ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Butter				Х						
Diner Q Sauce	Х				Χ					
5-Pepper Sauce										
Heinz 57					Χ				Χ	
Hollandaise	Х			Х	Χ		СО	Χ	Χ	
Hot Pepper Sauce: Green										
Hot Pepper Sauce: Red										
Nashville Hot Sauce				Х						
Pepper Jack Queso				Х						
Salsa										
Sea Salt Caramel				Х						
Spread, Garlic and Herb				Х	Χ					
Spread, Sweet Grilling					Χ					
Tartar Sauce	Х				Χ					
Tomato Sauce				Х	Χ			Χ	Χ	
Worcestershire Sauce		Α			Χ					
Sausage: Crumbles					Χ					
Sausage Links					Χ					
Seasonings:										
Denny's Signature										
Sea Salt & Pepper					Χ					
Smoothies, Fruit Flavors				Х						
Soups: Chicken Noodle	Х			Х	Χ		СО	Χ	Χ	
Chili				Х	Χ			Χ	Χ	
Loaded Baked Potato				Х	Χ			Χ	Χ	
Vegetable Beef				Х	Χ			Χ	Χ	
Sour Cream				Х						
Steak: Country-Fried	X	♦		♦	Χ	♦		Χ	Χ	
Sirloin					Χ					
T-Bone					Χ					
Sugar Substitutes:										
Equal / Splenda / Sweet & Low										
Syrup: Cane Sugar										
Chocolate										
Pancake Syrup										
Pancake Syrup, Sugar-Free										

Vanilla Flavor Shot

ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Toppings & Mix-Ins:										
Chocolate Chips				Х	Χ					
Cinnamon Crumb	♦			♦	Χ			♦	Χ	
Confetti Sprinkles					Χ					
Flaxseed Streusel				Х				Χ	Χ	
OREO® Cookie Pieces					Χ			Χ	Χ	
Sugar, Powdered										
Strawberry Sauce (Crepe)										
Strawberry Topping (Cheesecake & Milk Shake)										
Vanilla Cream				Х	Χ		CO			
Whipped Cream				X						
Turkey, Shaved Deli					Χ					
Vegetables: Corn, Herb Glazed					Χ					
Fire-Roasted Bell Peppers & Onions					Χ					
Jalapeños, Sliced										
Mushrooms					Χ					
Onions, Caramelized					Χ					
Pickles, Sliced										
Pot Roast Vegetables				Х	Χ			Χ	Χ	
Vegetable Medley					Χ					
Vinegar: Red Wine										
Malt									Χ	
Whole Grain Rice Blend					Χ				Χ	

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ALLERGEN GUIDE

MARCH 2023

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 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 9 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	Sesame
Bacon Strips					Χ					
Bacon, Turkey					Χ					
Beef Patty					Х					
Dr. Praeger's® Veggie Patty					Χ					
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: Artisan Bread					Χ			Χ	Χ	
Biscuit	♦			Х	Χ			Χ	Χ	
Brioche Bun					Χ			Χ	Χ	Χ
Corn Tortilla Chips	♦			♦	Χ			♦	♦	
Crepe (no filling)	X			Х	Χ			Χ	Χ	
Dinner Rolls				Χ				Χ	Χ	
English Muffin					Χ			Χ	Χ	
Gluten Free English Muffin	X			X	Χ					
Flour Tortilla					Χ			Χ	Χ	
French Toast (bread only)					Χ			Χ	Χ	♦
French Toast (batter only)	X			Х	Χ		CO			
Garlic Toast				Χ	Χ			Χ	Χ	Χ
Hoagie Roll					Χ			Χ	Χ	Χ
Potato Bread	♦			♦	Χ			Χ	Χ	♦
Rye				♦	Χ		♦	Χ	Χ	♦
7-Grain	♦			♦	Χ		♦	Χ	Х	Χ
Split Top Bun (also Kids)					Χ			Χ	Χ	
White				Χ	Χ		♦	Χ	Х	♦
Cereal: Grits (no butter blend)								♦	♦	
Oatmeal								♦	♦	

