



nutrition guide

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. 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. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.

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	100	8	70	0	3	20	350	1	0	7	1
Buttermilk Biscuit	1	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	80	1	10	0	0	0	230	1	0	13	0
English Muffin w/o margarine / w/ margarine	1	140 / 190	1 / 6	10 / 60	0	0 / 1	0	220 / 270	29	1	5	1
Gluten Free English Muffin w/o margarine / w/ margarine	1	180 / 210	1.5 / 6	15 / 50	0	0 / 0.5	0	500 / 540	36	1	4	7
Grilled Ham Slice	3 oz	120	4	35	0	1.5	40	860	7	0	14	6
Hash Browns	5 oz	180	8	70	0	1.5	0	460	24	1	1	1
Pancakes, Buttermilk w/ margarine	2	450	11	100	0	3.5	60	1390	77	2	10	20
Pancakes, Hearty 9-Grain	2	410	11	100	0	4	40	880	68	5	10	21
Sausage Links	2	150	15	130	0	4.5	40	350	2	1	5	0
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Toast, Sourdough, w/o margarine / w/ margarine	2	210 / 280	3 / 12	30 / 110	0	1 / 2.5	0	380 / 460	37	1	6	2
Toast, Wheat, w/o margarine / w/ margarine	2	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	160 / 240	1.5 / 10	15 / 90	0	0 / 2	0	320 / 400	31	0	5	2
Turkey Bacon Strips	2	70	4	35	0	1	30	330	1	0	7	1

slams

All-American Slam® w/ hash browns (add bread choice)	15 oz	930	69	620	0	25	825	1940	28	2	44	2
Fit Slam®	15 oz	450	12	110	0	2.5	30	860	59	5	27	22
French Toast Slam® (add egg choice)	11 oz	790	52	460	0	16	405	1570	54	3	30	12
Lumberjack Slam® w/ hash browns (add egg & bread choices)	19 oz	1000	45	410	0	14	160	3410	110	4	37	28

pancakes

	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)
Choconana Pancake Breakfast (add hash browns, egg & meat choices)	2	830	25	220	0	13	60	1360	149	9	14	72
Cinnamon Roll Pancake Breakfast w/ cream cheese icing (add hash browns, egg & meat choices)	2	990	23	200	0	10	60	1660	185	4	10	125
Cinnamon Roll Pancakes Breakfast w/ salted caramel (add hash browns, egg & meat choices)	2	970	21	190	0	9	60	1750	185	4	11	121
Double Berry Banana Pancake Breakfast (add hash browns, egg & meat choices)	2	490	7	60	0	2.5	60	1360	97	6	11	32
Hearty 9-Grain Pancake Breakfast (add hash browns, egg & meat choices)	2	410	11	100	0	4	40	880	68	5	10	21

crepes

Berry Vanilla One Crepe Breakfast w/ hash browns (add egg & meat choices)	10 oz	440	20	180	0	6	15	670	60	3	5	23
Berry Vanilla Two Crepe Breakfast w/ hash browns (add egg & meat choices)	16 oz	710	32	290	0	11	30	880	96	5	9	45
Berry Vanilla One Crepe À La Carte	6 oz	270	12	110	0	4.5	15	210	36	2	4	22
Berry Vanilla Two Crepes À La Carte	12 oz	530	24	220	0	9	30	430	73	4	7	44

omelettes

Loaded Veggie Omelette (add hash browns & bread choice)	12 oz	500	38	340	0	12	740	680	9	2	29	4
Mile High Denver Omelette (add hash browns & bread choice)	13 oz	680	49	440	0.5	18	800	2270	15	1	44	9
Philly Cheesesteak Omelette (add hash browns & bread choice)	13 oz	710	53	470	1	18	795	1140	9	1	47	3
Ultimate Omelette® (add hash browns & bread choice)	12 oz	720	59	530	0	19	780	1250	9	1	37	4

