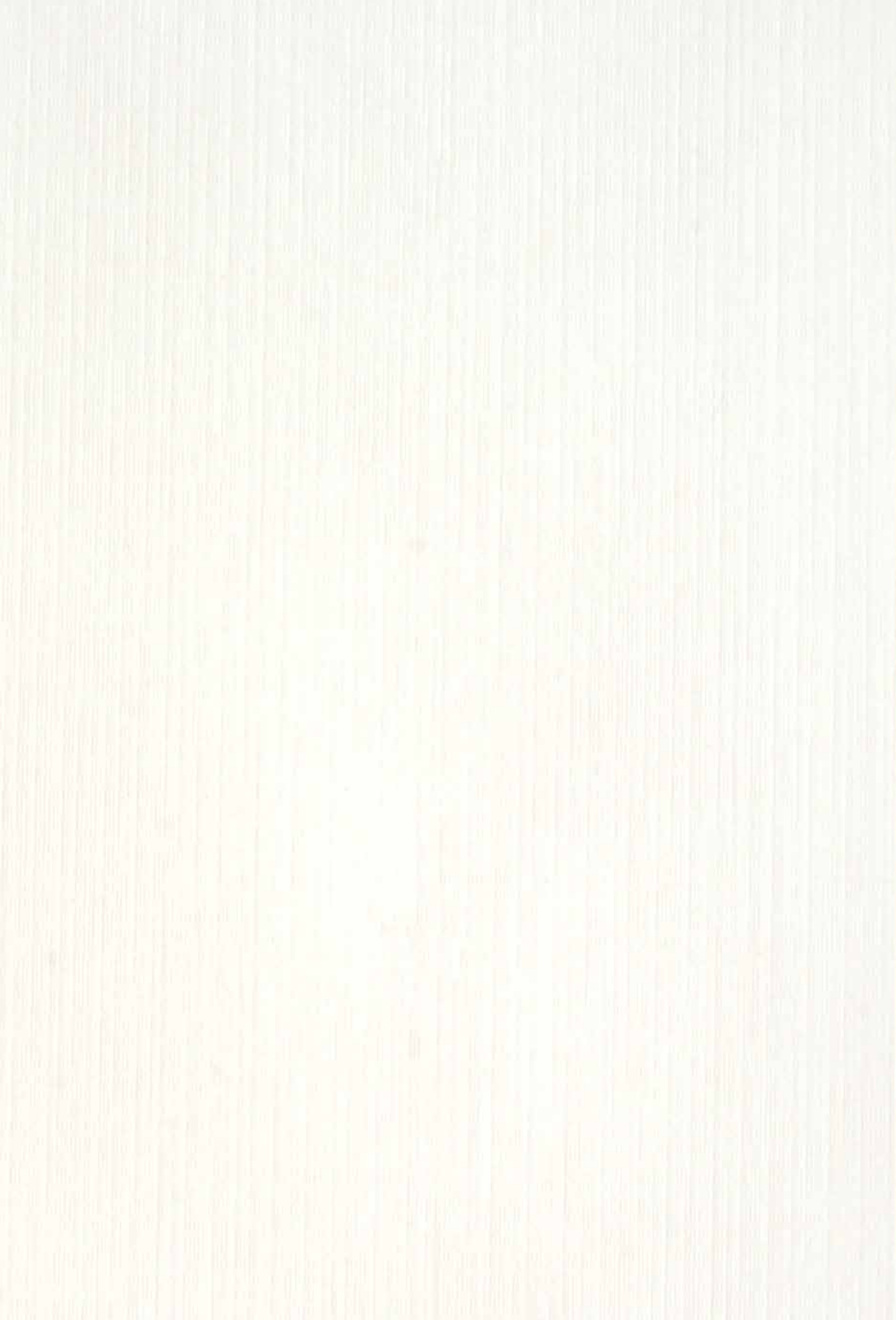




WELCOME TO  
AMERICA'S  
DINER<sup>®</sup>

Denny's<sup>®</sup>







## **FIT FARE** GUIDE TO BETTER NUTRITION

Substitute healthier items like egg whites, chicken sausage, hearty wheat pancakes and sugar-free syrup. Also look for our Fit Fare® logos throughout the menu.

