



— BY DENNY'S® —

# ALLERGEN GUIDE

The DEN realizes that an ever-increasing number of our guests need to know if certain food ingredients are in our foods to avoid severe, life-threatening allergic reactions. We are providing this information to all of our guests that request it so that they may make informed choices prior to ordering.

Please note: This list is based on information and specifications provided by product vendors, and may not be all inclusive. Please be aware that vendors and product formulations may change. Some locations may use different vendors or local vendors. This list is updated periodically.

■ Contains this allergen

\* May contain this allergen or is processed in a facility or on equipment with this allergen.

The following codes may be used to designate the type of allergen in food item, in lieu of the ■.

A Anchovy (Fish)

CO Coconuts (Tree Nuts)

## ALLERGENS

	Egg	Fish	Shellfis	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Breads:									
Brioche Bun	*				■			■	■
French Toast (Bread only)	*				■			■	■
French Toast (Batter only)	■			■	■		CO		
7-Grain	*			*	■		*	■	■
Burger, Beyond®	*				■		CO		
Cheese:									
American				■	■				
Pepper Jack				■					
Swiss				■					
Cheese Sticks, Mozzarella				■	■			■	■
Cookies:									
Chocolate Chip	■			■	■	*	*	■	■
Oatmeal	■			■	■	*	*	■	■
S'mores	■			■	■	*	*	■	■
Dressings:									
Balsamic Vinaigrette, LF					■				
Ranch, Regular	■			■	■				
Egg:									
Whole/Liquid	■				■			*	*
Whites	■				■			*	*

# ALLERGENS

(cont'd)

	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Fryer Oil					■				
Ice Cream:									
Chocolate	*			■	*	*	*	*	*
Vanilla	*			■	*	*	*	*	*
Margarine/Liquid					■				
Meat, Fish and Poultry:									
Bacon Strips	*				■			*	*
Bacon, Turkey	*				■			*	*
Burger, Beef Patty	*				■			*	*
Chicken Breast, Grilled	*				■			*	*
Chicken Tenders, Breaded				*	■			■	■
Ham	*				*			*	*
Sausage Links (breakfast)	*				■			*	*
Turkey					■				
Milk, 2%				■					
Onion Rings				■	■			■	■
OREO® Pieces					■			■	■
Pancakes	■			■	■			■	■
Pancakes, Hearty 9-Grain	■			■	■			■	■
Potatoes:									
French Fries				*	■			*	*
Sweet Potato Fries				*	■			*	*
Potato Rounds				*	■			*	*
Sauces:									
BBQ					■				
BBQ, Creamy	■				■				
Buffalo				■	■				
Chipotle Sauce	■				■				
Honey Mustard	■				■				
Mayo	■				■				
Salted Caramel Sauce				■					
Salsa									
Red Sauce				■	■			■	■
Seasonings:									
Burger & Fry Seasoning					■				
Sweet Grilling Spread					■				
Toppings:									
Chocolate Chips				■	■				
Onion Tanglers®				■	■			■	■
Pancake Syrup									
Pickle Chips									
Pico de Gallo									
Sour Cream				■					
Strawberries, Topping									
Syrup, Chocolate									
Tortilla Threads, Fried				*	■			■	■
Whipped Cream				■					
Tortilla, 12"					■			■	■
Whipped Butter Blend				■	■				
Yogurt, Vanilla				■					

For further nutritional information please go to

**TheDenByDennys.com**

or call our Nutrition Consultant at 800-733-6697.