Allergens and Sulfites	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine (Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Pies cont.... French Silk		x				x		x				x	
Key Lime		x				x		x				x	
... Lemon Meringue		x	x					x				x	
Peanut Butter Silk		x				x		x			P	x	
Pecan		x	x			x		x			PC	x	
Pumpkin		x	x			x		x				x	
Prime Rib		x											
Potatoes Red Skinned								x					
French Fries		x						x					
Hash Browns		x						x	x				
Seasoned Fries		x			x			x				x	x
Mashed Potatoes		x				x		x	x				
Rice Pilaf		x			x			x				x	
Sauces: A-1		x			x			x					
Sweet & Spicy BBQ		x			x							x	
Buffalo					x	x		x					x
Chipotle		x						x					
Cocktail		x			x			x					
Frisco Sauce		x			x			x				x	
Hickory Spread		x		A	x	x	x						
Heinz 57		x			x			x				x	
Lemon Butter Sauce		x				x			x				
Marinara		x			x			x					
Salsa					x								
Steak		x			x								
Tartar		x	x					x					
Sausage Crumbles					x								
Sausage Links (breakfast)					x		x	x					
Shrimp (breaded)		x	x	S	x	x		x	x			x	
Shrimp Skewers				S	x	x		x	x				x
Spaghetti												x	x
Soup: Broccoli Cheese Soup		x			x	x		x		x		x	x
Chicken Noodle		x	x		x	x	x	x		x		x	x
Clam Chowder		x		CL	x	x	x	x				x	x
Vegetable Beef		x			x	x	x	x				x	
Potato Soup		x				x		x				x	
Sour Cream		x				x							x
Steak: Country Fried		x	x		x	x	x	x				x	
T-Bone		x			x			x					

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine (Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Strawberries													
Sugar Sub: Equal	x												
Sweet & Low													
Splenda													
Syrup: Chocolate								x					
Maple (diet)	x												
Pancake **Syrup**		x											
Pineapple										x			
Cherry Limeade													
Coconut,Lime,OrangeBanana													
Strawberry Mango Syrup										x			
Peach													
Tortilla Chips		x										x	
Tortilla , Soft Shell Wrap		x						x				x	
Turkey: Shaved,		x						x					
Tilapia: Grilled				T									
Waffles		x	x			x		x				x	
Wine									x				
Whipped Topping		x				x							
Vegetables: Broccoli													
Corn		x				x		x					
Green Beans (canned)								x					
Green Beans (frozen)						x							
Fajita Blend		x			x			x				x	x
Spinach								x					
Vinegar: Red Wine									x				
White, Distilled													
Yogurt,Vanilla		x				x							

***Pancakes**– Mix is made on equipment that also makes products containing soy, eggs and tree nuts.

***Grits and Oatmeal** are produced & packaged in plants that also produce products made with wheat.

***Cheese Cake–** Produced in plant that also produce products made with Peanuts and tree nuts.

DFO LLC June 2011

Reorder # 5395

Allergens & Sulfites

Nutritional Information

We at Denny's realize that an ever increasing number of our guests need to know if certain food ingredients are in our foods, i.e. they may be sensitive to MSG or may have a severe life threatening allergy to peanuts. We are providing this information to all of our guests that request it so that they may make informed choices prior to ordering.

These listings are based on information provided by product vendors and specifications, and may not be all inclusive. Please be aware that vendors and product formulations may change. Also, some locations may use different vendors or local vendors. If necessary, product labels are available. This list is updated periodically. For further information, please call Denny's Nutrition Consultant at 864-597-7396.

To designate type of fish or nut allergen in food item, the following code will be used in lieu of the "X":

Fish /Shellfish	Tree Nuts/Peanuts
A = Anchovies	A = Almonds
C = Cod fish	B = Brazil Nut ◆
CL = Clams	C = Cashew ◆
H= Haddock	P = Peanut ◆
S = Shrimp	PC = Pecans ◆
T = Tilapia	W = Walnuts ◆

◆ designates a variety of nuts are present in food item.

