



NEW!



SPRING &  
SUMMER  
2024







**NEW!**

**BERRY STUFFED FRENCH TOAST SLAM®**

**T-BONE STEAK & EGGS**

**ALL-AMERICAN SLAM®**

**GRAND SLAMWICH®**

**COUNTRY-FRIED STEAK & EGGS**

**NEW!**

**FRENCH TOAST SLAM®**

ADD A STACK OF

**Buttermilk Pancakes**

to any signature breakfast for **3.99**  
350 Cals

**BUILD YOUR OWN GRAND SLAM®**

**PICK FOUR ITEMS** 370-1100 Cals 14.99 **ADD ADDITIONAL ITEMS** 2.39 each (limit two items). Additional charge for premium items.

2 Bacon Strips (GF) 140 Cals

2 Sausage Links (GF) 270 Cals

2 Turkey Bacon Strips (GF) 80 Cals

2 Eggs\* (GF) 110-170 Cals

2 Egg Whites (GF) 35 Cals

2 Buttermilk Pancakes 350 Cals

2 Slices of Toast 160-280 Cals

Hash Browns (GF) 110 Cals

English Muffin 200 Cals

Gluten-Free English Muffin (GF) 200 Cals

Oatmeal 150 Cals  
6am - 2pm only.

**PREMIUM ITEMS** add 2.39 each

Grilled Ham Slice (GF) 90 Cals

2 Hearty 9-Grain Pancakes 290 Cals

Yogurt (GF) 130 Cals

Seasonal Fruit (GF) 170 Cals

Selection may vary.

Please advise your server about food sensitivities & ensure you speak to a manager regarding any allergies.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Additional nutrition information available upon request.

(GF) indicates food options that are GLUTEN-FREE. Menu items marked as (GF) 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.



# Signature Slams®

## BERRY STUFFED FRENCH TOAST SLAM® **NEW!**

Four slices of brioche French toast stuffed with sweet cream cheese filling and topped with fresh strawberries, strawberry sauce and powdered sugar. Served with two fresh eggs\* made to order, bacon strips and all-pork sausage links. 1290-1430 Cals 18.89





**À LA CARTE BERRY STUFFED FRENCH TOAST** 950 Cals 13.99  
Berry selection based on seasonality.

## FRENCH TOAST SLAM® **NEW!**

Three slices of brioche French toast served with two fresh eggs\* made to order, bacon strips and all-pork sausage links. 860-1010 Cals 16.39

## FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus turkey bacon strips, an English muffin and seasonal fruit. 350 Cals 14.89

    when you choose the Gluten-Free English Muffin

## ORIGINAL GRAND SLAM®

Two buttermilk pancakes served with two fresh eggs\* made to order, bacon strips and all-pork sausage links. 800-930 Cals 14.99

# Signature Breakfasts

★ Signature breakfast favourites.

## ★ COUNTRY-FRIED STEAK & EGGS\*



A Southern fried chopped beef steak smothered in rich country gravy. Served with two fresh eggs,\* crispy hash browns and choice of toast. 660-920 Cals 18.99

## SANTA FE SIZZLIN' SKILLET

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned red potatoes. Topped with cheddar cheese and two fresh eggs.\* 680-740 Cals 18.59  
**Caution:** Skillets are hot. Handle with care.

**ADD TOAST** 160-280 Cals 2.59

## FIT FARE® VEGGIE SIZZLIN' SKILLET

Seasoned red potatoes, fire-roasted bell peppers & onions, mushrooms and broccoli. Topped with egg whites scrambled with spinach and grape tomatoes. Served with a side of salsa. 350 Cals 18.39   **Caution:** Skillets are hot. Handle with care.

**ADD TOAST** 160-280 Cals 2.59

## ★ T-BONE STEAK\* & EGGS\*

A 13 oz. seasoned T-Bone steak.\* Served with two fresh eggs,\* crispy hash browns and choice of toast. 770-1020 Cals 25.99

 when you choose the Gluten-Free English Muffin



## LUMBERJACK SLAM® ▲

Buttermilk pancakes, grilled ham, bacon strips, all-pork sausage links, two fresh eggs\* made to order, crispy hash browns and choice of toast. 1140-1390 Cals 19.69

## ALL-AMERICAN SLAM®

Three scrambled eggs with cheddar cheese, bacon strips, all-pork sausage links, crispy hash browns and choice of toast. 770-970 Cals 17.69

# Denny's Bennies

Served with seasoned red potatoes or golden hash browns.

