



Sizzlin' Skillets

ADD TOAST TO ANY SKILLET 170-270 Cals 2.59

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) 140-190 Cals 2.59

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 2.59

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

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.

*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.

Comfy Classics



SIRLOIN STEAK*

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

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

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 two Gluten-Free sides and the Gluten-Free English Muffin

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

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

PLATE LICKIN' CHICKEN FRIED CHICKEN

Golden-fried boneless chicken breasts smothered in country gravy. Served with two sides and dinner bread. 750-1380 Cals 20.59

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

ROAST TURKEY

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with two sides and dinner bread. 1450-2070 Cals 19.59

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.

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. 890 Cals 20.59

Dinner Sides

Sweet Petite Corn (GF) 150 Cals

Seasonal Vegetable (GF) 40 Cals

Whole Grain Rice 240 Cals

Jasmine Rice (GF) 300 Cals

Wavy-Cut Fries (GF) 380 Cals

Oven-Baked Mac 'N' Cheese 310 Cals

Seasoned Red Potatoes (GF) 350 Cals

Mashed Red Potatoes 310-330 Cals

(GF) without gravy

Tasty Desserts



BROWNIE SUNDAE WITH OREO® PIECES

Warm chocolate brownie topped with premium vanilla ice cream, OREO® cookie pieces and drizzled with chocolate. 900 Cals 8.29

NEW YORK STYLE CHEESECAKE

Plain or with strawberry topping and whipped cream. 490-620 Cals 8.29

LAVA COOKIE SKILLET

Warm chocolate chip cookie filled with molten chocolate and topped with premium vanilla ice cream and salted caramel. 820 Cals 8.29

APPLE CRISP

Warm apple crisp topped with premium vanilla ice cream, salted caramel and powdered sugar. 740 Cals 8.29

LEMON & WHITE CHOCOLATE CHEESECAKE

Lemon custard and white chocolate cheesecake, baked on a graham cookie base and topped with lemon mousse. 490 Cals 8.79

COOKIES AND CREAM CAKE

Chewy chocolate brownie with cream cheese and chocolate cookie filling, layered with chocolate ganache and cookie mousse. 730 Cals 8.79



FOOD ALLERGIES?

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

YOUR LOCAL DENNY'S



ORDER AT DENNYS.CA

Coffee

SIGNATURE DINER BLEND REGULAR • DECAF 0 Cals 3.89

SWEET CREAM COLD BREW

Medium roast, single origin Colombian coffee, poured over ice and topped with sweet cream. 130 Cals 4.39

Juice & Milk

MINUTE MAID® ORANGE JUICE 210 Cals 5.09

OTHER JUICES Selection may vary. 5.09

APPLE 240 Cals • **TOMATO** 90 Cals

RUBY RED GRAPEFRUIT 220 Cals

2% MILK 240 Cals 5.09

CHOCOLATE MILK 290 Cals 5.09

Smoothies

TROPICAL GREEN (GF) 300 Cals 6.99

STRAWBERRY BANANA (GF) 280 Cals 6.99

MANGO (GF) 300 Cals 6.99

Milk Shakes

STRAWBERRY 780 Cals 7.39

VANILLA 800 Cals 7.39

CHOCOLATE 870 Cals 7.39

OREO 1050 Cals 7.39

Lemonade & Iced Tea

PREMIUM LEMONADE 160 Cals 4.09

MANGO LEMONADE 180 Cals 4.99

STRAWBERRY LEMONADE 180 Cals 4.99

ICED TEA 110 Cals 4.09

LEMONADE ICED TEA 140 Cals 4.09

Other Beverages

HOT TEA / HERBAL TEA 0 Cals 3.99

HOT CHOCOLATE 260 Cals 4.49

DASANI® BOTTLED WATER 0 Cals 3.39

SOFT DRINKS Selection may vary. 4.09



140 Cals



0 Cals



0 Cals



140 Cals



160 Cals



110 Cals



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Signature Slams®

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

BERRY STUFFED FRENCH TOAST SLAM®
Four slices of brioche French toast stuffed with sweet cream cheese filling and topped with strawberries, strawberry sauce and powdered sugar. Served with eggs*, bacon strips and sausage links. 1320-1430 Cals 18.89

LUMBERJACK SLAM®
Buttermilk pancakes, grilled ham, bacon strips, all-pork sausage links, eggs*, crispy hash browns and choice of toast. 1190-1400 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. 1070-1170 Cals 17.69

FRENCH TOAST SLAM®
Three slices of brioche French toast served with eggs*, bacon strips and all-pork sausage links. 860-970 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