build your own omelette

American Cheese	1 sl	80	7	60	0	4	20	390	1	0	4	1
Bacon	2 sl	100	8	70	0	3	20	350	1	0	7	1
Caramelized Onions	1 oz	70	7	60	0	1	0	210	2	1	0	1
Cheddar Cheese	1 oz	80	6	60	0	3.5	20	120	0	0	5	0
Chorizo Sausage	3 oz	330	27	240	0	10	75	830	4	0	17	0
Fire-Roasted Bell Peppers & Onions	2 oz	70	6	60	0	1	0	110	4	1	0	2
Fresh Avocado	1 serv	90	8	70	0	1	0	0	5	4	1	0
Fresh Spinach	0.5 oz	5	0	0	0	0	0	10	0	0	0	0
Ham	3 oz	120	4	35	0	1.5	40	860	7	0	14	6
Jalapeños	1 oz	5	0	0	0	0	0	440	1	0	0	1
Omelette, Egg White, Plain	7 oz	110	1.5	10	0	0	0	340	1	0	20	1
Omelette, Plain	7 oz	340	26	230	0	7	720	540	2	0	21	0
Pepper Jack Queso	2 oz	100	7	70	0	3	15	360	5	0	3	2
Pico de Gallo	2 oz	15	0	0	0	0	0	75	3	1	1	2
Sausage	1.5 oz	180	17	150	0	5	30	330	0	0	6	0
Sautéed Mushrooms	1 oz	50	6	50	0	1	0	55	1	0	1	0
Swiss Cheese	1 sl	80	6	60	0	4	20	45	0	0	6	0
Tomatoes	2 oz	10	0	0	0	0	0	0	2	1	0	1
Turkey Bacon Strips	2 sl	70	4	35	0	1	30	330	1	0	7	1

signature breakfasts

	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)
Chicken Biscuit & Gravy Bowl (add egg choice)	14 oz	1040	62	550	0	22	80	3360	85	4	41	4
Classic Benny Breakfast w/ hash browns	15 oz	730	37	330	0	12	400	2020	64	2	32	9
Country-Fried Steak & Eggs w/ gravy & hash browns (add egg & bread choices)	11 oz	570	33	290	1.5	11	60	1450	51	2	16	2
Moons Over My Hammy® w/ hash browns	17 oz	960	56	500	1	19	560	2650	65	2	44	4
Santa Fe Sizzlin' Skillet (add egg choice)	10 oz	720	55	490	0	18	95	1750	33	3	26	4
Southwestern Benny Breakfast w/ hash browns	17 oz	950	60	540	0	20	435	2100	65	3	36	5
T-Bone Steak & Eggs w/ hash browns (add egg & bread choices)	18 oz	670	38	340	0.5	14	120	1790	24	1	53	1
The Grand Slamwich® w/ hash browns	20 oz	1320	81	720	1	27	595	3410	95	3	52	10

à la carte sides

Bacon Strips	4	210	16	150	0	6	45	700	2	0	14	1
Buttermilk Biscuits	2	470	26	230	0	13	0	1320	54	2	8	4
Cheddar Cheese Hash Browns	5 oz	250	14	130	0	6	20	580	24	1	6	1
Egg, Boiled (1)	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Egg, Fried / Basted (1)	2 oz	90	8	70	0	2	165	100	0	0	6	0
Egg, Scrambled (1)	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
Egg White (1)	2 oz	40	0	0	0	0	0	115	0	0	7	0
English Muffin w/o margarine / w/ margarine	1	140 / 190	1 / 6	10 / 60	0	0 / 1	0	220 / 270	29	1	5	1
Gluten Free English Muffin w/o margarine / w/ margarine	1	180 / 210	1.5 / 6	15 / 50	0	0 / 0.5	0	500 / 540	36	1	4	7
Grilled Ham Slice	3 oz	120	4	35	0	1.5	40	860	7	0	14	6
Hash Browns	5 oz	180	8	70	0	1.5	0	460	24	1	1	1
Red-Skinned Potatoes	4 oz	200	10	90	0	2	0	670	24	3	3	1
Sausage Links	4	310	29	260	0	9	80	700	3	2	10	1
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Stack of Pancakes	2 cakes	450	11	100	0	3.5	60	1390	77	2	10	20
Toast, Sourdough, w/o margarine / w/ margarine	2	210 / 280	3 / 12	30 / 110	0	1 / 2.5	0	380 / 460	37	1	6	2
Toast, Wheat, w/o margarine / w/ margarine	2	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	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)	4	140	8	70	0	2	60	660	2	0	15	2

soups

Chicken Noodle Soup - bowl / cup	12 / 8 oz	390 / 260	15 / 10	130 / 90	0	6 / 4	110 / 75	3880 / 2580	43 / 28	2	21 / 14	5 / 4
Loaded Baked Potato Soup - bowl / cup	12 / 8 oz	440 / 340	29 / 23	260 / 210	0	15 / 11	80 / 60	1650 / 1180	32 / 22	2 / 1	12 / 10	6 / 5
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

