



F E B R U A R Y 2 0 2 2

allergen guide

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 that they are visiting or to contact us at 1-800-733-6697.

key

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
Cheese:									
Aged White Cheddar				X					
American				X	X				
Cream Cheese				X					
Shredded Cheddar				X					
Swiss				X					
Chicken: Breast, Fried	◇			X	X	◇		X	X
Breast, Grilled					X				
Tenders	◇			◇	X	◇		X	X
Wings, Bone-In (no sauce)	◇	◇		◇	X	◇		◇	◇
Wings, Boneless (no sauce)	◇			◇	X	◇		X	X
Chorizo					◇				
Condiments: Honey									
Jams & Jellies, Fruit Flavors									
Ketchup									
Mayonnaise, Regular	X				X				
Mayonnaise, Sun-Dried Tomato	X				X				
Mustard									
Crackers, Goldfish®				X	X			X	X
Crackers, Saltine					X			X	X
Cream Cheese Icing				X	X				
Creamers: Half & Half				X					
Vanilla / Hazelnut				X					
Croutons				X			◇	X	X
Desserts:									
Apple Pie Crisp (no ice cream)				X	X		A	X	X
Cheesecake	X			X	X	◇	◇	X	X
Coconut Pie				X	X		CO	X	X
Cookies & Cream Pie				X	X		CO	X	X
French Silk Pie				X	X			X	X
Lemon Meringue Pie	X				X			X	X
Peanut Butter Silk Pie				X	X	X		X	X
Signature Panookie (no ice cream)	X			X	X			X	X
Dressings:									
Balsamic Vinaigrette, Low-Fat					X				
Blue Cheese	X			X	X				
French					X				
Honey Mustard	X				X				
Italian, Fat-Free					X				
Oil, Salad					X				
Ranch	X			X	X				
Thousand Island	X				X				

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

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Toppings & Mix-Ins:									
Cake Batter Mix-In				X			CO		X
Chocolate Chips				X	X				
Cinnamon Crumb	◇			◇	X			◇	X
Confetti Sprinkles					X				
Flaxseed Streusel				X				X	X
Nuts					X	X	•		
OREO® Cookie Pieces					X			X	X
Sugar, Powdered									
Strawberry Sauce (Crepe)				X					
Strawberry Topping (Cheesecake & Milk Shake)									
Vanilla Cream				X	X		CO		
Whipped Cream				X					
Turkey, Shaved Deli					X				
Vegetables: Broccoli					X				
Corn, Sweet Petite					X				
Fire-Roasted Bell Peppers & Onions					X				
Jalapeños, Sliced									
Mushrooms					X				
Onions, Caramelized					X				
Pickles, Sliced									
Pot Roast Vegetables				X	X			X	X
Zucchini & Squash					X				
Vinegar: Red Wine									
Malt									X
Whole Grain Rice Blend					X				X