

ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Comfy Classics (with dinner bread, add side choices)										
Country-Fried Steak with gravy and dinner bread	X	◊		X	X			X	X	◊
Fried Fish Platter with dinner bread	◊	P		X	X			X	X	◊
Plate Lickin' Chicken Fried Chicken with dinner bread	◊	◊		X	X			X	X	◊
Premium Chicken Tenders with dinner bread (without sauce choice)	◊	◊		X	X			X	X	◊
Sirloin Steak with dinner bread				X	X			X	X	◊
Spaghetti & Meatballs with dinner bread	X			X	X			X	X	◊
T-Bone Steak with dinner bread				X	X			X	X	◊
Wild Alaska Salmon with dinner bread		SM		X	X			X	X	◊
Skillets										
Bourbon Chicken Sizzlin' Skillet	◊	◊		◊	X			X	X	◊
Crazy Spicy Sizzlin' Skillet (without egg choice)	◊	◊		X	X			◊	◊	◊
Crazy Spicy Sizzlin' Skillet (with egg choice)	X	◊		X	X			◊	◊	◊
Smokehouse Mac 'N Cheese Skillet	X	◊		X	X			X	X	◊
A La Carte Sides										
Wavy-Cut Fries	◊	◊		◊	X			◊	◊	
Sweet Corn					X					
Whole Grain Rice									X	
Red-Skinned Potatoes	◊	◊		◊	X			◊	◊	
Broccoli										
Red Rustic Mashed Potatoes				X	X					
Premium Sides										
Seasoned Fries	◊	◊		◊	X			X	X	
Beer-Battered Onion Rings	◊	◊		X	X			X	X	
Garden Salad (without dressing choice)				X			◊	X	X	
Seasonal Fruit										
Oven-Baked Mac 'N' Cheese	X			X	X			X	X	
Melts & Handhelds (all with wavy-cut fries)										
Calif Club Sandwich	◊	◊		X	X			X	X	◊
Crispy Chicken Bacon Ranch Sandwich (add side choice)	X	◊		X	X			X	X	◊
BBO Bacon Chicken Sandwich (add side choice)	◊	◊		X	X			X	X	◊
Pot Roast Melt (add side choice)	◊	◊		X	X			X	X	◊
Super Bird® (add side choice)	◊	◊		X	X			X	X	◊
Tasty Desserts										
Brownie Sundae with Oreo® Pieces	X			X	X	◊	◊	X	X	
Cookie Dough Lover's Pie	X			X	X	◊	◊	X	X	
New York Style Cheesecake	X			X	X			◊	X	X
Oven-Baked Caramel Apple Pie Crisp	◊			X	X	◊	◊	X	X	

ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Salads										
Cobb Salad (not including dressing choice)	X			X	◊		◊	X	X	
House Salad (not including dressing choice)				X			◊	X	X	
Salad Add-On: Crispy Fried Chicken	◊	◊		X	X			X	X	
Grilled Chicken Breast					X					◊
Wild-caught Alaska Salmon		SM		X	X					◊
Dressings: Balsamic, Low-Fat										
Blue Cheese	X			X	X					
Honey Mustard	X				X					
Ranch	X			X	X					
55+ Meals										
55+ Omelette with hash browns and white toast	X			X	X		◊	X	X	◊
55+ Starter with hash browns and white toast	X			X	X		◊	X	X	◊
55+ Scrambled Eggs & Cheddar Breakfast	X			X	X			X	X	◊
55+ Wild Alaska Salmon with dinner bread (add side choices)		SM		X	X			X	X	◊
55+ Country-Fried Steak with dinner bread (add side choices)	X	◊		X	X			X	X	◊
Kid's Menu										
Entrees: Jr. Grand Slam	X			X	X			X	X	◊
Jr. Birthday Cake Pancakes (add side)	X			X	X			X	X	◊
Jr. Waffle (add side)	X			X	X			X	X	
Jr. Chocolate Chip Pancakes (add side)	X			X	X			X	X	◊
Jr. French Toast	X			X	X			X	X	◊
Jr. Premium Chicken Tenders (add dipping sauce & side)	◊	◊		◊	X			X	X	
Jr. Cheeseburger (add side)				X	X			X	X	◊
Jr. Spaghetti (add side)				X	X			X	X	
Jr. Mac & Cheese (add side)				X	X			X	X	
Kids' Sides: Broccoli										
Jr. Garden Salad (add dressing choice)				X			◊	X	X	
Grapes										
Fresh Banana Slices										
Bacon Strips					◊					◊
Sausage Links					X					◊
Eggs, Boiled	X									
Eggs, Scrambled/Fried	X				X					
Egg Whites	X				X					
Hash Browns					X					◊
Kids' Desserts										
Jr. Ice Cream: Chocolate/Strawberry/Vanilla	◊			X	◊	◊	◊	◊	◊	
Jr. Milk Shake: Strawberry	◊			X	◊	◊	◊	◊	◊	
Chocolate	◊			X	◊	◊	◊	◊	◊	
Vanilla	◊			X	◊	◊	◊	◊	◊	
Oreo®	◊			X	X	◊	◊	X	X	



Menu Item Allergen Guide

August 2026

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. For allergen information by ingredient, see our Ingredient Allergen Guide.