salads

Cobb Salad (add dressing choice)	14 oz	480	34	310	0	12	255	610	23	7	22	6
House Salad (add dressing choice)	10 oz	190	9	80	0	4.5	20	340	19	3	9	6
Salad Add-Ons												
Fresh Avocado	1 serv	90	8	70	0	1	0	0	5	4	1	0
Grilled Chicken	5 oz	200	9	80	0	2.5	75	820	1	0	29	0
Premium Chicken Tenders	3	410	24	220	0	3	60	1500	23	2	27	0
Prime Rib	2.5 oz	140	8	70	0	2	25	430	2	0	14	0
Wild Alaska Salmon	7 oz	350	23	210	0	6	115	780	2	0	32	1

starters

	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)
Boneless Chicken Wings w/ BBQ Sauce (add dipping sauce choice)	8	750	36	320	0	5	60	2870	71	5	35	27
Boneless Chicken Wings w/ Buffalo Sauce (add dipping sauce choice)	8	770	52	460	0	8	60	3750	42	5	34	1
Boneless Chicken Wings w/ Nashville Hot Sauce (add dipping sauce choice)	8	720	42	380	0	8	75	3300	52	6	35	8
Build Your Own Sampler™												
Beer-Battered Onion Rings (add sauce choice)	5 oz	400	27	240	0	4.5	0	710	35	3	4	5
Boneless Buffalo Wings (add sauce choice)	4	460	34	300	0	5	30	2550	22	3	17	0
Chips & Queso (add sauce choice)	1 serv	570	34	310	0	9	30	620	57	4	10	3
Mozzarella Cheese Sticks (add sauce choice)	4	280	11	100	0	6	40	1230	30	1	16	2
Premium Chicken Tenders (add sauce choice)	2	270	16	140	0	2	40	1000	15	1	18	0
Seasoned Fries	5.5 oz	490	26	240	0	5	5	1100	57	8	7	1
Wavy-Cut Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Dipping Sauces: See Condiments Section												
Mozzarella Cheese Sticks (add sauce choice)	8	560	22	200	0.5	13	75	2460	60	2	32	4
Premium Chicken Tenders (add sauce choice)	5	680	40	360	0	5	100	2520	38	3	45	0
Strawberry Pancake Puppies®	6 / 10	700 / 1010	27 / 42	240 / 370	0 / 0.5	12 / 18	10 / 10	790 / 1270	108 / 152	2 / 3	5 / 8	73 / 96
Zesty Nachos	25 oz	1660	106	950	1	36	170	3370	170	11	44	15
Half Order	15 oz	870	55	500	0.5	19	95	1820	69	6	25	9

melts & handhelds

Cali Club Sandwich (add side choice)	15 oz	890	55	500	0	14	100	2070	59	10	44	12
Diner Classic Patty Melt (add side choice)	13 oz	1100	70	620	2.5	25	160	1960	73	3	46	11
Nashville Hot Chicken Melt (add side choice)	16 oz	1260	81	730	1	25	150	2910	84	6	50	19
The Big Dipper Melt (add side choice)	17 oz	1140	69	620	1	22	160	2220	63	2	65	11
The Super Bird® (add side choice)	11 oz	680	35	310	0.5	14	120	1830	44	2	46	5

à la carte sides

Beer-Battered Onion Rings	5 oz	400	27	240	0	4.5	0	710	35	3	4	5
Garden Side Salad (add dressing choice)	7 oz	170	9	80	0	4.5	20	340	16	2	8	4
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Seasoned Fries	5.5 oz	490	26	240	0	5	5	1100	57	8	7	1
Wavy-Cut Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0

burgers

Bacon Avocado Cheeseburger (add side choice)	15 oz	1020	69	620	1.5	24	160	1420	54	6	48	11
Double Bacon Avocado Cheeseburger (add side choice)	20 oz	1420	99	890	3	38	285	2000	54	6	79	11
Bourbon Bacon Burger (add side choice)	15 oz	880	50	450	1.5	21	150	1480	62	3	48	21
Double Bourbon Bacon Burger (add side choice)	20 oz	1290	80	720	3	35	280	2050	62	3	79	21
Double Cheeseburger (add cheese & side choices)	15 oz	920	52	470	3	23	215	1260	49	2	61	10
Single Cheeseburger (add cheese & side choices)	12 oz	590	29	260	1.5	13	110	820	49	2	35	10
Flamin' 5-Pepper Burger (add side choice)	15 oz	1000	66	600	1.5	23	160	2060	53	2	47	13
Double Flamin' 5-Pepper Burger (add side choice)	20 oz	1400	97	870	3	38	290	2640	53	3	78	13
Slamburger™ (add egg & side choices)	11 oz	840	47	420	2	20	150	1770	58	1	45	10
Double Slamburger™ (add egg & side choices)	16 oz	1240	77	700	3.5	35	280	2600	59	1	76	10