**FIT FARE LEAN** Under 15g of fat   **FIT FARE LIGHT** Under 550 calories   **FIT FARE PROTEIN** Over 20g of protein   **FIT FARE FIBER** Over 8g of fiber

# SLAMS



### ALL-AMERICAN SLAM®

Three scrambled eggs with Cheddar cheese, two bacon strips and two sausage links, plus hash browns and choice of bread. (Cal 850-1260)



All-American Slam®

### THE GRAND SLAMWICH®

Two scrambled eggs, crumbled sausage, bacon, shaved ham and American cheese on potato bread grilled with a maple spice spread. Served with hash browns. (Cal 1160-1390)



The Grand Slamwich®

### BELGIAN WAFFLE SLAM®

A golden waffle served with two eggs,\* two bacon strips and two sausage links. (Cal 620-860)

### LUMBERJACK SLAM®

Two buttermilk pancakes, a slice of grilled ham, two bacon strips, two sausage links and two eggs,\* plus hash browns and choice of bread. (Cal 1130-1490)

### FRENCH TOAST SLAM®

Two thick slices of our fabulous French toast with two eggs,\* two bacon strips and two sausage links. (Cal 730-810)

### FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus two turkey bacon strips, an English muffin and seasonal fruit. (Cal 390)

**FIT FARE LEAN** Under 15g of fat   **FIT FARE LIGHT** Under 550 calories  
**FIT FARE PROTEIN** Over 20g of protein   **GF** when you choose the Gluten Free English Muffin



Fit Slam®

### BUILD YOUR OWN GRAND SLAM®

Pick any **FOUR** items and make it your own.

Or make it easy. Just ask your server for the **Original Grand Slam®** and get two buttermilk pancakes, two eggs,\* two bacon strips and two sausage links. (Cal 840)

Bacon Strips (2) <b>GF</b>	Cal 70
Sausage Links (2) <b>GF</b>	Cal 160
Turkey Bacon Strips (2) <b>GF</b>	Cal 55
Eggs* (2) <b>GF</b>	Cal 250
Buttermilk Pancakes (2)	Cal 370
Slices of Toast (2)	Cal 270
Buttermilk Biscuit	Cal 200
English Muffin	Cal 240
<b>NEW!</b> Gluten Free English Muffin <b>GF</b>	Cal 270
Hash Browns <b>GF</b>	Cal 210
Grits (6 am - 2 pm only)	Cal 100
Oatmeal (6 am - 2 pm only)	Cal 240

#### ADD ADDITIONAL ITEMS to your Build Your Own Grand Slam®



LIMIT TWO ITEMS.

#### Fit Fare® Options

Chicken Sausage Patty (1) <b>GF</b>	Cal 115
Egg Whites (2) <b>GF</b>	Cal 60
Hearty Wheat Pancakes (2)	Cal 310

#### Premium Items

Grilled Ham Slice <b>GF</b>	Cal 100
Hearty Breakfast Sausage (1) <b>GF</b>	Cal 350
Seasonal Fruit <b>GF</b> (Selection may vary.)	Cal 70
Yogurt <b>GF</b>	Cal 160



### MUST-HAVES

When you see a diner bell icon, you've found a fan favorite.

**GF** indicates food options that are **GLUTEN FREE.**

\*Eggs served over-easy, poached, sunny-side-up or soft-boiled may be undercooked and will only be served upon the consumers' request. NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Cal = Calories  
2,000 calories a day is used for general nutrition advice, but calorie needs vary.





# OMELETTES & SKILLET

Three-egg omelettes are served with hash browns and choice of bread.

## MEAT LOVER'S OMELETTE

Grilled prime rib, crumbled chorizo sausage, bacon, fire-roasted bell peppers and onions, and Cheddar cheese covered with Pepper Jack queso. (Cal 1130-1310)

**GF** when you choose the Gluten Free English Muffin

## HAM & CHEESE OMELETTE

Diced ham, melted Swiss and American cheeses. (Cal 800-1060)

**GF** when you choose the Gluten Free English Muffin

## PHILLY CHEESESTEAK OMELETTE

Grilled prime rib, fire-roasted bell peppers and onions, sautéed mushrooms and melted Swiss cheese. (Cal 1000-1440)

**GF** when you choose the Gluten Free English Muffin



Philly Cheesesteak Omelette

## LOADED VEGGIE OMELETTE

Fresh spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and melted Swiss cheese. (Cal 490-870)

**FIT FARE LI** Under 550 calories when you choose egg whites, seasonal fruit and an English muffin as your side choices  
**FIT FARE PRO I** Over 20g of protein  
**GF** when you choose the Gluten Free English Muffin

## ULTIMATE OMELETTE®

Crumbled sausage, bacon, fire-roasted bell peppers and onions, mushrooms, diced tomatoes and shredded Cheddar cheese. (Cal 690-940)

**GF** when you choose the Gluten Free English Muffin

Start your day off right with a large, refreshing glass of **MINUTE MAID® ORANGE JUICE.**



Skillets served sizzlin' hot.

