake Breakfast w/ hash browns & eggs (add meat choice) | 20 oz | 1210 | 60 | 540 | 0 | 15 | 435 | 2220 | 142 | 5 | 24 | 64 |

| Breakfast Sides | 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) |
|--|--------------|-----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Bacon Strips (4) | 4 sl | 140 | 11 | 98 | 0 | 4 | 30 | 467 | 1 | 0 | 9 | 1 |
| Buttermilk Biscuits (2) | 2 pc | 400 | 18 | 160 | 0 | 10 | 0 | 1160 | 50 | 2 | 6 | 4 |
| Cheddar Cheese Hash Browns | 5 oz | 300 | 19 | 170 | 0 | 7 | 20 | 780 | 26 | 2 | 8 | 2 |
| Eggs (each) 2 oz = 1 egg | 2 oz | 125 | 11 | 95 | 0 | 3 | 225 | 118 | 0 | 0 | 7 | 0 |
| Egg Whites | 4 oz | 60 | 1 | 5 | 0 | 0 | 0 | 190 | 1 | 0 | 12 | 0 |
| English Muffin w/o margarine / w/ margarine | 1 pc | 140 / 240 | 1 / 12 | 10 / 110 | 0 | 0 / 2 | 0 | 270 / 340 | 29 | 1 | 4 | 1 |
| Everything Hash Browns w/ onions, Cheddar cheese & country gravy | 8 oz | 340 | 21 | 190 | 0 | 8 | 20 | 1010 | 33 | 2 | 8 | 3 |
| Gluten Free English Muffin w/o margarine / w/ margarine | 1 pc | 170 / 270 | 2 / 13 | 18 / 110 | 0 | 0 / 2 | 0 | 400 / 480 | 29 | 1 | 3 | 6 |
| Gouda-Apple Chicken Sausage | 1 link | 130 | 6 | 54 | 0 | 2 | 45 | 490 | 3 | 1 | 13 | 1 |
| Grilled Ham Slice | 3 oz | 100 | 4 | 36 | 1 | 4 | 45 | 1020 | 3 | 0 | 14 | 0 |
| Grits w/ margarine | 4 oz | 115 | 4 | 40 | 0 | 1 | 0 | 25 | 17 | 1 | 2 | 0 |
| Hash Browns | 1 serv | 210 | 16 | 140 | 0 | 3 | 0 | 410 | 15 | 1 | 1 | 1 |
| Hearty Breakfast Sausage | 1 link | 350 | 31 | 280 | 0 | 8 | 70 | 840 | 5 | 0 | 14 | 1 |
| Honey Jalapeño Bacon Strips (2) | 2 sl | 200 | 16 | 150 | 0 | 6 | 30 | 800 | 0 | 0 | 13 | 0 |
| Oatmeal w/ milk & brown sugar | 10 oz | 240 | 5 | 45 | 0 | 2 | 5 | 220 | 48 | 3 | 6 | 27 |
| Red-Skinned Potatoes | 4 oz | 200 | 9 | 81 | 0 | 2 | 0 | 590 | 27 | 3 | 4 | 0 |
| Sausage Links (4) | 3 oz | 320 | 30 | 270 | 0 | 10 | 60 | 650 | 2 | 2 | 10 | 0 |
| Seasonal Fruit | 4 oz | 70 | 0 | 0 | 0 | 0 | 0 | 7 | 19 | 3 | 1 | 14 |
| Slices of Toast w/ margarine | 2 sl | 270 | 13 | 120 | 0 | 2 | 0 | 115 | 30 | 2 | 5 | 4 |
| Tortillas, Flour (3) | 3 oz | 260 | 8 | 70 | 0 | 4 | 0 | 660 | 40 | 5 | 7 | 3 |
| Turkey Bacon Strips (4) | 4 sl | 110 | 7 | 70 | 0 | 2 | 60 | 660 | 2 | 0 | 12 | 0 |
| Yogurt | 6 oz | 160 | 2 | 20 | 0 | 1 | 5 | 85 | 30 | 0 | 5 | 25 |