build your own burger

	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)
100% Beef Patty	1	320	24	210	1.5	11	110	440	0	0	26	0
Aged White Cheddar Cheese	1 sl	80	7	60	0	4	20	135	0	0	5	0
American Cheese	1 sl	80	7	60	0	4	20	390	1	0	4	1
Bacon Strips	2 sl	100	8	70	0	3	20	350	1	0	7	1
BBO Sauce	1 oz	60	0	0	0	0	0	230	15	0	0	14
Beyond Burger® Patty	1	270	19	170	0	6	0	860	7	2	20	0
Bourbon Sauce	1 oz	110	0	5	0	0	0	270	26	0	0	24
Brioche Bun	1	250	5	45	0	2	0	360	44	1	7	8
Caramelized Onions	1 oz	70	7	60	0	1	0	210	2	1	0	1
Diner Q Sauce	1 oz	150	14	130	0	2.5	0	210	6	0	0	6
Fresh Avocado	1 serv	90	8	70	0	1	0	0	5	4	1	0
Fried Chicken Breast	1	410	26	230	0	5	85	1280	18	2	27	0
Grilled Seasoned Chicken Breast	1	200	9	80	0	2.5	75	820	1	0	29	0
Jalapeños	1 oz	5	0	0	0	0	0	440	1	0	0	1
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	10	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
Swiss Cheese	1 sl	80	6	60	0	4	20	45	0	0	6	0
Tomato	2 sl	5	0	0	0	0	0	0	2	0	0	1

dinners

Bourbon Chicken Sizzlin' Skillet	21 oz	840	35	310	0.5	7	145	2920	69	7	65	36
Chicken Addiction Bowl w/ dinner bread	19 oz	870	39	350	1	12	105	2200	84	9	47	8
Country-Fried Steak w/ gravy & dinner bread (add side choices)	14 oz	960	56	500	2.5	21	120	2240	78	3	35	4
Crazy Spicy Sizzlin' Skillet (add optional egg choice)	19 oz	990	66	590	0.5	23	185	3500	43	5	59	9
Mama D's Pot Roast Bowl w/ dinner bread	22 oz	760	32	280	0	11	130	3040	65	5	54	11
Plate Lickin' Chicken Fried Chicken w/ dinner bread (add side choices)	16 oz	1070	62	560	0	14	170	3230	68	6	60	3
Premium Chicken Tenders w/ dinner bread (add side & sauce choices)	10 oz	860	47	430	0	7	100	2860	63	3	51	2
Sirloin Steak w/ dinner bread (add side choices)	10 oz	530	25	220	0	7	125	1420	27	1	49	2
T-Bone Steak w/ dinner bread (add side choices)	13 oz	680	38	340	0.5	14	120	1690	26	1	57	2
Wild Alaska Salmon w/ dinner bread (add side choices)	9 oz	540	31	280	0	8	115	1130	27	1	37	2

dinner sides

Broccoli	4 oz	35	0	0	0	0	0	180	6	3	3	1
Fresh Sautéed Zucchini & Squash	3 oz	70	6	50	0	1	0	220	3	1	1	2
Garlic Toast / Dinner Bread	2 pc	190	7	70	0	2	0	360	25	1	6	2
Red-Skinned Mashed Potatoes (add optional gravy choice)	1 serv	140	6	60	0	4	20	530	18	0	3	3
Red-Skinned Potatoes	4 oz	200	10	90	0	2	0	670	24	3	3	1
Sweet Petite Corn	5 oz	210	13	120	0	2.5	0	280	20	5	4	9
Wavy-Cut Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Whole Grain Rice	5 oz	240	2.5	25	0	0.5	0	360	48	5	6	2

