

**Denny's**





◀ **GRAND SLAMWICH®**

**ALL-AMERICAN SLAM®** ▶

**COUNTRY-FRIED STEAK & EGGS** ▶

**T-BONE STEAK & EGGS** ▶

◀ **BERRY STUFFED FRENCH TOAST SLAM®**

**FRENCH TOAST SLAM®** ▶



**BUILD YOUR OWN GRAND SLAM®**

Build Your Own Grand Slam® options not pictured above.

**PICK FOUR ITEMS** 370-1100 Cals 14.59 **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) 140-190 Cals

- 2 Egg Whites (GF) 80 Cals
- 2 Buttermilk Pancakes 350 Cals
- 2 Slices of Toast 170-270 Cals
- Hash Browns (GF) 110 Cals

- English Muffin 140 Cals
- Gluten-Free English Muffin (GF) 170 Cals
- Oatmeal 150 Cals  
6am - 2pm only.

- PREMIUM ITEMS** add 2.39 each
- Grilled Ham Slice (GF) 80 Cals
  - 2 Hearty 9-Grain Pancakes 390 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®



UPGRADE YOUR BUTTERMILK PANCAKES TO **Premium Pancakes** for 5.39 520-1120 Cals



## BERRY WAFFLE SLAM® **NEW!**

Two sweet Liège-style waffles made with real butter and pearl sugar, topped with seasonal berries and caramel sauce. Served with two eggs\* made to order, two bacon strips and two all-pork sausage links. 1260-1370 Cals 19.79

**WAFFLE SLAM®** Without toppings. 1240-1350 Cals 16.79

**TWO À LA CARTE BERRY WAFFLES** 890 Cals 14.29

## BERRY STUFFED FRENCH TOAST SLAM®

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. 1320-1430 Cals 18.69

**À LA CARTE BERRY STUFFED FRENCH TOAST** 950 Cals 13.99

*Berry selection based on seasonality.*

## FRENCH TOAST SLAM®

Three slices of brioche French toast served with two fresh eggs\* made to order, bacon strips and all-pork sausage links. 860-970 Cals 16.39

# 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. 760-970 Cals 18.99

## SANTA FE SIZZLIN' SKILLET **GF**

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned red potatoes. Topped with cheddar cheese and two fresh eggs.\* 850-960 Cals 18.19

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

**ADD TOAST** 170-270 Cals 2.59

## FIT FARE® VEGGIE SIZZLIN' SKILLET **GF**

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

**ADD TOAST** 170-270 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. 820-1030 Cals 24.99

**GF** 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. 1190-1400 Cals 18.99

## ALL-AMERICAN SLAM®

Three scrambled eggs with cheddar cheese, bacon strips, all-pork sausage links, crispy hash browns and choice of toast. 1070-1170 Cals 17.39

## FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus turkey bacon strips, an English muffin and seasonal fruit. 350 Cals 14.69

**GF** 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. 840-950 Cals 14.59

# 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 17.79

**HALF ORDER** 440-510 Cals 12.99

## 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 17.79

**HALF ORDER** 500-570 Cals 12.99

## SOUTHWESTERN BENNY

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

1030-1100 Cals 17.79

**HALF ORDER** 660-730 Cals 12.99

## 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 17.79

**HALF ORDER** 440-510 Cals 12.99

## ★ GRAND SLAMWICH®

Scrambled eggs, crumbled sausage, bacon, shaved ham and Canadian cheese on grilled sourdough bread with a maple spice spread. Served with crispy hash browns. 1180 Cals 17.99

## MOONS OVER MY HAMMY®

Ham and scrambled egg sandwich with Swiss & Canadian cheeses on grilled sourdough bread. Served with crispy hash browns. 840 Cals 17.99

## SIRLOIN STEAK\* & EGGS\*

A 8 oz. Canadian seasoned sirloin steak.\* Served with two fresh eggs,\* hash browns and choice of toast. 860-1070 Cals 22.59

## 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.

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# 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. 1450-1760 Cals 17.59