Skillet

| | 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) |
|--|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Bourbon Chicken Skillet | 22 oz | 840 | 26 | 230 | 0 | 5 | 200 | 2950 | 78 | 6 | 73 | 35 |
| Crazy Spicy Skillet | 21 oz | 1020 | 69 | 610 | 1 | 20 | 150 | 3210 | 1 | 1 | 56 | 1 |
| Crazy Spicy Skillet w/ 2 eggs | 25 oz | 1260 | 89 | 800 | 1 | 25 | 525 | 3430 | 1 | 1 | 69 | 1 |
| Fit Fare® Veggie Skillet | 18 oz | 340 | 11 | 100 | 0 | 2 | 0 | 1360 | 43 | 8 | 19 | 8 |
| Santa Fe Skillet | 14 oz | 730 | 53 | 477 | 0 | 16 | 460 | 1570 | 36 | 3 | 29 | 3 |
| Smoky Gouda Chicken & Broccoli Skillet | 20 oz | 840 | 41 | 360 | 0 | 13 | 145 | 1740 | 61 | 7 | 60 | 7 |
| Smoky Gouda Prime Rib & Broccoli Skillet | 19 oz | 830 | 44 | 400 | 0 | 15 | 105 | 2170 | 63 | 8 | 44 | 9 |
| Steak Skewer & Eggs Skillet | 19 oz | 890 | 50 | 440 | 0 | 14 | 505 | 2550 | 62 | 4 | 48 | 32 |
| Supreme Skillet | 15 oz | 720 | 54 | 480 | 0 | 17 | 465 | 1440 | 33 | 6 | 27 | 4 |
| Wild Alaska Salmon Skillet | 18 oz | 740 | 48 | 430 | 0 | 10 | 115 | 1460 | 37 | 7 | 39 | 3 |

Appetizers

| | | | | | | | | | | | | |
|---|------------|------------|---------|-----------|-------|---------|----------|-------------|----------|--------|---------|--------|
| Bacon Cheddar Tots w/ sour cream | 10 pcs | 500 | 25 | 220 | 1 | 9 | 45 | 1600 | 52 | 4 | 17 | 5 |
| Build Your Own Sampler™: Bacon Cheddar Tots (add dipping sauce) | 6 pcs | 300 | 15 | 140 | 0 | 6 | 25 | 960 | 31 | 2 | 10 | 3 |
| Cheese Quesadilla (add dipping sauce) | 1 ea | 650 | 39 | 350 | 0 | 19 | 65 | 1270 | 47 | 6 | 24 | 3 |
| Chicken Strips (add dipping sauce) | 2 ea | 285 | 15 | 135 | 0 | 2 | 45 | 920 | 20 | 1 | 17 | 0 |
| Chips & Queso (add dipping sauce) | 1 serv | 500 | 20 | 180 | 0 | 10 | 55 | 400 | 67 | 5 | 16 | 1 |
| Mozzarella Cheese Sticks (add dipping sauce) | 4 ea | 280 | 10 | 90 | 0 | 6 | 36 | 1240 | 29 | 1 | 19 | 2 |
| Onion Rings (add dipping sauce) | 1 serv | 820 | 49 | 441 | 0 | 0 | 0 | 1819 | 90 | 5 | 11 | 10 |
| Chicken & Sausage Quesadilla (add ranch dressing) | 12 oz | 920 | 54 | 486 | 1 | 17 | 100 | 2160 | 66 | 4 | 42 | 8 |
| Chicken Strips w/ Buffalo Sauce (add dipping sauce) | 15 oz | 710 | 28 | 250 | 0 | 5 | 105 | 3180 | 58 | 10 | 43 | 16 |
| Chicken Strips w/ Sweet & Tangy BBQ Sauce (add dipping sauce) | 15 oz | 730 | 20 | 180 | 0 | 6 | 115 | 2830 | 83 | 5 | 43 | 29 |
| Loaded Bacon Cheddar Tots | 10 pcs | 860 | 55 | 500 | 2 | 25 | 125 | 2600 | 62 | 5 | 30 | 10 |
| Mozzarella Cheese Sticks (add dipping sauce) | 8 oz | 560 | 20 | 180 | 1 | 11 | 72 | 2480 | 58 | 2 | 38 | 3 |
| Zesty Nachos - Half Size / Full Size | 10 / 22 oz | 660 / 1320 | 33 / 65 | 300 / 590 | 1 / 3 | 17 / 34 | 95 / 195 | 1160 / 2260 | 67 / 135 | 6 / 12 | 28 / 54 | 5 / 10 |

