

NUTRITION MENU



WELCOME TO AMERICA'S DINER™

Denny's

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	100	8	70	0	2	20	350	1	0	7	1
Buttermilk Biscuit	1 pc	240	13	120	0	7	0	660	27	1	4	2
Eggs, Boiled (2)	4 oz	130	8	80	0	3	325	125	1	0	11	0
Eggs, Fried / Basted (2)	4 oz	190	16	140	0	4	325	200	1	0	11	0
Eggs, Scrambled (2)	4 oz	220	17	150	0	5	480	360	1	0	14	0
Egg Whites (2)	4 oz	60	0.5	5	0	0	0	220	1	0	13	0
English Muffin w/o margarine / w/ margarine	1 ea	110 / 160	0.5 / 6	5 / 50	0	0 / 1	0	200 / 250	22	1	4	1
Gluten Free English Muffin w/o margarine / w/ margarine	1 ea	180 / 270	1.5 / 6	15 / 50	0	0 / 0.5	0	500 / 540	36	1	4	7
Grilled Ham Slice	3 oz	90	3	30	0	1	20	790	1	0	15	1
Grits w/ margarine	4 oz	100	4.5	40	0	1	0	35	14	1	1	0
Hash Browns	1 serv	170	12	100	0	2	0	360	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	2	15	0	1	5	45	45	4	7	16
Pancakes, Buttermilk w/ margarine	2 cakes	450	11	100	0	3.5	60	1390	77	2	10	20
Pancakes, Hearty Wheat	2 cakes	270	4	35	0	1	20	840	52	5	7	10
Premium Chicken Apple Sausage	1 link	130	6	60	0	2	45	490	3	1	13	1
Sausage Links	2 links	160	15	140	0	5	30	300	1	1	5	0
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Toast, Wheat, w/o margarine / w/ margarine	2 sl	150 / 230	2 / 11	15 / 100	0	0 / 1.5	0	310 / 400	29	2	6	2
Toast, White, w/o margarine / w/ margarine	2 sl	160 / 240	1.5 / 10	15 / 90	0	0 / 2	0	320 / 400	31	0	5	2
Turkey Bacon Strips	2 sl	50	3.5	30	0	1	30	330	1	0	6	0
Yogurt	4 oz	120	1.5	10	0	1	10	100	19	0	6	18

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	930	74	660	0	26	815	1800	19	2	44	2
Belgian Waffle Slam® (add egg choice)	7 oz	640	43	390	0.5	18	175	1290	45	2	18	2
Fit Slam®	15 oz	390	11	90	0	2.5	30	830	52	4	26	20
French Toast Slam® (add egg choice)	11 oz	860	53	480	1.5	15	395	1640	65	3	31	14
Grand Slam Slugger® (add egg, bread/hash brown and juice choices)	19 oz	710	34	310	0.5	12	110	2040	79	3	22	21
Honey Jalapeño Bacon Slam® (add egg choice)	15 oz	800	35	320	0.5	11	85	2300	95	4	27	23
Lumberjack Slam® (add egg and bread choices)	19 oz	970	49	440	0.5	15	130	3190	96	4	38	23

Breakfast Favorites

Country-Fried Steak & Eggs w/ hash browns (add egg and bread choices)	11 oz	520	33	290	1	10	65	1380	38	2	19	2
Ham & Cheese Omelette w/ hash browns (add bread choice)	13 oz	780	54	480	1	19	785	2270	20	1	50	3
Loaded Veggie Omelette w/ hash browns (add bread choice)	18 oz	620	44	400	0.5	14	740	970	24	3	31	5
Moons Over My Hammy® w/ hash browns	17 oz	970	62	560	1	20	560	2580	57	2	44	4
Philly Cheesesteak Omelette w/ hash browns (add bread choice)	18 oz	880	64	580	1	21	795	1540	25	2	48	4
T-Bone Steak & Eggs w/ hash browns (add egg and bread choices)	18 oz	710	45	410	0	16	110	1820	16	1	51	1
The Grand Slamwich® w/ hash browns	19 oz	1260	79	710	1	26	575	3300	87	4	51	10
Ultimate Omelette® w/ hash browns (add bread choice)	17 oz	820	65	580	0.5	20	765	1570	20	2	36	3

