

## 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)	8 oz	790	45	410	0.5	23	100	2070	64	2	36	3
55+ Omelette w/ hash browns & white toast	16 oz	930	57	510	0.5	16	530	2080	61	2	39	6
55+ Scrambled Eggs & Cheddar Breakfast	17 oz	1040	58	520	0	21	620	2780	80	2	46	21
55+ Starter™ (add egg & meat choices)	7 oz	420	18	160	0	3.5	0	860	54	1	7	2
55+ Wild Alaska Salmon w/ dinner bread (add side choices)	9 oz	540	31	280	0	8	115	1300	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
BBO 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	1.5 oz	150	4	35	0	2.5	5	45	28	0	0	27
Creamer - 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
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



## FOOD ALLERGIES?

Scan the QR code for our allergen guide or see server.

## 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)
<b>Build Your Own Jr. Grand Slam®</b>												
Bacon Strips	2	130	9	80	0	3	30	520	1	0	12	1
Bacon Strip & Sausage Link	1 ea	150	12	110	0	4	30	450	1	0	9	0
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	160	15	140	0	5	30	380	1	0	5	0
Silver Dollar Pancakes	3	190	7	60	0	2	25	550	29	1	4	8
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	5	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
Broccoli	4 oz	35	0	0	0	0	0	180	6	3	3	1
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
Herb Glazed Corn	1 serv	300	18	160	0	3.5	0	280	30	8	6	13
Jr. Garden Salad (add dressing choice)	3 oz	80	2.5	25	0	0	0	210	13	1	2	2
Red Rustic Mashed Potatoes™ (add optional gravy choice)	1 serv	250	11	100	0	7	35	940	32	8	5	5

## 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: 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

Brownie Sundae with OREO® Pieces	10 oz	900	33	290	0	14	60	520	144	1	9	98
Lava Cookie Skillet™	9 oz	820	40	360	0	25	140	460	108	0	10	73
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
Oven-Baked Caramel Apple Pie Crisp	12 oz	740	28	260	0	16	80	380	115	0	7	82

## 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
Coffee, Sweet Cream Cold Brew	8 oz	190	4.5	40	0	3	15	30	38	1	1	30
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: 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	340	0.5	5	0	0	0	105	86	2	4	73
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
Coca-Cola® Zero Sugar	12 oz	0	0	0	0	0	0	45	0	0	0	0
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
Mello Yello	12 oz	190	0	0	0	0	0	55	49	0	0	49
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

Apple Juice	10 oz	140	0	0	0	0	0	5	35	0	0	33
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



# Nutrition Guide

## OCTOBER 2024

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](http://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.

<b>BUILD YOUR OWN GRAND SLAM®</b>	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	130	9	80	0	3	30	520	1	0	12	1
Buttermilk Biscuit	1	230	13	120	0	8	0	520	26	1	3	3
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
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	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	160	15	140	0	5	30	380	1	0	5	0
Seasonal Fruit	6 oz	100	0	5	0	0	0	5	25	3	1	17
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

<b>SIGNATURE SLAMS®</b>	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)
All-American Slam® w/ hash browns & white toast	18 oz	1200	81	720	0	27	820	2550	58	1	55	3
Fit Slam®	15 oz	450	12	110	0	2.5	30	860	59	5	27	22
French Toast Slam® (add egg choice)	9 oz	810	45	410	0	13	145	1650	72	3	29	23
Lumberjack Slam® w/ hash browns & white toast (add egg choice)	21 oz	1260	57	510	0	16	155	4110	136	3	48	25
Original Grand Slam® (add egg choice)	11 oz	740	34	310	0	12	115	2300	79	2	27	21
Berry Stuffed French Toast Slam® (add egg choice)	18 oz	1240	61	540	0.5	23	200	2030	136	6	39	67
Berry Stuffed French Toast À La Carte	16 oz	950	37	330	0.5	15	145	1130	134	6	22	66
Berry Waffle Slam® (add egg choice)	12 oz	1180	68	620	0	32	120	1680	113	6	28	61
Berry Waffles a la carte	2	890	45	400	0	24	60	780	111	6	11	60
Waffle Slam® (add egg choice)	9 oz	1160	72	650	0	33	120	1660	97	4	27	50