BUILD YOUR OWN GRAND SLAM®
Pick **FOUR ITEMS** 370-1100 Cals 14.99

- 2 Bacon Strips  140 Cals
- 2 Sausage Links  270 Cals
- 2 Turkey Bacon Strips  80 Cals
- 2 Eggs*  140-190 Cals
- 2 Egg Whites  80 Cals
- 2 Buttermilk Pancakes 350 Cals
- 2 Slices of Toast 170-270 Cals
- English Muffin 140 Cals
- Gluten-Free English Muffin  170 Cals
- Hash Browns  110 Cals
- Oatmeal 150 Cals *6 am - 2 pm only.*

- PREMIUM ITEMS**
- add 2.39 each
 - Grilled Ham Slice  80 Cals
 - Seasonal Fruit  170 Cals *Selection may vary.*
 - Yogurt  130 Cals
 - 2 Hearty 9-Grain Pancakes 390 Cals
 - ADD ADDITIONAL ITEMS**
 - 2.39 each (Limit two items)
 - Additional charge for premium items.

Savoury Omelettes

Served with **crispy hash browns and choice of toast.**  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 19.69

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

MOONS OVER MY HAMMY® OMELETTE
Three-egg omelette with ham, Swiss & Canadian cheese. 890-1060 Cals 19.49

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

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

Pancake Slams®

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

DOUBLE BERRY BANANA PANCAKE SLAM
Buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries and bananas. 850-1160 Cals 17.99
Berry selection based on seasonality.

CINNAMON ROLL PANCAKE SLAM
Buttermilk pancakes cooked with cinnamon crumb topping and topped with cream cheese icing. 1450-1760 Cals 17.99


CHOCONANA PANCAKE SLAM
HERSHEY'S chocolate chips cooked inside buttermilk pancakes and topped with bananas and more HERSHEY'S Chocolate chips. 1130-1440 Cals 17.99

HEARTY 9-GRAIN PANCAKE SLAM
Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar. 720-1030 Cals 16.99

Signature Breakfasts

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

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


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 25.99  when you choose the Gluten-Free English Muffin

SIRLOIN STEAK* & EGGS*
A 8 oz. Canadian seasoned sirloin steak* Served with two fresh eggs*, hash browns and choice of toast. 860-1070 Cals 22.99

THE GRAND SLAMWICH®
Scrambled eggs, crumbled sausage, bacon, ham and Canadian cheese on grilled sourdough 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 sourdough bread. Served with crispy hash browns. 840 Cals 18.59

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* 850-960 Cals 18.59

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

ADD TOAST TO ANY SKILLET 170-270 Cals 2.59

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

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Starters & Salads

CHICKEN WINGS
Seasoned, lightly breaded chicken wings, golden-fried and crispy. Served with choice of dipping sauce. 760-960 Cals, Serves 2 15.79

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

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

BUILD YOUR OWN SAMPLER™
Served with choice of dipping sauces. **PICK FOUR** 970-2590 Cals 18.99 **PICK THREE** 700-1880 Cals 15.59

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

ZESTY NACHOS 
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

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

POUTINE
Wavy-cut fries covered with squeaky cheese curds and topped with rich gravy. 710 Cals, Serves 2 9.69

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, Serves 2 9.99

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

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 19.69

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

Sauces

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

Burgers & Handhelds



Served with **wavy-cut fries.** Substitute a **Beyond Meat® Patty ** on any burger for 2.49 280 Cals **MAKE IT A DOUBLE PATTY BURGER** 550 Cals 4.59 more

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 19.69

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 20.59 **SINGLE ONLY** 1330-1370 Cals 17.99

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 19.89

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 19.89

SLAMBURGER™
Crispy hash browns, a fresh egg* made to order, bacon and Canadian cheese stacked high on a brioche bun. 1470 Cals 18.59

BBQ BACON CHICKEN SANDWICH NEW!
Grilled chicken breast topped with BBQ sauce, two strips of bacon, white cheddar cheese, lettuce, tomato, red onions and pickles on a grilled 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

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

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

THE SUPER BIRD®
Turkey breast with Swiss cheese, bacon and tomato on grilled sourdough bread. 1150 Cals 17.59

À La Carte Sides

Seasoned Fries 400 Cals	7.49
Wavy-Cut Fries  380 Cals	5.99
Onion Rings 450 Cals	7.29
Bacon Cheddar Tots 360 Cals	7.29
Hash Browns  110 Cals	4.99
Seasonal Fruit  170 Cals <i>Selection may vary.</i>	5.59
Garden Side Salad 180-280 Cals	6.99
Add side salad to any entrée	4.29

*Due to our cooking procedures, the Beyond Burger® may come in contact with animal-based products or ingredients and might not be 100% plant-based.