## CLASSIC BENNY

Poached eggs\* on an English muffin with shaved ham and Hollandaise sauce. 730-800 Cals 18.49

**HALF ORDER** 13.29

## PRIME RIB BENNY

Poached eggs\* on an English muffin with prime rib and Hollandaise sauce, topped with fire-roasted bell peppers & onions. 850-920 Cals 18.69

**HALF ORDER** 13.39

## SOUTHWESTERN BENNY

Poached eggs\* on an English muffin with chorizo and Hollandaise sauce, drizzled with 5-pepper sauce and topped with pico de gallo. 1030-2000 Cals 18.69

**HALF ORDER** 13.39

## SALSA SENSATION BENNY

Poached eggs\* on an English muffin with tomato and Hollandaise sauce, topped with cheddar cheese and pico de gallo. 770-840 Cals 18.69

**HALF ORDER** 13.39

## ★ GRAND SLAMWICH®

Scrambled eggs, crumbled sausage, bacon, shaved ham and Canadian cheese on grilled artisan bread with a maple spice spread. Served with crispy hash browns. 1180 Cals 18.59

## MOONS OVER MY HAMMY®

Ham and scrambled egg sandwich with Swiss & Canadian cheeses on grilled artisan bread. Served with crispy hash browns. 660 Cals 18.59

## SIRLOIN STEAK\* & EGGS\* **NEW!**

A 8 oz. Canadian seasoned sirloin steak.\* Served with two fresh eggs,\* hash browns and choice of toast. 840-990 Cals 22.99

## BREAKFAST POUTINE

Seasoned red potatoes topped with squeaky cheese curds and covered with Hollandaise sauce. 660 Cals 7.99

Egg Quality Assurance™ is a certification mark used under license from Egg Farmers of Canada.

**FIT FARE®:**  Over 20g of protein  Under 15g of fat  Under 550 Calories

\*EGGS SERVED OVER-EASY, POACHED, SUNNY-SIDE-UP OR SOFT-BOILED AND HAMBURGERS 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.

NFLDHL0524

# Pancake Slams®

Served with two fresh eggs\* made to order, crispy hash browns plus two bacon strips or two all-pork sausage links.

## CINNAMON ROLL PANCAKE SLAM® ▶

Buttermilk pancakes cooked with cinnamon crumb topping and topped with sweet cream cheese icing. 1410-1740 Cals 17.99

UPGRADE YOUR HASH BROWNS TO  
**Seasonal Fruit** (GF)  
2.39 more 170 Cals



## DOUBLE BERRY BANANA PANCAKE SLAM®

Buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries and bananas. 800-1130 Cals 17.99

800-1130 Cals 17.99

*Berry selection based on seasonality.*



## HEARTY 9-GRAIN PANCAKE SLAM®

Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar. 680-1010 Cals 16.99

680-1010 Cals 16.99



## CHOCONANA PANCAKE SLAM®

HERSHEY'S Chocolate Chips cooked inside buttermilk pancakes and topped with bananas and more HERSHEY'S Chocolate Chips. 1080-1410 Cals 17.99

# French Crepes

## ◀ BERRY VANILLA CREPE BREAKFAST

Folded with sweet cream cheese filling and topped with fresh seasonal berries, strawberry sauce and powdered sugar. Served with two fresh eggs\* made to order, crispy hash browns, plus bacon strips or all-pork sausage links. *Berry selection based on seasonality.*

**ONE CREPE BREAKFAST**  
470-790 Cals  
17.69

**TWO CREPE BREAKFAST**  
650-970 Cals  
19.39

**TWO CREPES À LA CARTE**  
360 Cals  
11.59



# À La Carte Sides

4 Sausage Links (GF) 530 Cals

4.99

4 Bacon Strips (GF) 290 Cals

4.99

4 Turkey Bacon Strips (GF) 160 Cals

4.99

Grilled Ham Slice (GF) 90 Cals

5.39

2 Slices of Brioche

7.29

French Toast 360 Cals

2 Slices of Toast 160-280 Cals

3.69

Eggs\* (each) (GF) 20-80 Cals

2.09

Stack of Pancakes 350 Cals

6.99

English Muffin 200 Cals

3.69

Gluten-Free English Muffin (GF)  
200 Cals

3.69

Yogurt (GF) 130 Cals

4.59

Oatmeal 150 Cals  
6am - 2pm only.

