

NUTRITION MENU



WELCOME TO AMERICA'S DINER™

Denny's

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 on specific ingredients, please contact our Nutrition Coordinator at 864-597-7396 or visit Dennys.com.

Abbreviations and/or symbols associated with menu items influence nutrition information. See chart below. 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.

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 sl	70	5	45	0	2	15	230	1	0	5	0
Buttermilk Biscuit	1 pc	200	9	80	0	5	0	580	25	1	3	2
Chicken Sausage Patty (1)	1.5 oz	115	9	80	0	3	45	265	0	0	7	1
Eggs (2)	4 oz	250	21	190	0	5	375	220	1	0	13	0
Egg Whites (2)	4 oz	60	1	5	0	0	0	190	1	0	12	0
English Muffin w/o margarine / w/ margarine	1 pc	140 / 240	1 / 12	10 / 110	0	0 / 2	0	270 / 340	29	1	4	1
Gluten Free English Muffin w/o margarine / w/ margarine	1 pc	170 / 270	2 / 13	18 / 110	0	0 / 2	0	400 / 480	29	1	3	6
Grilled Ham Slice	3 oz	100	4	36	1	4	45	1020	3	0	14	0
Grits w/ margarine	4 oz	115	4	40	0	1	0	25	17	1	2	0
Hash Browns	1 serv	210	16	140	0	3	0	410	15	1	1	1
Hearty Breakfast Sausage	1 ea	350	31	280	0	8	70	840	5	0	14	1
Oatmeal w/ milk & brown sugar	10 oz	240	5	45	0	1.5	5	220	48	3	6	27
Pancakes, Buttermilk w/ margarine	2 cakes	370	8	70	0	2	0	1210	68	2	8	12
Pancakes, Hearty Wheat	2 cakes	310	2	18	0	0	15	950	64	8	10	4
Sausage Links	2 links	160	15	135	0	5	30	325	1	1	5	0
Seasonal Fruit	4 oz	70	0	0	0	0	0	7	18	3	1	7
Slices of Toast w/ margarine	2 sl	270	13	120	0	2	0	110	31	1	5	4
Turkey Bacon Strips	2 sl	55	4	35	0	1	30	330	1	0	6	0
Yogurt	6 oz	160	2	20	0	1	5	85	30	0	5	25

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)
All-American Slam® w/ hash browns (add bread choice)	15 oz	990	83	740	0.5	26	680	1870	20	3	40	2
Belgian Waffle Slam®	13 oz	860	63	630	1	30	567	1290	27	2	31	2
Fit Slam®	15 oz	390	10	90	0	2	30	890	54	6	24	17
French Toast Slam®	11 oz	810	48	430	0	14	370	1620	66	3	31	15
Lumberjack Slam® (add bread choice)	17 oz	1230	76	680	1	20	475	3610	90	5	48	14
Original Grand Slam®	14 oz	840	48	430	0	14	425	2080	71	3	32	13
The Grand Slamwich® w/ hash browns	20 oz	1390	96	860	1	28	510	3320	82	4	47	9

Omelettes

	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)
Fit Fare® Loaded Veggie Omelette w/ egg whites, fruit & English muffin	21 oz	490	16	140	0	7	25	820	59	6	32	20
Ham & Cheese Omelette w/ hash browns (add bread choice)	12 oz	650	48	430	0.5	18	715	1970	7	0	44	1
Loaded Veggie Omelette w/ hash browns (add bread choice)	18 oz	600	43	380	0.5	14	615	930	25	4	28	5
Philly Cheesesteak Omelette w/ hash browns (add bread choice)	15 oz	1170	92	830	1	33	750	2290	28	3	56	6
Ultimate Omelette® w/ hash browns (add bread choice)	17 oz	830	66	600	1	20	630	1550	25	3	32	5

