55+ MEALS	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
55+ Country-Fried Steak with gravy and dinner bread (add side choices)	8 oz	580	32	290	1.5	12	60	1350	53	2	21	3
55+ Omelette with hash browns and white toast	16 oz	930	57	510	0.5	16	530	2080	61	2	39	6
55+ Scrambled Eggs & Cheddar Breakfast	17 oz	1040	58	520	0	21	620	2780	80	2	46	21
55+ Starter™ (add egg and meat choices)	7 oz	420	18	160	0	3.5	0	860	54	1	7	2
55+ Wild Alaska Salmon with dinner bread (add side choices)	9 oz	540	31	280	0	8	115	1300	27	1	37	2
CONDIMENTS												
Balsamic Vinaigrette, Low-Fat	1.5/3 oz	60/130	2/4	20/35	0	0/0.5	0	250/500	11/23	0	0	11/21
Blue Cheese Dressing	1.5/3 oz	150/310	16/32	140/280	0/0.5	3.5/7	25/50	320/640	2/3	0	2/3	0/1
Country Gravy	1 oz	20	1.5	10	0	0	0	105	2	0	0	0
Cream Cheese Icing	1.5 oz	150	4	35	0	2.5	5	45	28	0	0	27
Creamer, French Vanilla	13 ml	30	1	10	0	0.5	0	0	5	0	0	5
Croutons	0.5 oz	70	2.5	20	0	0	0	200	11	0	2	1
Diner Q Sauce	1.5 oz	220	21	190	0	3.5	15	310	9	0	0	8
Honey Mustard Dressing	1.5/3 oz	190/370	15/31	140/280	0	2.5/5	15/25	200/410	12/24	0	0/1	7/15
Maple-Flavored Syrup	2 oz	220	0	0	0	0	0	40	54	0	0	29
Maple-Flavored Syrup, Sugar-Free	2 oz	15	0	0	0	0	0	110	6	0	0	0
Pico de Gallo	2 oz	15	0	0	0	0	0	75	3	1	1	2
Ranch Dressing	1.5/3 oz	200/390	21/42	190/380	0	4/8	10/20	290/580	1/2	0	0	0/1
Sour Cream	1 oz	45	4	40	0	2	15	5	1	0	1	0
Tomato Sauce	1.5 oz	25	1	10	0	0	0	190	3	0	1	2
Whipped Margarine	0.5 oz	40	4.5	40	0	1.5	0	35	0	0	0	0

FOOD ALLERGIES?

Scan the QR code for our allergen guide or see server.

© 2026 DFO, LLC. Printed in the U.S.A. © 2026 The Coca-Cola Company. "Coca-Cola," "Sprite," "Diet Coke," "Hi-C," "Fanta," "Barq's," "FUZE," and "MINUTE MAID" are registered trademarks of The Coca-Cola Company. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. © 2026 Dr Pepper/Seven Up, Inc. OREO and the OREO Wafer Design are registered trademarks of Mondelēz International, Inc., used under license. The Dr. Praeger's® veggie patty and associated marks are registered trademarks of the Dr. Praeger's® veggie patty. Goldfish® and the Goldfish® shape are registered trademarks of PF Brands, Inc. The HERSHEY'S trademark and trade dress are used with permission. OREO® is a trademark of Mondelēz International group, used under license.

