

At Denny's, we understand that each guest may have unique concerns about their food choices. That is why we provide the most current allergen information and update this guide periodically.

## PLEASE NOTE:

- We season our grills with vegetable oil from our fryers and with bacon. Vegetable oil includes but is not limited to soybean, canola and cottonseed oils.
- · Our tomato sauce contains pork and chicken.
- · Our bourbon sauce contains beef.
- Our gravies and au jus are made in the traditional method which includes using meat drippings. These include our brown, country and sausage gravies.
- This allergen guide provides an overview of the FDA's top 8 allergens, plus gluten.
- The information in this guide is provided by our ingredient suppliers and pertains only to our main menu. The guide does not include limited time offers, test menus or isolated local menu offerings.
- Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen.
- · This guide pertains to the contiguous United States only.
- We encourage any guest with special dietary needs to speak with the manager of the restaurant they are visiting or to contact us at 1-800-733-6697.



X - Contains this allergen

♦ - May contain this allergen or is processed in a facility or on equipment with this allergen

To designate type of fish or tree nut allergen in food item, the following code will be used in lieu of the "X":

## FISH / SHELLFISH

A = Anchovies

F = Pollock/Whitefish

SM = Salmon

## TREE NUTS

A = Almonds

CO = Coconut

• Designates a variety of nuts are present in food item

ALLERGENS	Egg	Fish	Shellfish	Milk/ Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Bacon Strips					Χ				
Bacon, Turkey					Χ				
Beef Patty					Χ				
Beyond Burger® Patty					Χ		CO		
Beverages:									
Apple Juice (including kids)									
Coffee, Regular / Decaffeinated									
FUZE® Raspberry Tea									
Hot Chocolate				Χ					
Lemonade									
Minute Maid® Orange Juice									
Ruby Red Grapefruit									
Soft Drinks									
Tea									
Tomato Juice									
Breads: Bagel								Х	Х
Biscuit	<b>♦</b>			Χ	Χ			Χ	Χ
Brioche Bun					Χ			Χ	Χ
Corn Tortilla Chips	<b>♦</b>			<b>♦</b>	Χ			<b>♦</b>	<b>♦</b>
Crepe (no filling)	Х			Χ	Х			Χ	Χ
Dinner Rolls				Χ				Χ	Χ
English Muffin					Χ			Х	Χ
Gluten Free English Muffin	Χ			Χ	Χ				
Flour Tortilla					Χ			Χ	Χ
French Toast (bread only)					Χ			Χ	Χ
French Toast (batter only)	Χ			Χ	Χ		СО		
Garlic Toast				Χ	Χ			Χ	Χ
Hoagie Roll					Χ			Х	Х
Potato Bread	<b>♦</b>				Χ			Χ	Х
Rye				<b>♦</b>	Χ		<b>♦</b>	Х	Х
7-Grain	<b>♦</b>			<b>♦</b>	Χ		<b>♦</b>	Х	Х
Sourdough	<b>♦</b>			Х	Χ		<b>♦</b>	Х	Х
Split Top Bun (also Kids)					Χ			Χ	Х
Texas Toast					Х			Х	Х
Wheat				Χ	Х		<b>♦</b>	Х	Х
White				Х	Х		<b>♦</b>	Х	Х
Cereal: Grits (no butter blend)								<b>♦</b>	<b>♦</b>
Oatmeal								<b>♦</b>	<b>♦</b>