Cheese:	ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
American X X Cream Cheese X X Shredded Cheddar X X Swiss X X Chicken: Breast, Fried X X X Breast, Grilled X X X Tenders A X X X Wings, Bone-in (no sauce) A X X X Wings, Boneless (no sauce) A X X X Chorizo A X X X Chorizo B X X X Chorizo B X X X Chorizo B X X X Wings, Boneless (no sauce) B X X X Chorizo X X X X Mayonnaise, Regular X X X X Crackers, Sudifier X X X X X X X X	Cheese:										
Cream Cheese	Aged White Cheddar				Х						
Streeded Cheddar	American				Х	Χ					
Swiss X <td>Cream Cheese</td> <td></td> <td></td> <td></td> <td>Х</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Cream Cheese				Х						
Chicker. Breast, Fried ♦ X	Shredded Cheddar				Х						
Breast, Grilled	Swiss				Х						
Tenders	Chicken: Breast, Fried	♦			Х	Χ	♦		Χ	Χ	
Wings, Bone-In (no sauce)	Breast, Grilled					Χ					
Wings, Boneless (no sauce)	Tenders	♦			♦	Χ	♦		Χ	Χ	
Chorizo ♦ Image: Condiments: Honey Jams & Jellies, Fruit Flavors Ketchup Ketchup Ketchup Mayonnaise, Regular X X Mayonnaise, Sun-Dried Tomato X X Crackers, Goldfish® X X X Crackers, Goldfish® X X X Crackers, Saltine X X X Cream Cheese Icing X X X Vanilla / Hazelnut X X X Vanilla / Hazelnut X X X Croutons X X X X Deserts: X X X X X Apple Pic Crisp (no ice cream) \$ X	Wings, Bone-In (no sauce)	♦	♦		♦	Χ	♦		♦	♦	
Condinents: Honey Jams & Jellies, Fruit Flavors X Ketchup X Mayonnaise, Regular X Mayonnaise, Sun-Dried Tomato X Wustard Totackers, Goldfish® Crackers, Saltine X X X Cream Cheese Icing X X X Creamers: Half & Half X Vanilla / Hazelnut X Croutons X X Desserts: X X Cheesecake X X X Cheesecake X X X X Coconut Pie X X X X X Coconut Pie X X X X X X Cookies & Cream Pie X	Wings, Boneless (no sauce)	♦			♦	Х	♦		Χ	Χ	
Jams & Jellies, Fruit Flavors Ketchup Mayonnaise, Regular X X Mayonnaise, Sun-Dried Tomato X X Crackers, Goldfish® X X X X Crackers, Saltine X X X X Cream Cheese Icing X X X X Creamers: Half & Half X X X X X Vanilla / Hazelnut X X X X X Croutons X X X X X Desserts: Apple Pie Crisp (no ice cream) A X X X X Cheesecake X X X X X X Coconut Pie X X X X X X Cookies & Cream Pie X X X X X X X French Silk Pie X	Chorizo					♦					
Ketchup Mayonnaise, Regular X X Mayonnaise, Sun-Dried Tomato X X Mustard S X X X Crackers, Goldfish® X X X X Craem Cheese leing X X X X Cream Cheese leing X X X X Creamers: Half & Half X X X X Vanilla / Hazelnut X X X X X Croutons X X X X X Desserts: X X X X X X Cheesecake X X X X X X X Coconut Pie X	Condiments: Honey										
Ketchup Mayonnaise, Regular X </td <td>•</td> <td></td>	•										
Myonnaise, Sun-Dried Tomato X X X X X X X X X X X X X X X X X X X											
Myonnaise, Sun-Dried Tomato X X X X X X X X X X X X X X X X X X X	Mayonnaise, Regular	Х				Х					
Mustard Crackers, Goldfish® X </td <td></td>											
Crackers, Saltine X X X Cream Cheese Icing X X X Creamers: Half & Half X											