Favorites

	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)
Blueberry Pancake Breakfast w/ scrambled eggs and hash browns (add meat choice)	17 oz	840	44	390	0	10	415	1980	88	4	21	15
Cinnamon Pancake Breakfast w/ hash browns and eggs (add meat choice)	18 oz	990	48	430	0	13	435	2110	117	4	22	43
Country-Fried Steak & Eggs w/ hash browns (add bread choice)	15 oz	980	76	680	2	18	405	1940	42	2	31	2
Fit Fare® Banana Pecan Pancake Breakfast	16 oz	750	13	120	0	3	45	1590	134	11	29	49
Moons Over My Hammy®	17 oz	980	65	580	1	21	480	2560	55	1	43	3
Peanut Butter Cup Pancake Breakfast w/ hash browns & eggs (add meat choice)	21 oz	1510	90	810	0	28	395	2440	147	9	33	64
T-Bone Steak & Eggs w/ hash browns (add bread choice)	22 oz	920	44	390	0	19	180	2010	22	2	110	1

Breakfast Sides

	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 (4)	4 sl	140	11	98	0	4	30	467	1	0	9	1
Buttermilk Biscuits (2)	2 pc	400	18	160	0	10	0	1160	50	2	6	4
Cheddar Cheese Hash Browns	5 oz	300	19	170	0	7	20	780	26	2	8	2
Chicken Sausage Patties (2)	3 oz	230	18	160	0	6	90	530	1	0	15	1
Eggs (each) 2 oz = 1 egg	2 oz	125	11	95	0	3	225	118	0	0	7	0
Egg Whites	4 oz	60	1	5	0	0	0	190	1	0	12	0
English Muffin w/o margarine / w/ margarine	1 pc	140 / 240	1 / 12	10 / 110	0	0 / 2	0	270 / 340	29	1	4	1
Everything Hash Browns w/ onions, Cheddar cheese & country gravy	8 oz	340	21	190	0	8	20	1010	33	2	8	3
Gluten Free English Muffin w/o margarine / w/ margarine	1 pc	170 / 270	2 / 13	18 / 110	0	0 / 2	0	400 / 480	29	1	3	6
Grilled Ham Slice	3 oz	100	4	36	1	4	45	1020	3	0	14	0
Grits w/ margarine	4 oz	115	4	40	0	1	0	25	17	1	2	0
Hash Browns	1 serv	210	16	140	0	3	0	410	15	1	1	1
Hearty Breakfast Sausage	1 ea	350	31	280	0	8	70	840	5	0	14	1
Oatmeal w/ milk & brown sugar	10 oz	240	5	45	0	2	5	220	48	3	6	27
Pancake Puppies®	6 pcs	490	8	72	0	2	0	1020	101	2	6	53
Red-Skinned Potatoes	4 oz	200	9	81	0	2	0	590	27	3	4	0
Sausage Links (4)	3 oz	320	30	270	0	10	60	650	2	2	10	0
Seasonal Fruit	4 oz	70	0	0	0	0	0	7	18	3	1	17
Slices of Toast w/ margarine	2 sl	270	13	120	0	2	0	115	30	2	5	4
Tortillas (3)	3 oz	260	8	70	0	4	0	660	40	5	7	3
Turkey Bacon Strips (4)	4 sl	110	7	70	0	2	60	660	2	0	12	0
Yogurt	6 oz	160	2	20	0	1	5	85	30	0	5	25

Skillets

	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)
Fit Fare® Veggie Skillet	18 oz	340	11	100	0	2	0	1360	43	8	19	8
Hearty Breakfast Skillet	18 oz	1090	85	780	0	25	485	2050	40	4	42	5
Santa Fe Skillet	14 oz	720	53	477	0	17	470	1630	31	4	30	3
Steak Skewer & Eggs Skillet	19 oz	890	50	440	0	14	505	2550	62	4	48	32
Ultimate Skillet	15 oz	720	54	480	0	17	465	1440	33	6	27	4