5.49

Seasonal Fruit (GF) 170 Cals

5.59

*Selection may vary.*

Seasoned Red Potatoes (GF)

4.99

180 Cals

Hash Browns (GF) 110 Cals

4.99

Cheddar Cheese Hash Browns (GF) 190 Cals

5.99





# Savoury Omelettes



Served with **crispy hash browns and choice of toast.**  
 (GF) when you choose the Gluten-Free English Muffin

## ULTIMATE OMELETTE®

Three-egg omelette with crumbled sausage, bacon, fire-roasted bell peppers & onions, sautéed mushrooms, tomatoes and cheddar cheese. 1120-1320 Cals 19.69

## MOONS OVER MY HAMMY® OMELETTE **NEW!**

Three-egg omelette with ham, Swiss & Canadian cheese. 860-1080 Cals 19.49

ADD A STACK OF  
**Buttermilk Pancakes**  
 to any omelette for **3.99** more  
 350 Cals



### PHILLY CHEESESTEAK OMELETTE

Three-egg omelette with grilled prime rib, fire-roasted bell peppers & onions, sautéed mushrooms and Swiss cheese.  
 960-1150 Cals 19.79



### DENVER OMELETTE

Three-egg omelette with ham, fire-roasted bell peppers & onions and Canadian cheese. 820-1020 Cals 19.19



### LOADED VEGGIE OMELETTE

Three-egg omelette with fresh spinach, sautéed mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese. 750-940 Cals 19.19

♥ | 🍌 | 🍃 when you choose egg whites,  
 Seasonal Fruit upgrade and an English Muffin  
 without margarine

Shown with Seasonal Fruit upgrade.

Add **Sliced Jalapeños** (GF) 10 Cals **1.59** or **Fresh Avocado** (GF) 80 Cals **3.49** to any omelette

## BUILD YOUR OWN SAVOURY OMELETTE

**PICK FOUR ITEMS** 450-1150 Cals 19.99 **EXTRA ITEMS** 2.49 each

### CHEESES (GF)

Cheddar 90 Cals  
 Canadian 80 Cals  
 Swiss 40 Cals

### VEGETABLES (GF)

Fresh Spinach 5 Cals  
 Caramelized Onions 70 Cals  
 Tomatoes 10 Cals

Sautéed Mushrooms 60 Cals  
 Fire-Roasted Bell Peppers & Onions 20 Cals

### MEATS (GF)

Bacon 50 Cals  
 Sausage 130 Cals  
 Ham 90 Cals

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\*EGGS SERVED OVER-EASY, POACHED, SUNNY-SIDE-UP OR SOFT-BOILED AND HAMBURGERS 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.

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# Shareable Starters

## Sauces

Diner Q 150 Cals (GF)      BBQ 70 Cals  
 Blue Cheese 170 Cals (GF)      Honey Mustard 190 Cals (GF)  
 Ranch 200 Cals (GF)      Buffalo 130 Cals (GF)



### CLASSIC SAMPLER

Golden-fried chicken wings, onion rings, mozzarella cheese sticks and wavy-cut fries. Served with choice of dipping sauces. 1280-1480 Cals, Serves 3 18.99



### MOZZARELLA CHEESE STICKS

Eight golden-fried cheese sticks with a side of tomato sauce. 630 Cals, Serves 2 11.99



### PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders with choice of dipping sauce. 690-890 Cals, Serves 2 15.79

**MAKE IT A FULL MEAL WITH TWO SIDES & DINNER BREAD** 820-1440 Cals 18.99

### BUILD YOUR OWN SAMPLER™

Served with choice of dipping sauces.

**PICK FOUR** 970-2590 Cals, Serves 3 18.99

**PICK THREE** 700-1880 Cals, Serves 2 15.59

- Premium Chicken Tenders 280 Cals
- Bacon Cheddar Tots 220 Cals
- Onion Rings 310 Cals
- Chips & Queso 670 Cals
- Mozzarella Cheese Sticks 320 Cals
- Wavy-Cut Fries 380 Cals
- Seasoned Fries 400 Cals

### CHICKEN WINGS

Seasoned lightly breaded chicken wings, golden-fried and crispy. Served with choice of dipping sauce.