ALLERGENS	Egg	Fish	Shellfish	Milk/ Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Cheese:									
Aged White Cheddar				Χ					
American				Χ	Χ				
Cream Cheese				Χ					
Shredded Cheddar				Χ					
Swiss				Χ					
Chicken: Breast, Fried	<b>♦</b>			Χ	Χ			Χ	Χ
Breast, Grilled					Χ				
Tenders	<b>♦</b>			<b>♦</b>	Χ			Χ	Χ
Wings, Bone-In (no sauce)	<b>♦</b>	<b>♦</b>		<b>♦</b>	Χ			<b>♦</b>	<b>♦</b>
Wings, Boneless (no sauce)	<b>♦</b>			<b>♦</b>	Χ			Χ	Χ
Chorizo					<b>♦</b>				
Condiments: Honey									
Jams & Jellies, Fruit Flavors									
Ketchup									
Mayonnaise, Regular	Х				Х				
Mayonnaise, Sun-Dried Tomato	Х				Х				
Mustard	7.				7.				
Crackers, Goldfish®					Х			Χ	Х
Crackers, Saltine				Х	X			X	X
Cream Cheese Icing				X	X			Λ	Α
Creamers: Half & Half				X	Λ				
Vanilla / Hazelnut				X					
Croutons				X			<b>♦</b>	Х	Х
Desserts:							*	Λ	Λ.
Apple Pie Crisp (no ice cream)				Х	Х		Α	Х	Х
Cheesecake	Х			X	X	<b>♦</b>	A ♦	X	X
Coconut Pie	^			X	X	<b>V</b>	CO	X	X
Cookies & Cream Pie				X	X		СО	X	X
French Silk Pie				X	X		CO	X	
	V			^					X
Lemon Meringue Pie	X				X			X	X
Peanut Butter Silk Pie	V			X	X	X		X	X
Signature Skookie (no ice cream)	Х			Χ	X			X	Х
Dressings:					v				
Balsamic Vinaigrette, Low-Fat					Х				
Blue Cheese	X			Х	X				
French					Х				
Honey Mustard									
Italian, Fat-Free					Χ				
Oil, Salad					Χ				
Ranch	Χ			Χ	Χ				
Thousand Island	Χ				Χ				

ALLERGENS	Egg	Fish	Shellfish	Milk/ Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Egg, Boiled	Χ								
Egg, Whites	Χ				Χ				
Egg, Whole / Liquid	Χ				Χ				
Fish: Battered Fish Fillets (Pollock)	<b>♦</b>	F		Χ	Χ			Χ	Χ
Salmon		SM		Χ	Χ				
Fryer Oil					Χ				
Gravies: Brown				Χ	Χ			Χ	Х
Country				Х	Χ			Х	Х
Country Sausage				Χ	Χ			Χ	Χ
Ham: Shaved					<b>♦</b>				
Sliced					<b>♦</b>				
Ice Cream:									
Chocolate / Strawberry / Vanilla	<b>♦</b>			Χ	<b>♦</b>	<b>♦</b>	<b>♦</b>	<b>♦</b>	<b>♦</b>
Kraft® Macaroni & Cheese (kids)				Х				Х	Х
Margarine: Liquid					Χ				
Whipped Butter Blend				Х	Χ				
Milk: 2%				Χ					
Buttermilk				Χ					
Chocolate, Reduced Fat				Χ					
Meatballs				Χ	Х			Х	Х
Mozzarella Cheese Sticks	<b>♦</b>			Χ	Χ			Χ	Х
Nacho Meat									
Onion Rings	<b>♦</b>	<b>♦</b>		Χ	Χ			Χ	Х
Pancake Puppies,® Double Chocolate	<b>♦</b>			Χ	Χ			Х	Х
Pancakes, Buttermilk	Χ			Χ	Χ			Χ	Х
Pancakes, Hearty 9-Grain	Χ			Х	Χ			Х	Х
Pot Roast				Χ	Χ			Χ	Х
Potatoes: Bacon Cheddar Tots	<b>♦</b>			Х	Х			Х	Х
Baked (no toppings)									
Fries, Wavy-Cut	<b>♦</b>			<b>♦</b>	Χ			<b>♦</b>	<b>♦</b>
Fries, Seasoned	<b>♦</b>			<b>♦</b>	Χ			Χ	Х
Hash Browns					Χ				
Mashed Potatoes, Red-Skinned				Χ	Χ				
Red Skinned	<b>♦</b>			<b>♦</b>	Х			<b>♦</b>	<b>♦</b>
Potato Stix									
Prime Rib					Х				
Sauces & Spreads:									
Alfredo Sauce				Х	Х				
Au Jus					Χ			Χ	Х
BBQ					Х				
Bourbon Sauce					Х			Х	Х
Buffalo Sauce				Х	Х				