Soups, Salads & Sides

| | | | | | | | | | | | | |
|---|-----------|-----------|---------|-----------|---|---------|---------|-------------|---------|-------|---------|--------|
| Avocado Chicken Caesar Salad | 16 oz | 660 | 49 | 440 | 0 | 10 | 140 | 1860 | 15 | 7 | 46 | 3 |
| Bacon Cheddar Tots w/ sour cream | 6 pcs | 300 | 15 | 140 | 0 | 6 | 25 | 960 | 31 | 2 | 10 | 3 |
| Bacon Strips | 2 sl | 70 | 5 | 45 | 0 | 2 | 15 | 230 | 1 | 0 | 5 | 0 |
| Broccoli & Cheddar Soup - bowl / cup | 12 / 8 oz | 370 / 250 | 16 / 11 | 140 / 100 | 0 | 10 / 7 | 40 / 25 | 1650 / 1100 | 48 / 32 | 7 / 5 | 9 / 6 | 14 / 9 |
| Caesar Salad | 6 oz | 220 | 11 | 100 | 0 | 4 | 5 | 450 | 26 | 3 | 6 | 8 |
| Chicken Noodle Soup - bowl / cup | 12 / 8 oz | 140 / 110 | 4 / 3 | 36 / 22 | 0 | 2 | 75 / 50 | 1130 / 750 | 17 / 11 | 2 | 15 / 10 | 2 / 1 |
| Clam Chowder - bowl / cup | 12 / 8 oz | 300 / 200 | 17 / 11 | 153 / 99 | 0 | 5 / 3 | 35 / 23 | 1857 / 1238 | 29 / 19 | 0 | 7 / 4 | 2 / 1 |
| Cranberry Apple Chicken Salad w/ balsamic vinaigrette | 12 oz | 360 | 9 | 80 | 0 | 1 | 100 | 1060 | 36 | 5 | 36 | 24 |
| Dippable Veggies w/ ranch dressing | 4 oz | 210 | 20 | 180 | 0 | 4 | 10 | 350 | 5 | 2 | 1 | 4 |
| French Fries | 6 oz | 510 | 28 | 250 | 0 | 5 | 0 | 110 | 59 | 6 | 6 | 0 |
| Fried Chicken Strips Cobb Salad (add dressing) | 17 oz | 930 | 50 | 450 | 0 | 14 | 365 | 1810 | 70 | 8 | 55 | 3 |
| Garden Salad (add dressing) | 7 oz | 190 | 9 | 80 | 0 | 5 | 20 | 450 | 20 | 3 | 9 | 5 |
| Grilled Chicken Cobb Salad (add dressing) | 16 oz | 660 | 37 | 330 | 0 | 11 | 385 | 1560 | 28 | 7 | 57 | 3 |
| Hash Browns | 1 serv | 210 | 16 | 140 | 0 | 3 | 0 | 410 | 15 | 1 | 1 | 1 |
| Honey Jalapeño Bacon | 2 sl | 200 | 16 | 150 | 0 | 6 | 30 | 800 | 0 | 0 | 13 | 0 |
| Loaded Baked Potato Soup - bowl / cup | 12 / 8 oz | 420 / 310 | 32 / 24 | 290 / 220 | 0 | 16 / 12 | 70 / 55 | 1710 / 1200 | 23 / 16 | 2 / 1 | 9 / 8 | 6 / 4 |
| Onion Rings | 1 serv | 820 | 49 | 441 | 0 | 0 | 0 | 1819 | 90 | 5 | 11 | 10 |
| Prime Rib Cobb Salad (add dressing) | 14 oz | 630 | 46 | 410 | 0 | 14 | 330 | 1210 | 18 | 6 | 39 | 4 |
| Seasonal Fruit | 4 oz | 70 | 0 | 0 | 0 | 0 | 0 | 7 | 19 | 3 | 1 | 14 |
| Seasoned Fries | 5.5 oz | 630 | 47 | 420 | 1 | 9 | 0 | 1010 | 48 | 5 | 6 | 0 |
| Vegetable Beef Soup - bowl / cup | 12 / 8 oz | 170 / 110 | 4 / 3 | 36 / 27 | 0 | 1 | 15 / 10 | 1549 / 1032 | 23 / 15 | 3 / 2 | 10 / 7 | 4 / 2 |