## PANCAKES SLAMS®

	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 Slam® (add hash browns, egg & meat choices)	2	840	25	220	0	14	60	1360	149	9	15	74
Cinnamon Roll Pancake Slam® w/ cream cheese icing (add hash browns, egg & meat choices)	2	1100	26	230	0	11	65	1700	207	4	10	145
Double Berry Banana Pancake Slam® (add hash browns, egg & meat choices)	2	490	7	60	0	2.5	60	1360	97	6	11	32
Hearty 9-Grain Pancake Slam® (add hash browns, egg & meat choices)	2	400	11	100	0	4.5	40	870	68	5	10	21

## FRENCH 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 w/ hash browns & white toast	19 oz	920	56	500	0.5	16	740	1540	63	3	36	6
Mile High Denver Omelette w/ hash browns & white toast	19 oz	1090	67	600	1	21	800	3130	69	2	51	12
Moons Over My Hammy® Omelette w/ hash browns & white toast	19 oz	1080	67	600	1	21	800	2760	64	1	52	9
Philly Cheesesteak Omelette w/ hash browns & white toast	21 oz	1130	71	630	1	21	785	2010	63	2	54	5
Ultimate Omelette® w/ hash browns & white toast	21 oz	1150	77	690	0.5	23	785	2190	63	3	46	7

## BUILD YOUR OWN OMELETTE

American Cheese	1 sl	80	7	60	0	4	20	390	1	0	4	1
Bacon	2 sl	130	9	80	0	3	30	520	1	0	12	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)
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 & white toast (add egg choice)	14 oz	810	43	390	1.5	13	60	1850	82	2	22	4
Moons Over My Hammy® w/ hash browns	18 oz	1040	54	490	1	18	560	2960	90	3	47	4
Santa Fe Sizzlin' Skillet (add egg choice)	12 oz	770	58	520	0.5	19	95	1890	38	4	27	4
Sirloin Steak & Eggs w/ hash browns & white toast (add egg choice)	16 oz	770	36	320	0	8	125	1930	56	1	50	3
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 & white toast (add egg choice)	18 oz	910	49	440	1	16	120	2190	55	1	59	3
Grand Slamwich® w/ hash browns	19 oz	1300	77	690	1	26	600	3750	92	3	59	7

## À LA CARTE SIDES

Bacon Strips	4	260	17	150	0	6	55	1040	2	0	25	2
Biscuit & Gravy	5 oz	320	20	180	0	10	10	820	31	1	5	4
Buttermilk Biscuits	2	450	26	230	0	15	0	1040	52	2	6	6
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
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	5 oz	250	13	120	0	2.5	0	800	30	3	4	2
Sausage Links	4	320	30	270	0	10	60	760	2	0	10	0
Seasonal Fruit	6 oz	100	0	5	0	0	0	5	25	3	1	17
Slices of French Toast	2	360	16	140	0	3.5	60	470	47	2	15	8
Stack of Buttermilk Pancakes	2	450	11	100	0	3.5	60	1390	77	2	10	20
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	250	5	50	0	2.5	0	590	42	1	6	0
Turkey Bacon Strips (4)	4	140	8	70	0	2	60	660	2	0	15	2
Waffle	1	450	26	240	0	13	30	390	48	2	5	25

## 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	470 / 360	30 / 24	270 / 210	0	14 / 11	85 / 70	1810 / 1310	35 / 24	0 / 0	14 / 12	7 / 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

Egg-Cellent Grilled Chicken Cobb Salad (add dressing choice)	18 oz	640	40	360	0	13	335	1560	18	7	56	6
Let's Cobb About It Prime Rib Cobb Salad (add dressing choice)	16 oz	570	39	350	0	13	285	1170	19	7	41	6
Mama's Fried Chicken House Salad (add dressing choice)	15 oz	590	33	300	0	8	80	1840	41	5	36	6
Salmon Salad Your Way (add dressing choice)	17 oz	540	33	290	0	10	135	1290	20	4	40	6