Buttermilk Pancakes

Banana Pecan Pancake Breakfast	15 oz	570	16	140	0	3	50	1480	83	8	28	31
Blueberry Pancake Breakfast (add hash brown, egg & meat choices)	9 oz	460	11	100	0	3.5	60	1390	80	3	10	22
Cranberry Orange Pancake Breakfast (add hash brown, egg & meat choices)	12 oz	710	10	90	0	4	65	1430	144	4	11	82
Peanut Butter Cream Pancake Breakfast (add hash brown, egg & meat choices)	13 oz	1000	49	440	0	15	60	1610	124	5	20	58
Salted Caramel & Banana Cream Pancake Breakfast (add hash brown, egg & meat choices)	18 oz	920	24	210	0	14	75	1610	164	6	15	79
Sticky Bun Pancake Breakfast (add hash brown, egg & meat choices)	11 oz	680	16	150	0	5	65	1520	124	3	11	62

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 sl	210	16	150	0	6	45	700	2	0	14	1
Buttermilk Biscuits	2 pc	470	26	230	0	13	0	1320	54	2	8	4
Cheddar Cheese Hash Browns	5 oz	250	18	160	0	6	20	480	15	1	6	1
Eggs, Boiled (1)	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Eggs, Fried / Basted (1)	2 oz	90	8	70	0	2	165	100	0	0	6	0
Eggs, Scrambled (1)	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
Egg Whites (1)	2 oz	30	0	0	0	0	0	110	1	0	7	0
English Muffin w/o margarine / w/ margarine	1 ea	110 / 160	0.5 / 6	5 / 50	0	0 / 1	0	200 / 250	22	1	4	1
Everything Hash Browns	9 oz	310	21	180	0	7	20	690	24	2	7	3
Gluten Free English Muffin w/o margarine / w/ margarine	1 ea	180 / 270	1.5 / 6	15 / 50	0	0 / 0.5	0	500 / 540	36	1	4	7
Grilled Ham Slice	3 oz	90	3	30	0	1	20	790	1	0	15	1
Grits w/ margarine	4 oz	100	4.5	40	0	1	0	35	14	1	1	0
Hash Browns	1 serv	170	12	100	0	2	0	360	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 sl	190	13	120	0	6	25	550	0	0	15	2
Oatmeal w/ milk & brown sugar	10 oz	240	2	15	0	1	5	45	45	4	7	16
Premium Chicken Apple Sausage	1 link	130	6	60	0	2	45	490	3	1	13	1
Red-Skinned Potatoes	4 oz	200	9	80	0	1.5	0	1290	27	3	4	0
Sausage Links	4 links	320	31	280	0	11	60	600	3	2	9	0
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Toast, Wheat, w/o margarine / w/ margarine	2 sl	150 / 230	2 / 11	15 / 100	0	0 / 1.5	0	310 / 400	29	2	6	2
Toast, White, w/o margarine / w/ margarine	2 sl	160 / 240	1.5 / 10	15 / 90	0	0 / 2	0	320 / 400	31	0	5	2
Tortillas, Flour (3)	3 oz	260	8	70	0	3.5	0	660	40	5	7	3
Turkey Bacon Strips	4 sl	110	7	60	0	2	60	660	1	0	12	1
Yogurt	4 oz	120	1.5	10	0	1	10	100	19	0	6	18