Appetizers

	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 Sampler™ - Cheese Quesadilla (add dipping sauce)	1 ea	650	39	350	0	19	65	1270	47	6	24	3
Build Your Own Sampler™ - Chicken Strips (add dipping sauce)	2 ea	285	15	135	0	2	45	920	20	1	17	0
Build Your Own Sampler™ - Jalapeño Bottle Caps® (add dipping sauce)	1 serv	300	14	126	0	0	0	1019	38	6	3	3
Build Your Own Sampler™ - Mozzarella Cheese Sticks (add dipping sauce)	4 ea	280	10	90	0	6	36	1240	29	1	19	2
Build Your Own Sampler™ - Onion Rings (add dipping sauce)	1 serv	820	49	441	0	0	0	1819	90	5	11	10
Build Your Own Sampler™ - Chips & Queso (add dipping sauce)	1 serv	500	20	180	0	10	55	400	67	5	16	1
Chicken & Sausage Quesadilla (add ranch dressing)	12 oz	920	54	486	1	17	100	2160	66	4	42	8
Chicken Strips w/ Buffalo Sauce (add dipping sauce)	15 oz	710	28	250	0	5	105	3180	58	10	43	16
Chicken Strips w/ Sweet & Tangy BBO Sauce (add dipping sauce)	15 oz	730	20	180	0	6	115	2830	83	5	43	29
Mozzarella Cheese Sticks (add dipping sauce)	8 oz	560	20	180	1	11	72	2480	58	2	38	3
Pancake Puppies®	6 / 10 pcs	490 / 850	8 / 15	72 / 135	0	2 / 3	0	1020 / 1710	101 / 169	2 / 4	6 / 11	53 / 90
Smothered Cheese Fries w/ ranch dressing	14 oz	980	70	630	1	21	80	1020	64	6	21	2
Zesty Nachos	22 oz	1320	65	590	3	34	195	2260	135	12	54	10
Zesty Nachos, Half Size	10 oz	660	33	300	1	17	95	1160	67	6	28	5

Soups, Salads & Sides

	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)
Avocado Chicken Caesar Salad	16 oz	660	49	440	0	10	140	1860	15	7	46	3
Bacon Strips	2 sl	70	5	45	0	2	15	230	1	0	5	0
Broccoli & Cheddar Soup - bowl / cup	12 / 8 oz	370 / 250	16 / 11	140 / 100	0	10 / 7	40 / 25	1650 / 1100	48 / 32	7 / 5	9 / 6	14 / 9
Caesar Salad	6 oz	220	11	100	0	4	5	450	26	3	6	8
Chicken Noodle Soup - bowl / cup	12 / 8 oz	140 / 110	4 / 3	36 / 22	0	2	75 / 50	1130 / 750	17 / 11	2	15 / 10	2 / 1
Clam Chowder - bowl / cup	12 / 8 oz	300 / 200	14 / 9	122 / 81	0	8 / 5	44 / 29	1870 / 1247	16 / 8	0	6 / 4	0
Cranberry Apple Chicken Salad w/ balsamic vinaigrette	12 oz	360	9	80	0	1	100	1060	36	5	36	24
Dippable Veggies w/ ranch dressing	4 oz	210	20	180	0	4	10	350	5	2	1	4
French Fries	6 oz	510	28	250	0	5	0	110	59	6	6	0
Fried Chicken Strips Cobb Salad (add dressing)	17 oz	930	50	450	0	14	365	1810	70	8	55	3
Garden Salad (add dressing)	7 oz	190	9	80	0	5	20	450	20	3	9	5
Grilled Chicken Cobb Salad (add dressing)	16 oz	660	37	330	0	11	385	1560	28	7	57	3
Hash Browns	1 serv	210	16	140	0	3	0	410	15	1	1	1
Loaded Baked Potato Soup - bowl / cup	12 / 8 oz	420 / 310	32 / 24	290 / 220	0	16 / 12	70 / 55	1710 / 1200	23 / 16	2 / 1	9 / 8	6 / 4
Prime Rib Cobb Salad (add dressing)	14 oz	630	46	410	0	14	330	1210	18	6	39	4
Onion Rings	1 serv	820	49	441	0	0	0	1819	90	5	11	10
Seasonal Fruit	4 oz	70	0	0	0	0	0	7	18	3	1	7
Seasoned Fries	1 serv	630	47	420	0	9	0	1010	48	5	6	0
Vegetable Beef Soup - bowl / cup	12 / 8 oz	170 / 110	4 / 3	36 / 27	0	1	15 / 10	1549 / 1032	23 / 15	3 / 2	10 / 7	4 / 2