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine (Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Amy's Veggie Burger											W	x	
Artichoke Dip		x	x		x	x		x				x	
Apple Crisp		x				x		x			A	x	
Applesauce													
Avocado													
Bacon Strips													
Bacon, Turkey								x					x
Banana Split		x	x			x		x			◆		
Beef Patty													
Beverages: Apple Juice													
Coke		x											
Coke, Diet	x	x											
Cappuccino Fl.		x				x							
RR Grapefruit													
Hot Chocolate		x				x		x					
Lemonade		x											
Orange Juice													
Raspberry Tea		x											
Root Beer		x											
Black Beans					x								
Breads: Bagel		x										x	
Biscuit		x				x		x				x	
Sesame Seed Burger Bun		x						x				x	
Wheat Burger Bun		x						x				x	
Butter Roll		x				x		x				x	
English Muffin		x						x				x	
Garlic Herb Tst		x			x	x		x				x	
Ciabatta		x						x				x	
French Toast (bread)	x	x						x				x	
French Tst (Batter only)		x	x			x		x				x	
Multigrain								x				x	
Potato		x						x				x	
Sourdough		x				x		x				x	
White		x				x		x				x	
Brownie, Chocolate		x	x			x		x			◆	x	
Buffalo Chicken Strips		x			x	x		x				x	
Buffalo Wings		x			x	x		x				x	x
Buffalo Sauce					x	x		x				x	
Butter						x							
Carrot Cake		x	x			x		x			W	x	
Chocolate Cake		x	x			x		x				x	
Cereal: * Grits,		x											

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine (Yellow #5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Granola		x				x					A	x	
*Oatmeal, Quaker													
Chocolate & White Choc Chips						x		x					
Cheese Cake*			x			x		x				x	
Cherry Topping		x											
Cheese: American/Swiss (sl.)						x							
Cheddar, Shredded						x							
Cream Cheese						x							
Cheese Blend, Shredded						x							
Pepper Jack Cheese						x							
Chicken Breast, Grilled		x						x				x	
Chicken Fillet, Breaded		x	x			x		x				x	
Chicken Nuggets, Sports		x				x		x				x	x
Chicken Sausage					x							x	
Chicken, Smoked Pulled		x											
Chicken Strips, Breaded		x						x				x	
Chorizo					x			x					
Coffee: Regular													
Decaffeinated													
Coffee Creamer						x							
Crackers, Saltine		x						x				x	
Cranberries, dried													
Croutons		x				x		x				x	
Dressings:													
LF Balsamic Vinaigrette					x			x	x				
Bleu Cheese		x	x			x		x					
Caesar		x	x	A	x	x	x	x				x	
Coleslaw		x	x					x				x	
French		x	x					x				x	
Honey Mustard		x	x		x			x				x	
Italian, Fat Free		x			x			x				x	
Mayonnaise		x	x					x				x	
Ranch, Fat Free		x	x		x	x		x				x	x
Ranch, Regular		x	x		x	x		x				x	x
Thousand Island			x		x			x				x	
Egg: Whole Liquid			x					x					
Egg Whites			x										
Fryer Oil								x					

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine(Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Fudge Topping, Chocolate		x				x		x					
Goldfish, Crackers						x		x				x	
Gravies: Brown		x			x	x	x	x				x	x
Country		x				x		x				x	
Sausage		x			x	x	x	x				x	
Haddock		x		H				x					
Ham: Sliced		x											
Shaved													
Ice Cream: Butter Pecan		x				x					P	x	
Chocolate		x				x							
Choc.Chip Cookie Dgh		x	x			x		x		x		x	
Cookies'n Crm		x				x		x				x	
Mint Choc. Chip		x				x				x			
Strawberry		x				x							
Vanilla		x	x			x							
Ketchup		x											
Margarine : Liquid								x					
Whipped Butter Blend						x		x					
Milk: 2 %						x							
Buttermilk						x						x	
Chocolate, LF						x							
Macaroni & Cheese		x				x		x		x		x	
Meat Loaf		x	x		x	x		x				x	
Meat Loaf , Bacon		x	x			x		x				x	x
Mozzarella Cheese Stick					x	x	x	x				x	
Mustard								x					
Nacho Beef Meat		x			x							x	
Nut Topping											◆		
Onion Rings, Breaded		x			x	x		x		x		x	
Onion Tanglers		x			x	x		x				x	
Oreo Cookie Crumbs		x				x		x				x	
Pancakes*See note on back		x				x		x				x	
Pancake, Hearty Wheat		x	x			x		x				x	
Pecans, Glazed		x						x			P		
Pickle Slices					x								
Pies: Apple		x	x					x				x	
Cookies & Cream		x				x		x				x	