

ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Butter				X						
Diner O Sauce	X				X					
5-Pepper Sauce										
Heinz 57					X				X	
Hot Pepper Sauce: Green										
Hot Pepper Sauce: Red										
Pepper Jack Queso				X						
Salsa										
Sea Salt Caramel				X						
Spread, Sweet Grilling					X					
Tartar Sauce	X				X					
Tomato Sauce				X	X			X	X	
Worcestershire Sauce		A								
Sausage: Crumbles					X					◊
Sausage Patty					◊					◊
Sausage Links					X					◊
Seasonings:										
Denny's Signature										
Sea Salt & Pepper					X					
Smoothies, Fruit Flavors				X						
Soups: Chicken Noodle	X			X	X			X	X	
Loaded Potato Soup				X	X					◊
Spaghetti Noodles							X	X		
Sour Cream				X						
Steak: Country-Fried	X	◊		◊	X			X	X	
Sirloin					X					◊
T-Bone					X					◊
Sugar Substitutes:										
Equal / Splenda / Sweet & Low										
Syrup:										
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				X	X					
Cinnamon Crumb	◊			◊	X			◊	X	
Confetti Sprinkles					X					
Flaxseed Streusel				◊				X	X	
OREO® Cookie Pieces					X			X	X	
Sugar, Powdered										
Strawberry Sauce (Crepe)										
Strawberry Topping (Cheesecake & Milk Shake)										
Sweet Cream Cheese Filling				X	X		CO			
Vanilla Cream				X	X		CO			
Whipped Cream				X						
Turkey Breast, Roasted (Without Gravy)					X					
Turkey, Shaved Deli					◊					◊
Vegetables: Broccoli										
Corn, Sweet					X					
Fire-Roasted Bell Peppers & Onions					X					◊
Jalapeños, Grilled, Sliced					X					◊
Mushrooms, Grilled					X					◊
Onions, Caramelized					X					◊
Pickles, Sliced										
Vinegar: Red Wine										
Malt									X	
Waffles (no toppings)	X			X	X		CO	X	X	
Whole Grain Rice Blend									X	



# Allergen Guide

## OCTOBER 2025

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 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. Does not include Alaska or Hawaii.
- 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.

# Key

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  
SM = Salmon  
P = Pollock

TREE NUTS  
CO = Coconut

ALLERGENS

	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Bacon Strips					⬮					⬮
Bacon, Turkey					⬮					⬮
Beef Patty					X					⬮
Dr. Praeger's® Veggie Patty	⬮	⬮		⬮	X			⬮	⬮	⬮
Beverages:										
Apple Juice (including kids)										
Coffee, Regular / Decaffeinated										
Coffee, Sweet & Creamy Cold Brew				X						
Coffee, Salted Caramel Cold Brew				X						
FUZE® Raspberry Tea										
Hot Chocolate				X						
Lemonade										
Minute Maid® Orange Juice										
Soft Drinks										
Tea										
Breads:										
Biscuit	⬮			X	X			X	X	
Brioche Bun					X			X	X	⬮
Corn Tortilla Chips	⬮			⬮	X			⬮	⬮	
Crepe (no filling)	X			X	X			X	X	⬮
English Muffin					X			X	X	⬮
Flour Tortilla					X			X	X	⬮
French Toast (bread & batter)	X			X	X			X	X	⬮
Garlic Toast				X	X			X	X	⬮
Hoagie Roll					X			X	X	⬮
Rye					X			X	X	⬮
7-Grain					X			X	X	⬮
Split Top Bun (also Kids)					X			X	X	⬮
Sourdough					X			X	X	⬮
Wheat					X			X	X	⬮
White				X	X		⬮	X	X	⬮

ALLERGENS

	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Cheese:										
Aged White Cheddar				X						
American				X	X					
Cream Cheese				X						
Parmesan				X						
Shredded Cheddar				X						
Swiss				X						
Chicken: Breast, Fried	⬮			X	X			X	X	
Breast, Grilled					X					⬮
Tenders	⬮			⬮	X			X	X	
Wings, Boneless (no sauce)	⬮			⬮	X			X	X	
Chorizo					⬮					⬮
Condiments: Honey										
Jams & Jellies, Fruit Flavors										
Ketchup										
Mayonnaise, Regular	X				X					
Mustard										
Crackers, Saltine					X			X	X	
Cream Cheese Icing				X	X					
Creamers: Half & Half				X						
Vanilla				X						
Croutons				X			⬮	X	X	
Desserts:										
Apple Pie Crisp (no ice cream/toppings)	⬮			X	X	⬮	⬮	X	X	
Brownie (no ice cream/toppings)	X			⬮	X			X	X	
Cheesecake (no toppings)	X			X	X		⬮	X	X	
Cookie Dough Lover's Pie (no ice cream/toppings)	X			X	X			X	X	
Dressings:										
Balsamic Vinaigrette, Low-Fat					X					
Blue Cheese	X			X	X					
Honey Mustard	X				X					
Ranch	X			X	X					

ALLERGENS

	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Egg, Boiled	X									
Egg, Whites	X				X					
Egg, Whole / Liquid	X				X					
Fish: Pollock		P		X	X			X	X	
Salmon		SM		X	X					⬮
Fryer Oil					X					
Gravies:										
Country	⬮			X	X			X	X	
Country Sausage	⬮			X	X			X	X	
Gravy, Turkey				X				X	X	
Grits (no butter blend)								⬮	⬮	
Ham: Shaved					⬮					⬮
Sliced					⬮					⬮
Ice Cream:										
Chocolate / Strawberry / Vanilla	⬮			X	⬮	⬮	⬮	⬮	⬮	
Kraft® Macaroni & Cheese (kids)				X				X	X	
Mac 'N Cheese	X			X	X			X	X	
Margarine: Liquid					X					
Whipped Butter Blend				X	X					
Meatballs	X			X						
Milk: 2%				X						
Buttermilk				X						
Chocolate, Reduced Fat				X						
Mozzarella Cheese Sticks	⬮			X	X			X	X	
Nacho Meat										
Onion Rings	⬮	⬮		X	X			X	X	
Pancakes, Buttermilk	X			X	X			X	X	⬮
Pancakes, Hearty 9-Grain	⬮			⬮	X			X	X	⬮
Pot Roast				X	X			X	X	
Potatoes:										
Fries, Wavy-Cut	⬮			⬮	X			⬮	⬮	
Fries, Seasoned	⬮			⬮	X			X	X	
Hash Browns					X					⬮
Red Rustic Mashed Potatoes™				X	X					
Red-Skinned	⬮			⬮	X			⬮	⬮	
Prime Rib					X					⬮
Sauces & Spreads:										
BBQ					X					
Bourbon Sauce					X			X	X	
Buffalo Sauce				X	X					