THE DEN BY DENNY'S®

ALLERGEN GUIDE

The DEN realizes that an ever-increasing number of our guests need to know if certain food ingredients are in our foods to avoid severe, life-threatening allergic reactions. We are providing this information to all of our guests that request it so that they may make informed choices prior to ordering.

Please note: This list is based on information and specifications provided by product vendors, and may not be all inclusive. Please be aware that vendors and product formulations may change. Some locations may use different vendors or local vendors. This list is updated periodically.

■ Contains this allergen

* May contain this allergen or is processed in a facility or on equipment with this allergen.

ALLERGENS	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Breads:										
Brioche Bun, Split-Top					■			■	■	*
French Toast (Bread + Batter)	■			■	■			■	■	*
7-Grain					■			■	■	*
Burger, Dr. Praeger's® Veggie Patty†	*	*		*	■			*	*	*
Cheese:										
American				■	■					
Pepper Jack				■						
Swiss				■						
Cheesecake (no toppings)	■			■	■		*	■	■	
Mozzillas™	*	*		■	■			■	■	
Cookies:										
Chocolate Chip	■			■	■	*	*	■	■	
S'mores	■			■	■	*	*	■	■	
Dressings:										
Balsamic Vinaigrette, LF					■					
Ranch, Regular	■			■	■					
Egg:										
Whole/Liquid	■				■			*	*	
Whites	■				■			*	*	

ALLERGENS (cont'd)	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Fryer Oil					■					
Ice Cream:										
Chocolate	*			■	*	*	*	*	*	
Vanilla	*			■	*	*	*	*	*	
Margarine/Liquid					■					
Meat, Fish and Poultry:										
Bacon Strips	*				*			*	*	*
Bacon, Turkey	*				*			*	*	*
Burger, Beef Patty	*				■			*	*	*
Chicken Breast, Grilled	*				■			*	*	*
Chicken Tenders	*	*		*	■			■	■	
Ham	*				*			*	*	*
Sausage Links (breakfast)	*				■			*	*	*
Turkey					■					
Milk, 2%				■						
Onion Rings	*	*		■	■			■	■	
OREO® Pieces					■			■	■	
Pancakes	■			■	■			■	■	*
Pancakes, Hearty 9-Grain	*			*	■			■	■	*
Potatoes:										
French Fries	*	*		*	■			*	*	
Sweet Potato Fries	*	*		*	■			*	*	
Potato Rounds	*	*		*	■			*	*	
Sauces:										
BBQ					■					
BBQ, Creamy	■				■					
Buffalo				■	■					
Chipotle Sauce	■				■					
5-Pepper										
Honey Mustard	■				■					
Mayo	■				■					
Salted Caramel Sauce				■						
Salsa										
Red Sauce				■	■			■	■	
Seasonings:										
Burger & Fry Seasoning					■					
Sweet Grilling Spread					■					
Toppings:										
Chocolate Chips				■	■					
Onion Tanglers® (may contain egg and fish)	*	*		■	■			■	■	
Pancake Syrup										
Pickle Chips										
Pico de Gallo										
Sour Cream				■						
Strawberries, Topping										
Sauce, Strawberry										
Syrup, Chocolate										
Whipped Cream				■						
Tortilla, 12"					■			■	■	*
Tortilla Threads, Fried	*	*		*	■			■	■	
Yogurt, Vanilla				■						

For further nutritional information please go to

TheDenByDennys.com

or call our Nutrition Consultant at 800-733-6697.

© 2026 DFO, LLC. OREO and the OREO Wafer Design are registered trademarks of Mondelēz International Inc., used under license.

†Due to our cooking procedures, the Dr. Praeger's® veggie patty may come in contact with animal-based products or ingredients and might not be 100% plant-based. Brand names identified within this menu may vary per restaurant.