Sandwiches & Diner Melts

| | | | | | | | | | | | | |
|-------------------------------------|-------|------|----|-----|---|----|-----|------|----|----|----|----|
| Cali Club Sandwich (add choice) | 20 oz | 1100 | 75 | 670 | 0 | 18 | 100 | 1960 | 70 | 19 | 47 | 12 |
| Chicken Bacon Classic (add choice) | 14 oz | 920 | 56 | 500 | 1 | 15 | 145 | 2430 | 48 | 4 | 57 | 11 |
| Chicken Philly Melt (add choice) | 12 oz | 800 | 49 | 441 | 1 | 16 | 75 | 1560 | 56 | 3 | 35 | 6 |
| Club Sandwich (add choice) | 14 oz | 830 | 39 | 350 | 0 | 8 | 90 | 2450 | 75 | 7 | 47 | 15 |
| Moons Over My Hammy® w/ hash browns | 17 oz | 980 | 65 | 580 | 1 | 21 | 480 | 2560 | 55 | 1 | 43 | 3 |
| Pot Roast Melt (add choice) | 12 oz | 710 | 44 | 400 | 0 | 13 | 40 | 1940 | 59 | 7 | 23 | 14 |
| Prime Rib Philly Melt (add choice) | 21 oz | 970 | 57 | 513 | 1 | 19 | 115 | 2340 | 60 | 3 | 52 | 7 |
| The Grand Slamwich® w/ hash browns | 20 oz | 1390 | 96 | 860 | 1 | 28 | 510 | 3320 | 82 | 4 | 47 | 9 |
| The Super Bird® (add choice) | 10 oz | 610 | 32 | 290 | 0 | 10 | 70 | 1960 | 42 | 1 | 38 | 3 |

Burgers

| | 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) |
|---|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Bacon Avocado Cheeseburger (add choice) | 14 oz | 1030 | 75 | 670 | 2 | 24 | 24 | 1100 | 50 | 6 | 41 | 11 |
| Bacon Gouda Burger (add choice) | 19 oz | 980 | 58 | 520 | 2 | 24 | 185 | 2340 | 54 | 3 | 58 | 15 |
| Bourbon Bacon Burger (add choice) | 17 oz | 1060 | 65 | 580 | 2 | 24 | 135 | 1700 | 77 | 5 | 45 | 30 |
| Double Cheeseburger (add choice) | 19 oz | 1120 | 67 | 607 | 4 | 32 | 280 | 2150 | 49 | 3 | 74 | 7 |
| Honey Jalapeño Bacon Sriracha Burger (add choice) | 16 oz | 1000 | 61 | 550 | 2 | 24 | 170 | 2032 | 50 | 3 | 58 | 14 |
| Slamburger™ (add choice) | 14 oz | 1010 | 69 | 620 | 2 | 24 | 310 | 1960 | 52 | 3 | 47 | 10 |

Build Your Own Burger

| | | | | | | | | | | | | |
|---------------------------------|---------|-----|----|-----|---|----|-----|-----|----|---|----|----|
| 100% Beef Patty | 1 | 355 | 26 | 234 | 2 | 12 | 118 | 437 | 0 | 0 | 29 | 0 |
| Grilled Seasoned Chicken Breast | 1 | 200 | 6 | 54 | 0 | 2 | 90 | 359 | 1 | 0 | 35 | 0 |
| Veggie Patty | 1 | 165 | 3 | 27 | 0 | 0 | 0 | 491 | 19 | 5 | 16 | 4 |
| Brioche Bun | 1 | 260 | 7 | 63 | 0 | 2 | 0 | 350 | 42 | 2 | 8 | 8 |
| Cheddar Bun | 1 | 280 | 6 | 54 | 0 | 2 | 5 | 490 | 47 | 2 | 9 | 7 |
| Whole Wheat Bun | 1 | 195 | 1 | 9 | 0 | 1 | 0 | 348 | 36 | 3 | 8 | 8 |
| American Cheese | 1 sl | 80 | 7 | 63 | 0 | 4 | 20 | 396 | 1 | 0 | 4 | 0 |
| Cheddar Cheese | 1 sl | 75 | 6 | 54 | 0 | 4 | 18 | 120 | 0 | 0 | 5 | 0 |
| Swiss Cheese | 1 sl | 110 | 7 | 65 | 0 | 5 | 27 | 58 | 1 | 0 | 8 | 0 |
| Bacon | 2 sl | 70 | 5 | 45 | 0 | 2 | 15 | 230 | 1 | 0 | 5 | 0 |
| Sweet & Tangy BBQ Sauce | 1 oz | 55 | 0 | 0 | 0 | 0 | 0 | 232 | 15 | 0 | 0 | 14 |
| Bourbon Sauce | 2 oz | 145 | 0 | 0 | 0 | 0 | 0 | 432 | 35 | 0 | 1 | 32 |
| Caramelized Onions | 1 oz | 65 | 6 | 54 | 0 | 1 | 0 | 160 | 2 | 0 | 0 | 1 |
| Fresh Avocado | 1 serv | 80 | 7 | 63 | 0 | 1 | 0 | 4 | 4 | 3 | 1 | 0 |
| Lettuce | 1 oz | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 0 | 0 | 0 |
| Mayo | 1 oz | 100 | 11 | 99 | 0 | 2 | 5 | 76 | 0 | 0 | 0 | 0 |
| Pickles | 4 sl | 0 | 0 | 0 | 0 | 0 | 0 | 250 | 0 | 0 | 0 | 0 |
| Red Onions | 3 rings | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| Sautéed Mushrooms | 1 oz | 60 | 6 | 54 | 0 | 1 | 1 | 57 | 2 | 1 | 1 | 1 |
| Sliced Jalapeños | 1 serv | 10 | 0 | 0 | 0 | 0 | 0 | 513 | 2 | 2 | 2 | 0 |
| Tomato | 2 sl | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 0 | 1 |