kids' entrées

	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)
Build Your Own Jr. Grand Slam®												
Bacon Strips	2	100	8	70	0	3	20	350	1	0	7	1
Bacon Strip & Sausage Link	1 ea	130	11	100	0	4	30	350	1	1	6	1
Egg, Boiled (1)	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Egg, Fried / Basted (1)	2 oz	90	8	70	0	2	165	100	0	0	6	0
Egg, Scrambled (1)	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
Egg White (1)	2 oz	40	0	0	0	0	0	115	0	0	7	0
Hash Browns	2 oz	90	4	35	0	0.5	0	220	11	1	1	0
Sausage Links	2	150	15	130	0	4.5	40	350	2	1	5	0
Silver Dollar Pancakes	3	190	7	60	0	2	25	550	29	1	4	8
Toast, Sourdough, w/ margarine	1	140	6	50	0	1	0	230	19	1	3	1
Toast, Wheat, w/ margarine	1	120	5	50	0	1	0	200	14	1	3	2
Toast, White, w/ margarine	1	120	5	45	0	1	0	200	15	1	3	1
Turkey Bacon Strips	2	70	4	35	0	1	30	330	1	0	7	1
Jr. Birthday Cake Pancakes (add side)	3	330	8	70	0	4	20	570	60	1	5	31
Jr. Cheeseburger (add side)	6 oz	470	25	220	1.5	12	95	1000	34	1	27	5
Jr. Chocolate Chip Pancakes (add side)	3	220	6	50	0	3	20	510	38	2	4	15
Jr. Mac & Cheese (add side)	7 oz	300	9	80	0	2.5	10	650	44	2	10	8
Jr. Premium Chicken Tenders (add dipping sauce & side)	2	270	16	140	0	2	40	1000	15	1	18	0
Add a Chicken Tender	1	140	8	70	0	1	20	500	8	1	9	0

kids' sides

Fresh Banana Slices	1 serv	110	0	0	0	0	0	0	27	3	1	14
Goldfish® Crackers	1 oz	120	4	40	0	1	10	210	17	1	3	0
Grapes	3 oz	60	0	0	0	0	0	0	14	1	1	12
Jr. Garden Salad (add dressing choice)	3 oz	80	2.5	25	0	0	0	210	13	1	2	2
Red-Skinned Mashed Potatoes (add optional gravy choice)	1 serv	140	6	60	0	4	20	530	18	0	3	3
Steamed Broccoli	4 oz	35	0	0	0	0	0	180	6	3	3	1
Sweet Petite Corn	5 oz	210	13	120	0	2.5	0	280	20	5	4	9

kids' desserts

Jr. Ice Cream: Chocolate	4 oz	270	15	130	0	10	60	60	30	0	5	23
Strawberry	4 oz	230	12	100	0	7	50	85	32	0	3	22
Vanilla	4 oz	250	15	130	0	10	60	90	27	0	3	22
Jr. Milk Shake: Cake Batter	12 oz	730	37	330	0	25	120	510	93	0	9	77
Chocolate	12 oz	680	32	290	0	21	120	160	89	0	12	70
OREO® Blender Blaster™	12 oz	760	41	370	0	24	120	430	90	1	11	65
Strawberry	12 oz	550	26	230	0	16	105	200	77	1	9	56
Vanilla	12 oz	620	32	290	0	21	120	220	78	0	9	68

desserts

Caramel Apple Pie Crisp	14 oz	830	27	240	0	15	65	690	142	4	7	100
New York Style Cheesecake Plain	5 oz	490	32	290	1	19	150	370	42	1	9	29
New York Style Cheesecake w/ Strawberry Topping & Whipped Cream	7 oz	560	33	300	1	19	150	370	57	1	9	42
Signature Panookie	9 oz	820	40	360	0	25	140	460	108	0	10	73

drinks & shakes

	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	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 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
Orange	15 oz	210	0	0	0	0	0	0	51	0	3	45
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	12 oz	150	0	0	0	0	0	0	40	0	0	37
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: 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
OREO®	17 oz	1050	56	500	0	32	160	610	125	2	15	90
Strawberry	17 oz	780	34	310	0	22	140	270	114	0	12	86
Vanilla	16 oz	800	43	390	0	28	160	290	97	0	12	84
Smoothies: Mango	15 oz	340	0	5	0	0	0	95	86	0	3	78
Strawberry Banana	15 oz	330	0.5	5	0	0	0	95	82	2	4	68
Tropical Green	15 oz	320	0	5	0	0	0	105	81	2	4	72
Soft Drinks: Barq's Root Beer®	12 oz	200	0	0	0	0	0	80	55	0	0	55
Coca-Cola®	12 oz	180	0	0	0	0	0	40	49	0	0	49
Diet Coke®	12 oz	0	0	0	0	0	0	55	0	0	0	0
Dr Pepper®	12 oz	140	0	0	0	0	0	45	39	0	0	39
Fanta® Orange	12 oz	190	0	0	0	0	0	50	52	0	0	51
Hi-C® Fruit Punch	12 oz	190	0	0	0	0	0	65	52	0	0	50
Sprite®	12 oz	170	0	0	0	0	0	80	47	0	0	47
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