760-960 Cals, Serves 2 15.79

### ONION RINGS

Crispy-fried onion rings served with Diner Q sauce. 960 Cals, Serves 2 9.99

### CINNAMON SUGAR PANCAKE PUPPIES® **NEW!**

Our signature pancake batter mix fried to perfection, tossed in cinnamon sugar and served with cream cheese icing.

**6 COUNT** 450 Cals 4.99

**10 COUNT** 650 Cals 6.59



### ZESTY NACHOS (GF)

Tortilla chips freshly cooked and topped with Pepper Jack queso, cheddar cheese, seasoned nacho meat, fresh pico de gallo and sour cream.

1490 Cals, Serves 3 19.09

**HALF ORDER** 770 Cals, Serves 2 14.69



### LOADED BACON CHEDDAR TOTS

Ten crispy tots made with shredded potatoes, bacon and cheddar cheese. Topped with Pepper Jack queso, more cheddar cheese, bacon and sour cream.

720 Cals, Serves 2 11.99

**ADD SEASONED NACHO MEAT**

200 Cals 2.59

**TEN BACON CHEDDAR TOTS**

360 Cals 9.99

### POUTINE

Wavy-cut fries covered with squeaky cheese curds and topped with rich gravy.

710 Cals, Serves 2 9.69

## Soup

Try our delicious new flavours!

**11 AM - 10 PM**

**BOWL** 6.99    **CUP** 5.29

Chicken Noodle Provençale 100-170 Cals **NEW!**

Rich Tomato 140-200 Cals **NEW!**

Add a  
**CUP OF SOUP**  
 to any entrée  
 100 - 140 Cals  
**3.99**

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# 100% Beef Burgers

Burgers served with wavy-cut fries.

## BACON AVOCADO CHEESEBURGER

Bacon, fresh avocado, aged white cheddar cheese, mayo, lettuce, tomato, red onions and pickles on a brioche bun. 1530 Cals 19.89

**MAKE IT A DOUBLE PATTY** 550 Cals 4.59 more

## DOUBLE CHEESEBURGER

Choice of Canadian, Swiss or aged white cheddar cheese with lettuce, tomato, red onions and pickles on a brioche bun. 1880-1920 Cals 20.59

**SINGLE ONLY** 1330-1370 Cals 17.99

## FLAMIN' 5 PEPPER BURGER


Aged white cheddar cheese, bacon, jalapeños, 5-pepper sauce, mayo, lettuce, tomato, red onions and pickles on a brioche bun. 1390 Cals 19.69

**MAKE IT A DOUBLE PATTY** 550 Cals 4.59 more

## BOURBON BACON BURGER

Aged white cheddar cheese, bacon, sautéed mushrooms, fire-roasted bell peppers & onions, bourbon sauce, lettuce, tomato, red onions and pickles on a brioche bun. 1550 Cals 19.89

**MAKE IT A DOUBLE PATTY** 550 Cals 4.59 more

**SUBSTITUTE A**  **BEYOND MEAT PATTY**  on any burger for 2.49 280 Cals

**SUBSTITUTE A GRILLED CHICKEN BREAST**  170 Cals



ADD A  
**Milk Shake**  
to your meal for **7.39**  
780-1050 Cals



UPGRADE YOUR SIDE

<b>Onion Rings</b> 450 Cals <b>2.39</b>	<b>Bacon Cheddar Tots</b> 360 Cals <b>3.59</b>
<b>Seasoned Fries</b> 400 Cals <b>2.39</b>	<b>Poutine</b> 610 Cals <b>4.69</b>



◀ **SLAMBURGER™**  
Crispy hash browns, a fresh egg\* made to order, bacon and Canadian cheese stacked high on a brioche bun. 1470 Cals 18.59  
**MAKE IT A DOUBLE PATTY** 550 Cals 4.59 more



ADD  
**Bacon** 140 Cals,  
**Avocado** 80 Cals,  
**or Mushrooms** 60 Cals  
for **2.29** each

†DUE TO OUR COOKING PROCEDURES, THE BEYOND BURGER® PATTY MAY COME IN CONTACT WITH ANIMAL-BASED PRODUCTS OR INGREDIENTS AND MIGHT NOT BE 100% PLANT-BASED.