Sandwiches

	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)
Cali Club Sandwich (add choice)	20 oz	1100	75	670	0	18	100	1950	70	19	47	12
Chicken Philly Melt (add choice)	12 oz	800	49	441	1	16	75	1560	56	3	35	6
Club Sandwich (add choice)	14 oz	810	39	350	0	8	55	2180	75	7	43	13
Pot Roast Melt (add choice)	12 oz	710	44	400	0	13	40	1940	59	7	23	14
Prime Rib Philly Melt (add choice)	21 oz	970	57	513	1	19	115	2340	60	3	52	7
The Super Bird® (add choice)	10 oz	610	32	290	0	10	70	1960	42	1	38	3

Burgers

	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 Avocado Cheeseburger (add choice)	14 oz	1030	75	670	2	24	24	1100	50	6	41	11
Bourbon Bacon Burger (add choice)	17 oz	1060	65	580	2	24	135	1700	77	5	45	30
Chicken Bacon Classic (add choice)	14 oz	920	56	500	1	15	145	2430	48	4	57	11
Double Cheeseburger (add choice)	19 oz	1120	67	607	4	32	280	2150	49	3	74	7
Slamburger™ (add choice)	14 oz	1010	69	620	2	24	310	1960	52	3	47	10
Spicy Sriracha Burger (add choice)	14 oz	860	54	480	3	21	130	2210	51	5	44	14

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	355	26	234	2	12	118	437	0	0	29	0
Grilled Seasoned Chicken Breast	1	200	6	54	0	2	90	359	1	0	35	0
Veggie Patty	1	165	3	27	0	0	0	491	19	5	16	4
Brioche Bun	1	260	7	63	0	2	0	350	42	2	8	8
Cheddar Bun	1	280	6	54	0	2	5	490	47	2	9	7
Whole Wheat Bun	1	195	1	9	0	1	0	348	36	3	8	8
American Cheese	1 sl	80	7	63	0	4	20	396	1	0	4	0
Cheddar Cheese	1 sl	75	6	54	0	4	18	120	0	0	5	0
Swiss Cheese	1 sl	110	7	65	0	5	27	58	1	0	8	0
Bacon	2 sl	70	5	45	0	2	15	230	1	0	5	0
BBD Sauce	1 oz	55	0	0	0	0	0	232	15	0	0	14
Bourbon Sauce	2 oz	145	0	0	0	0	0	432	35	0	1	32
Caramelized Onions	1 oz	65	6	54	0	1	0	160	2	0	0	1
Fresh Avocado	1 serv	80	7	63	0	1	0	4	4	3	1	0
Jalapeño Bottle Caps®	1 oz	80	4	36	0	1	0	271	10	2	1	1
Lettuce	1 oz	0	0	0	0	0	0	3	1	0	0	0
Mayo	1 oz	100	11	99	0	2	5	76	0	0	0	0
Pickles	4 sl	0	0	0	0	0	0	250	0	0	0	0
Red Onions	3 rings	5	0	0	0	0	0	0	1	0	0	1
Sautéed Mushrooms	1 oz	60	6	54	0	1	1	57	2	1	1	1
Sliced Jalapeños	1 serv	10	0	0	0	0	0	513	2	2	2	0
Tomato	2 sl	10	0	0	0	0	0	2	2	0	0	1