Skillets	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	20 oz	870	39	350	0.5	8	145	2710	67	6	65	32
Crazy Spicy Skillet (add optional egg choice)	18 oz	860	56	500	0.5	19	145	3310	42	5	50	7
Fit Fare® Veggie Skillet	17 oz	380	16	140	0	3	0	2030	40	7	21	5
Santa Fe Skillet (add egg choice)	9 oz	530	37	340	0	12	45	1990	33	4	16	2
Smoky Gouda Chicken & Broccoli Skillet	20 oz	810	36	330	0	12	145	1970	62	8	60	8
Smoky Gouda Prime Rib & Broccoli Skillet	19 oz	840	45	400	0.5	15	105	2280	66	8	44	8
Steak Skewer & Eggs Skillet (add egg choice)	12 oz	550	30	270	0	7	70	2660	39	4	31	9
Supreme Skillet (add egg choice)	10 oz	560	42	380	0	13	50	1890	34	5	15	3
Wild Alaska Salmon Skillet	17 oz	690	43	390	0.5	9	115	2850	34	6	39	3

Appetizers

Bacon Cheddar Tots w/ sour cream	10 pcs	580	34	300	0.5	13	70	1600	54	4	18	6
Build Your Own Sampler™: Bacon Cheddar Tots (add sauce choice)	6 pcs	300	15	140	0	5	25	950	31	2	10	3
Cheese Quesadilla (add sauce choice)	1 ea	630	39	350	0	19	65	1230	45	5	24	3
Chicken Strips (add sauce choice)	2 ea	240	8	80	0	1.5	40	610	26	1	17	0
Chips & Queso (add sauce choice)	1 serv	670	39	340	1	11	35	740	69	4	14	2
Mozzarella Cheese Sticks (add sauce choice)	4 ea	280	11	100	0	6	40	1230	30	1	16	2
Onion Rings (add sauce choice)	13 pcs	850	47	420	0	8	0	1660	96	7	10	11
Chicken & Sausage Quesadilla w/ ranch dressing	16 oz	1140	82	740	1	28	140	3110	58	7	47	9
Chicken Strips w/ Buffalo Sauce (add dipping sauce)	11 oz	700	30	270	0	5	105	3130	68	4	43	1
Chicken Strips w/ Sweet & Tangy BBO Sauce (add dipping sauce)	12 oz	760	21	190	0	4	105	2180	106	4	43	37
Loaded Bacon Cheddar Tots	10 pcs	850	55	490	1	25	130	2610	59	5	31	8
Mozzarella Cheese Sticks (add sauce choice)	8 oz	560	22	200	0.5	13	75	2460	60	2	32	4
Zesty Nachos - Half Size / Full Size	17 / 29 oz	960 / 1840	59 / 113	530 / 1010	1.5 / 3.5	20 / 36	85 / 155	1920 / 3560	83 / 160	8 / 15	28 / 50	9 / 14

Soups, Salads & Sides

Avocado Chicken Caesar Salad	15 oz	730	59	530	0.5	14	120	1410	10	6	43	3
Bacon Cheddar Tots	6 pcs	300	15	140	0	5	25	950	31	2	10	3
Bacon Strips	2 sl	100	8	70	0	2	20	350	1	0	7	1
Broccoli & Cheddar Soup - bowl / cup	12 / 8 oz	240 / 160	16 / 11	150 / 100	0	9 / 6	40 / 25	1420 / 950	16 / 11	2	11 / 7	6 / 4
Caesar Salad	6 oz	280	22	200	0	5	15	590	15	3	6	3
Chicken Noodle Soup - bowl / cup	12 / 8 oz	230 / 150	8 / 5	70 / 45	0	3 / 2	65 / 45	1140 / 760	27 / 18	1	11 / 8	3 / 2
Clam Chowder - bowl / cup	12 / 8 oz	310 / 210	18 / 12	160 / 110	2.5 / 1.5	6 / 4	35 / 25	1980 / 1320	31 / 21	0	8 / 5	2
Cranberry Apple Chicken Salad w/ balsamic vinaigrette	14 oz	570	21	190	0	4	75	1010	66	5	32	57
Dippable Veggies w/ ranch dressing	5 oz	220	21	190	0	4	10	350	7	2	1	4
French Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Fried Chicken Strips Cobb Salad (add dressing)	15 oz	790	42	380	0	14	320	1560	57	6	48	4
Garden Salad (add dressing)	7 oz	170	9	80	0	4.5	20	330	16	2	8	4
Grilled Chicken Cobb Salad (add dressing)	14 oz	620	39	350	0	14	330	970	18	5	51	5
Hash Browns	1 serv	170	12	100	0	2	0	360	15	1	1	1
Honey Jalapeño Bacon Strips	2 sl	190	13	120	0	6	25	550	0	0	15	2
Loaded Baked Potato Soup - bowl / cup	12 / 8 oz	470 / 360	31 / 24	280 / 220	0	13 / 10	70 / 60	1770 / 1250	36 / 25	2 / 1	12 / 10	5 / 4
Onion Rings	6 pcs	390	22	200	0	3.5	0	760	44	3	5	5
Prime Rib Cobb Salad (add dressing)	12 oz	560	38	340	0	14	290	1080	20	5	35	5
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Seasoned Fries	5.5 oz	530	33	300	0	6	0	1310	56	5	3	0
Vegetable Beef Soup - bowl / cup	12 / 8 oz	310 / 200	16 / 11	150 / 100	0	3 / 2	30 / 20	3420 / 2280	40 / 27	3 / 2	16 / 11	4 / 3