## ULTIMATE SKILLET **GF**

Grilled sausage, fresh spinach, fire-roasted bell peppers and onions, mushrooms, grape tomatoes and seasoned red-skinned potatoes. Topped with Cheddar cheese and two eggs.\* (Cal 600-870)

## HEARTY BREAKFAST SKILLET **GF**

A hearty breakfast sausage with seasoned red-skinned potatoes, sautéed mushrooms and fire-roasted bell peppers and onions. Topped with shredded Cheddar cheese and two eggs.\* (Cal 600-1090)



Hearty Breakfast Skillet

## FIT FARE® VEGGIE SKILLET **GF**

Seasoned red-skinned potatoes, fire-roasted bell peppers and onions, mushrooms and broccoli topped with two egg whites scrambled with spinach and grape tomatoes. Served with a side of salsa. (Cal 340)

**FIT FARE LI** Under 550 calories **FIT FARE PRO I** Over 20g of protein

## SANTA FE SKILLET **GF**

Crumbled chorizo sausage, fire-roasted bell peppers and onions, mushrooms and seasoned red-skinned potatoes. Topped with Cheddar cheese and two eggs.\* (Cal 670-830)

ADD TOAST OR TORTILLAS



Santa Fe Skillet

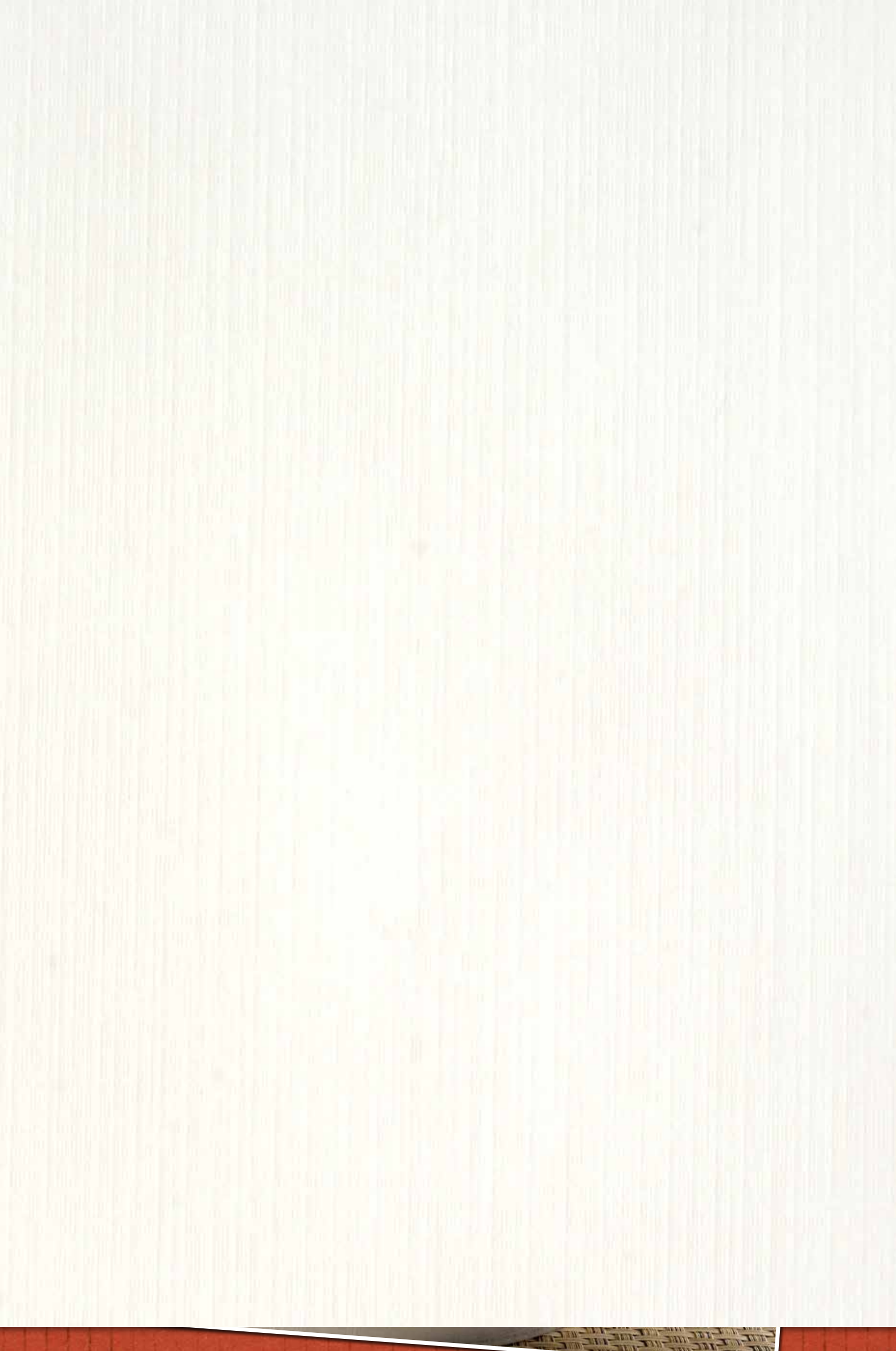
CAUTION: Skillets are hot. Handle with care.