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# Comfy Classics

ADD A  
**Garden Side Salad**  
to your meal for **4.29** 180-280 Cals




## T-BONE STEAK\*

A tender 13 oz. seasoned T-Bone steak.\* Served with two sides and dinner bread.

890-1510 Cals 25.99

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



## SIRLOIN STEAK\*

A Canadian 8 oz. seasoned sirloin steak.\* Served with two sides and dinner bread. 890-1510 Cals 22.99

**♥** **♥** when you choose Seasonal Vegetable, upgrade to Seasonal Fruit and without dinner bread

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



## OVEN-BAKED LASAGNA

Pasta shells stuffed with four cheeses and seasoned beef, smothered in an Italian sausage & beef sauce and topped with cheese. Served with dinner bread. 1130 Cals 19.29

Additional baking time required. Please order ahead and we'll get one started for you!



## COUNTRY-FRIED STEAK

Two Southern fried chopped beef steaks smothered in country gravy. Served with two sides and dinner bread.

1120-1740 Cals 19.39



## ROAST TURKEY

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with two sides and dinner bread.

1450-2070 Cals 19.59



## FISH & CHIPS

Three wild-caught white fish fillets fried golden-brown. Served with tartar sauce, wavy-cut fries plus one additional side and dinner bread. 1080-1390 Cals 19.49



## PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders with choice of dipping sauce. Served with two sides and dinner bread.

820-1440 Cals 18.99



## PLATE LICKIN' CHICKEN FRIED CHICKEN

Golden-fried boneless chicken breasts smothered in country gravy. Served with two sides and dinner bread.

750-1350 Cals 20.59



## BROOKLYN SPAGHETTI & MEATBALLS

Seasoned meatballs atop a bed of pasta covered in tomato sauce and served with dinner bread.

1080 Cals 19.39

## MAMA D'S POT ROAST BOWL

Slow-cooked pot roast atop mashed red potatoes with roasted carrots, celery and onions all covered in rich gravy. Served with dinner bread.

630 Cals 20.59

ADD AN ADDITIONAL  
**Side** to any dinner 50-450 Cals **2.49**

**FIT FARE®:** **♥** Over 20g of protein **♥** Under 15g of fat **♥** Under 550 Calories

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OVEN-BAKED  
MAC 'N CHEESE

MAC 'N BRISKET  
SIZZLIN' SKILLET™

# Sizzlin' Skillets

**ADD TOAST TO ANY SKILLET** 160-280 Cals 2.59

**Caution:** Skillets are hot. Handle with care.

## BOURBON CHICKEN SIZZLIN' SKILLET

A grilled seasoned chicken breast covered with a bourbon glaze atop seasoned red potatoes, broccoli, fire-roasted bell peppers & onions and mushrooms. 860 Cals 20.69

## CRAZY SPICY SIZZLIN' SKILLET

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms, jalapeños and seasoned red potatoes. Topped with grilled seasoned chicken breast, cheddar cheese, a spicy 5-pepper sauce and Pepper Jack queso. 810 Cals 20.69

**ADD TWO EGGS\*** (GF) 110-170 Cals 2.59

## MAC 'N BRISKET SIZZLIN' SKILLET™ **NEW!**

Slow-smoked brisket served over a bed of mac 'n cheese. Topped with three onion rings and BBQ sauce. 990 Cals 24.99

## BRISKET KICKER BBQ SIZZLIN' SKILLET

Slow-smoked brisket burnt ends served over a bed of crispy hash browns with fajita vegetables and cheddar cheese. Topped with onion rings and BBQ sauce. 1080 Cals 24.99

**ADD TWO EGGS\*** (GF) 110-170 Cals 2.59

**ADD SLICED JALAPEÑOS** (GF) 10 Cals 1.59

## BUTTER CHICKEN SIZZLIN' SKILLET™

Grilled seasoned chicken breast covered with a mild butter chicken curry sauce atop whole grain rice and fire-roasted bell peppers & onions. 860 Cals 20.69

# À La Carte Sides

Sweet Petite Corn (GF) 120 Cals **2.99**

Seasonal Vegetable (GF) 50 Cals **3.59**

Whole Grain Rice 240 Cals **2.99**

Jasmine Rice (GF) 300 Cals **2.99**

Wavy-Cut Fries (GF) 380 Cals **5.99**

Seasoned Red Potatoes (GF) 350 Cals **4.99**

Mashed Red Potatoes™ 210-230 Cals **2.99**

(GF) without gravy

Oven-Baked Mac 'N Cheese **NEW!**

310 Cals **3.99**

Seasoned Fries \$ 400 Cals **7.49**

Onion Rings \$ 450 Cals **7.29**

Bacon Cheddar Tots \$ 360 Cals **7.29**

Garden Side Salad \$ 180-280 Cals **6.99**

Bowl of Soup \$ 170-200 Cals **6.99**

Seasonal Fruit \$ (GF) 170 Cals **5.59**

Selection may vary.