Sandwiches & Diner Melts

Cali Club Sandwich (add side choice)	13 oz	820	48	430	0	13	100	2060	55	7	43	12
Chicken Bacon Classic (add side choice)	13 oz	720	37	330	0.5	12	120	2930	49	4	51	11
Chicken Philly Melt (add side choice)	12 oz	760	40	360	0	15	105	1520	57	3	45	6
Club Sandwich (add side choice)	14 oz	830	39	350	0	8	90	2200	74	8	47	15
Moons Over My Hammy® (add side choice)	12 oz	800	51	450	1	18	560	2220	42	1	43	3
Pot Roast Melt (add side choice)	14 oz	900	48	430	1	16	155	2260	54	5	63	10
Prime Rib Philly Melt (add side choice)	14 oz	910	52	470	0.5	19	120	2120	62	3	50	7
The Grand Slamwich® (add side choice)	15 oz	1090	68	610	1	24	575	2940	72	2	49	9
The Super Bird® (add side choice)	10 oz	620	31	270	0	10	100	1800	43	2	40	5

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 side choice)	14 oz	1010	68	620	2	23	165	1940	50	5	50	11
Bacon Gouda Burger (add side choice)	18 oz	1100	71	640	2	28	200	2840	55	4	62	15
Bourbon Bacon Burger (add side choice)	15 oz	940	53	470	2	21	165	2180	65	4	51	19
Double Cheeseburger (add cheese and side choice)	16 oz	990	59	530	3.5	25	235	2180	46	3	67	10
Honey Jalapeño Bacon Sriracha Burger (add side choice)	15 oz	1010	63	570	2	24	170	2740	53	4	58	16
Slamburger™ (add egg choice and side choice)	12 oz	860	51	460	2	19	155	1830	52	3	47	9

