THE DEN BY DENNY'S

NUTRITIONAL INFORMATION GUIDE

	Gluten Friendly	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar (g)
BREAKFAST													
Bacon, Egg & Cheese Brioche Me It		6 oz	540	31	280	0.5	11	290	1480	36	1	29	7
Chipotle Breakfast Burrito		16 oz	1110	74	670	0	26	585	2440	59	4	51	5
French Toast Slam		14 oz	1030	63	560	0	18	625	2010	73	3	43	23
French Toast Slices		3	520	22	200	0	5	85	750	70	3	12	22
Ham, Egg, & Cheese Brioche Melt		7 oz	470	25	230	0.5	9	280	1080	35	1	25	6
Hearty 9-Grain Pancakes		2	730	11	100	0	3.5	0	1960	142	8	14	35
Original Grand Slam		17 oz	1010	50	450	0	16	585	2860	98	2	41	23
Pancakes		2	500	9	80	0	3	50	1600	95	2	10	23
Pancakes		3 stack	730	11	100	0	3.5	70	2380	143	2	15	34
Slam Melt		9 oz	640	41	370	0.5	14	310	1820	37	1	31	7
BURGERS													
Bacon Avocado Club Burger		14 oz	960	58	520	2	20	155	1480	54	8	58	11
Bacon Cheeseburger (add cheese choice)		11 oz	650	35	310	1.5	14	135	1420	38	2	45	8
Black Bean Quinoa Veggie Burger (add cheese choice)		11 oz	620	35	310	0	5	10	1090	66	19	15	8
Breakfast Scramble Burger		13 oz	1140	80	720	2	26	405	2270	47	2	56	7
Chipotle Bacon Cheeseburger		14 oz	1270	85	760	2	26	170	1810	76	5	53	23
Den Burger (add cheese choice)		10 oz	520	26	230	1.5	11	110	900	37	2	33	7
Double Den Burger (add cheese choice)		11 oz	630	34	300	2	15	145	1050	37	2	42	7
Flamin' 5-Pepper Burger		15 oz	950	64	580	1.5	22	165	2190	42	3	51	10
Little Den Burger (add cheese choice)		8 oz	410	18	160	1	8	70	750	37	2	24	7
Aged White Cheddar Cheese	GF	1 sl	80	7	60	0	4	20	135	0	0	5	0
American Cheese	GF	1 sl	80	7	60	0	4	20	390	1	0	4	1
Swiss Cheese	GF	1 sl	80	6	60	0	4	20	45	0	0	6	0
ROLLED, PRESSED, & MORE													
Black Bean Quinoa Wrap		13 oz	720	37	330	0	8	5	1480	82	20	17	4
Cajun Chicken Wrap		13 oz	1000	60	540	0	14	85	1540	76	5	39	4
Cali Chicken Sandwich		14 oz	770	45	400	0	8	80	1250	53	8	43	10
Chick-N-Bacon Brioche Melt		8 oz	800	48	430	0.5	12	90	1920	58	2	37	11
Guacamole Chicken Burrito		15 oz	910	55	500	0	20	135	1820	59	6	48	4
Turkey BLT Sandwich		11 oz	790	45	400	0	11	95	2240	51	5	48	11
SALADS													
Crispy Chicken Salad with Honey Mustard Dressing		13 oz	750	48	430	0	8	100	2240	43	4	41	12
Garden Salad with choice of dressing (add dressing choice) *GF with GF dressing choice*	GF	10 oz	160	11	100	0	1.5	0	35	16	8	3	6
Southwestern Chicken Salad with Ranch Dressing		14 oz	770	62	560	0	12	90	1110	24	5	33	4
MUNCHIES													
Chicken Tenders with Honey Mustard		3 pc	590	39	350	0	5	75	1700	35	2	28	7
Chicken Tenders with Honey Mustard		5 pc	860	55	500	0	7	115	2700	50	3	46	7
French Fries	GF	4 oz	340	18	170	0	3.5	0	200	40	4	4	0
Mozzillas™ with tomato sauce		2 pc	660	30	270	0	16	65	1650	74	2	26	4
Mozzillas™ with tomato sauce		3 pc	980	44	400	0	24	95	2380	109	3	38	5
Onion Rings with Creamy BBQ Sauce		6 oz	620	47	430	0	8	15	1030	44	3	5	14
Potato Rounds	GF	6 pc	250	17	150	0	2.5	0	540	24	2	2	1
Sweet Potato Fries		4 oz	360	16	140	0	2.5	0	380	51	7	3	19
SAUCES & SIDES													
Balsamic Vinaigrette, Low-Fat	GF	1.5 oz	60	2	20	0	0	0	250	11	0	0	11
BBQ Sauce	GF	1.5 oz	110	0	0	0	0	0	470	30	1	0	28
Buffalo Sauce	GF	1.5 oz	40	3	30	0	0.5	0	1610	2	0	0	1
Chipotle Sauce	GF	1.5 oz	240	27	240	0	4.5	15	190	3	0	0	0
Creamy BBQ Sauce	GF	1.5 oz	220	21	190	0	3.5	15	310	9	0	0	8
Go Green (add diced avocado)	GF	1 oz	60	5	50	0	1	0	0	3	3	1	0
Honey Mustard Sauce	GF	1.5 oz	190	15	140	0	2.5	15	200	12	0	1	7
Ranch Dressing	GF	1.5 oz	200	21	190	0	4	10	290	1	0	0	0
Pancake Syrup	GF	1.5 oz	110	0	0	0	0	0	40	29	0	0	21
Pig Out (2 slices of bacon)	GF	2 sl	130	9	80	0	3	30	520	1	0	12	1
Salsa	GF	1.5 oz	10	0	0	0	0	0	160	2	1	1	1
Sour Cream	GF	1 oz	45	4	40	0	2	15	5	1	0	1	0
Wrapped Up (lettuce wrap)	GF	2 oz	5	0	0	0	0	0	15	1	1	1	0
5-Pepper	GF	1.5 oz	20	0	5	0	0	0	260	4	1	0	2
SHAKES & SUNDAES													
Chocolate Chip Cookie Sundae		9 oz	860	40	360	0	22	85	380	124	4	10	82
Chocolate Milk Shake	GF	16 fl oz	960	48	430	0	32	180	240	121	0	18	94
Maple Bacon Milk Shake	GF	16 fl oz	960	51	460	0	31	190	840	104	0	24	86
Oreo Milk Shake		16 fl oz	1020	57	510	0	34	180	530	118	1	15	89
S'Mores Cookie Sundae		9 oz	830	36	320	0	20	85	420	125	4	9	87
Vanilla Milk Shake	GF	16 fl oz	810	48	430	0	32	180	320	85	0	13	70
BAKERY													
Chocolate Chip Cookie		1 ea	570	28	250	0	14	45	290	78	3	7	48
S'Mores Cookie		1 ea	540	23	210	0	12	45	330	79	3	6	53
Cheesecake (with strawberry sauce & whipped cream)		7 oz	560	33	300	1	19	150	370	57	1	9	42
FRUIT													
Fruit Cup	GF	7 oz	70	0	5	0	0	0	25	18	3	1	15
Yogurt Parfait		9 oz	310	3.5	35	0	1	10	200	61	4	10	36

Menu items marked as Gluten Friendly meet the FDA specified definition of less than 20 parts per million for a gluten free claim. Please note that our restaurants are not set up as a strictly gluten free environment. 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. We do not maintain halal or kosher kitchens.

Nutritional information does not include additional condiments or ingredients. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

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