Dinner

| | 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) |
|--|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Brooklyn Spaghetti & Meatballs w/ bread | 23 oz | 1230 | 64 | 570 | 1 | 22 | 140 | 2410 | 112 | 7 | 53 | 9 |
| Chicken Strips w/ bread (add choices) | 10 oz | 780 | 40 | 360 | 0 | 7 | 90 | 2220 | 64 | 3 | 40 | 1 |
| Country-Fried Steak w/ gravy & bread (add choices) | 13 oz | 790 | 42 | 370 | 2 | 14 | 95 | 2300 | 71 | 3 | 32 | 4 |
| Sirloin Steak w/ bread (add choices) | 10 oz | 470 | 19 | 170 | 0 | 5 | 120 | 1260 | 22 | 1 | 49 | 0 |
| Slow-Cooked Pot Roast | 21 oz | 1390 | 37 | 330 | 1 | 19 | 170 | 4710 | 166 | 13 | 65 | 12 |
| T-Bone Steak & Shrimp w/ bread (add choices) | 14 oz | 980 | 56 | 504 | 0 | 20 | 195 | 1920 | 45 | 3 | 69 | 7 |
| T-Bone Steak w/ bread (add choices) | 11 oz | 790 | 49 | 440 | 0 | 18 | 125 | 1170 | 25 | 1 | 60 | 2 |
| Tilapia Ranchero w/ bread (add choices) | 12 oz | 550 | 24 | 210 | 0 | 5 | 110 | 930 | 27 | 5 | 55 | 2 |

Dinner Sides

| | | | | | | | | | | | | |
|------------------------------------|--------|-----|----|-----|---|---|----|-----|----|---|---|---|
| Broccoli | 3 oz | 25 | 0 | 0 | 0 | 0 | 0 | 20 | 4 | 2 | 2 | 1 |
| Caesar Salad | 6 oz | 220 | 11 | 100 | 0 | 4 | 5 | 450 | 26 | 3 | 6 | 8 |
| Cheddar Mashed Potatoes | 4 oz | 230 | 11 | 100 | 0 | 5 | 15 | 650 | 29 | 2 | 5 | 2 |
| Dippable Veggies w/ ranch dressing | 4 oz | 210 | 20 | 180 | 0 | 4 | 10 | 350 | 5 | 2 | 1 | 4 |
| French Fries | 6 oz | 510 | 28 | 250 | 0 | 5 | 0 | 110 | 59 | 6 | 6 | 0 |
| Fresh Sautéed Zucchini & Squash | 4 oz | 60 | 6 | 50 | 0 | 1 | 0 | 105 | 3 | 1 | 1 | 2 |
| Fresh Steamed Zucchini & Squash | 4 oz | 15 | 0 | 0 | 0 | 0 | 0 | 50 | 3 | 1 | 1 | 2 |
| Garden Salad (add dressing) | 7 oz | 190 | 9 | 80 | 0 | 5 | 20 | 450 | 20 | 3 | 9 | 5 |
| Garlic Toast / Dinner Bread | 2 pcs | 210 | 11 | 100 | 0 | 3 | 0 | 360 | 20 | 1 | 4 | 0 |
| Golden-Fried Shrimp | 6 pcs | 190 | 8 | 70 | 0 | 2 | 70 | 750 | 20 | 2 | 9 | 5 |
| Hash Browns | 1 serv | 210 | 16 | 140 | 0 | 3 | 0 | 410 | 15 | 1 | 1 | 1 |
| Mashed Potatoes | 1 serv | 200 | 8 | 70 | 0 | 3 | 5 | 590 | 29 | 2 | 3 | 2 |
| Red-Skinned Potatoes | 4 oz | 200 | 9 | 81 | 0 | 2 | 0 | 590 | 27 | 3 | 4 | 0 |
| Sweet Petite Corn | 4 oz | 180 | 7 | 60 | 0 | 1 | 0 | 280 | 26 | 1 | 4 | 6 |
| Whole Grain Rice | 5 oz | 230 | 4 | 36 | 0 | 0 | 0 | 622 | 43 | 4 | 5 | 0 |