\$ Upcharge may apply when substituting sides.

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# Melts & Handhelds

UPGRADE TO  
**Seasoned Fries**

**2.39** more 400 Cals



Served with wavy-cut fries.

## CALI CLUB SANDWICH ▶

Turkey breast, ham, bacon, Swiss cheese, fresh avocado, sun-dried tomato mayo, lettuce and tomato on toasted multigrain bread. 1280 Cals 18.29

Shown with Seasoned Fries upgrade.

## CLUB SANDWICH®

Turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. 980 Cals 17.59



**NEW!**

## BBQ BACON CHICKEN SANDWICH

Grilled chicken breast topped with our signature BBQ sauce, two strips of bacon, white cheddar cheese, lettuce, tomato and sliced pickles on a grilled brioche bun. 1130 Cals 19.09



**NEW!**

## CRISPY CHICKEN BACON RANCH SANDWICH

Fried chicken breast with white cheddar cheese, bacon, lettuce, tomato and ranch dressing on grilled artisan bread.

1610 Cals 19.09



## POT ROAST MELT

Tender slow-roasted beef, caramelized onions and aged white cheddar on grilled artisan bread. 1340 Cals 19.99



## SUPER BIRD®

Turkey breast with Swiss cheese, bacon and tomato on grilled artisan bread.

1150 Cals 17.59

Shown with Onion Rings upgrade.

# Fresh Salads



**NEW!**

## MAMA'S FRIED CHICKEN HOUSE SALAD ▶

Fried chicken tenders, fresh cucumbers, grape tomatoes, cheddar cheese and croutons atop a bed of iceberg mix. Served with your choice of dressing. 630-990 Cals 18.69

## LET'S COBB ABOUT IT PRIME RIB COBB SALAD **NEW!**

Prime rib, crispy bacon, fresh avocado, grape tomatoes, cheddar cheese, a hard-boiled egg and potato sticks atop a bed of iceberg mix. Served with your choice of dressing. 590-940 Cals 19.69

## EGG-CELLENT GRILLED CHICKEN COBB SALAD **NEW!**

Grilled chicken, crispy bacon, fresh avocado, grape tomatoes, cheddar cheese, a hard-boiled egg and potato sticks atop a bed of iceberg mix. Served with your choice of dressing. 650-1010 Cals 19.69

Add Fresh Avocado **GF** 80 Cals **3.49** to any salad

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# 55+ Meals

If you prefer **egg whites** or **sugar-free syrup**, tell your server.

## Breakfast





### 55+ OMELETTE ▶

Two-egg omelette with sautéed onions, bacon, tomatoes and cheddar cheese. Served with crispy hash browns, seasoned red potatoes or seasonal fruit and choice of toast. 640-840 Cals 11.99

 when you choose the Gluten-Free English Muffin

### 55+ FIT FARE® LOADED VEGGIE OMELETTE

Egg white omelette with spinach, mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese. Served with seasonal fruit and an English muffin. 500 Cals 11.99

    when you choose the Gluten-Free English Muffin

### 55+ FRENCH TOAST SLAM

Two slices of brioche French toast with a fresh egg\* made to order, two bacon strips or two all-pork sausage links. 610-800 Cals 11.59



### 55+ SCRAMBLED EGGS & CHEDDAR BREAKFAST

Two scrambled eggs with cheddar cheese. Served with two bacon strips, two all-pork sausage links and buttermilk pancakes. 950 Cals 12.39

### 55+ STARTER

One egg\* with two bacon strips or two all-pork sausage links. Served with hash browns, seasoned red potatoes or seasonal fruit and choice of toast. 430-810 Cals 10.69

 when you choose the Gluten-Free English Muffin

## Lunch

### 55+ CLUB SANDWICH

Carved turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. Served with wavy-cut fries. 1000 Cals 12.59

### 55+ GRILLED CHEESE SANDWICH & SOUP

Canadian cheese on grilled sourdough bread and a cup of soup. 590-810 Cals 11.39

Other side choices available upon request.