\*Eggs served over-easy, poached, sunny-side-up or soft-boiled and steaks that are served rare or medium-rare may be undercooked and will only be served upon the consumers' request. NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Cal = Calories  
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# SOUPS & SALADS

## SOUPS

Kettle-cooked to be rich and hearty.  
Available from 11 am to 10 pm.

**Bowl Cup**



Chicken Noodle Soup

### TODAY'S SOUP POT

Mon:	Vegetable Beef Cal 170 / 110	Sat:	Broccoli & Cheddar Cal 370 / Cal 250
Tues:	Vegetable Beef Cal 170 / 110	Sun:	Broccoli & Cheddar Cal 370 / Cal 250
Wed:	Loaded Baked Potato Cal 420 / Cal 310	Available Every Day:	
Thurs:	Loaded Baked Potato Cal 420 / Cal 310	Chicken Noodle Cal 140 / Cal 110	
Fri:	Clam Chowder Cal 300 / Cal 200		

## PRIME RIB COBB SALAD GF

Tender prime rib, bacon, fresh avocado, grape tomatoes, Cheddar cheese, hard-boiled egg and potato sticks atop a bed of spring mix. Served with the dressing of your choice. (Cal 630)

**Grilled Chicken Cobb Salad GF** (Cal 660)

**Fried Chicken Strips Cobb Salad** (Cal 930)

## CRANBERRY APPLE CHICKEN SALAD GF

Grilled seasoned chicken breast, glazed pecans, apple slices and dried cranberries atop a bed of spring mix. Served with balsamic vinaigrette. (Cal 360)

