

ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Butter				X						
Diner O Sauce	X				X					
Crazy Spicy 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 Links					X					◊
Seasonings:										
Denny's Signature										
Sea Salt & Pepper					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					
Vanilla Cream				X	X					
Whipped Cream				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			X	X	
Whole Grain Rice Blend									X	



Allergen Guide

May 2026

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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.
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◊ - 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
Bacon Strips					⬮					⬮
Bacon, Turkey					⬮					⬮
Beef Patty					X					⬮
Braised Beef					⬮					⬮
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										
Strawberry Lemonade										
Tea										
Breads:										
Biscuit	⬮			X	X			X	X	
Brioche Bun					X			X	X	⬮
Buns, Slider					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	
Wings, Bone-In (no sauce)	⬮	⬮		⬮	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	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	
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						
Maple Stuffed Donut Holes	X	⬮		X	X			X	X	
Mozzillas™ Mozzarella Sticks	⬮	⬮		X	X			X	X	
Nacho Meat										
Oatmeal (without milk or topping)								⬮	⬮	
Onion Rings	⬮	⬮		X	X			X	X	
Pancakes, Buttermilk	X			X	X			X	X	⬮
Pancakes, Hearty 9-Grain	⬮			⬮	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			⬮	⬮	
Sauces & Spreads:										
BBQ					X					
Bourbon Sauce					X			X	X	
Buffalo Sauce				X	X					

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

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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										
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)										
	♦	♦		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)										
	X	♦		X	X			X	X	♦
Chicken Tenders (not including dipping sauce choice)	♦	♦		♦	X			X	X	
Mozzillas™ (not including dipping sauce choice)										
	♦	♦		X	X			X	X	
Onion Rings (not including dipping sauce choice)										
	♦	♦		X	X			X	X	
Seasoned Fries (not including dipping sauce choice)										
	♦	♦		♦	X			X	X	
Wavy-Cut Fries (not including dipping sauce choice)										
	♦	♦		♦	X			♦	♦	
Maple Stuffed Donut Holes (4/10ct)										
	X	♦		X	X			X	X	
Mozzillas™ (not including dipping sauce choice)										
	♦	♦		X	X			X	X	
Premium Chicken Tenders (not including dipping sauce choice)										
	♦	♦		♦	X			X	X	
Zesty Nachos										
	♦	♦		X	X			♦	♦	
Zesty Nachos, Half Size										
	♦	♦		X	X			♦	♦	
Soups										
Chicken Noodle Soup										
	X			X	X			X	X	
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										
	X	♦		X	X			X	X	♦
Dr. Praeger's Veggie Patty (patty only)										
	♦	♦		♦	X			♦	♦	♦
Grilled Seasoned Chicken Breast (chicken breast only)										
					X					♦