Build Your Own Burger

100% Beef Patty	1	360	26	230	1.5	12	120	830	0	0	29	0
Grilled Seasoned Chicken Breast	1	200	9	80	0	2.5	75	1780	1	0	29	0
Veggie Patty	1	170	3	25	0	0	0	490	19	5	17	4
Brioche Bun	1	260	7	70	0	1.5	0	350	42	2	8	8
Cheddar Bun	1	280	6	50	0	2	5	490	47	2	9	7
Whole Wheat Bun	1	190	1	10	0	0.5	0	350	36	3	8	8
American Cheese	1 sl	80	7	60	0	4	20	390	1	0	4	1
Cheddar Cheese	1 sl	80	6	60	0	3.5	20	120	0	0	5	0
Swiss Cheese	1 sl	80	6	60	0	4	20	45	0	0	6	0
Bacon Strips	2 sl	100	8	70	0	2	20	350	1	0	7	1
Bourbon Sauce	1 oz	100	0	5	0	0	0	300	25	0	0	22
Sweet & Tangy BBQ Sauce	1 oz	70	0	0	0	0	0	310	20	0	0	19
Caramelized Onions	1 oz	70	7	60	0	1	0	210	2	1	0	1
Fresh Avocado	1 serv	45	4	35	0	0.5	0	0	2	2	1	0
Lettuce	1 oz	5	0	0	0	0	0	5	1	0	0	0
Mayo	0.5 oz	100	11	100	0	2	5	75	0	0	0	0
Pickles	4 sl	0	0	0	0	0	0	170	0	0	0	0
Red Onions	3 rings	5	0	0	0	0	0	0	2	0	0	1
Sautéed Mushrooms	1 oz	50	6	50	0	1	0	55	1	0	1	0
Sliced Jalapeños	1 oz	5	0	0	0	0	0	440	1	0	0	1
Tomato	2 sl	5	0	0	0	0	0	0	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 (add bread)	20 oz	990	48	440	0	17	140	1880	86	5	48	9
Chicken Strips (add bread, side and sauce choices)	7 oz	490	17	150	0	3	85	1230	53	2	34	0
Country-Fried Steak w/ gravy (add bread and side choices)	10 oz	560	34	310	1.5	13	105	1620	35	1	28	2
Sirloin Steak (add bread and side choices)	8 oz	330	14	130	0	4	120	1330	2	0	45	0
Slow-Cooked Pot Roast	19 oz	720	29	260	0	8	120	2250	61	4	52	5
T-Bone Steak & Shrimp (add bread and side choices)	18 oz	800	43	390	0	16	190	2880	32	3	61	13
T-Bone Steak (add bread and side choices)	13 oz	540	34	300	0	13	110	1460	0	0	49	0
Tilapia Ranchero (add bread and side choices)	9 oz	320	13	120	0	3	90	1990	7	3	43	2

Dinner Sides

Broccoli	3 oz	25	0	0	0	0	0	210	4	2	2	1
Caesar Salad	6 oz	280	22	200	0	5	15	590	15	3	6	3
Cheddar Mashed Potatoes	1 serv	200	11	100	0	6	25	570	17	1	7	1
Dippable Veggies w/ ranch dressing	5 oz	220	21	190	0	4	10	350	7	2	1	4
French Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Fresh Sautéed Zucchini & Squash	3 oz	70	6	50	0	1	0	440	3	1	1	2
Fresh Steamed Zucchini & Squash	3 oz	15	0	0	0	0	0	390	3	1	1	2
Garden Salad (add dressing choice)	7 oz	170	9	80	0	4.5	20	330	16	2	8	4
Garlic Toast / Dinner Bread	2 pcs	190	7	70	0	2	0	360	25	1	6	2
Golden-Fried Shrimp (add sauce choice)	6 pcs	220	9	80	0	2	80	860	22	2	11	6
Hash Browns	1 serv	170	12	100	0	2	0	360	15	1	1	1
Mashed Potatoes (add gravy choice)	1 serv	120	5	45	0	1.5	5	450	17	1	2	1
Red-Skinned Potatoes	4 oz	200	9	80	0	1.5	0	1290	27	3	4	0
Sweet Petite Corn	5 oz	210	13	120	0	2.5	0	310	20	5	4	8
Whole Grain Rice	5 oz	240	2.5	25	0	0.5	0	360	48	5	6	2