Desserts

| | | | | | | | | | | | | |
|--|----------|-----------|----|-----|---|-----|-----|-----------|---------|-------|----|---------|
| Banana Split | 15 oz | 760 | 30 | 270 | 0 | 17 | 100 | 260 | 116 | 5 | 12 | 86 |
| Build Your Own Sundae | | | | | | | | | | | | |
| Ice Cream: Chocolate | 2 scoops | 520 | 28 | 252 | 0 | 17 | 116 | 150 | 60 | 3 | 10 | 46 |
| Strawberry | 2 scoops | 460 | 23 | 210 | 0 | 15 | 98 | 130 | 56 | 0 | 10 | 46 |
| Vanilla | 2 scoops | 520 | 30 | 270 | 0 | 16 | 115 | 148 | 59 | 0 | 7 | 43 |
| Topping: Hot Fudge | 1 oz | 90 | 2 | 18 | 0 | 2 | 0 | 78 | 17 | 0 | 2 | 15 |
| Salted Caramel | 1 oz | 120 | 2 | 18 | 0 | 1 | 5 | 180 | 24 | 0 | 1 | 18 |
| Strawberry | 1 oz | 40 | 0 | 0 | 0 | 0 | 0 | 7 | 9 | 1 | 0 | 9 |
| Crunch: Chopped Nuts | 1 oz | 190 | 17 | 153 | 0 | 3 | 0 | 0 | 6 | 2 | 8 | 1 |
| Glazed Pecans | 1.25 oz | 220 | 14 | 126 | 0 | 2 | 3 | 170 | 26 | 2 | 2 | 24 |
| OREO® Cookie Pieces | 1 oz | 105 | 4 | 36 | 0 | 1 | 0 | 107 | 16 | 0 | 1 | 9 |
| Whipped Cream | 1 Tbsp | 45 | 3 | 27 | 0 | 1.5 | 15 | 0 | 3 | 0 | 0 | 3 |
| Caramel Apple Pie Crisp | 13 oz | 740 | 22 | 190 | 0 | 10 | 35 | 640 | 134 | 5 | 7 | 88 |
| Chocolate Lava Cake | 1 serv | 680 | 33 | 300 | 0 | 19 | 95 | 430 | 91 | 2 | 7 | 70 |
| Milk Shakes: Cake Batter | 21 oz | 1310 | 69 | 620 | 0 | 38 | 235 | 640 | 160 | 0 | 16 | 120 |
| Chocolate | 16 oz | 860 | 44 | 400 | 0 | 25 | 170 | 70 | 104 | 0 | 17 | 81 |
| OREO® | 16 oz | 1180 | 61 | 660 | 0 | 36 | 220 | 720 | 174 | 3 | 16 | 96 |
| Strawberry | 15 oz | 730 | 33 | 300 | 0 | 21 | 140 | 230 | 95 | 1 | 16 | 81 |
| Vanilla | 16 oz | 870 | 44 | 400 | 0 | 23 | 160 | 260 | 107 | 0 | 12 | 72 |
| New York Style Cheesecake Plain or w/ Strawberry Topping & Whipped Cream | 6 oz | 500 / 605 | 37 | 330 | 1 | 20 | 150 | 370 / 380 | 43 / 60 | 1 / 2 | 9 | 31 / 48 |