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. 850-1160 Cals 17.59

850-1160 Cals 17.59

*Berry selection based on seasonality.*



## HEARTY 9-GRAIN PANCAKE SLAM®

Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar. 720-1030 Cals 16.59

720-1030 Cals 16.59



## CHOCONANA PANCAKE SLAM®

HERSHEY'S Chocolate Chips cooked inside buttermilk pancakes and topped with bananas and more HERSHEY'S Chocolate Chips. 1130-1440 Cals 17.59

# 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.*



<b>ONE CREPE BREAKFAST</b> 510-820 Cals 17.19	<b>TWO CREPE BREAKFAST</b> 690-1000 Cals 18.49	<b>TWO CREPES À LA CARTE</b> 360 Cals 11.09
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# À La Carte Sides

4 Sausage Links (GF) 530 Cals 4.99	Eggs* (each) (GF) 40-80 Cals 1.99	Seasonal Fruit (GF) 170 Cals 5.49
4 Bacon Strips (GF) 290 Cals 4.99	Stack of Pancakes 350 Cals 6.99	<i>Selection may vary.</i>
4 Turkey Bacon Strips (GF) 160 Cals 4.99	English Muffin 140 Cals 3.69	Seasoned Red Potatoes (GF) 180 Cals 4.99
Grilled Ham Slice (GF) 80 Cals 5.39	Gluten-Free English Muffin (GF) 170 Cals 3.69	Hash Browns (GF) 110 Cals 4.99
2 Slices of Brioche French Toast 360 Cals 7.29	Yogurt (GF) 130 Cals 4.59	Cheddar Cheese Hash Browns (GF) 190 Cals 5.99
2 Slices of Toast 170-270 Cals 3.69	Oatmeal 150 Cals 5.49	

6am - 2pm only.

The HERSHEY'S trademark and trade dress are used with permission.



# 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. 1140-1310 Cals 19.49

## **MOONS OVER MY HAMMY® OMELETTE**

Three-egg omelette with ham, Swiss & Canadian cheese. 890-1060 Cals 19.19

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.  
 970-1140 Cals 19.79



## **DENVER OMELETTE**

Three-egg omelette with ham, fire-roasted bell peppers & onions and Canadian cheese. 840-1010 Cals 19.19



## **LOADED VEGGIE OMELETTE**

Three-egg omelette with fresh spinach, sautéed mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese. 760-930 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 **1.49** or **Fresh Avocado** (GF) 80 Cals **3.49** to any omelette

## **BUILD YOUR OWN SAVOURY OMELETTE**

**PICK FOUR ITEMS** 470-1080 Cals 19.99 **EXTRA ITEMS** 2.39 each

### **CHEESES** (GF)

Cheddar 90 Cals  
 Canadian 80 Cals  
 Swiss 80 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 80 Cals

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

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

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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 18.59



### 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 15.29

**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 18.59

**PICK THREE** 700-1880 Cals, Serves 2 14.99

- 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 15.29

### ONION RINGS

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



### 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 18.59

**HALF ORDER** 770 Cals, Serves 2 13.89



### 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 11.69

**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 9.39

## Soup

11 AM - 10 PM

Chicken Noodle Provençale 100-170 Cals  
 Rich Tomato 140-200 Cals

**BOWL** 6.99      **CUP** 5.29

Add a **CUP OF SOUP** to any entrée

100 - 140 Cals 3.99

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# 100% Canadian Beef Burgers

Burgers served with wavy-cut fries.

## FLAMIN' 5 PEPPER BURGER ▲

Aged white cheddar cheese, bacon, jalapeños, 5-pepper sauce, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun. 1390 Cals 19.39

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

## 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

### UPGRADE YOUR SIDE

#### Onion Rings

450 Cals 2.39

#### Bacon Cheddar Tots

360 Cals 3.49

#### Seasoned Fries

400 Cals 2.39

#### Poutine

610 Cals 4.69

**SUBSTITUTE A**  **BEYOND MEAT™ PATTY** **(GF)**  
on any burger for 2.49 280 Cals

**SUBSTITUTE A GRILLED CHICKEN BREAST** **(GF)** 130 Cals

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



## BOURBON BACON BURGER

Aged white cheddar cheese, bacon, sautéed mushrooms, fire-roasted bell peppers & onions, bourbon sauce, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun. 1550 Cals 19.59

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



## DOUBLE CHEESEBURGER

Choice of Canadian, Swiss or aged white cheddar cheese with red relish, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun.