**FIT@FARE LEAN** Under 15g of fat **FIT@FARE LI** Under 550 calories



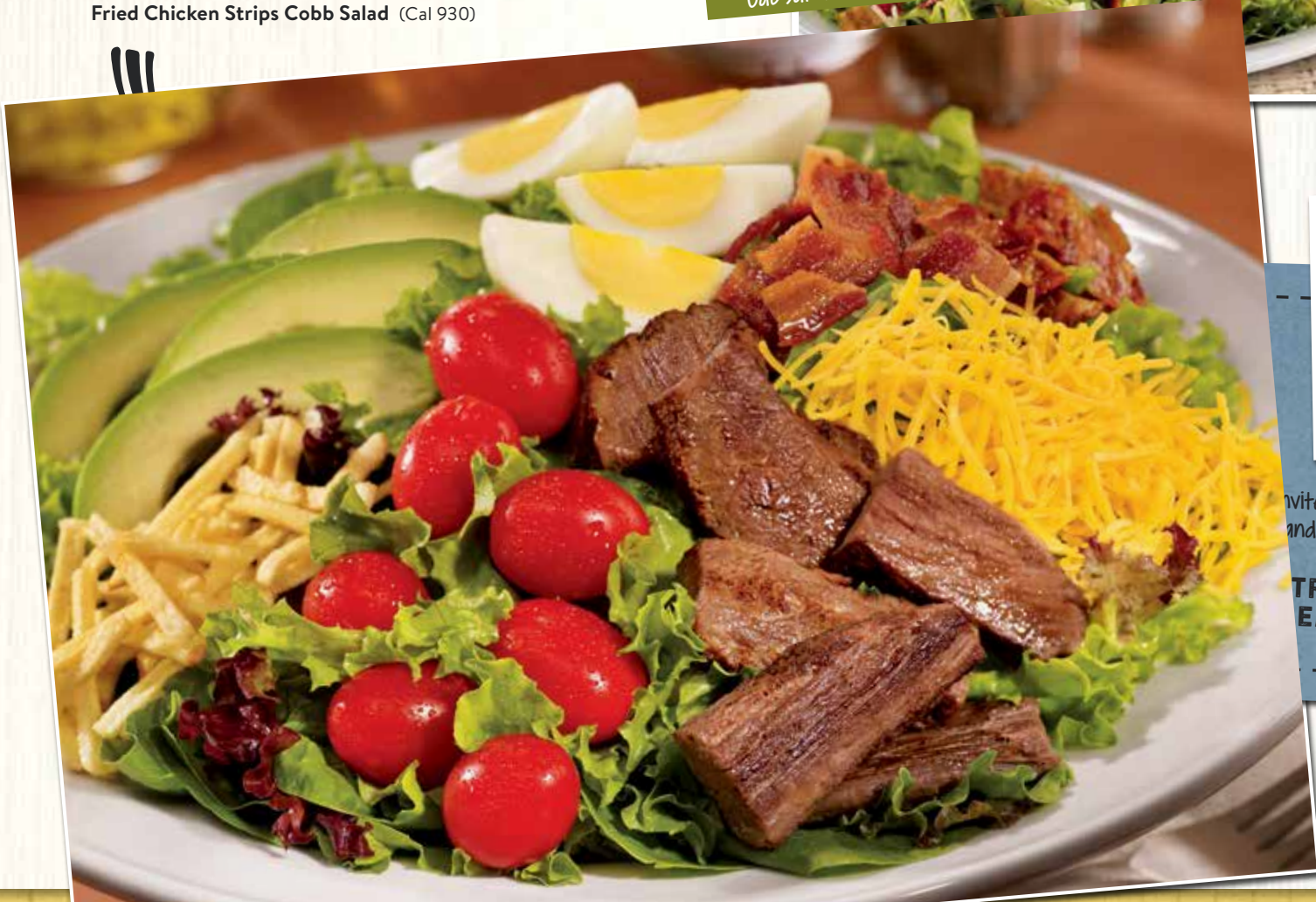
Cranberry Apple Chicken Salad

## AVOCADO CHICKEN CAESAR SALAD GF

Grilled seasoned chicken breast, fresh avocado, crisp bacon crumbles and shredded Italian cheeses on top of fresh romaine lettuce and tossed with Caesar dressing. (Cal 660)