KIDS' ENTRÉES

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Build Your Own Jr. Grand Slam®												
Bacon Strips	2	130	9	80	0	3	30	520	1	0	12	1
Bacon Strip & Sausage Link	1 ea	150	12	110	0	4	30	450	1	0	9	0
Egg, Boiled (1)	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Egg, Fried / Basted (1)	2 oz	90	8	70	0	2	165	100	0	0	6	0
Egg, Scrambled (1)	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
Egg White (1)	2 oz	40	0	0	0	0	0	115	0	0	7	0
Hash Browns	2 oz	90	4	35	0	0.5	0	220	11	1	1	0
Sausage Links	2	160	15	140	0	5	30	380	1	0	5	0
Silver Dollar Pancakes (3)	3	210	6	50	0	2	20	610	35	1	4	7
Toast, White, w/ margarine	1	120	5	45	0	1	0	200	15	1	3	1
Turkey Bacon Strips	2	70	4	35	0	1	30	330	1	0	7	1
Jr. Grand Slam® (add egg choice)	5 oz	350	18	160	0	6	50	1060	36	1	12	8
Jr. Birthday Cake Pancakes	3	280	4.5	40	0	2	15	600	56	1	4	25
Jr. Cheeseburger (add side)	6 oz	470	25	220	1.5	12	95	1000	34	1	27	5
Jr. Chocolate Chip Pancakes (add side)	3	230	5	50	0	3	20	570	44	1	4	15
Jr. French Toast	2	360	16	140	0	3.5	60	470	47	2	15	8
Jr. Mac & Cheese (add side)	7 oz	300	9	80	0	2.5	10	650	44	2	10	8
Jr. Premium Chicken Tenders (add dipping sauce & side)	2	270	16	140	0	2	40	1000	15	1	18	0
Add a Chicken Tender	1	140	8	70	0	1	20	500	8	1	9	0
Jr. Spaghetti	8 oz	250	3.5	35	0	0	0	510	48	3	8	8
Jr. Waffle (add side choice)	1	450	26	240	0	13	30	390	48	2	5	25

KIDS' SIDES

Fresh Banana Slices	1 serv	110	0	0	0	0	0	0	27	3	1	14
Broccoli	4 oz	35	0	0	0	0	0	180	6	3	3	1
Grapes	3 oz	60	0	0	0	0	0	0	14	1	1	12
Jr. Garden Salad (add dressing choice)	3 oz	80	2.5	25	0	0	0	210	13	1	2	2
Matchstick Fries	6 oz	360	21	190	0	3.5	0	730	42	3	3	1

KIDS' DESSERTS

Jr. Ice Cream: Chocolate	4 oz	270	15	130	0	10	60	60	30	0	5	23
Strawberry	4 oz	230	12	100	0	7	50	85	32	0	3	22
Vanilla	4 oz	250	15	130	0	10	60	90	27	0	3	22
Jr. Milk Shake: Chocolate	12 oz	680	32	290	0	21	120	160	89	0	12	70
OREO® Blender Blaster™	12 oz	760	41	370	0	24	120	430	90	1	11	65
Strawberry	12 oz	550	26	230	0	16	105	200	77	1	9	56
Vanilla	12 oz	600	32	290	0	21	120	210	71	0	9	60

DESSERTS

Brownie Sundae with OREO Pieces	10 oz	900	33	290	0	14	60	520	144	1	9	98
Cookie Dough Lover's Pie	8 oz	710	34	310	0	18	110	550	98	2	8	66
New York Style Cheesecake Plain / with Strawberry Topping & Whipped Cream	5 oz / 7 oz	490 / 560	32 / 33	290 / 300	1	19	150	370	42 / 57	1	9	29 / 42
Oven-Baked Caramel Apple Pie Crisp	13 oz	920	43	380	0	22	75	780	128	4	8	86