Desserts

Banana Split	21 oz	1160	51	460	0	32	170	500	169	6	18	124
Build Your Own Sundae												
Ice Cream: Chocolate	2 scoops	530	30	270	0	20	115	115	60	3	10	47
Strawberry	2 scoops	470	23	210	0	15	100	170	63	0	7	43
Vanilla	2 scoops	500	30	270	0	20	115	180	53	0	7	43
Topping: Hot Fudge	1 oz	120	3	25	0	2.5	0	105	23	1	2	20
Salted Caramel	1 oz	120	2	15	0	1	5	180	24	0	1	18
Strawberry	1 oz	40	0	0	0	0	0	20	10	1	0	8
Crunch: Chopped Nuts	1 oz	150	13	120	0	1.5	0	0	5	2	6	1
Glazed Pecans	1 oz	160	10	90	0	1.5	0	125	19	1	1	18
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
Caramel Apple Pie Crisp	13 oz	760	26	230	0	15	65	620	126	4	8	87
Chocolate Lava Cake	1 serv	700	34	300	0	20	60	330	85	2	6	65
Milk Shakes: Cake Batter	18 oz	1090	52	470	0	37	160	890	147	0	13	122
Chocolate	16 oz	870	43	390	0	28	160	220	111	0	17	87
Chocolate Peanut Butter	17 oz	1100	66	590	0	32	160	470	112	2	17	90
OREO®	17 oz	1050	56	500	0	32	160	610	125	2	15	90
Peanut Butter Banana	18 oz	1050	66	590	0	32	160	450	100	3	18	78
Strawberry	17 oz	760	34	310	0	22	140	310	110	2	12	80
Vanilla	16 oz	800	43	390	0	28	160	290	97	0	12	84
New York Style Cheesecake Plain or w/ Strawberry Topping & Whipped Cream	5 / 8 oz	500 / 600	34 / 35	300 / 310	1	20	150	370 / 410	42 / 64	1 / 4	9	31 / 49

Condiments

Balsamic Vinaigrette, Low-Fat	1.5 / 3 oz	60 / 130	2 / 4	20 / 35	0	0 / 0.5	0	240 / 490	12 / 24	0	0	11 / 23
Blue Cheese Dressing	1.5 / 3 oz	160 / 320	16 / 33	150 / 290	0	4 / 8	30 / 60	330 / 650	2 / 4	0	2 / 4	1 / 2
Bourbon Sauce	1 oz	100	0	5	0	0	0	300	25	0	0	22
Brown Gravy	1 oz	10	0	0	0	0	0	135	2	0	0	0
Buffalo Sauce	1.5 oz	70	7	60	0	0	0	1180	1	1	0	0
Caesar Dressing	1.5 / 3 oz	250 / 500	26 / 53	240 / 470	0	5 / 10	15 / 25	490 / 990	1 / 2	0	2 / 4	0
Country Gravy	1 oz	20	1.5	10	0	0	0	105	2	0	0	0
Cream Cheese Icing	2 oz	210	3	25	0	1.5	5	65	46	0	0	45
Creamer - Half & Half	10 ml	15	1	10	0	0.5	5	10	1	0	0	0
Creamer - Hazelnut or French Vanilla	11 ml	30	1.5	10	0	1.5	0	0	4	0	0	4
Croutons	0.5 oz	70	2.5	20	0	0	0	200	11	0	2	1
French Dressing	1.5 / 3 oz	130 / 260	8 / 17	70 / 150	0	1.5 / 2.5	5 / 10	430 / 850	2 / 4	0 / 1	0	0
Honey Mustard Dressing	1.5 / 3 oz	180 / 360	15 / 30	130 / 270	0	2 / 4.5	15 / 30	190 / 390	12 / 25	0	0	8 / 15
Italian Dressing, Fat-Free	1.5 / 3 oz	15 / 30	0	0	0	0	0	410 / 820	4 / 8	0	0	3 / 6
Maple-Flavored Syrup	2 oz	220	0	0	0	0	0	40	54	0	0	29
Pico de Gallo	2 oz	15	0	0	0	0	0	75	3	1	1	2
Ranch Dressing	1.5 / 3 oz	200 / 390	21 / 42	190 / 380	0	4 / 8	10 / 20	290 / 580	1 / 2	0	0	0 / 1
Ranch Dressing, Fat-Free	1.5 / 3 oz	35 / 70	0	0	0	0	0	420 / 830	7 / 15	0	0	3 / 6
Sour Cream	1 oz	45	4	40	0	2	15	5	1	0	1	0
Sugar-Free Maple-Flavored Syrup	2 oz	30	0	0	0	0	0	70	11	1	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	160 / 330	16 / 33	150 / 300	0	3 / 6	20 / 45	400 / 810	7 / 15	0	0	4 / 9
Tomato Sauce	1.5 oz	25	1	10	0	0	0	190	3	0	1	2
Whipped Margarine	0.5 oz	40	4.5	40	0	1	0	30	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	290	4.5	40	0	2	25	300	46	0	16	46
Coffee (all)	8 oz	0	0	0	0	0	0	0	0	0	0	0
FUZE® Raspberry Tea	12 oz	110	0	0	0	0	0	55	28	0	0	28
Hot Chocolate	8 oz	190	3	30	0	1.5	5	260	37	0	2	30
Hot Tea / Herbal Tea	8 oz	0	0	0	0	0	0	0	0	0	0	0
Iced Cappuccino	9 oz	200	5	45	0	3	20	115	31	0	8	23
Iced Tea - unsweet / sweet	12 oz	5 / 160	0	0	0	0	0	10	1 / 40	0	0	0 / 39
Juices: Apple	15 oz	210	0	0	0	0	0	10	52	0	1	49
Minute Maid® Orange	15 oz	210	0	0	0	0	0	0	51	0	3	45
Minute Maid® Premium Berry Blend	15 oz	230	0	0	0	0	0	0	56	0	0	54
Ruby Red Grapefruit	15 oz	240	0	0	0	0	0	65	60	0	2	60
Tomato	15 oz	90	0	0	0	0	0	1130	19	2	4	11
Lemonade Iced Tea	12 oz	80	0	0	0	0	0	5	21	0	0	19
Mango Lemonade	15 oz	210	0	0	0	0	0	0	57	0	0	53
2% Milk	15 oz	230	9	80	0	6	35	220	22	0	15	22
Milk Shakes: See Desserts Section												
Minute Maid® Lemonade	12 oz	150	0	0	0	0	0	0	40	0	0	37
Smoothies: Groovy Mango	15 oz	340	0	5	0	0	0	95	86	0	3	78
Strawberry Banana Bliss	15 oz	330	0.5	5	0	0	0	95	82	2	4	68
Soft Drinks	12 oz	0-200	0	0	0	0	0	5-80	0-55	0	0	0-55
Cherry Flavor Shot	1 oz	80	0	0	0	0	0	5	22	0	0	22
Vanilla Flavor Shot	1 oz	80	0	0	0	0	0	5	21	0	0	21
Strawberry Lemonade	12 oz	210	0	0	0	0	0	0	55	0	0	50