kids' drinks

Appley Ever After® Honest Kids® Organic Juice Box	6 oz	35	0	0	0	0	0	10	9	0	0	8
Chocolate Milk (reduced fat)	10 oz	190	3	30	0	1.5	15	200	31	0	11	31
Hot Chocolate	8 oz	190	3	30	0	1.5	5	260	37	0	2	30
Jr. Mango Smoothie	10 oz	190	0	0	0	0	0	50	50	0	2	46
Jr. Strawberry Banana Smoothie	10 oz	190	0	0	0	0	0	50	48	2	2	37
Lemonade	8 oz	100	0	0	0	0	0	0	26	0	0	24
2% Milk	10 oz	150	6	50	0	4	25	140	15	0	10	15
Orange Juice	10 oz	140	0	0	0	0	0	0	34	0	2	30
Soft Drinks	8 oz	0-120	0	0	0	0	0	25-50	0-33	0	0	0-33

55+ meals

	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+ Country-Fried Steak w/ gravy & dinner bread (add side choices)	8 oz	580	32	290	1.5	12	60	1350	53	2	21	3
55+ Grilled Cheese Sandwich & Soup (add soup choice)	5 oz	440	25	230	0.5	11	40	1250	39	1	14	3
55+ Omelette (add hash browns & bread choice)	9 oz	480	39	350	0	13	525	1050	6	1	27	3
55+ Scrambled Eggs & Cheddar Breakfast	16 oz	1010	58	520	0	21	615	2530	80	3	41	21
55+ Starter™ (add egg, meat & bread choices)	5 oz	180	8	70	0	1.5	0	460	24	1	1	1
55+ Wild Alaska Salmon w/ dinner bread (add side choices)	9 oz	540	31	280	0	8	115	1130	27	1	37	2

condiments

Balsamic Vinaigrette, Low-Fat	1.5 / 3 oz	60 / 130	2 / 4	20 / 35	0	0 / 0.5	0	250 / 500	11 / 23	0	0	11 / 21
BBQ Sauce	1.5 oz	90	0	0	0	0	0	350	23	0	0	20
Blue Cheese Dressing	1.5 / 3 oz	150 / 310	16 / 32	140 / 280	0 / 0.5	3.5 / 7	25 / 50	320 / 640	2 / 3	0	2 / 3	0 / 1
Bourbon Sauce	1 oz	110	0	5	0	0	0	270	26	0	0	24
Brown Gravy	1 oz	10	0	0	0	0	0	130	2	0	0	0
Buffalo Sauce	1.5 oz	110	12	110	0	2	0	1010	1	0	0	0
Country Gravy	1 oz	20	1.5	10	0	0	0	105	2	0	0	0
Cream Cheese Icing	2 oz	220	6	50	0	3.5	10	70	42	0	0	40
Creamer - Hazelnut or French Vanilla	13 ml	30	1	10	0	0.5	0	0	5	0	0	5
Croutons	0.5 oz	70	2.5	20	0	0	0	200	11	0	2	1
Diner Q Sauce	1.5 oz	220	21	190	0	3.5	15	310	9	0	0	8
French Dressing	1.5 / 3 oz	130 / 260	8 / 17	70 / 150	0	1.5 / 2.5	0	430 / 850	14 / 28	0 / 1	0 / 1	8 / 16
Honey Mustard Dressing	1.5 / 3 oz	190 / 370	15 / 31	140 / 280	0	2.5 / 5	15 / 25	200 / 410	12 / 24	0	0 / 1	7 / 15
Italian Dressing, Fat-Free	1.5 / 3 oz	20 / 40	0 / 0.5	0 / 5	0	0	0	410 / 830	4 / 8	0	0	3 / 6
Maple-Flavored Syrup	2 oz	220	0	0	0	0	0	40	54	0	0	29
Maple-Flavored Syrup, Sugar-Free	2 oz	15	0	0	0	0	0	110	6	0	0	0
Nashville Hot Sauce	1.5 oz	70	4.5	40	0	2.5	10	670	9	1	0	6
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
Sour Cream	1 oz	45	4	40	0	2	15	5	1	0	1	0
Thousand Island Dressing	1.5 / 3 oz	180 / 350	16 / 33	150 / 290	0	2.5 / 5	25 / 45	410 / 820	7 / 15	0 / 1	0 / 1	7 / 13
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	1.5	0	35	0	0	0	0



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