Creakers, Saltine X X X Cream Cheese Icing X X X Creamers: Half & Half X	Crackers, Goldfish®				Х	Χ			Χ	Χ	
Creamers: Half & Half X Vanilla / Hazelnut X Croutons X X X X Desserts: Apple Pie Crisp (no ice cream) A X A A X <t< td=""><td></td><td></td><td></td><td></td><td></td><td>Χ</td><td></td><td></td><td>Х</td><td>Х</td><td></td></t<>						Χ			Х	Х	
Vanilla / Hazelnut X	Cream Cheese Icing				Х	Χ					
Croutons X ♦ X X Desserts: Apple Pie Crisp (no ice cream) ♦ X ♦ ♦ X X Cheesecake X X X X X X Coonut Pie X X CO X X Cookies & Cream Pie X X CO X X French Silk Pie X X X X X X Lemon Meringue Pie X <	Creamers: Half & Half				Х						
Desserts: Apple Pie Crisp (no ice cream) ♦ X ♦ ♦ X X Cheesecake X X X X X X Coconut Pie X X X CO X X Cookies & Cream Pie X X X X X X French Silk Pie X X X X X X X Lewn Meringue Pie X <td>Vanilla / Hazelnut</td> <td></td> <td></td> <td></td> <td>Х</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Vanilla / Hazelnut				Х						
Apple Pie Crisp (no ice cream) X X X Cheesecake X X X X X Coo, X X Cookies & Cream Pie X X CO X X Coo X X French Silk Pie X X X X X X Lemon Meringue Pie X X X X X X Peanut Butter Silk Pie X X X X X X Dressings: Balsamic Vinaigrette, Low-Fat X X X X X X X X X X X X X	Croutons				Х			♦	Х	Х	
Cheesecake X <td< td=""><td>Desserts:</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	Desserts:										
Cheesecake X <th< td=""><td>Apple Pie Crisp (no ice cream)</td><td>♦</td><td></td><td></td><td>Х</td><td>♦</td><td>◊</td><td>♦</td><td>Χ</td><td>Х</td><td></td></th<>	Apple Pie Crisp (no ice cream)	♦			Х	♦	◊	♦	Χ	Х	
Cookies & Cream Pie X 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 Lava Cookie Skillet ^M (no ice cream) X X X X X Dressings: Balsamic Vinaigrette, Low-Fat X		Х			Х	Χ		♦	Χ	Χ	
French Silk Pie X X X X Lemon Meringue Pie X X X X X Peanut Butter Silk Pie X X X X X Lava Cookie Skillet TM (no ice cream) X X X X X Dressings: Balsamic Vinaigrette, Low-Fat X	Coconut Pie				Х	Х		СО	Χ	Х	
Lemon Meringue Pie X X X X Peanut Butter Silk Pie X X X X X Lava Cookie Skillet ^{IM} (no ice cream) X X X X X X Dressings: Balsamic Vinaigrette, Low-Fat X	Cookies & Cream Pie				Х	Х		СО	Χ	Χ	
Peanut Butter Silk Pie X X X X X X Lava Cookie Skillet™ (no ice cream) X X X X X X X X X X X Dressings: Balsamic Vinaigrette, Low-Fat X	French Silk Pie				Х	Х			Χ	Х	
Lava Cookie Skillet™ (no ice cream) X X X X X Dressings: Balsamic Vinaigrette, Low-Fat X	Lemon Meringue Pie	Χ				Χ			Χ	Χ	
Dressings: Balsamic Vinaigrette, Low-Fat X	Peanut Butter Silk Pie				Х	Х	Χ		Х	Х	
Balsamic Vinaigrette, Low-Fat X	Lava Cookie Skillet™ (no ice cream)	Χ			Х	Χ			Χ	Χ	
	Dressings:										
	•					Χ					
DIDE CHEESE X X X	Blue Cheese	Х			Χ	Х					
French X	French										
Honey Mustard X X	Honey Mustard	Х				Χ					
Italian, Fat-Free X											
Ranch X X X		Х			Χ						
Thousand Island X X	Thousand Island										

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