## 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/ BBO Sauce (add dipping sauce choice)	8	740	36	320	0	5	60	2850	71	4	34	27
Boneless Chicken Wings w/ Buffalo Sauce (add dipping sauce choice)	8	770	52	460	0	8	60	3730	42	4	34	0
Classic Sampler with dipping sauces												
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	380	26	230	0	4	30	1860	21	2	17	0
Mozzarella Cheese Sticks (add sauce choice)	4	350	16	140	0	6	35	840	35	0	16	3
Wavy-Cut Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Dipping Sauces: See Condiments Section												
Maple Stuffed Donut Holes	6	1140	55	490	0	23	35	1310	152	0	6	85
Maple Stuffed Donut Holes	10	1800	89	790	0.5	37	55	2150	234	0	10	123
Mozzarella Cheese Sticks (add sauce choice)	8	690	32	280	0	13	70	1680	70	0	32	7
Premium Chicken Tenders (add sauce choice)	5	680	40	360	0	5	100	2520	38	3	45	0
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	53	470	0	14	105	2240	58	9	49	12
Crispy Chicken Bacon Ranch Sandwich (add side choice)	20 oz	1240	73	660	0	21	160	3060	88	7	62	8
Smokehouse Melt (add egg & side choice)	14 oz	1190	76	680	0.5	21	145	2670	75	3	53	12
BBO Bacon Chicken Sandwich (add side choice)	14 oz	760	31	270	0	11	120	2230	69	3	55	29
Pot Roast Melt (add side choice)	15 oz	1060	60	540	0	18	160	2120	67	3	63	4
Super Bird® (add side choice)	12 oz	790	33	300	0.5	13	125	2310	68	3	57	6

## 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	100	0	5	0	0	0	5	25	3	1	17
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	1050	70	630	1.5	23	165	1660	53	7	54	11
Double Bacon Avocado Cheeseburger (add side choice)	20 oz	1460	100	900	3	38	290	2230	54	7	85	11
Bourbon Bacon Burger (add side choice)	15 oz	920	51	450	1.5	20	155	1710	62	4	54	21
Double Bourbon Bacon Burger (add side choice)	20 oz	1320	80	720	3	35	280	2050	62	3	79	21
Double Cheeseburger (add cheese & side choices)	15 oz	920	53	470	3	23	215	1320	48	3	62	10
Single Cheeseburger (add cheese & side choices)	12 oz	600	29	260	1.5	13	110	880	48	3	35	10
Flamin' 5-Pepper Burger (add side choice)	15 oz	1030	67	600	1.5	23	165	2300	52	4	53	13
Double Flamin' 5-Pepper Burger (add side choice)	20 oz	1430	98	880	3	38	295	2870	52	4	84	13
Slamburger™ (add egg & side choices)	11 oz	870	48	430	2	20	155	2000	57	2	52	9
Double Slamburger™ (add egg & side choices)	16 oz	1280	78	700	3.5	35	285	2830	58	2	82	10
Dr. Praeger's® Veggie Patty	1	210	9	80	0	1	0	560	25	14	8	1
Grilled Seasoned Chicken Breast	1	200	9	80	0	2.5	75	820	1	0	29	0

## DINNERS

Bourbon Chicken Sizzlin' Skillet	21 oz	840	35	310	0.5	7	145	2920	69	7	65	36
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)	20 oz	1040	69	620	1	23	185	3640	48	5	59	9
Smokehouse Mac 'N' Cheese Skillet	18 oz	990	60	540	0	16	110	2160	110	3	42	21
Oven-Baked Lasagna w/ dinner bread	18 oz	1130	51	460	1	23	135	2290	110	4	56	7
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	1300	27	1	37	2

## DINNER SIDES

Broccoli	4 oz	35	0	0	0	0	0	180	6	3	3	1
Garlic Toast / Dinner Bread	2 pc	190	7	70	0	2	0	360	25	1	6	2
Mac 'N Cheese	4 oz	140	6	60	0	3.5	15	260	14	1	6	1
Red Rustic Mashed Potatoes™ (add optional gravy choice)	1 serv	250	11	100	0	7	35	940	32	8	5	5
Red-Skinned Potatoes	5 oz	250	13	120	0	2.5	0	800	30	3	4	2
Herb Glazed Corn	1 serv	300	18	160	0	3.5	0	280	30	8	6	13
Seasonal Fruit	6 oz	100	0	5	0	0	0	5	25	3	1	17
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