







# DRINKS & shakes

## coffee

**SIGNATURE DINER BLEND** 3.49  
Free refills. **REGULAR** • **DECAF** 0 Cals

## juice, milk & more

**MINUTE MAID® ORANGE JUICE**  
210 Cals 4.39

**OTHER JUICES** 4.39 Selection may vary.  
**APPLE** 240 Cals • **TOMATO** 90 Cals  
**RUBY RED GRAPEFRUIT** 220 Cals

**2% MILK** 240 Cals 4.09

**CHOCOLATE MILK** 290 Cals 4.09

**HOT CHOCOLATE** 350 Cals 3.99

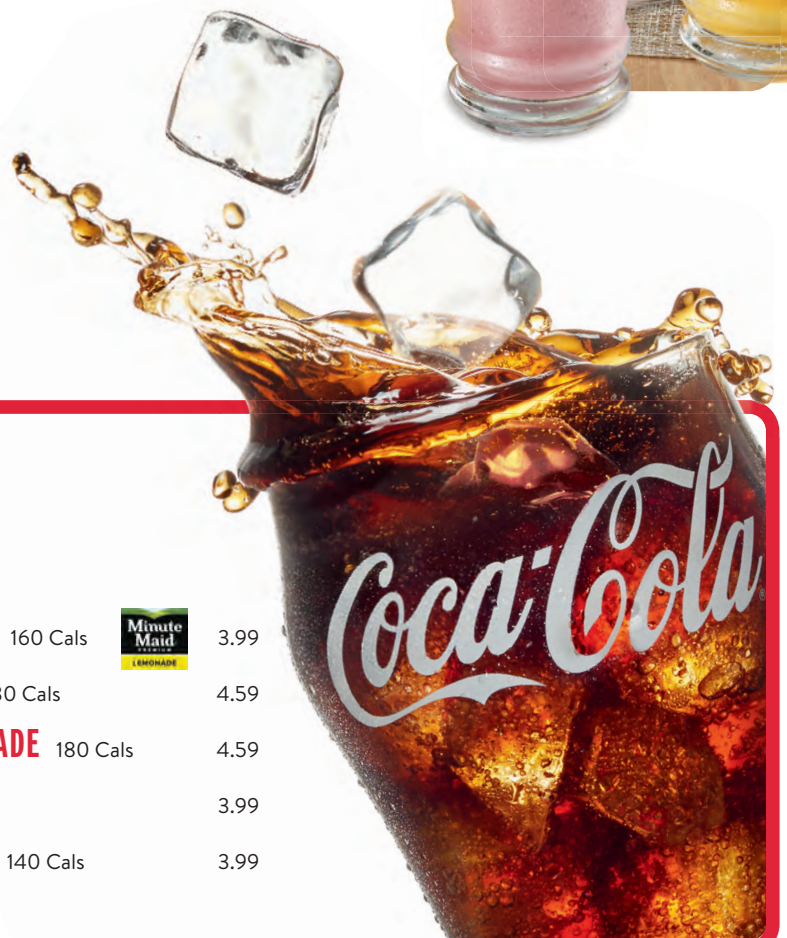
**DASANI® BOTTLED WATER** 0 Cals 2.89

## smoothies

**TROPICAL GREEN** **GF**  
Made with tropical fruit, fresh spinach, apples and nonfat vanilla yogurt. 200 Cals 5.99

**STRAWBERRY BANANA** **GF**  
Made with strawberries, fresh bananas and nonfat vanilla yogurt. 180 Cals 5.99

**MANGO** **GF**  
Made with mangoes and nonfat vanilla yogurt. 150 Cals 5.99



## ENDLESS refills

Free refills. Selection may vary.