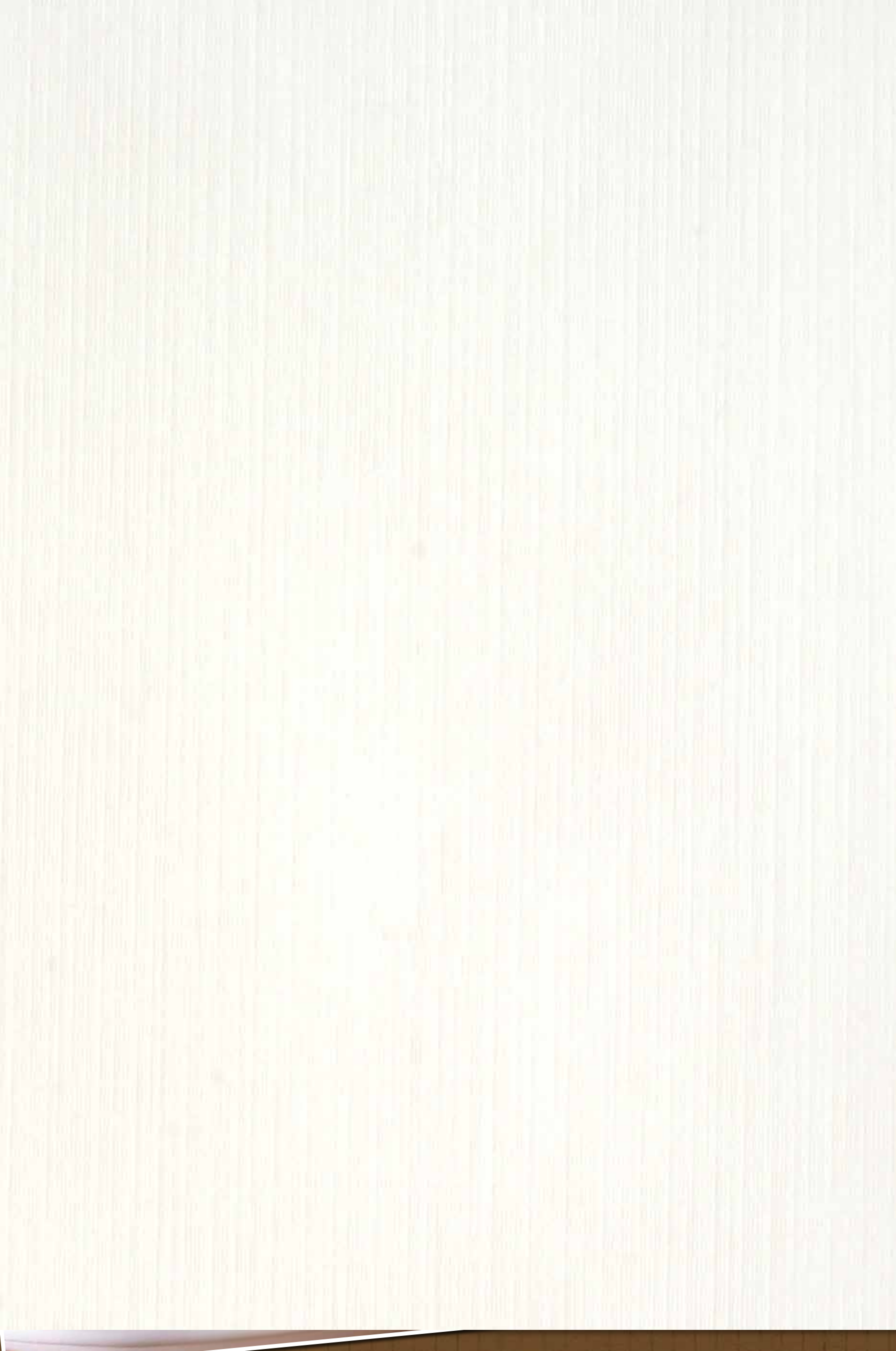
Avocado Chicken Caesar Salad



Invite something tart and sweet to lunch. Like a cool **STRAWBERRY LEMONADE.**

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# SANDWICHES

Hand-crafted sandwiches are served with your choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies.

## CHICKEN SALAD SANDWICH

Homemade with roasted seasoned chicken, celery, red grapes, toasted almonds and mayo. Served with spring mix and tomato on toasted 7-grain bread. (Cal 690-1120)



Chicken Salad Sandwich

## THE SUPER BIRD®

Thinly sliced turkey breast with melted Swiss cheese, crisp bacon and tomato on grilled sourdough. (Cal 690-1120)



The Super Bird®

## NEW! PRIME RIB PHILLY MELT

Juicy prime rib, sautéed mushrooms, fire-roasted bell peppers and onions, shredded Italian cheeses and Pepper Jack queso. Served on a hoagie roll grilled with garlic and herbs. (Cal 1060-1490)

## NEW! CHICKEN PHILLY MELT

Roasted seasoned chicken, sautéed mushrooms, fire-roasted bell peppers and onions, shredded Italian cheeses and Pepper Jack queso. Served on a hoagie roll grilled with garlic and herbs. (Cal 880-1310)



Chicken Philly Melt

Shown with seasoned fries.

## CLUB SANDWICH

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread. (Cal 890-1320)



Club Sandwich

## NEW! CALI CLUB SANDWICH

Thinly sliced turkey breast, ham, crisp bacon, Swiss cheese and fresh avocado. Served on toasted 7-grain bread with sun-dried tomato mayo, lettuce and tomato. (Cal 1180-1615)



## MAKE IT SPECIAL'ER!

Upgrade to Seasoned Fries (Cal 630)

Add Two Bacon Strips **GF**  
to any Burger or Sandwich (Cal 70)

Add a Garden or Caesar Salad (Cal 190-220)

Add a Bowl of Soup (Cal 140-420)

Add a Cup of Soup (Cal 110-310)

Soup available from 11 am to 10 pm.  
Selection may vary.