Ditret   Suice	ALLERGENS	Egg	Fish	Shellfish	Milk/ Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
S-Pepper Sauce	Butter				Х					
Claze, Honey Buttermilk	Diner Q Sauce	Χ				Χ				
Helinz 57	5- Pepper Sauce									
Hollandaise	Glaze, Honey Buttermilk				Χ					
Hot Pepper Sauce. Sireen Hot Pepper Sauce. Red Nashville Hot Sauce X Pepper Jack Queso X Salsa Sea Salt Caramel X Spread, Garlic and Herb X X X Spread, Sarlic Caramel X Sussage Circlining X Sausage Circlining X Sussage Circlining X Sussage Circlining X Sussage Circlinine X X X CO X X Co X X Co X X Sussage Circlinine X X X X X Sussage Circlinine X X X X X X Sussage Circlinine X X X X X X Sussage Circlinine X X X X X X X X X X X X X X X X X X X	Heinz 57					Χ				Χ
Hot Pepper Sauce Red	Hollandaise	Χ	Α		Χ	Χ		СО	Χ	Χ
Nashville Hot Sauce	Hot Pepper Sauce: Green									
Pepper Jack Queso	Hot Pepper Sauce: Red									
Salsa	Nashville Hot Sauce				Χ					
Sea Salt Caramel	Pepper Jack Queso				Х					
Spread, Garlic and Herb	Salsa									
Spread, Sweet Grilling	Sea Salt Caramel				Х					
Tartar Sauce	Spread, Garlic and Herb				Χ	Χ				
X	Spread, Sweet Grilling					Х				
Worcestershire Sauce  Sausage: Crumble  X Sausage: Crumble  X Susage Links  Seasonings:  Denny's Signature  Sea Salt & Pepper  X Smoothies, Fruit Flavors  X Soups: Chicken Noodle  X X X X X X X X X X X X X X X X X X	Tartar Sauce	Χ				Χ				
Sausage: Crumble  Sausage Links  Seasonings:  Denny's Signature  Sea Salt & Pepper  Sausage: Crumble  Sea Salt & Pepper  Sausage: Crumble  Suppose: Chicken Noodle  X  X  Soups: Chicken Noodle  X  X  X  X  X  X  X  X  X  X  X  X  X	Tomato Sauce				Х	Х			Х	Х
Sausage Links         X           Seasonings:         Company's Signature           Sea Salt & Pepper         X           Smoothies, Fruit Flavors         X           Soups: Chicken Noodle         X <td>Worcestershire Sauce</td> <td></td> <td>Α</td> <td></td> <td></td> <td>Χ</td> <td></td> <td></td> <td></td> <td></td>	Worcestershire Sauce		Α			Χ				
Seasonings: Denny's Signature Sea Salt & Pepper X Smoothies, Fruit Flavors X Soups: Chicken Noodle X X X CO X X Chili X X X X X X X X X X X X X X X X X X	Sausage: Crumble					Х				
Seasonings: Denny's Signature   Sea Salt & Pepper X   Smoothies, Fruit Flavors X   Soups: Chicken Noodle X X X X X   Chili X X X X X X   Loaded Baked Potato X X X X X X X   Vegetable Beef X	Sausage Links					Χ				
Denny's Signature  Sea Salt & Pepper  X  Smoothies, Fruit Flavors  X  Soups: Chicken Noodle  X  X  X  CO  X  X  Chili  X  X  X  X  X  X  X  X  X  X  X  X  X										
Sea Salt & Pepper  Smoothies, Fruit Flavors  X  Soups: Chicken Noodle  X  X  X  CO  X  X  Chili  X  X  X  X  X  X  X  X  X  Vegetable Beef  X  X  X  X  Sour Cream  X  Spaghetti Noodles  X  Steak: Country-Fried  X  Steak: Country-Fried  X  Sirloin  T-Bone  X  Sugar Substitutes:  Equal / Splenda / Sweet & Low  Syrup: Cane Sugar  Chocolate  Pancake Syrup  Pancake Syrup  Pancake Syrup, Sugar-Free										
Soups: Chicken Noodle						Х				
Chili         X <td>Smoothies, Fruit Flavors</td> <td></td> <td></td> <td></td> <td>Χ</td> <td></td> <td></td> <td></td> <td></td> <td></td>	Smoothies, Fruit Flavors				Χ					
Loaded Baked Potato         X	Soups: Chicken Noodle	Х			Х	Х		СО	Х	Х
Vegetable Beef         X         X         X           Sour Cream         X         X         X           Spaghetti Noodles         X         X         X           Steak: Country-Fried         X         X         X           Sirloin         X         X         X           T-Bone         X         X         X           Sugar Substitutes:         Equal / Splenda / Sweet & Low         Y         Y           Syrup: Cane Sugar         Chocolate         Pancake Syrup         Pancake Syrup, Sugar-Free	Chili				Χ	Χ			Χ	Χ
Sour Cream  Spaghetti Noodles  X X X  Steak: Country-Fried X ♦ X X X  Sirloin  T-Bone  X X  Sugar Substitutes:  Equal / Splenda / Sweet & Low  Syrup: Cane Sugar  Chocolate  Pancake Syrup  Pancake Syrup, Sugar-Free	Loaded Baked Potato				Х	Х			Х	Х
Spaghetti Noodles     X     X       Steak: Country-Fried     X     ♦     X     X       Sirloin     X     X       T-Bone     X     Sugar Substitutes:       Equal / Splenda / Sweet & Low     Syrup: Cane Sugar     Syrup: Cane Sugar       Chocolate     Pancake Syrup     Syrup: Cane Syrup       Pancake Syrup     Syrup: Cane Syrup     Syrup: Cane Syrup	Vegetable Beef				Χ	Χ			Χ	Χ
Steak: Country-Fried X ♦ X X   Sirloin X X   T-Bone X X   Sugar Substitutes: X Sugar Substitutes: Sugar Substitutes:<	Sour Cream				Х					
Sirloin X T-Bone X Sugar Substitutes: Equal / Splenda / Sweet & Low Syrup: Cane Sugar Chocolate Pancake Syrup Pancake Syrup. Sugar-Free	Spaghetti Noodles								Χ	Χ
T-Bone X Sugar Substitutes:  Equal / Splenda / Sweet & Low Syrup: Cane Sugar Chocolate Pancake Syrup Pancake Syrup. Sugar-Free	Steak: Country-Fried	Х	<b>♦</b>		<b>♦</b>	Х			Х	Х
Sugar Substitutes:  Equal / Splenda / Sweet & Low  Syrup: Cane Sugar  Chocolate  Pancake Syrup  Pancake Syrup, Sugar-Free	Sirloin					Χ				
Equal / Splenda / Sweet & Low  Syrup: Cane Sugar  Chocolate  Pancake Syrup  Pancake Syrup, Sugar-Free	T-Bone					Х				
Syrup: Cane Sugar       Chocolate       Pancake Syrup       Pancake Syrup, Sugar-Free	Sugar Substitutes:									
Syrup: Cane Sugar       Chocolate       Pancake Syrup       Pancake Syrup, Sugar-Free	Equal / Splenda / Sweet & Low									
Chocolate Pancake Syrup Pancake Syrup, Sugar-Free										
Pancake Syrup, Sugar-Free										
Pancake Syrup, Sugar-Free	Pancake Syrup									