1880-1920 Cals 20.19

**SINGLE ONLY** 1330-1370 Cals 17.99



## BACON AVOCADO CHEESEBURGER

Bacon, fresh avocado, aged white cheddar cheese, red relish, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun. 1530 Cals 19.39

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

†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 25.49

**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 18.99



## ROAST TURKEY

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

1450-2070 Cals 18.99



## 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 18.99



## 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.

750-1380 Cals 19.99



## BROOKLYN SPAGHETTI & MEATBALLS

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

1080 Cals 18.59

## 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.

890 Cals 19.99

ADD AN ADDITIONAL  
**Side** to any dinner 40-450 Cals **2.49**

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

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◀ **SMOKEHOUSE  
MAC 'N' CHEESE  
SKILLET**

◀ **OVEN-BAKED  
MAC 'N' CHEESE**

**BOURBON CHICKEN  
SIZZLIN' SKILLET ▶**

# Sizzlin' Skillets

**ADD TOAST TO ANY SKILLET** 170-270 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 20.59

## 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 20.59

**ADD TWO EGGS\*** (GF) 140-190 Cals 2.49

## SMOKEHOUSE MAC 'N' CHEESE SKILLET™

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

## KICKIN' 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) 140-190 Cals 2.49

**ADD SLICED JALAPEÑOS** (GF) 10 Cals 1.49

## 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 20.59

## À La Carte Sides

Sweet Petite Corn (GF) 150 Cals 2.99

Seasonal Vegetable (GF) 40 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™ 310-330 Cals 2.99  
(GF) without gravy

Oven-Baked Mac 'N' Cheese 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 5.49

*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 BBQ sauce, two strips of bacon, white cheddar cheese, lettuce, tomato, red onions and pickles on a brioche bun.

1130 Cals 19.09



## CRISPY CHICKEN BACON RANCH SANDWICH

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

1610 Cals 19.09



## POT ROAST MELT

Tender slow-roasted beef, caramelized onions and aged white cheddar on grilled sourdough bread.

1340 Cals 19.99



## SUPER BIRD®

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

1150 Cals 17.59

Shown with Onion Rings upgrade.

# Fresh Salads



## 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

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

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 19.79

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. 660-830 Cals 11.89

 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 11.59

    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 10.99



### 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 11.99

### 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 10.49

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## Lunch

### 55+ CLUB SANDWICH

Carved turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. Served with wavy-cut fries. 1000 Cals 12.09

### 55+ GRILLED CHEESE SANDWICH & SOUP

Canadian cheese on grilled sourdough bread and a cup of soup. 590-810 Cals 10.99

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 13.79

### 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 15.09

### 55+ GRILLED CHICKEN

Grilled seasoned chicken breast served with two sides and dinner bread. 650-1270 Cals 15.09



 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 15.69

**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** 3.79  
REGULAR • DECAF 0 Cals



# Beverages



**SOFT DRINKS** 4.09 Selection may vary.



**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

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 4.89

**MANGO LEMONADE**  
180 Cals 4.89

# Juice, Milk & More

**2% MILK** 240 Cals 4.79

**CHOCOLATE MILK**  
290 Cals 4.79

**HOT CHOCOLATE**  
260 Cals 4.49

**DASANI® BOTTLED WATER**  
0 Cals 3.39

**MINUTE MAID® ORANGE JUICE**  
210 Cals 4.79



**OTHER JUICES** 4.79  
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. 280 Cals 6.49

**MANGO** (GF)  
Made with mangoes and nonfat vanilla yogurt. 300 Cals 6.49

**TROPICAL GREEN** (GF)  
Made with tropical fruit, fresh spinach, bananas and nonfat vanilla yogurt. 300 Cals 6.49

# Milk Shakes

**CHOCOLATE** 870 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. 7.29 each



## Invest in Denny's

Franchise opportunities available! Scan the QR code to learn more.



## Food Allergies?

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



## 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.

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.

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