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# DINNER

## CLASSICS

### BROOKLYN SPAGHETTI & MEATBALLS

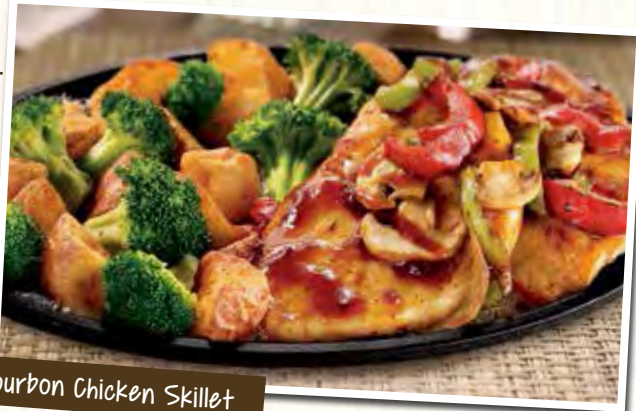
Three seasoned meatballs atop a bed of pasta covered in a rich, meaty tomato sauce. Served with a side of shredded Italian cheeses and garlic toast. (Cal 1230)



Brooklyn Spaghetti & Meatballs

### BOURBON CHICKEN SKILLET

Two grilled seasoned chicken breasts covered with a delicious sweet bourbon glaze topped with mushrooms and fire-roasted bell peppers and onions. Served with broccoli and seasoned red-skinned potatoes. (Cal 840)



Bourbon Chicken Skillet

CAUTION: Skillets are hot. Handle with care.

### CHICKEN STRIPS

Four spicy, golden-brown breaded chicken strips served with a dipping sauce, your choice of two sides and dinner bread. (Cal 810-1520)



### SLOW-COOKED POT ROAST

Slow-cooked pot roast, creamy mashed potatoes and herb-roasted carrots, celery, mushrooms and onions atop garlic toast and covered in rich gravy. (Cal 1390)



Slow-Cooked Pot Roast

## SEAFOOD

### FISH & CHIPS

Two wild-caught white fish fillets fried golden-brown and served with wavy-cut French fries. Served with tartar sauce and your choice of one side and dinner bread. (Cal 1090-1590)



Fish & Chips

### ALASKA SALMON

A grilled wild-caught Alaska salmon fillet seasoned with a delicious blend of garlic and herbs. Served with your choice of two sides and dinner bread. (Cal 520-1160)



**LEAN** Under 15g of fat



**LI**

Under 550 calories

when you choose whole grain rice and steamed broccoli and without dinner bread



**PRO**

**I**

Over 20g of protein



**GF**

when you choose two Gluten Free sides and the Gluten Free English Muffin

### TILAPIA RANCHERO

A seasoned white fish fillet grilled and topped with freshly made pico de gallo and fresh avocado. Served with your choice of two sides and dinner bread. (Cal 550-1280)



**LI**

Under 550 calories



**PRO**

**I**

Over 20g of protein

when you choose Cheddar mashed potatoes and broccoli and without dinner bread



**GF**

when you choose two Gluten Free sides and the Gluten Free English Muffin

Cal = Calories

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



Wild, Natural & Sustainable®



# DINNER

## STEAKS

### T-BONE STEAK\*

A tender 13 oz. seasoned T-Bone steak\* with your choice of two sides and dinner bread. (Cal 880-1590)

**GF** when you choose two Gluten Free sides and the Gluten Free English Muffin

### T-BONE STEAK\* & SHRIMP

A tender 13 oz. seasoned T-Bone steak\* with six golden-fried shrimp. Served with your choice of two sides and dinner bread. (Cal 1070-1780)



T-Bone Steak & Shrimp

### COUNTRY-FRIED STEAK

A dinner-sized, golden-fried chopped beef steak smothered in rich country gravy. Served with your choice of two sides and dinner bread. (Cal 1050-1760)



Country-Fried Steak

### SIRLOIN STEAK\*

A USDA select, 8 oz. seasoned sirloin steak\* cooked to perfection. Served with your choice of two sides and dinner bread. (Cal 500-1240)

**FIT & FARE LEAN** Under 15g of fat when you choose whole grain rice, steamed zucchini & squash and without dinner bread