### SOFT DRINKS

3.89

       
140 Cals 0 Cals 0 Cals 140 Cals 160 Cals 110 Cals

**SIGNATURE DINER BLEND COFFEE** 0 Cals 3.49

**HOT TEA / HERBAL TEA** 0 Cals 3.59

**PREMIUM LEMONADE** 160 Cals 3.99

**MANGO LEMONADE** 180 Cals 4.59

**STRAWBERRY LEMONADE** 180 Cals 4.59

**ICED TEA** 110 Cals 3.99

**LEMONADE ICED TEA** 140 Cals 3.99



## milk shakes

Made with premium ice cream and topped with whipped cream. Plus, a little extra in the tin. 6.29 each

**STRAWBERRY** **GF** 520 Cals

**CAKE BATTER** 870 Cals

**CHOCOLATE** **GF** 830 Cals

**VANILLA** **GF** 460 Cals

 820 Cals

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

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# SIGNATURE slams

ASK YOUR SERVER FOR HEALTHIER ITEM SUBSTITUTIONS.



## FRENCH TOAST SLAM®

Two slices of French toast served with eggs\*, bacon strips and sausage links. 930-1100 Cals 13.99



## LUMBERJACK SLAM®

Buttermilk pancakes, grilled ham, bacon strips, sausage links, eggs\*, hash browns and choice of bread. 1000-1250 Cals 17.29

**UPGRADE YOUR PANCAKES TO HEARTY 9-GRAIN PANCAKES** 290 Cals 1.59



## FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus turkey bacon strips, an English muffin and seasonal fruit. 350 Cals 13.29



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



## ALL-AMERICAN SLAM®

Three scrambled eggs with cheddar cheese, bacon strips, sausage links, hash browns and choice of bread. 660-860 Cals 14.99

## BUILD YOUR OWN grand slam®

Pick **FOUR** items and make it your own. 370-960 Cals 12.79

2 Bacon Strips **GF** 140 Cals  
2 Sausage Links **GF** 160 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  
English Muffin 200 Cals  
Gluten Free English Muffin **GF** 200 Cals  
Hash Browns **GF** 110 Cals  
Oatmeal 150 Cals (6 am - 2 pm only)

### PREMIUM ITEMS

add 1.79 each

Grilled Ham Slice **GF** 80 Cals  
Seasonal Fruit **GF** 170 Cals  
(Selection may vary.)  
Yogurt **GF** 130 Cals  
2 Hearty 9-Grain Pancakes 290 Cals



### ADD ADDITIONAL ITEMS

## to your build your own grand slam®

1.79 each (Limit two items)

Additional charge for premium items.

Or order the **ORIGINAL GRAND SLAM®** and get two buttermilk pancakes, two eggs\*, two bacon strips and two sausage links. 690-820 Cals



### UPGRADE YOUR BUTTERMILK PANCAKES TO

## premium pancakes

FOR 3.99

Double Berry Banana 520 Cals  
Cinnamon Roll 1120 Cals  
Choconana 800 Cals



## breakfast poutine

Red-skinned potatoes, topped with squeaky cheese curds and covered with Hollandaise sauce. 660 Cals 6.99



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 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.

BCABON0422



# PREMIUM pancakes

SERVED WITH TWO EGGS\*, HASH BROWNS PLUS TWO BACON STRIPS OR TWO SAUSAGE LINKS.



## DOUBLE BERRY BANANA PANCAKE BREAKFAST

Buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries and bananas. 800-1020 Cals 15.39  
Berry selection based on seasonality.



## CINNAMON ROLL PANCAKE BREAKFAST

Buttermilk pancakes cooked with cinnamon crumb topping and topped with cream cheese icing. 1410-1630 Cals 15.59



## CHOCONANA PANCAKE BREAKFAST

Ghirardelli® chocolate chips cooked inside buttermilk pancakes, topped with bananas and more Ghirardelli® chocolate chips. 1080-1300 Cals 15.39



## HEARTY 9-GRAIN PANCAKE BREAKFAST

Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar. 680-900 Cals 14.39

## FRENCH crepes

### BERRY VANILLA CREPE BREAKFAST

Folded with vanilla cream and topped with fresh seasonal berries, strawberry sauce and powdered sugar. Served with eggs\*, hash browns, plus bacon strips or sausage links. Berry selection based on seasonality.