Condiments

| | | | | | | | | | | | | |
|---------------------------------|------------|-----------|---------|-----------|---|-------|---------|------------|---------|---|-------|---------|
| Balsamic Vinaigrette, Low-Fat | 1.5 / 3 oz | 55 / 110 | 2 / 3 | 18 / 27 | 0 | 0 | 0 | 210 / 420 | 10 / 20 | 0 | 0 | 10 / 20 |
| Blue Cheese Dressing | 1.5 / 3 oz | 160 / 315 | 16 / 32 | 144 / 288 | 0 | 4 / 8 | 29 / 58 | 320 / 640 | 2 / 4 | 0 | 2 / 4 | 1 / 2 |
| Bourbon Sauce | 2 oz | 145 | 0 | 0 | 0 | 0 | 0 | 432 | 35 | 0 | 1 | 32 |
| Brown Gravy | 1 oz | 10 | 0 | 0 | 0 | 0 | 0 | 136 | 2 | 0 | 0 | 0 |
| Buffalo Sauce | 2 oz | 40 | 4 | 36 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Caesar Dressing | 1.5 / 3 oz | 210 / 430 | 23 / 45 | 207 / 405 | 0 | 4 / 8 | 12 / 23 | 424 / 850 | 0 | 0 | 2 / 4 | 0 |
| Country Gravy | 2 oz | 45 | 4 | 36 | 0 | 1 | 0 | 240 | 4 | 0 | 0 | 0 |
| Cream Cheese Icing | 1.5 oz | 160 | 6 | 54 | 0 | 4 | 17 | 157 | 26 | 0 | 1 | 25 |
| Creamer - Half & Half | 13 ml | 14 | 1 | 9 | 0 | 1 | 5 | 11 | 1 | 0 | 0 | 0 |
| Creamer - Hazelnut or Vanilla | 13 ml | 30 | 2 | 18 | 0 | .5 | 0 | 0 | 4 | 0 | 0 | 4 |
| Croutons | 0.25 oz | 90 | 3 | 30 | 0 | 0 | 0 | 240 | 15 | 0 | 3 | 0 |
| Fat Free Italian Dressing | 1.5 / 3 oz | 15 / 30 | 0 | 0 | 0 | 0 | 0 | 558 / 1115 | 4 / 8 | 0 | 0 | 3 / 5 |
| Fat Free Ranch Dressing | 1.5 / 3 oz | 35 / 65 | 0 | 0 | 0 | 0 | 0 | 370 / 735 | 7 / 13 | 0 | 0 | 3 / 5 |
| French Dressing | 1.5 / 3 oz | 110 / 230 | 7 / 14 | 63 / 126 | 0 | 1 / 2 | 0 | 365 / 730 | 12 / 25 | 0 | 0 | 7 / 14 |
| Honey Mustard Dressing | 1.5 / 3 oz | 165 / 330 | 14 / 27 | 126 / 240 | 0 | 2 / 4 | 14 / 28 | 178 / 356 | 11 / 23 | 0 | 0 | 7 / 14 |
| Maple-Flavored Syrup | 2 oz | 100 | 0 | 0 | 0 | 0 | 0 | 45 | 40 | 0 | 0 | 40 |
| Pico de Gallo | 3 oz | 20 | 0 | 0 | 0 | 0 | 0 | 125 | 5 | 1 | 1 | 3 |
| Ranch Dressing | 1.5 / 3 oz | 180 / 370 | 19 / 39 | 170 / 350 | 0 | 4 / 6 | 9 / 18 | 227 / 453 | 1 | 0 | 0 | 0 |
| Sour Cream | 1.5 oz | 90 | 9 | 80 | 6 | 0 | 19 | 23 | 2 | 0 | 1 | 0 |
| Sugar-Free Maple-Flavored Syrup | 2 oz | 30 | 0 | 0 | 0 | 0 | 0 | 94 | 12 | 0 | 0 | 0 |
| Sweet & Tangy BBQ Sauce | 1.5 oz | 110 | 0 | 0 | 0 | 0 | 0 | 470 | 30 | 1 | 0 | 28 |
| Thousand Island Dressing | 1.5 / 3 oz | 155 / 310 | 16 / 31 | 145 / 280 | 0 | 3 / 6 | 21 / 43 | 383 / 765 | 7 / 14 | 0 | 0 / 1 | 4 / 8 |
| Tomato Sauce | 4 oz | 145 | 8 | 72 | 0 | 2 | 26 | 630 | 10 | 2 | 8 | 4 |
| Whipped Margarine | 1 tsp | 15 | 2 | 15 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 |