**SOUP AVAILABLE 11 AM - 10 PM**

## Dinner

Includes choice of **garden side salad** or **cup of soup**.

**SOUP AVAILABLE 11 AM - 10 PM**

### 55+ COUNTRY-FRIED STEAK

A chopped beef steak smothered in country gravy. Served with two sides and dinner bread.


780-1400 Cals 13.99

### 55+ FISH & CHIPS

Two wild-caught white fish fillets fried golden-brown, plus tartar sauce for dipping. Served with wavy-cut fries and dinner bread. 870-1180 Cals 15.59

### 55+ GRILLED CHICKEN

Grilled seasoned chicken breast served with two sides and dinner bread. 650-1270 Cals 15.69



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

### 55+ TURKEY DINNER

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with choice of two sides and dinner bread. 1180-1800 Cals 16.59

**FIT FARE®:**  Over 20g of protein  Under 15g of fat  Under 550 Calories

\*EGGS SERVED OVER-EASY, POACHED, SUNNY-SIDE-UP OR SOFT-BOILED AND HAMBURGERS 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.

 indicates food options that are **GLUTEN-FREE**. Menu items marked as  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.



# Coffee



**SIGNATURE DINER BLEND** 3.89

REGULAR • DECAF 0 Cals



# Beverages



**SOFT DRINKS** 4.09 Selection may vary.



140 Cals



0 Cals



0 Cals



140 Cals



160 Cals



110 Cals

**HOT TEA / HERBAL TEA**

0 Cals 3.99

**ICED TEA** 110 Cals 4.09

**LEMONADE ICED TEA**

140 Cals 4.09

**SWEET CREAM COLD BREW**

NEW!

Medium roast, single origin Colombian coffee, poured over ice and topped with sweet cream. 130 Cals **4.39**  
Refills not included.



**PREMIUM LEMONADE**

160 Cals 4.09



**STRAWBERRY LEMONADE** 180 Cals 4.99

**MANGO LEMONADE**

180 Cals 4.99

# Juice, Milk & More

**2% MILK** 240 Cals 5.09

**CHOCOLATE MILK**

290 Cals 5.09

**HOT CHOCOLATE**

350 Cals 4.49

**DASANI® BOTTLED WATER**

0 Cals 3.39

**MINUTE MAID® ORANGE JUICE**

210 Cals 5.09



**OTHER JUICES** 5.09

**APPLE** 240 Cals • **TOMATO** 90 Cals

**RUBY RED GRAPEFRUIT** 220 Cals

Selection may vary.

# Smoothies



**STRAWBERRY BANANA** (GF)

Made with strawberries, fresh bananas and nonfat vanilla yogurt. 330 Cals 6.99

**MANGO** (GF)

Made with mangoes and nonfat vanilla yogurt. 340 Cals 6.99

**TROPICAL GREEN** (GF)

Made with tropical fruit, fresh spinach, bananas and nonfat vanilla yogurt. 340 Cals 6.99

# Milk Shakes

**CHOCOLATE** 830 Cals • **STRAWBERRY** 780 Cals

**VANILLA** 800 Cals • **OREO** 1050 Cals

Made to order with premium ice cream and topped with whipped cream. Plus, a little extra in the tin. **7.39** each



CHOCOLATE



OREO



STRAWBERRY



**Egg Quality Assurance**

Egg Quality Assurance™ is a certification mark used under license from Egg Farmers of Canada.

The Egg Quality Assurance™ (EQA) program is an industry-wide initiative that certifies Canadian eggs are produced according to strict food safety and animal welfare standards. All eggs that are certified EQA™ have met the highest standards of Egg Farmers of Canada's Start Clean-Stay Clean® and Animal Care Programs.

## FitFare® Guide to Better Nutrition

Choosing healthy is important, so look for these Fit Fare logos.



**PROTEIN**

Over 20g of protein



**LEAN**

Under 15g of fat



**LIGHT**

Under 550 calories

IT'S DINER TIME @ **DENNYS.CA**



Please advise your server about food sensitivities & ensure you speak to a manager regarding any allergies.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Additional nutrition information available upon request.

(GF) indicates food options that are **GLUTEN-FREE**. Menu items marked as (GF) 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.

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