ONE CREPE BREAKFAST 470-680 Cals 13.99

TWO CREPE BREAKFAST 650-860 Cals 16.49

### CREPE À LA CARTE

ONE 180 Cals 7.59

TWO 360 Cals 9.59



ADD TWO EXTRA

**bacon strips** GF

2.39 MORE 140 Cals



UPGRADE YOUR HASH BROWNS TO

**seasonal  
fruit** GF 170 Cals

NO ADDITIONAL CHARGE



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SAVOURY

# omelettes

SERVED WITH HASH BROWNS AND CHOICE OF BREAD.  
**GF** when you choose the Gluten Free English Muffin

new!



## DENVER OMELETTE

Three-egg omelette with ham, fire-roasted bell peppers & onions and Canadian cheese. 820-1020 Cals 16.99



## ULTIMATE OMELETTE®

Three-egg omelette with crumbled sausage, bacon, fire-roasted bell peppers & onions, sautéed mushrooms, tomatoes and cheddar cheese. 1120-1320 Cals 17.59



## PHILLY CHEESESTEAK OMELETTE

Three-egg omelette with grilled prime rib, fire-roasted bell peppers & onions, sautéed mushrooms and Swiss cheese. 960-1150 Cals 17.59



## LOADED VEGGIE OMELETTE

Three-egg omelette with fresh spinach, sautéed mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese. 750-940 Cals 16.49

♥ | ♥ | ♥ when you choose egg whites, seasonal fruit upgrade and an English Muffin without margarine

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

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

BUILD YOUR OWN

## omelette

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

450-1150 Cals 17.99 **EXTRA ITEMS** 1.79 each

### VEGETABLES **GF**

Caramelized Onions 70 Cals  
Fire-Roasted Bell Peppers & Onions 20 Cals  
Fresh Spinach 5 Cals  
Jalapeños 10 Cals  
Pico de Gallo 10 Cals  
Sautéed Mushrooms 60 Cals  
Tomatoes 10 Cals

### MEATS **GF**

Bacon 50 Cals  
Chorizo Sausage 180 Cals  
Ham 80 Cals  
Sausage 300 Cals  
Turkey Bacon 80 Cals

### CHEESES **GF**

Canadian 80 Cals  
Cheddar 90 Cals  
Pepper Jack Queso 90 Cals  
Swiss 40 Cals  
Italian Cheese Blend 80 Cals



ADD

## sliced jalapeños **GF**

TO ANY OMELETTE  
1.29 10 Cals



ADD

## fresh avocado **GF**

TO ANY OMELETTE  
2.39 80 Cals



ADD A STACK OF

## buttermilk pancakes

TO ANY OMELETTE  
5.49 350 Cals



## À LA CARTE sides

4 Bacon Strips <b>GF</b> 290 Cals	4.49	Yogurt <b>GF</b> 130 Cals	3.89
4 Turkey Bacon Strips <b>GF</b> 160 Cals	4.49	Oatmeal 150 Cals (6 am - 2 pm only.)	5.39
4 Sausage Links <b>GF</b> 310 Cals	4.49	Seasonal Fruit <b>GF</b> 170 Cals (Selection may vary.)	5.49
Grilled Ham Slice <b>GF</b> 80 Cals	5.39	Red-Skinned Potatoes <b>GF</b> 180 Cals	4.39
Eggs* (each) <b>GF</b> 20-80 Cals	1.79	Hash Browns <b>GF</b> 110 Cals	4.39
2 Slices of Toast 160-280 Cals	3.39	Cheddar Cheese	5.39
English Muffin 200 Cals	3.39	Hash Browns <b>GF</b> 190 Cals	
Gluten Free English Muffin <b>GF</b> 200 Cals	3.39		

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BCABON0422



# SIGNATURE breakfasts

## DENNY'S bennies

SERVED WITH SEASONED RED-SKINNED  
POTATOES OR HASH BROWNS.