Dinner

	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)
Alaska Salmon (add choices)	16 oz	580	38	350	0	9	115	1400	21	1	35	0
Bourbon Chicken Skillet	22 oz	840	26	230	0	5	200	2950	78	6	73	35
Brooklyn Spaghetti & Meatballs w/ bread	23 oz	1230	61	550	1	21	145	2480	111	7	55	8
Chicken Strips w/ bread (add choices)	10 oz	780	40	360	0	7	90	2220	64	3	40	1
Country-Fried Steak w/ gravy & bread (add choices)	13 oz	1010	69	620	2	18	60	2490	64	2	33	1
Fish & Chips w/ French fries (add side)	18 oz	1050	75	680	1	14	100	1940	131	11	39	7
Fit Fare® Tilapia Ranchero	16 oz	550	24	220	0	7	125	1030	68	7	56	4
Sirloin Steak w/ bread (add choices)	10 oz	470	19	170	0	5	120	1260	22	1	49	0
Slow-Cooked Pot Roast	21 oz	1390	37	330	1	19	170	4710	166	13	65	12
T-Bone Steak & Shrimp w/ bread (add choices)	18 oz	1030	46	414	0	20	250	2170	43	3	111	5
T-Bone Steak w/ bread (add choices)	15 oz	840	38	342	0	18	180	1420	23	1	101	0
Tilapia Ranchero w/ bread (add choices)	12 oz	550	24	210	0	5	110	930	27	5	55	2

Dinner Sides

	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)
Broccoli	3 oz	25	0	0	0	0	0	20	4	2	2	1
Caesar Salad	6 oz	220	11	100	0	4	5	450	26	3	6	8
Cheddar Mashed Potatoes	4 oz	230	11	100	0	5	15	650	29	2	5	2
Dippable Veggies w/ ranch dressing	4 oz	210	20	180	0	4	10	350	5	2	1	4
French Fries	6 oz	510	28	250	0	5	0	110	59	6	6	0
Fresh Sautéed Zucchini & Squash	4 oz	60	6	50	0	1	0	105	3	1	1	2
Fresh Steamed Zucchini & Squash	4 oz	15	0	0	0	0	0	50	3	1	1	2
Garden Salad (add dressing)	7 oz	190	9	80	0	5	20	450	20	3	9	5
Garlic Toast / Dinner Bread	2 pc	210	11	100	0	3	0	360	20	1	4	0
Golden-Fried Shrimp	6 pcs	190	8	70	0	2	70	750	20	2	9	5
Hash Browns	1 serv	210	16	140	0	3	0	410	15	1	1	1
Mashed Potatoes	1 serv	200	8	70	0	3	5	590	29	2	3	2
Red-Skinned Potatoes	4 oz	200	9	81	0	2	0	590	27	3	4	0
Sweet Petite Corn	4 oz	130	1	10	0	0	0	0	26	1	4	6
Whole Grain Rice	5 oz	230	4	36	0	0	0	622	43	4	5	0