DRINKS & SHAKES

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Chocolate Milk (reduced fat)	15 oz	290	4.5	40	0	2	25	300	46	0	16	46
Coffee	8 oz	0	0	0	0	0	0	0	0	0	0	0
Salted Caramel Cold Brew	11 oz	410	9	80	0	5	25	450	72	0	9	66
Vanilla Cold Brew	11 oz	270	5	50	0	3	20	125	45	0	9	38
FUZE® Raspberry Tea	12 oz	110	0	0	0	0	0	55	28	0	0	28
Hot Chocolate	8 oz	230	3.5	30	0	1.5	5	330	47	0	3	38
Hot Tea / Herbal Tea	8 oz	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (Unsweet/Sweet)	12 oz	5 / 160	0	0	0	0	0	10	1 / 40	0	0	0/39
Juices: Apple	15 oz	210	0	0	0	0	0	10	52	0	1	49
Orange	15 oz	210	0	0	0	0	0	0	51	0	3	45
Lemonade	12 oz	150	0	0	0	0	0	0	40	0	0	37
2% Milk	15 oz	230	9	80	0	6	35	220	22	0	15	22
Frappes: Barq's Root Beer Cloud Frappe	15 oz	140	2.5	20	0	1.5	10	105	28	0	4	28
Mocha Cloud Frappe	15 oz	230	2.5	20	0	1.5	10	115	50	0	4	45
Orange Cream Cloud Frappe	15 oz	200	2.5	20	0	1.5	10	100	41	0	4	40
Stay Salty Cloud Frappe	15 oz	340	2.5	20	0	1.5	10	370	74	0	4	70
Vanilla Cloud Frappe	15 oz	310	2	20	0	1.5	10	90	68	0	4	63
Milk Shakes: Chocolate	12 oz	680	32	290	0	21	120	160	89	0	12	70
OREO®	12 oz	760	41	370	0	24	120	430	90	1	11	65
Strawberry	12 oz	550	26	230	0	16	105	200	77	1	9	56
Vanilla	12 oz	600	32	290	0	21	120	210	71	0	9	60
Soft Drinks: Barq's Root Beer®	12 oz	200	0	0	0	0	0	80	55	0	0	55
Coca-Cola®	12 oz	180	0	0	0	0	0	40	49	0	0	49
Coca-Cola® Zero Sugar	12 oz	0	0	0	0	0	0	45	0	0	0	0
Diet Coke®	12 oz	0	0	0	0	0	0	55	0	0	0	0
Dr Pepper®	12 oz	140	0	0	0	0	0	45	39	0	0	39
Fanta® Orange	12 oz	190	0	0	0	0	0	50	52	0	0	51
Hi-C® Fruit Punch	12 oz	190	0	0	0	0	0	65	52	0	0	50
Mello Yello	12 oz	190	0	0	0	0	0	55	49	0	0	49
Sprite®	12 oz	170	0	0	0	0	0	80	47	0	0	47
Vanilla Flavor Shot	1 oz	80	0	0	0	0	0	5	21	0	0	21
Strawberry Lemonade	12 oz	180	0	0	0	0	0	5	49	2	1	45

KIDS' DRINKS

Apple Juice	10 oz	140	0	0	0	0	0	5	35	0	0	33
Chocolate Milk (reduced fat)	10 oz	190	3	30	0	1.5	15	200	31	0	11	31
Hot Chocolate	8 oz	230	3.5	30	0	1.5	5	330	47	0	3	38
Lemonade	8 oz	100	0	0	0	0	0	0	26	0	0	24
2% Milk	10 oz	150	6	50	0	4	25	140	15	0	10	15
Orange Juice	10 oz	140	0	0	0	0	0	0	34	0	2	30
Soft Drinks	8 oz	0-120	0	0	0	0	0	25-50	0-33	0	0	0-33

Nutrition Guide

October 2026

The nutritional information provided is based on computerized database analysis and vendor product data. The data represents an estimate of nutrient content. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients and based upon special ordering. For additional information, please call 800-733-6697 or visit dennys.com.

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.

BUILD YOUR OWN GRAND SLAM®	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Bacon Strips	2	130	9	80	0	3	30	520	1	0	12	1
Buttermilk Biscuit	1	230	13	120	0	8	0	520	26	1	3	3
Eggs (2)												
Eggs, Boiled (2)	4 oz	130	8	80	0	3	325	125	1	0	11	0
Eggs, Fried / Basted (2)	4 oz	190	16	140	0	4	325	200	1	0	11	0
Eggs, Scrambled (2)	4 oz	220	17	150	0	5	480	360	1	0	14	0
Egg Whites (2)	4 oz	80	1	10	0	0	0	230	1	0	13	0
English Muffin without margarine / English Muffin with margarine	1	140/190	1/6	10/60	0	0/1	0	220/270	29	1	5	1
Grilled Ham Slice	3 oz	120	4	35	0	1.5	40	860	7	0	14	6
Hash Browns	5 oz	180	8	70	0	1.5	0	460	24	1	1	1
Pancakes, Buttermilk	2	500	9	80	0	3	50	1600	95	2	10	23
Pancakes, Hearty 9-Grain	2	730	11	100	0	3.5	0	1960	142	8	14	35
Sausage Links	2	160	15	140	0	5	30	380	1	0	5	0
Seasonal Fruit	6 oz	100	0	5	0	0	0	5	25	3	1	17
Toast, White, without margarine / with margarine	2	160/240	1.5/10	15/90	0	0/2	0	320/400	31	0	5	2
Turkey Bacon Strips	2	70	4	35	0	1	30	330	1	0	7	1

