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						
Maple Glaze/Spread					X					
Tartar Sauce	X				X					
Tomato Sauce				X	X			X	X	
Worcestershire Sauce		A								
Sausage: Crumbles					X					◊
Sausage Links					X					◊
Sausage Patty					◊					◊
Seasonings:										
Denny's Signature					X					
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	X					◊
T-Bone				X	X					◊
Sugar Substitutes:										
Equal / Splenda / Sweet & Low										
Syrup:										
Chocolate										
Pancake Syrup										
Pancake Syrup, Sugar-Free										

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					X					
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	

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26152

Allergen Guide

October 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.

PLEASE NOTE:

- We season our grills with oil from our fryers and with bacon. Oil includes but is not limited to vegetable oils (soybean, canola, cottonseed) and/or beef tallow.
- 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 or that cross-contact with animal ingredients will not occur..
- 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
Bacon Strips					◊					◊
Bacon, Turkey					◊					◊
Beef Patty					X					◊
Braised Beef					◊					◊
Dr. Praeger's® Veggie Patty	◊	◊		◊	X			◊	◊	◊
Beverages:										
Apple Juice (including kids)										
Coffee, Regular / Decaffeinated										
Coffee, Vanilla Cold Brew				X						
Coffee, Salted Caramel Cold Brew				X						
FUZE® Raspberry Tea										
Hot Chocolate				X						
Lemonade										
Minute Maid® Orange Juice										
Minute Maid Orange Guava Passionfruit Juice										
Smoothies, Fruit Flavors				X						
Soft Drinks										
Strawberry Lemonade										
Tea										
Frappé, Mocha Cloud				X						
Frappé, Orange Cream				X						
Frappé, Root Beer				X						
Frappé, Stay Salty				X						
Frappé, Vanilla				X						
Breads:										
Bagel, Pretzel					X			X	X	◊
Biscuit	◊			X	X			X	X	
Brioche Bun					X			X	X	◊
Buns, Brioche 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					
Thousand Island	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	
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, Matchstick	◊	◊		◊	X			◊	◊	
Fries, Seasoned	◊	◊		◊	X			X	X	
Hash Browns					X					◊
Red Rustic Mashed Potatoes™				X	X					
Red-Skinned	◊	◊		◊	X			◊	◊	
Tater Tots	◊	◊		◊	X			◊	◊	
Sauces & Spreads:										
BBQ					X					
Bourbon Sauce					X			X	X	
Buffalo Sauce				X	X					
Lemon Pepper					X					
Pimento Cheese	X			X	X					
Spicy Sweet Chili										
Smoky Glaze										