Desserts

	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)
Banana Split	15 oz	810	31	280	0	19	100	190	125	5	12	95
Build Your Own Sundae												
Ice Cream: Chocolate	2 scoops	520	28	252	0	17	116	150	60	3	10	46
Strawberry	2 scoops	460	23	210	0	15	98	130	56	0	10	46
Vanilla	2 scoops	520	30	270	0	16	115	148	59	0	7	43
Topping: Caramel	1 oz	130	1	9	0	0	3	76	30	0	0	22
Hot Fudge	1 oz	90	2	18	0	2	0	78	17	0	2	15
Strawberry	1 oz	40	0	0	0	0	0	7	9	1	0	9
Crunch: Chopped Nuts	1 oz	190	17	153	0	3	0	0	6	2	8	1
Glazed Pecans	1.25 oz	220	14	126	0	2	3	170	26	2	2	24
OREO® Cookie Pieces	1 oz	105	4	36	0	1	0	107	16	0	1	9
Whipped Cream	1 Tbsp	45	3	27	0	1.5	15	0	3	0	0	3
Caramel Apple Pie Crisp	13 oz	740	21	190	0	9	35	570	134	5	7	89
Chocolate Lava Cake	1 serving	730	36	320	0	19	105	340	84	2	9	66
Milk Shakes: Chocolate	16 oz	860	44	400	0	25	170	70	104	0	17	81
Chocolate Peanut Butter	17 oz	1180	73	550	0	30	170	640	146	4	19	81
OREO®	16 oz	1180	61	660	0	36	220	720	174	3	16	96
Strawberry	15 oz	730	33	300	0	21	140	230	95	1	16	81
Vanilla	16 oz	870	44	400	0	23	160	260	107	0	12	72
New York Style Cheesecake Plain or w/ Strawberry Topping & Whipped Cream	6 oz	500 / 605	37	330	1	20	150	370 / 380	43 / 60	1 / 2	9	31 / 48

Condiments

	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)
Balsamic Vinaigrette, Low-Fat	1.5 / 3 oz	55 / 110	2 / 3	18 / 27	0	0	0	210 / 420	10 / 20	0	0	10 / 20
BBO Sweet & Tangy	1.5 oz	110	0	0	0	0	0	470	30	1	0	28
Blue Cheese Dressing	1.5 / 3 oz	160 / 315	16 / 32	144 / 288	0	4 / 8	29 / 58	320 / 640	2 / 4	0	2 / 4	1 / 2
Bourbon Sauce	2 oz	145	0	0	0	0	0	432	35	0	1	32
Brown Gravy	1 oz	10	0	0	0	0	0	136	2	0	0	0
Caesar Dressing	1.5 / 3oz	210 / 430	23 / 45	207 / 405	0	4 / 8	12 / 23	424 / 850	0	0	2 / 4	0
Country Gravy	2 oz	45	4	36	0	1	0	240	4	0	0	0
Croutons	0.25 oz	90	3	30	0	0	0	240	15	0	3	0
Fat Free Italian Dressing	1.5 / 3 oz	15 / 30	0	0	0	0	0	558 / 1115	4 / 8	0	0	3 / 5
Fat Free Ranch Dressing	1.5 / 3 oz	35 / 65	0	0	0	0	0	370 / 735	7 / 13	0	0	3 / 5
French Dressing	1.5 / 3 oz	110 / 230	7 / 14	63 / 126	0	1 / 2	0	365 / 730	12 / 25	0	0	7 / 14
Honey Mustard Dressing	1.5 / 3 oz	165 / 330	14 / 27	126 / 240	0	2 / 4	14 / 28	178 / 356	11 / 23	0	0	7 / 14
Maple-Flavored Syrup	2 oz	100	0	0	0	0	0	45	40	0	0	40
Pico de Gallo	3 oz	20	0	0	0	0	0	125	5	1	1	3
Ranch Dressing	1.5 / 3 oz	180 / 370	19 / 39	170 / 350	0	4 / 6	9 / 18	270	1	0	0	0
Sour Cream	1.5 oz	90	9	80	6	0	19	23	2	0	1	0
Sugar-Free Maple-Flavored Syrup	2 oz	30	0	0	0	0	0	94	12	0	0	0
Thousand Island Dressing	1.5 / 3 oz	155 / 310	16 / 31	145 / 280	0	3 / 6	21 / 43	383 / 765	7 / 14	0	0 / 1	4 / 8
Tomato Sauce	4 oz	145	8	72	0	2	26	630	10	2	8	4
Whipped Margarine	1 tsp	15	2	15	0	0	0	10	0	0	0	0