| Drinks | 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) |
|-----------------------------------|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Chocolate Milk (reduced fat) | 15 oz | 330 | 5 | 41 | 0 | 3 | 14 | 280 | 60 | 2 | 15 | 47 |
| Coffee (all) | 8 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| FUZE® Raspberry Tea | 15 oz | 70 | 0 | 0 | 0 | 0 | 0 | 10 | 19 | 0 | 0 | 19 |
| Hot Chocolate | 8 oz | 170 | 2 | 18 | 0 | 1 | 15 | 260 | 36 | 0 | 2 | 29 |
| Hot Tea / Herbal Tea | 8 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Iced Cappuccino | 15 oz | 190 | 5 | 40 | 0 | 3 | 20 | 115 | 30 | 0 | 7 | 28 |
| Iced Tea - unsweet / sweet | 15 oz | 0 / 120 | 0 | 0 | 0 | 0 | 0 | 10 | 0 / 30 | 0 | 0 | 0 / 31 |
| Juices: Apple Juice | 15 oz | 195 | 0 | 0 | 0 | 0 | 0 | 62 | 50 | 0 | 0 | 50 |
| Minute Maid® Orange Juice | 15 oz | 190 | 0 | 0 | 0 | 0 | 0 | 4 | 45 | 0 | 3 | 40 |
| Minute Maid® Premium Berry Blend | 15 oz | 225 | 0 | 0 | 0 | 0 | 0 | 0 | 56 | 0 | 0 | 54 |
| Ruby Red Grapefruit Juice | 15 oz | 245 | 0 | 0 | 0 | 0 | 0 | 65 | 60 | 0 | 0 | 55 |
| Tomato Juice | 15 oz | 90 | 0 | 0 | 0 | 0 | 0 | 1063 | 17 | 2 | 3 | 13 |
| Lemonade | 15 oz | 150 | 0 | 0 | 0 | 0 | 0 | 38 | 35 | 0 | 0 | 31 |
| Lemonade Iced Tea | 15 oz | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 19 |
| Mango Lemonade | 15 oz | 210 | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 0 | 54 |
| 2% Milk | 15 oz | 220 | 9 | 81 | 0 | 6 | 35 | 180 | 20 | 0 | 15 | 20 |
| Milk Shakes: See Desserts section | | | | | | | | | | | | |
| Smoothies: Groovy Mango | 15 oz | 270 | 0 | 0 | 0 | 0 | 0 | 45 | 71 | 0 | 1 | 64 |
| Strawberry Banana Bliss | 15 oz | 250 | 0 | 0 | 0 | 0 | 0 | 30 | 65 | 3 | 3 | 49 |
| Soft Drinks | 12 oz | 0-155 | 0 | 0 | 0 | 0 | 0 | 6-50 | 1-39 | 0 | 0 | 0-41 |
| Cherry Flavor Shot | 1 oz | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| Vanilla Flavor Shot | 1 oz | 80 | 0 | 0 | 0 | 0 | 0 | 6 | 21 | 0 | 0 | 8 |
| Strawberry Lemonade | 12 oz | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 1 | 1 | 48 |

55+ Menu

| | 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) |
|--|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| 55+ Belgian Waffle Slam® (add meat choice) | 9 oz | 470 | 36 | 320 | 0 | 18 | 390 | 510 | 24 | 1 | 13 | 1 |
| 55+ Club Sandwich w/ French fries | 18 oz | 1200 | 65 | 580 | 0 | 13 | 75 | 2540 | 100 | 11 | 46 | 11 |
| 55+ Country-Fried Steak w/ bread (add choices) | 9 oz | 560 | 29 | 260 | 0 | 10 | 55 | 1560 | 54 | 2 | 21 | 3 |
| 55+ Fit Fare® Loaded Veggie Omelette | 20 oz | 470 | 16 | 144 | 0 | 7 | 30 | 650 | 60 | 7 | 26 | 20 |
| 55+ French Toast Slam® w/ eggs (add meat choice) | 7 oz | 470 | 31 | 270 | 0 | 7 | 365 | 730 | 33 | 1 | 16 | 8 |
| 55+ Grilled Cheese Sandwich & Soup (add soup choice) | 5 oz | 440 | 26 | 240 | 0 | 10 | 40 | 1260 | 37 | 0 | 14 | 2 |
| 55+ Grilled Chicken w/ bread (add choices) | 7 oz | 400 | 17 | 160 | 0 | 4 | 90 | 710 | 20 | 1 | 40 | 0 |
| 55+ Grilled Tilapia w/ bread (add choices) | 8 oz | 470 | 16 | 144 | 0 | 5 | 110 | 890 | 24 | 1 | 55 | 1 |
| 55+ Omelette (add choices) | 9 oz | 450 | 35 | 310 | 0 | 12 | 455 | 810 | 8 | 1 | 25 | 4 |
| 55+ Scrambled Eggs & Cheddar Breakfast | 16 oz | 1000 | 57 | 510 | 1 | 19 | 535 | 2520 | 83 | 4 | 37 | 21 |
| 55+ Starter™ (add choices) | 3 oz | 190 | 17 | 150 | 0 | 5 | 200 | 300 | 1 | 1 | 9 | 0 |
| 55+ Steak Skewer (add choices) | 9 oz | 470 | 16 | 140 | 0 | 5 | 70 | 1530 | 47 | 1 | 32 | 21 |

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