ALLERGENS	Egg	Fish	Shellfish	Milk/ Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Toppings & Mix-Ins:									
Cake Batter Mix-In				Χ			СО		Χ
Chocolate Chips				Χ	Χ				
Cinnamon Crumb	<b>♦</b>			<b>♦</b>	Χ			<b>♦</b>	Χ
Confetti Sprinkles					Χ				
Flaxseed Streusel				Χ				Χ	Χ
Nuts					Χ	Χ	•		
OREO® Cookie Pieces					Χ			Χ	Χ
Peanut Butter					Χ	Χ			
Shortbread	Χ			Χ	<b>♦</b>	<b>♦</b>	CO ♦	Х	Χ
Sugar, Powdered									
Strawberry Sauce (Crepe)				Х					
Strawberry Topping (Cheesecake & Milk Shake)									
Vanilla Cream				Х	Х		СО		
Whipped Cream				Х					
Turkey, Shaved Deli					Х				
Vegetables: Broccoli					Χ				
Corn, Sweet Petite					Х				
Fire-Roasted Bell Peppers & Onions					Х				
Jalapeños, Sliced									
Mushrooms					Χ				
Onions, Caramelized					Χ				
Pickles, Sliced									
Pot Roast Vegetables				Χ	Х			Х	Χ
Zucchini & Squash					Χ				
Vinegar: Red Wine									
Malt									Χ
Whole Grain Rice Blend					Х				Х