FULL ORDER 15.59 HALF ORDER 11.29

### CLASSIC BENNY BREAKFAST

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

### SOUTHWESTERN BENNY BREAKFAST

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

### SALSA SENSATION BENNY BREAKFAST

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

### PRIME RIB BENNY BREAKFAST

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



Classic Benny



### FIT FARE® VEGGIE SIZZLIN' SKILLET <sup>GF</sup>

Seasoned red-skinned 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. 280 Cals 15.29



### SANTA FE SIZZLIN' SKILLET <sup>GF</sup>

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned red-skinned potatoes. Topped with cheddar cheese and eggs\*. 450-510 Cals 15.29

ADD TOAST TO ANY SKILLET 160-280 Cals 1.99

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  
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### COUNTRY-FRIED STEAK & EGGS\*

A chopped beef steak smothered in country gravy. Served with two eggs\*, hash browns and choice of bread. 660-920 Cals 16.49



### T-BONE STEAK\* & EGGS\*

A 13 oz. seasoned T-Bone steak\*. Served with two eggs\*, hash browns and choice of bread. 770-1020 Cals 24.79

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



ADD A STACK OF  
**buttermilk  
pancakes**

TO ANY SIGNATURE  
BREAKFAST 5.49 350 Cals



### THE GRAND SLAMWICH®

Scrambled eggs, crumbled sausage, bacon, shaved ham and Canadian cheese on potato bread grilled with a maple spice spread. Served with hash browns. 1180 Cals 15.49



### MOONS OVER MY HAMMY®

Ham and scrambled egg sandwich with Swiss & Canadian cheeses on grilled sourdough. Served with hash browns. 660 Cals 15.49



# SHAREABLE starters



## MOZZARELLA CHEESE STICKS

Eight golden-fried cheese sticks with a side of tomato sauce.  
630 Cals, Serves 2 10.49

## POUTINE

Wavy-cut fries covered with squeaky cheese curds and topped with rich gravy. 710 Cals, Serves 2 7.99



## CHICKEN WINGS

Lightly seasoned breaded chicken wings golden-fried and crispy. With your choice of dipping sauce. 760-960 Cals, Serves 2 13.99

## PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders with choice of dipping sauce. 690-890 Cals, Serves 2 13.99

**MAKE IT A FULL MEAL WITH TWO SIDES & DINNER BREAD** 690-1440 Cals 16.49

## sauces <sup>GF</sup>

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



## BUILD YOUR OWN SAMPLER™

Served with choice of dipping sauces.

**PICK FOUR** 970-2590 Cals, Serves 3 17.99

**PICK THREE** 700-1880 Cals, Serves 2 14.89

Premium Chicken Tenders 280 Cals

Mozzarella Cheese Sticks 320 Cals

Bacon Cheddar Tots 220 Cals

Wavy-Cut Fries 380 Cals

Onion Rings 310 Cals

Seasoned Fries 400 Cals

Chips & Queso 670 Cals

## ZESTY NACHOS <sup>GF</sup>

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 15.29 **HALF ORDER** 770 Cals, Serves 2 11.29



## 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 10.99

**ADD SEASONED NACHO MEAT** 200 Cals 1.99

**TEN BACON CHEDDAR TOTS** 360 Cals, Serves 2 7.99

## ONION RINGS

Crispy-fried onion rings served with Diner Q sauce. 960 Cals, Serves 2 7.19



## STRAWBERRY PANCAKE PUPPIES®

Made with strawberries and white chocolate chips, sprinkled with powdered sugar and served with cream cheese icing.