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 egg and meat choices)	5 oz	380	19	170	0	10	120	640	43	1	7	1
55+ Club Sandwich w/ French fries	16 oz	1090	58	520	0	12	90	2470	97	10	46	11
55+ Country-Fried Steak w/ gravy (add bread and side choices)	6 oz	350	21	190	0	8	65	1010	22	1	17	1
55+ Fit Fare® Loaded Veggie Omelette	19 oz	400	9	80	0	4.5	20	490	57	6	27	23
55+ French Toast Slam® (add egg and meat choices)	5 oz	320	17	150	0	4	170	510	32	1	10	7
55+ Grilled Cheese Sandwich & Soup (add soup choice)	5 oz	460	28	250	0	11	40	1270	39	1	14	3
55+ Grilled Chicken (add bread and side choices)	5 oz	200	9	80	0	2	75	330	0	0	29	0
55+ Grilled Tilapia (add bread and side choices)	6 oz	260	9	80	0	2.5	90	1910	1	1	41	0
55+ Omelette (add bread and side choices)	9 oz	480	38	340	0	13	525	890	7	1	27	4
55+ Scrambled Eggs & Cheddar Breakfast	14 oz	750	34	310	0.5	13	560	1870	78	2	29	20
55+ Starter™ (calculate egg, meat, side & bread choices)												
55+ Steak Skewer Dinner (add bread and side choices)	6 oz	230	10	90	0	3	70	1200	8	0	26	7



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