PANCAKES SLAMS®												
Choconana Pancake Slam® (add hash browns, egg, and meat choices)	2	890	23	210	0	13	50	1570	167	9	15	76
Cinnamon Roll Pancake Slam® (add hash browns, egg, and meat choices)	2	1160	24	210	0	10	55	1900	225	3	10	148
Double Berry Banana Pancake Slam® (add hash browns, egg, and meat choices)	2	540	4.5	40	0	1.5	45	1560	115	5	11	35
Hearty 9-Grain Pancake Slam® (add hash browns, egg, and meat choices)	2	730	11	100	0	3.5	0	1960	142	8	14	35
Plant-Based 9-Grain Pancake Slam®	23 oz	1000	19	170	0	5	0	2420	191	12	17	53

SIGNATURE BREAKFASTS												
Country-Fried Steak & Eggs with hash browns and white toast (add egg choice)	14 oz	810	43	390	1.5	13	60	1850	82	2	22	4
Santa Fe Sizzlin' Skillet (add egg choice)	12 oz	770	58	520	0.5	19	95	1890	38	4	27	4
Sirloin Steak & Eggs (6 oz) with hash browns and white toast (add egg choice)	14 oz	730	36	320	0	8	90	1700	56	1	41	3
Sirloin Steak & Eggs (8 oz) with hash browns and white toast (add egg choice)	16 oz	800	39	350	0	9	120	1830	57	1	52	3
T-Bone Steak & Eggs with hash browns and white toast (add egg choice)	16 oz	960	57	510	0	18	165	2780	57	1	62	3
2-Egg Breakfast (add egg choice)	7 oz	420	18	160	0	3.5	0	860	54	1	7	2

SIGNATURE SLAMS®

All-American Slam® with hash browns and white toast	18 oz	1200	81	720	0	27	820	2550	58	1	55	3
Berry Stuffed French Toast Slam® (add egg choice)	18 oz	1240	61	540	0.5	23	200	2030	136	6	39	67
Berry Stuffed French Toast a la carte	16 oz	950	37	330	0.5	15	145	1130	134	6	22	66
Berry Waffle Slam® (add egg choice)	12 oz	1200	68	620	0	32	120	1680	118	6	28	65
Berry Waffles a la carte	2	900	45	400	0	24	60	780	112	6	11	61
Everyday Value Slam® (all choices)												
Bacon Strips	2	130	9	80	0	3	30	520	1	0	12	1
Biscuit & Gravy	5 oz	320	20	180	0	10	10	820	31	1	5	4
Eggs, Boiled (2)	4 oz	130	8	80	0	3	325	125	1	0	11	0
Eggs, Fried / Basted (2)	4 oz	190	16	140	0	4	325	200	1	0	11	0
Eggs, Scrambled (2)	4 oz	220	17	150	0	5	480	360	1	0	14	0
Egg Whites (2)	4 oz	80	1	10	0	0	0	230	1	0	13	0
Pancakes, Buttermilk	2	450	11	100	0	3.5	60	1390	77	2	10	20
Sausage Links	2	160	15	140	0	5	30	380	1	0	5	0
Slices of French Toast	2	360	16	140	0	3.5	60	470	47	2	15	8
Fit Slam®	15 oz	450	12	110	0	2.5	30	860	59	5	27	22
French Toast Slam® (add egg choice)	9 oz	810	45	410	0	13	145	1650	72	3	29	23
Lumberjack Slam® with white toast (add egg choice)	21 oz	1320	55	490	0	16	145	4310	154	3	48	28
Original Grand Slam® (add egg choice)	13 oz	790	32	290	0	11	105	2500	97	2	27	23
Super Slam® (add egg choice)	17 oz	970	40	360	0	12	105	2960	121	3	29	24
Waffle Slam® (add egg choice)	9 oz	1160	72	650	0	33	120	1660	97	4	27	50