**TEN** 1010 Cals 5.99 **SIX** 700 Cals 3.99

## soup of the day

**BOWL** 6.59 **CUP** 4.79

		Bowl Cals	Cup Cals
Mon & Tues:	GARDEN VEGETABLE CHICKEN NOODLE	220	150
Wed & Thurs:	LOADED BAKED POTATO CHICKEN NOODLE	420	280
Friday:	CLAM CHOWDER	320	210
	CHICKEN NOODLE	210	140
Sat & Sun:	BROCCOLI CHEDDAR CHICKEN NOODLE	540	360
	CHICKEN NOODLE	210	140



Available from  
11 am to 10 pm.

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# MELTS & handhelds

SERVED WITH WAVY-CUT FRIES.



## DINER CLASSIC PATTY MELT

A 100% beef patty with caramelized onions, Swiss & Canadian cheeses and Diner Q sauce on grilled potato bread. 1740 Cals 15.99



## CALI CLUB SANDWICH

Turkey breast, ham, bacon, Swiss cheese, fresh avocado, sun-dried tomato mayo, lettuce and tomato on toasted multigrain bread. 1280 Cals 15.99

*shown with Seasoned Fries upgrade*



## NASHVILLE HOT CHICKEN MELT

A golden-fried chicken breast tossed in Nashville Hot sauce with Swiss cheese, tomato, pickles and mayo on grilled Texas toast. 1260 Cals 16.99

*shown with Onion Rings upgrade*



## THE BIG DIPPER MELT

Tender pot roast with melted Swiss cheese, caramelized onions and mayo on grilled Texas toast. Served with French onion au jus for dipping. 1340 Cals 17.99

## FRESH salads



### COBB SALAD **GF**

Bacon, fresh avocado, grape tomatoes, cheddar cheese, hard-boiled egg and potato sticks atop a bed of iceberg mix. Served with choice of dressing. 730-760 Cals 12.69

### CAESAR SALAD

Bacon crumbles and Italian cheeses on fresh Romaine lettuce tossed with Caesar dressing. 210 Cals 10.79

### HOUSE SALAD

Cucumbers, grape tomatoes, cheddar cheese and croutons atop a bed of iceberg mix. Served with choice of dressing. 190-220 Cals 9.99

*shown with prime rib add-on*



## salad add-ons

Premium Chicken Tenders	240 Cals	5.69
Grilled Chicken <b>GF</b>	170 Cals	5.69
Prime Rib <b>GF</b>	150 Cals	5.69
Wild Salmon <b>GF</b>	330 Cals	7.69
Fresh Avocado <b>GF</b>	80 Cals	2.39



## THE SUPER BIRD®

Turkey breast with Swiss cheese, bacon and tomato on grilled sourdough. 1150 Cals 15.49

## À LA CARTE sides

Seasoned Fries	400 Cals	5.59	Seasonal Fruit <b>GF</b>	170 Cals	5.49
Wavy-Cut Fries <b>GF</b>	380 Cals	4.59	(Selection may vary.)		
Onion Rings	450 Cals	5.39	Caesar Side Salad	210 Cals	6.59
Bacon Cheddar Tots	360 Cals	4.99	Garden Side Salad		6.59
Hash Browns <b>GF</b>	110 Cals	4.39	180-280 Cals		
			Add side salad to any entrée		3.99

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100% BEEF

# burgers

SERVED WITH WAVY-CUT FRIES.