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 in a food item, the following code will be used in lieu of the “X”:

FISH / SHELLFISH
A = Anchovies
SM = Salmon
P = Pollock

ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Build Your Own Grand Slam										
Bacon					♦					♦
Buttermilk Biscuit	♦			X	X			X	X	
Eggs, Boiled	X									
Eggs, Scrambled/Fried	X				X					
Egg Whites	X				X					
English Muffin					X			X	X	♦
Grilled Ham Slice					♦					♦
Hash Browns					X					♦
Buttermilk Pancakes	X			X	X			X	X	♦
Hearty 9-Grain Pancakes	♦			♦	X			X	X	♦
Sausage Links					X					♦
Seasonal Fruit										
White Toast (see allergen guide for other breads)				X	X		♦	X	X	♦
Turkey Bacon					♦					♦
Signature Slams® (includes options as printed on menu)										
All-American Slam®	X			X	X		♦	X	X	♦
Fit Slam®	X				X			X	X	♦
French Toast Slam®	X			X	X			X	X	♦
Lumberjack Slam®	X			X	X		♦	X	X	♦
Original Grand Slam®	X			X	X			X	X	♦
Berry Stuffed French Toast Slam®	X			X	X			X	X	♦
Berry Stuffed French Toast a la carte	X			X	X			X	X	♦
Berry Waffle Slam®	X			X	X			X	X	♦
Berry Waffles a la carte	X			X	X			X	X	
Waffle Slam®	X			X	X			X	X	♦
Signature Breakfasts										
Country-Fried Steak & Eggs with hash browns and white toast	X	♦		X	X		♦	X	X	♦
Moons Over My Hammy® with hash browns	X			X	X			X	X	♦
Santa Fe Skillet	X	♦		X	X			X	X	♦
Sirloin Steak & Eggs with hash browns and white toast	X			X	X		♦	X	X	♦
T-Bone Steak & Eggs with hash browns and white toast	X			X	X		♦	X	X	♦
The Grand Slamwich® with hash browns	X			X	X			X	X	♦
Pancake Slams®										
Choconana Pancake Slam®	X			X	X			X	X	♦
Cinnamon Roll Pancake Slam®	X			X	X			X	X	♦
Double Berry Banana Pancake Slam®	X			X	X			X	X	♦
Hearty 9-Grain Pancake Slam®	X			X	X			X	X	♦
Plant-Based 9-Grain Pancake Slam®	♦			♦	X			X	X	♦
French Crepes										
Berry Vanilla Crepe Breakfast	X			X	X			X	X	♦
Berry Vanilla Two Crepe Breakfast	X			X	X			X	X	♦
Berry Vanilla Two Crepes a la carte	X			X	X			X	X	♦

ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
A La Carte Sides: Bacon Strips										
Biscuit & Gravy	♦			X	X			X	X	
Buttermilk Biscuits	♦			X	X			X	X	
Cheddar Cheese Hash Browns				X	X					♦
Eggs, Boiled	X									
Eggs, Scrambled/Fried	X				X					
Egg Whites	X				X					
English Muffin					X			X	X	♦
Grilled Ham Slice					♦					♦
Hash Browns					X					♦
Red-Skinned Potatoes	♦	♦		♦	X			♦	♦	
Sausage Links					X					♦
Seasonal Fruit										
Slices of French Toast	X			X	X			X	X	♦
Stack of Pancakes	X			X	X			X	X	♦
White Toast (see allergen guide for other breads)				X	X		♦	X	X	♦
Tortillas, Flour					X			X	X	♦
Turkey Bacon Strips					♦					♦
Waffle	X			X	X			X	X	
Omelettes (all with hash browns and white toast)										
Loaded Veggie Omelette	X			X	X		♦	X	X	♦
Mile High Denver Omelette	X			X	X		♦	X	X	♦
Moons Over My Hammy Omelette	X			X	X		♦	X	X	♦
Philly Cheesesteak Omelette	X			X	X		♦	X	X	♦
Ultimate Omelette®	X			X	X		♦	X	X	♦
Build Your Own Omelette (all versions)	X			X	X		♦	X	X	♦
Beverages: FUZE Raspberry Tea										
Freshly Brewed Iced Tea, sweet or unsweet										
Hot Tea / Herbal Tea										
Hot Chocolate				X						
Lemonade										
Minute Maid Orange Juice										
Strawberry Lemonade										
Soft Drinks: Coke, Diet Coke, Coke Zero										
Sprite, Dr. Pepper, Barq's Root Beer										
Hi-C, Fanta, Mello Yello										
Coffee: Regular/Decaffeinated										
Salted Caramel Cold Brew				X						
Sweet Cream Cold Brew										
Sweet Cream Cold Brew										
Juice & Milk: 2% Milk										
Chocolate Milk										
Minute Maid Orange Juice										
Apple Juice										
Hand-Dipped Milk Shakes: Chocolate	♦			X	♦	♦	♦	♦	♦	
Vanilla										
Vanilla	♦			X	♦	♦	♦	♦	♦	
Strawberry	♦			X	♦	♦	♦	♦	♦	
Oreo®	♦			X	X	♦	♦	X	X	

ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Shareable Starters										
Bone-In Wings (8/16ct)										
Bone-In Wings with BBQ Sauce (not including dipping sauce choice)	♦	♦		♦	X			♦	♦	
Bone-In Wings with Buffalo Sauce (not including dipping sauce choice)	♦	♦		X	X			♦	♦	
Boneless Chicken Wings (8/16ct)										
Boneless Wings with BBQ Sauce (not including dipping sauce choice)	♦	♦		♦	X			X	X	
Boneless Wings with Buffalo Sauce (not including dipping sauce choice)										
Boneless Wings with Buffalo Sauce (not including dipping sauce choice)	♦	♦		X	X			X	X	
Diner Dipper										
Bone-In Buffalo Wings (not including dipping sauce choice)	♦	♦		X	X			♦	♦	
Boneless Buffalo Wings (not including dipping sauce choice)	♦	♦		X	X			X	X	
Cheesy Bacon Ranch Sliders (not including dipping sauce choice)										
Cheesy Bacon Ranch Sliders (not including dipping sauce choice)	X	♦		X	X			X	X	♦
Chicken Tenders (not including dipping sauce choice)	♦	♦		♦	X			X	X	
Mozzillas™ (not including dipping sauce choice)										
Mozzillas™ (not including dipping sauce choice)	♦	♦		X	X			X	X	
Onion Rings (not including dipping sauce choice)										
Onion Rings (not including dipping sauce choice)	♦	♦		X	X			X	X	
Seasoned Fries (not including dipping sauce choice)										
Seasoned Fries (not including dipping sauce choice)	♦	♦		♦	X			X	X	
Wavy-Cut Fries (not including dipping sauce choice)										
Wavy-Cut Fries (not including dipping sauce choice)	♦	♦		♦	X			♦	♦	
Maple Stuffed Donut Holes (4/10ct)										
Maple Stuffed Donut Holes (4/10ct)	X	♦		X	X			X	X	
Mozzillas™ (not including dipping sauce choice)										
Mozzillas™ (not including dipping sauce choice)	♦	♦		X	X			X	X	
Premium Chicken Tenders (not including dipping sauce choice)										
Premium Chicken Tenders (not including dipping sauce choice)	♦	♦		♦	X			X	X	
Zesty Nachos										
Zesty Nachos	♦	♦		X	X			♦	♦	
Zesty Nachos, Half Size										
Zesty Nachos, Half Size	♦	♦		X	X			♦	♦	
Soups										
Chicken Noodle Soup										
Chicken Noodle Soup	X			X	X			X	X	
Loaded Baked Potato Soup										
Loaded Baked Potato Soup				X	X					♦
Burgers (all with wavy-cut fries)										
Bacon Avocado Cheeseburger	X	♦		X	X			X	X	♦
Double Bacon Avocado Cheeseburger	X	♦		X	X			X	X	♦
Bourbon Bacon Burger	♦	♦		X	X			X	X	♦
Double Bourbon Bacon Burger	♦	♦		X	X			X	X	♦
Cheesy Bacon Ranch Sliders	X	♦		X	X			X	X	♦
Double Cheeseburger	♦	♦		X	X			X	X	♦
Single Cheeseburger	♦	♦		X	X			X	X	♦
Slamburger™	X	♦		X	X			X	X	♦
Double Slamburger™	X	♦		X	X			X	X	♦
Triple Juicy Burger										
Triple Juicy Burger	X	♦		X	X			X	X	♦
Dr. Praeger's Veggie Patty (patty only)										
Dr. Praeger's Veggie Patty (patty only)	♦	♦		♦	X			♦	♦	♦
Grilled Seasoned Chicken Breast (chicken breast only)										
Grilled Seasoned Chicken Breast (chicken breast only)					X					♦