OMELETTES

Loaded Veggie Omelette with hash browns and white toast	19 oz	920	56	500	0.5	16	740	1540	63	3	36	6
Mile High Denver Omelette with hash browns and white toast	19 oz	1090	67	600	1	21	800	3130	69	2	51	12
Moons Over My Hammy Omelette with hash browns and white toast	19 oz	1080	67	600	1	21	800	2760	64	1	52	9
Philly Cheesesteak Omelette with hash browns and white toast	21 oz	1120	68	610	1	22	805	1960	62	2	60	5
Ultimate Omelette® with hash browns and white toast	21 oz	1150	77	690	0.5	23	785	2190	63	3	46	7

BUILD YOUR OWN OMELETTE

Build Your Own Omelette with hash browns and white toast												
American Cheese	1 sl	80	7	60	0	4	20	390	1	0	4	1
Bacon	2	130	9	80	0	3	30	520	1	0	12	1
Caramelized Onions	1 oz	70	7	60	0	1	0	210	2	1	0	1
Cheddar Cheese	1 oz	80	6	60	0	3.5	20	120	0	0	5	0
Chorizo Sausage	3 oz	330	27	240	0	10	75	830	4	0	17	0
Fire-Roasted Bell Peppers & Onions	2 oz	70	6	60	0	1	0	110	4	1	0	2
Fresh Avocado	1 serv	90	8	70	0	1	0	0	5	4	1	0
Fresh Spinach	0.5 oz	5	0	0	0	0	0	10	0	0	0	0
Ham	3 oz	120	4	35	0	1.5	40	860	7	0	14	6
Jalapeños	1 oz	5	0	0	0	0	0	440	1	0	0	1
Omelette, Egg White, Plain	7 oz	110	1.5	10	0	0	0	340	1	0	20	1
Omelette, Plain	7 oz	340	26	230	0	7	720	540	2	0	21	0
Pepper Jack Queso	2 oz	100	7	70	0	3	15	360	5	0	3	2
Pico de Gallo	2 oz	15	0	0	0	0	0	75	3	1	1	2
Sausage	1.5 oz	180	17	150	0	5	30	330	0	0	6	0
Sautéed Mushrooms	1 oz	50	6	50	0	1	0	55	1	0	1	0
Swiss Cheese	1 sl	80	6	60	0	4	20	45	0	0	6	0
Tomatoes	2 oz	10	0	0	0	0	0	0	2	1	0	1
Turkey Bacon Strips	2 sl	70	4	35	0	1	30	330	1	0	7	1

FRENCH CREPES

Berry Vanilla Crepe Breakfast with hash browns (add egg & meat choices)	10 oz	440	20	180	0	6	15	670	60	3	5	23
Berry Vanilla Two Crepe Breakfast with hash browns (add egg & meat choices)	16 oz	710	32	290	0	11	30	880	96	5	9	45
Berry Vanilla Two Crepes a la carte	12 oz	530	24	220	0	9	30	430	73	4	7	44

BREAKFAST HANDHELDS

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Grand Slamwich® with hash browns	18 oz	1220	78	700	1	26	600	3350	71	3	55	6
Grand Slam Burrito	17 oz	1100	69	610	1	23	560	2410	76	4	43	4
Moons Over My Hammy® with hash browns	17 oz	960	55	500	1	18	560	2570	68	3	45	3
Pretzel Bagel Sandwich with Scrambed Egg, Cheese, and Applewood-Smoked Bacon with hash browns	15 oz	910	48	430	0	15	445	2250	82	9	40	11
Pretzel Bagel Sandwich with Scrambed Egg, Cheese, and All-Pork Sausage with hash browns	15 oz	930	56	500	0	18	440	1930	74	8	33	4
Pretzel Bagel Sandwich with Scrambled Egg & Cheese with hash browns	13 oz	750	39	350	0	12	415	1670	74	8	28	4
Spicy All-American Burrito	17 oz	1010	59	530	0	22	465	3220	80	4	43	6
Spicy All-American Slamwich® with hash browns	16 oz	980	59	530	0	20	465	2840	71	3	42	5