## 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 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 16.89

**MAKE IT A DOUBLE PATTY** 550 Cals 3.99 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 17.29

**MAKE IT A DOUBLE PATTY** 550 Cals 3.99 more



## SLAMBURGER™

Hash browns, an egg, bacon and Canadian cheese on a brioche bun. 1470 Cals 15.99

**MAKE IT A DOUBLE PATTY** 550 Cals 3.99 more



## BACON AVOCADO CHEESEBURGER

Bacon, fresh avocado, aged white cheddar cheese, mayo, lettuce, tomato, red onions and pickles on a brioche bun. 1530 Cals 16.79

**MAKE IT A DOUBLE PATTY** 550 Cals 3.99 more



### onion rings

UPGRADE FOR 1.79 450 Cals

### seasoned fries

UPGRADE FOR 1.79 400 Cals

### bacon cheddar tots

UPGRADE FOR 2.79 360 Cals

### poutine

UPGRADE FOR 3.99 610 Cals

## BUILD YOUR OWN

# burger

Lettuce, tomato, red onions, pickles and a brioche bun included. 770-1340 Cals 14.99

### PICK YOUR PROTEIN

100% Beef Patty **GF** 550 Cals

Grilled Seasoned

Chicken Breast **GF** 110 Cals

Crispy Chicken Breast 150 Cals

Beyond Burger® Patty<sup>†</sup> **GF**

280 Cals 1.99 more

### SAY CHEESE

Swiss **GF** 40 Cals

Aged White Cheddar **GF** 80 Cals

Canadian **GF** 80 Cals

**EXTRA CHEESE** 1.99 each

### ADD YOUR TOPPINGS

Caramelized Onions **GF** 70 Cals

Jalapeños **GF** 5 Cals

Mayo **GF** 140 Cals

BBQ Sauce **GF** 70 Cals

Bourbon Sauce 70 Cals

Diner Q Sauce **GF** 150 Cals

### PREMIUM TOPPINGS

1.99 each

Fresh Avocado **GF** 80 Cals

2 Bacon Strips **GF** 140 Cals

Sautéed Mushrooms **GF** 60 Cals



### SUBSTITUTE A



## BEYOND MEAT™ **GF**

PATTY ON ANY BURGER BUILD

FOR 1.99 each Less 270 Cals



<sup>†</sup>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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# COMFORTING dinners



## MAMA D'S POT ROAST BOWL

Slow-cooked pot roast atop red-skinned mashed potatoes with roasted carrots, celery and onions all covered in rich gravy. Served with dinner bread. 630 Cals 18.59



## CHICKEN ADDICTION BOWL

A grilled seasoned chicken breast atop whole grain rice and broccoli with grilled mushrooms and creamy Alfredo sauce. Served with dinner bread. 880 Cals 18.99



## BROOKLYN SPAGHETTI & MEATBALLS

Seasoned meatballs atop a bed of pasta covered in tomato sauce and served with dinner bread. 1080 Cals 16.99

## DINNER skillets

CAUTION: SKILLETS ARE HOT. HANDLE WITH CARE.



## BUTTER CHICKEN 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 17.99



## BOURBON CHICKEN SIZZLIN' SKILLET

A grilled seasoned chicken breast covered with a bourbon glaze atop seasoned red-skinned potatoes, broccoli, fire-roasted bell peppers & onions and mushrooms. 810 Cals 17.99

## CRAZY SPICY SIZZLIN' SKILLET **GF**

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms, jalapeños and seasoned red-skinned potatoes. Topped with grilled seasoned chicken breast, cheddar cheese, a spicy 5-pepper sauce and Pepper Jack queso. 810 Cals 18.29

**ADD TWO EGGS\* **GF**** 110-170 Cals 2.49



**ADD**  
**toast**  
**TO YOUR SKILLET**  
160-280 Cals 1.99



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

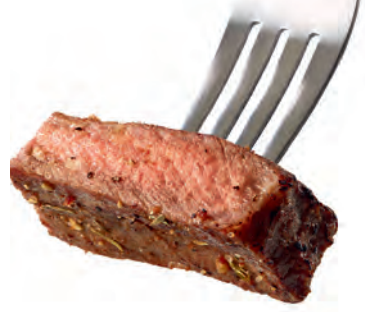
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# CLASSIC dinners