**FIT & FARE PRO** Over 20g of protein

**GF** when you choose two Gluten Free sides and the Gluten Free English Muffin

You know what tastes great

## SIDES

Broccoli <b>GF</b>	Cal 25
Dippable Veggies <b>GF</b>	Cal 210
Fresh Sautéed Zucchini & Squash <b>GF</b> (also available steamed)	Cal 60 Cal 15
Sweet Petite Corn <b>GF</b>	Cal 130
Cheddar Mashed Potatoes <b>GF</b>	Cal 180
French Fries <b>GF</b>	Cal 510
Hash Browns <b>GF</b>	Cal 210
Mac 'n Cheese	Cal 180
Mashed Potatoes <b>GF</b>	Cal 100
Red-Skinned Potatoes <b>GF</b>	Cal 200
Whole Grain Rice	Cal 230



ADD AN  
ADDITIONAL SIDE

## MAKE IT SPECIAL'ER!

Add Six Golden-Fried Shrimp (Cal 190)

Add a Garden or Caesar Salad (Cal 190-220)

Add a Bowl of Soup (Cal 140-420)

Add a Cup of Soup (Cal 110-310)

Soup available from 11 am to 10 pm.

Selection may vary.



\*Steaks that are served rare or medium-rare may be undercooked and will only be served upon the consumers' request. NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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# 55+ MENU

Save room  
for coffee  
& dessert!



## OPTIONS

You can opt for healthier selections like egg whites, chicken sausage, hearty wheat pancakes and sugar-free syrup. All at no extra cost.

## BREAKFAST

### SENIOR SCRAMBLED EGGS & CHEDDAR BREAKFAST

Two scrambled eggs with Cheddar cheese. Served with two bacon strips, two sausage links and two buttermilk pancakes. (Cal 550-820)

### SENIOR FRENCH TOAST SLAM®

One thick slice of our fabulous French toast with one egg\*, two bacon strips or two sausage links. (Cal 470-720)

### SENIOR BELGIAN WAFFLE SLAM®

A golden waffle served with one egg\*, two bacon strips or two sausage links. (Cal 380-500)

### SENIOR STARTER™

One egg\* with one bacon strip or one sausage link. Choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast, biscuit or an English muffin. (Cal 270-840)

**GF** when you choose the Gluten Free English Muffin

### SENIOR FIT FARE® LOADED VEGGIE OMELETTE

Egg white omelette with spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and Swiss cheese. Served with seasonal fruit and an English muffin. (Cal 470)

**FIT FARE LI** Under 550 calories **FIT FARE PRO I** Over 20g of protein

**GF** when you choose the Gluten Free English Muffin

### SENIOR OMELETTE

A two-egg omelette with sautéed onions, bacon, diced tomatoes and shredded Cheddar cheese. Served with choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast, biscuit or an English muffin. (Cal 450-1040)

**GF** when you choose the Gluten Free English Muffin

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## LUNCH

Served with your choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies.

### SENIOR CLUB SANDWICH

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread. (Cal 840-1270)

### NEW! SENIOR CHICKEN SALAD SANDWICH & SOUP

Half of our homemade Chicken Salad Sandwich with roasted seasoned chicken, celery, red grapes, toasted almonds and mayo. Served with spring mix and tomato on toasted 7-grain bread and a cup of soup as your side choice. Soup available from 11 am to 10 pm. (Cal 540-1160)

## DINNER

Includes choice of our Caesar salad, a garden salad or a cup of soup. Soup available from 11 am to 10 pm.

### SENIOR BROOKLYN SPAGHETTI & MEATBALLS

Two seasoned meatballs atop a bed of pasta covered in a rich, meaty tomato sauce. Served with a side of shredded Italian cheeses and garlic toast. (Cal 950-1150)

### SENIOR COUNTRY-FRIED STEAK

A golden-fried chopped beef steak smothered in rich country gravy. Served with choice of two sides and dinner bread. (Cal 700-2130)

### SENIOR GRILLED CHICKEN

A grilled seasoned chicken breast. Served with choice of two sides and dinner bread. (Cal 620-1830)

**GF** when you choose two Gluten Free sides and the Gluten Free English Muffin

### SENIOR GRILLED TILAPIA

A grilled seasoned white fish fillet. Served with choice of two sides and dinner bread. (Cal 660-1550)

**GF** when you choose two Gluten Free sides and the Gluten Free English Muffin



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