À LA CARTE SIDES

Bacon Strips	4	260	17	150	0	6	55	1040	2	0	25	2
Biscuit & Gravy	5 oz	320	20	180	0	10	10	820	31	1	5	4
Buttermilk Biscuits	2	450	26	230	0	15	0	1040	52	2	6	6
Cheddar Cheese Hash Browns	5 oz	250	14	130	0	6	20	580	24	1	6	1
Egg (1)												
Eggs, Boiled (1)	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Eggs, Fried / Basted (1)	2 oz	90	8	70	0	2	165	100	0	0	6	0
Eggs, Scrambled (1)	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
Egg Whites (1)	2 oz	40	0	0	0	0	0	115	0	0	7	0
English Muffin without margarine / English Muffin with margarine	1	140/190	1/6	10/60	0	0/1	0	220/270	29	1	5	1
Grilled Ham Slice	3 oz	120	4	35	0	1.5	40	860	7	0	14	6
Hash Browns	5 oz	180	8	70	0	1.5	0	460	24	1	1	1
Red-Skinned Potatoes	5 oz	250	13	120	0	2.5	0	800	30	3	4	2
Sausage Links	4	320	30	270	0	10	60	760	2	0	10	0
Seasonal Fruit	6 oz	100	0	5	0	0	0	5	25	3	1	17
Slices of French Toast	2	360	16	140	0	3.5	60	470	47	2	15	8
Stack of Pancakes	2	500	9	80	0	3	50	1600	95	2	10	23
Toast, White, without margarine / with margarine	2	160/240	1.5/10	15/90	0	0/2	0	320/400	31	0	5	2
Tortillas, Flour (3)	3	250	5	50	0	2.5	0	590	42	1	6	0
Turkey Bacon Strips (4)	4	140	8	70	0	2	60	660	2	0	15	2
Waffle	1	450	26	240	0	13	30	390	48	2	5	25

SOUPS

Chicken Noodle Soup - bowl / cup	12 / 8 oz	390 / 260	15 / 10	130 / 90	0	6 / 4	110 / 75	3880 / 2580	43 / 28	2	21 / 14	5 / 4
Loaded Baked Potato Soup - bowl / cup	12 / 8 oz	470 / 360	30 / 24	270 / 210	0	14 / 11	85 / 70	1810 / 1310	35 / 24	0 / 0	14 / 12	7 / 5

SALADS

Cobb Salad (add dressing choice)	14 oz	480	31	280	0	10	260	930	25	7	28	7
House Salad (add dressing choice)	10 oz	190	9	80	0	4.5	20	340	19	3	9	6

SALAD ADD-ONS

Crispy Fried Chicken	5 oz	410	24	220	0	3	60	1500	23	2	27	0
Grilled Chicken Breast	1	200	9	80	0	2.5	75	820	1	0	29	0
Wild-caught Alaska Salmon	7 oz	350	23	210	0	6	115	940	1	0	32	0