Beverages	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	280	5	36	0	3	15	280	46	2	14	44
Coffee (all)	8 oz	0	0	0	0	0	0	0	0	0	0	0
FUZE® Raspberry Tea	15 oz	70	0	0	0	0	0	10	19	0	0	19
Hot Chocolate	8 oz	100	2	18	0	2	0	219	28	1	3	24
Hot Tea / Herbal Tea	8 oz	0	0	0	0	0	0	0	0	0	0	0
Iced Cappuccino	15 oz	190	5	40	0	3	20	115	30	0	7	28
Iced Tea - unsweet / sweet	15 oz	0 / 120	0	0	0	0	0	10	0 / 30	0	0	0 / 31
Juices: Apple Juice	15 oz	195	0	0	0	0	0	62	50	0	0	50
Minute Maid® Orange Juice	15 oz	190	0	0	0	0	0	4	45	0	3	40
Minute Maid® Premium Berry Blend	15 oz	225	0	0	0	0	0	0	56	0	0	54
Ruby Red Grapefruit Juice	15 oz	245	0	0	0	0	0	65	60	0	0	55
Tomato Juice	15 oz	90	0	0	0	0	0	1063	17	2	3	13
Lemonade	15 oz	150	0	0	0	0	0	38	35	0	0	31
Lemonade Iced Tea	15 oz	70	0	0	0	0	0	0	19	0	0	19
Mango Lemonade	15 oz	210	0	0	0	0	0	0	55	0	0	54
2% Milk	15 oz	220	9	81	0	6	35	180	20	0	40	20
Milk Shakes: Chocolate	16 oz	860	44	400	0	25	170	70	104	0	17	81
Chocolate Peanut Butter	17 oz	1180	73	550	0	30	170	640	146	4	19	81
OREO®	16 oz	1180	61	660	0	36	220	720	174	3	16	96
Strawberry	15 oz	730	33	300	0	21	140	230	95	1	16	81
Vanilla	16 oz	870	44	400	0	23	160	260	107	0	12	72
Soft Drinks	12 oz	0-155	0	0	0	0	0	6-50	1-39	0	0	0-41
Cherry Flavor Shot	1 oz	5	0	0	0	0	0	0	1	0	0	1
Vanilla Flavor Shot	1 oz	80	0	0	0	0	0	6	21	0	0	8
Strawberry Lemonade	12 oz	200	0	0	0	0	0	0	50	1	1	48

Smoothies

	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)
Groovy Mango	15 oz	270	0	0	0	0	0	45	71	0	1	64
Strawberry Banana Bliss	15 oz	250	0	0	0	0	0	30	65	3	3	49

55+ Menu

	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+ Belgian Waffle Slam® (add meat choice)	9 oz	470	36	320	0	18	390	510	24	1	13	1
55+ Club Sandwich (add choices)	13 oz	760	43	390	0	12	90	2410	52	5	45	11
55+ Grilled Cheese Sandwich & Soup (add soup choice)	5 oz	440	26	240	0	10	40	1260	37	0	14	2
55+ Country-Fried Steak w/ bread (add choices)	10 oz	750	47	430	2	15	40	1830	49	4	30	0
55+ Fit Fare® Loaded Veggie Omelette	20 oz	470	16	144	0	7	30	650	60	7	26	20
55+ French Toast Slam® (add meat choice)	7 oz	340	17	150	0	5	365	600	31	1	16	6
55+ Grilled Chicken w/ bread (add choices)	7 oz	400	17	160	0	4	90	710	20	1	40	0
55+ Grilled Tilapia w/ bread (add choices)	8 oz	470	16	144	0	5	110	890	24	1	55	1
55+ Omelette (add choices)	9 oz	450	35	310	0	12	455	810	8	1	25	4
55+ Scrambled Eggs & Cheddar Breakfast	15 oz	820	43	390	0	16	490	2240	72	4	36	13
55+ Starter™ (add choices)	3 oz	190	17	150	0	5	200	300	1	1	9	0
55+ Steak Skewer Dinner (add choices)	9 oz	470	16	140	0	5	70	1530	47	1	32	21

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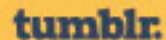
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