Nutrition Guide

Limited Time Offer

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.

	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)
Chips & Salsa	7 oz	860	46	410	0	9	5	400	101	4	10	2
Maple Stuffed Donut Holes	2	480	21	190	0	9	15	470	69	0	2	46
6 oz Sirloin Steak & Eggs with Hash Browns & White Toast (add egg choice)	14 oz	730	36	320	0	8	90	1700	56	1	41	3
8 oz option (see core menu nutrition guide)												
6 oz Sirloin Steak with Dinner Bread (add side choices)	9 oz	500	25	220	0	7	90	1190	27	1	40	2
8 oz option (see core menu nutrition guide)												
Buffalo Chicken Sandwich (add side choice)	13 oz	760	45	400	0	9	90	3140	55	2	34	8
Crispy Chicken Sandwich (add side choice)	8 oz	580	28	250	0	6	85	1860	51	1	33	5
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
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
Pretzel Bagel Sandwich with Scrambled Egg, Cheese & Applewood-Smoked Bacon With Smoky Glaze with hash browns	15 oz	910	48	430	0	15	445	2250	82	9	40	11
Pretzel Bagel Sandwich with Scrambled Egg, Cheese & All- Pork Sausage Patty 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
Super Slam®	17 oz	970	40	360	0	12	105	2960	121	3	29	24
Spicy All-American Slamwich® with hash browns	16 oz	980	59	530	0	20	465	2840	71	3	42	5
Cinnamon Apple Crisp Pancake Slam (add hashbrowns, meat & egg choices)	2	1350	33	300	0	14	60	2290	249	3	13	153
Cinnamon Apple Crisp Pancakes Upgrade	2	1350	33	300	0	14	60	2290	249	3	13	153
Cinnamon Roll Cold Brew	11 oz	300	4.5	40	0	3	20	115	54	0	8	49
Cinnamon Roll Milk Shake	12 oz	690	31	280	0	21	120	220	95	0	9	84
Pecan Pie, Slice	1 sl	520	25	230	0	8	75	570	70	1	5	32
Pecan Pie, Whole	whole	4160	64	1800	0	64	600	4560	560	8	40	256
Pumpkin Pie, Slice	1 sl	380	14	130	0	6	50	530	58	1	5	25
Pumpkin Pie, Whole	whole	2880	104	940	0	40	400	4240	456	8	40	192
Turkey Dinner with dinner bread (add side choices)	15 oz	770	32	290	0	6	105	1840	68	3	47	23
Family Turkey Bundle (add side choices)	63 oz	2540	97	870	0.5	17	410	7590	221	8	173	90

© 2026 DFO, LLC. Printed in the U.S.A.