STARTERS	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Bone-In Wings (8 ct) (add sauce choice and dipping sauce choice)	8	410	25	230	0	7	205	1610	13	0	33	3
Bone-In Wings (16ct) (add sauce choice and dipping sauce choice)	16	820	51	460	0	15	415	3210	25	0	67	5
Boneless Chicken Wings (8ct) (add sauce choice and dipping sauce choice)	8	620	36	320	0	5	60	2380	40	4	34	0
Boneless Chicken Wings (16ct) (add sauce choice and dipping sauce choice)	16	1240	72	650	0	10	120	4760	80	8	68	0
Wing Sauces:												
BBQ	2 oz	100	0	0	0	0	0	390	26	0	0	23
Bourbon Glaze	2 oz	210	0.5	10	0	0	0	550	52	0	1	47
Buffalo	2 oz	50	4	40	0	0.5	0	2150	3	0	0	1
Lemon Pepper	2 oz	400	45	400	0.5	8	0	440	1	0	0	0
Maple Glaze	2 oz	530	54	480	1.5	10	0	450	13	0	0	12
Smoky Glaze	2 oz	110	0	0	0	0	0	210	27	1	0	25
Spicy Sweet Chili	2 oz	140	3	20	0	0	0	310	32	0	0	30
Diner Dipper:												
Bacon, Egg & Cheese Sliders	2	660	27	240	0	10	290	1670	73	2	30	35
Bone-In Wings (add sauce choice and dipping sauce choice)	4	210	13	120	0	3.5	105	800	6	0	17	1
Boneless Chicken Wings (add sauce choice and dipping sauce choice)	6	470	27	240	0	4	45	1790	30	3	26	0
Cheesy Bacon Ranch Sliders (add dipping sauce choice)	2	910	63	560	1.5	18	110	1810	44	1	41	8
Chicken Tenders (add dipping sauce choice)	2	270	16	140	0	2	40	1000	15	1	18	0
Maple Stuffed Donut Holes (4)	4	760	38	340	0	17	20	880	98	0	5	52
Matchstick Fries (add dipping sauce choice)	6 oz	360	21	190	0	3.5	0	730	42	3	3	1
Mozzillas™ (add dipping sauce choice)	2	640	29	260	0	16	65	1460	70	2	25	2
Onion Rings (add dipping sauce choice)	5 oz	400	27	240	0	4.5	0	710	35	3	4	5
Seasoned Fries (add dipping sauce choice)	5.5 oz	490	26	240	0	5	5	1100	57	8	7	1
Tater Tots (add dipping sauce choice)	8 oz	540	36	320	0	6	0	1090	53	3	6	0
Dipping Sauces: See Condiments Section												
Maple Stuffed Donut Holes (4)	4	760	38	340	0	17	20	880	98	0	5	52
Maple Stuffed Donut Holes (10)	10	1750	89	800	0.5	37	50	2140	221	0	11	109
Mozzillas™ (add sauce choice)	4	1280	58	520	0	31	125	2920	140	4	50	4
Premium Chicken Tenders (add dipping sauce choice)	5	680	40	360	0	5	100	2520	38	3	45	0
Zesty Nachos	25 oz	1660	106	950	1	36	170	3370	170	11	44	15
Zesty Nachos, Half Size:	15 oz	870	55	500	0.5	19	95	1820	69	6	25	9
MELTS & HANDHELDS												
BBQ Bacon Chicken Sandwich (add side choice)	13 oz	660	27	250	0	10	120	2280	52	3	53	21
Buffalo Chicken Sandwich (add side choice)	13 oz	760	45	400	0	9	90	3140	55	2	34	8
Cali Club Sandwich (add side choice)	14 oz	840	48	430	0	13	105	2190	56	9	49	11
Crispy Chicken Bacon Ranch Sandwich (add side choice)	19 oz	1160	74	670	0	21	160	2670	67	6	58	7
Crispy Chicken Sandwich (add sauce choice and side choice)	8 oz	580	28	250	0	6	85	1860	51	1	33	5
Pot Roast Melt (add side choice)	11 oz	770	42	370	0	15	130	1640	44	2	57	2
Super Bird® (add side choice)	11 oz	680	34	300	0.5	14	120	1740	47	2	47	4
À LA CARTE SIDES												
Broccoli	4 oz	35	0	0	0	0	0	180	6	3	3	1
Matchstick Fries	6 oz	360	21	190	0	3.5	0	730	42	3	3	1
Red Rustic Mashed Potatoes (add optional gravy choice)	1 serv	250	11	100	0	7	35	940	32	8	5	5
Red-Skinned Potatoes	5 oz	250	13	120	0	2.5	0	800	30	3	4	2
Sweet Corn	1 serv	290	15	130	0	2.5	0	310	33	9	7	14
Whole Grain Rice	5 oz	240	2.5	25	0	0.5	0	360	48	5	6	2

