

allergens

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

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Toppings & Mix-Ins:									
Chocolate Chips				X	X				
Cinnamon Crumb	◇			◇	X			◇	X
Confetti Sprinkles					X				
Flaxseed Streusel				X				X	X
OREO® Cookie Pieces					X			X	X
Sugar, Powdered									
Strawberry Sauce (Crepe)									
Strawberry Topping (Cheesecake & Milk Shake)									
Vanilla Cream				X	X		CO		
Whipped Cream				X					
Turkey, Shaved Deli					X				
Vegetables: Corn, Herb Glazed					X				
Fire-Roasted Bell Peppers & Onions					X				
Jalapeños, Sliced									
Mushrooms					X				
Onions, Caramelized					X				
Pickles, Sliced									
Pot Roast Vegetables				X	X			X	X
Vegetable Medley					X				
Vinegar: Red Wine									
Malt					X				X
Whole Grain Rice Blend					X				X



OCTOBER 2022

allergen guide

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 and au jus 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 8 allergens, plus gluten. Sesame will be added to the guide as the 9th major food allergen in 2023, per the Food Allergy Safety, Treatment, Education, and Research Act.
- 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.

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

F = Pollock/Whitefish

SM = Salmon

TREE NUTS

A = Almonds

CO = Coconut

- Designates a variety of nuts are present in food item

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Bacon Strips					X				
Bacon, Turkey					X				
Beef Patty					X				
Beyond Burger® Patty					X		CO		
Beverages:									
Apple Juice (including kids)									
Coffee, Regular / Decaffeinated									
FUZE® Raspberry Tea									
Hot Chocolate				X					
Lemonade									
Minute Maid® Orange Juice									
Ruby Red Grapefruit									
Soft Drinks									
Tea									
Tomato Juice									
Breads: Bagel								X	X
Biscuit				X	X			X	X
Brioche Bun					X			X	X
Corn Tortilla Chips	◇			◇	X	◇		◇	◇
Crepe (no filling)	X			X	X			X	X
Dinner Rolls				X				X	X
English Muffin					X			X	X
Gluten Free English Muffin	X			X	X				
Flour Tortilla					X			X	X
French Toast (bread only)					X			X	X
French Toast (batter only)	X			X	X		CO		
Garlic Toast				X	X			X	X
Hoagie Roll					X			X	X
Potato Bread	◇				X			X	X
Rye				◇	X		◇	X	X
7-Grain	◇			◇	X		◇	X	X
Split Top Bun (also Kids)					X			X	X
White				X	X		◇	X	X
Cereal: Grits (no butter blend)								◇	◇
Oatmeal								◇	◇

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Cheese:									
Aged White Cheddar				X					
American				X	X				
Cream Cheese				X					
Shredded Cheddar				X					
Swiss				X					
Chicken: Breast, Fried	◇			X	X	◇		X	X
Breast, Grilled					X				
Tenders	◇			◇	X	◇		X	X
Wings, Bone-In (no sauce)	◇	◇		◇	X	◇		◇	◇
Wings, Boneless (no sauce)	◇			◇	X	◇		X	X
Chorizo					◇				
Condiments: Honey									
Jams & Jellies, Fruit Flavors									
Ketchup									
Mayonnaise, Regular	X				X				
Mayonnaise, Sun-Dried Tomato	X				X				
Mustard									
Crackers, Goldfish®				X	X			X	X
Crackers, Saltine					X			X	X
Cream Cheese Icing				X	X				
Creamers: Half & Half				X					
Vanilla / Hazelnut				X					
Croutons				X			◇	X	X
Desserts:									
Apple Pie Crisp (no ice cream)				X	X		A	X	X
Cheesecake	X			X	X		◇	X	X
Coconut Pie				X	X		CO	X	X
Cookies & Cream Pie				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™ (no ice cream)	X			X	X			X	X
Dressings:									
Balsamic Vinaigrette, Low-Fat					X				
Blue Cheese	X			X	X				
French					X				
Honey Mustard	X				X				
Italian, Fat-Free					X				
Ranch	X			X	X				
Thousand Island	X				X				

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Egg, Boiled	X								
Egg, Whites	X				X				
Egg, Whole / Liquid	X				X				
Fish: Battered Fish Fillets (Pollock)	◇	F		X	X	◇		X	X
Salmon		SM		X	X				
Fryer Oil					X				
Gravies: Brown				X	X			X	X
Country				X	X			X	X
Country Sausage				X	X			X	X
Ham: Shaved					◇				
Sliced					◇				
Ice Cream:									
Chocolate / Strawberry / Vanilla	◇			X	◇	◇	◇	◇	◇
Kraft® Macaroni & Cheese (kids)				X				X	X
Margarine: Liquid					X				
Whipped Butter Blend				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
Pancake Puppies®, Double Chocolate	◇			X	X	◇		X	X
Pancakes, Buttermilk	X			X	X			X	X
Pancakes, Hearty 9-Grain	X			X	X			X	X
Pot Roast				X	X			X	X
Potatoes:									
Baked (no toppings)									
Fries, Wavy-Cut	◇			◇	X	◇		◇	◇
Fries, Seasoned	◇			◇	X	◇		X	X
Hash Browns					X				
Red Rustic Mashed Potatoes™				X	X				
Red-Skinned	◇			◇	X	◇		◇	◇
Potato Stix									
Prime Rib					X				
Sauces & Spreads:									
Au Jus					X			X	X
BBQ					X				
Savory Herb Sauce					X				
Bourbon Sauce				X	X			X	X
Buffalo Sauce				X	X				