



Nutrition Guide

Limited Time Offer

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.

	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)
2-Egg Breakfast (add egg choice)	7 oz	420	18	160	0	3.5	0	860	54	1	7	2
Everyday Value Slam® (all choices)												
Pancakes, Buttermilk	2	450	11	100	0	3.5	60	1390	77	2	10	20
Slices of French Toast	2	360	16	140	0	3.5	60	470	47	2	15	8
Biscuit & Gravy	5 oz	320	20	180	0	10	10	820	31	1	5	4
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
Bacon Strips	2	130	9	80	0	3	30	520	1	0	12	1
Sausage Links	2	160	15	140	0	5	30	380	1	0	5	0
Grand Slam® Burrito	17 oz	1080	67	600	0.5	22	555	2370	75	4	42	4
Super Slam® (add egg choice)	16 oz	910	42	380	0	13	115	2750	103	3	29	22
The Rise & Slide	16 oz	1040	49	440	0.5	15	540	2580	98	3	48	20
Strawberry Cheesecake Scoop Pancakes	2	1070	41	370	0.5	23	195	1760	157	5	20	74
Biscuit & Gravy Southern Slam® (add egg choice)	12 oz	780	52	460	0	19	65	2170	56	2	24	5
Classic Burger with Fries	13 oz	830	42	280	1.5	12	60	1140	83	7	31	7
One-Piece Chicken Fried Chicken with dinner bread (add side choices)	10 oz	640	35	320	0	8	85	1840	48	3	33	3
Diner Dipper Breakfast Sliders	2	660	27	240	0	10	290	1670	73	2	30	35
BBO Cookout Classic Burger (add side choice)	11 oz	910	54	480	2	21	125	1870	63	2	46	21
make it a double (add side choice)	17 oz	1430	95	850	4	40	250	2920	64	2	84	22
Strawberry Cheesecake Scoop Slam® (add hash browns, egg, and meat choices)	2	1070	41	370	0.5	23	195	1760	157	5	20	74
Salted Caramel Cold Brew Shake	12 oz	800	35	310	0	23	125	530	114	0	9	100