BURGERS

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Avocado Queso Pico Burger (add side choice)	11 oz	690	42	380	2	14	95	1080	43	6	38	8
Double Avocado Queso Pico Burger (add side choice)	15 oz	1060	69	620	3.5	25	175	1590	43	6	67	8
Bourbon Bacon Burger (add side choice)	14 oz	870	51	460	2	20	135	1670	51	3	54	18
Double Bourbon Bacon Burger (add side choice)	19 oz	1320	86	770	4	34	235	2320	51	3	88	18
Cheesy Bacon Ranch Sliders (add side choice)	14 oz	1360	94	850	2	27	160	2710	65	2	61	11
Diner OP Burger (add side choice)	9 oz	650	37	330	2	16	105	1650	40	2	39	10
Diner OP Burger + Slider (add side choice)	14 oz	1100	68	610	2.5	25	160	2560	62	2	60	14
Double Diner OP Burger (add side choice)	16 oz	1350	88	800	3.5	37	265	3550	45	2	97	13
Double Cheeseburger (add cheese choice & side choice)	14 oz	920	57	520	3.5	22	170	1360	37	2	65	7
Single Cheeseburger (add cheese choice & side choice)	10 oz	560	30	270	2	12	85	850	37	2	36	7
Chorizo Queso Burger (add side choice)	14 oz	1150	78	700	2.5	32	210	2720	50	1	62	10
Double Chorizo Queso Burger (add side choice)	18 oz	1510	105	950	4	43	4	3220	50	1	91	10
Palmetto Burger (add side choice)	10 oz	810	53	470	2	20	135	1490	37	1	44	6
Double Palmetto Burger (add side choice)	14 oz	1170	80	720	3.5	31	220	2000	37	1	73	6
Dr. Praeger's Veggie Patty	1	210	9	80	0	1.0	0	560	25	14	8	1
Grilled Seasoned Chicken Breast	1	200	9	80	0	2.5	75	820	1	0	29	0
Slamburger™ (add egg choice and side choice)	10 oz	830	49	440	2.5	19	135	1960	46	2	52	7
Double Slamburger (add egg choice and side choice)	15 oz	1270	83	740	4	34	240	2870	48	2	85	7

DINNERS

Bourbon Chicken Sizzlin' Skillet	21 oz	840	35	310	0.5	7	145	2920	69	7	65	36
Country-Fried Steak with gravy and dinner bread (add side choices)	14 oz	960	56	500	2.5	21	120	2240	78	3	35	4
Crazy Spicy Sizzlin' Skillet (add optional egg choice)	20 oz	1040	69	620	1	23	185	3640	48	5	59	9
Egg Choice												
Fried Fish Platter with dinner bread (add side choices)	13 oz	900	55	490	1	9	5	1660	68	1	33	8
Plate Lickin' Chicken Fried Chicken with dinner bread (add side choices)	16 oz	1070	62	560	0	14	170	3230	68	6	60	3
Premium Chicken Tenders with dinner bread (add side choices and sauce choice)	10 oz	860	47	430	0	7	100	2860	63	3	51	2
Sirloin Steak (6 oz) with dinner bread (add side choices)	9 oz	500	25	220	0	7	90	1190	27	1	40	2
Sirloin Steak (8 oz) with dinner bread (add side choices)	11 oz	570	28	250	0	7	120	1320	27	1	51	2
Spaghetti & Meatballs with dinner bread	22 oz	1200	58	520	0	21	115	2340	125	6	49	15
Spaghetti & Meatballs refill	10 oz	450	20	180	0	7	40	960	51	3	19	8
Add a Meatball	1 ea	170	14	130	0	6	35	380	3	0	9	0
T-Bone Steak with dinner bread (add side choices)	13 oz	730	46	410	0	17	165	2280	28	1	61	2
Wild Alaska Salmon with dinner bread (add side choices)	9 oz	540	31	280	0	8	115	1300	27	1	37	2
Garlic Toast / Dinner Bread	2 pc	190	7	70	0	2	0	360	25	1	6	2

PREMIUM SIDES

Beer-Battered Onion Rings	5 oz	400	27	240	0	4.5	0	710	35	3	4	5
Garden Side Salad (add dressing choice)	7 oz	170	9	80	0	4.5	20	340	16	2	8	4
Tater Tots	8 oz	540	36	320	0	6	0	1090	53	3	6	0
Seasonal Fruit	6 oz	100	0	5	0	0	0	5	25	3	1	17
Seasoned Fries	5.5 oz	490	26	240	0	5	5	1100	57	8	7	1