## COUNTRY-FRIED STEAK

Two chopped beef steaks smothered in country gravy. Served with two sides and dinner bread. 1000-1740 Cals 17.49



## WILD SALMON

A grilled wild-caught salmon fillet with a delicious blend of garlic & herbs. Served with two sides and dinner bread. 630-1370 Cals 17.99

♥ | ♥ when you choose red-skinned mashed potatoes and broccoli and without dinner bread  
GF when you choose two Gluten Free sides and the Gluten Free English Muffin

## GRILLED HADDOCK

A grilled wild-caught haddock fillet seasoned with a blend of garlic & herbs. Served with two sides and dinner bread. 400-1050 Cals 17.19

♥ | ♥ when you choose red-skinned mashed potatoes and broccoli and without dinner bread  
GF when you choose two Gluten Free sides and the Gluten Free English Muffin



## FISH & CHIPS

Wild-caught white fish fillets fried golden-brown. Served with tartar sauce, wavy-cut fries plus one additional side and dinner bread. 840-1220 Cals 16.99



## SIRLOIN STEAK\*

A Canadian AAA cut, 6 oz. seasoned sirloin steak\*. Served with two sides and dinner bread. 700-1440 Cals 20.99

♥ | ♥ when you choose red-skinned mashed potatoes and zucchini & squash and without dinner bread  
GF when you choose two Gluten Free sides and the Gluten Free English Muffin



## T-BONE STEAK\*

A 13 oz. seasoned T-Bone steak\*. Served with two sides and dinner bread. 770-1510 Cals 24.99

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



## PLATE LICKIN' CHICKEN FRIED CHICKEN

Golden-fried boneless chicken breasts smothered in country gravy. Served with two sides and dinner bread. 630-1380 Cals 17.99

## PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders with choice of dipping sauce. Served with two sides and dinner bread. 690-1440 Cals 16.49



## ROAST TURKEY

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with two sides and dinner bread. 1330-2070 Cals 16.99

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

## DINNER sides

- Broccoli GF 30 Cals
- Sweet Petite Corn GF 120 Cals
- Fresh Sautéed Zucchini & Squash GF 30 Cals  
(Also available steamed.)
- Red-Skinned Mashed Potatoes GF 50 Cals
- Red-Skinned Potatoes GF 180 Cals
- Wavy-Cut Fries GF 380 Cals
- Hash Browns GF 110 Cals
- Whole Grain Rice 240 Cals
- Jasmine Rice GF 300 Cals



ADD AN  
**additional  
side** FOR 1.99  
(Limit two)



# 5 5 + meals

IF YOU PREFER **EGG WHITES** OR **SUGAR-FREE SYRUP**, TELL YOUR SERVER.

## breakfast

### 55+ SCRAMBLED EGGS & CHEDDAR BREAKFAST

Two scrambled eggs with cheddar cheese. Served with two bacon strips, two sausage links and buttermilk pancakes. 660 Cals 10.89

### 55+ FRENCH TOAST SLAM®

One thick slice of our fabulous French toast with one egg,\* two bacon strips or two sausage links. 500-580 Cals 9.49




### 55+ STARTER™

One egg\* with two bacon strips or two sausage links. Choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast or English muffin. 430-700 Cals 9.29

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

### 55+ 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. 480 Cals 10.29

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

### 55+ OMELETTE

Two-egg omelette with sautéed onions, bacon, tomatoes and cheddar cheese. Served with choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of bread. 640-840 Cals 10.29

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



55+ Scrambled Eggs & Cheddar Breakfast

## lunch

### 55+ CLUB SANDWICH

Carved turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. Served with wavy-cut fries. 1000 Cals 10.29

### 55+ GRILLED CHEESE SANDWICH & SOUP

Canadian cheese on grilled sourdough bread and served with a cup of soup. 590-810 Cals 9.99

Soup available from 11 am to 10 pm. Other side choices available upon request.

## dinner

INCLUDES CHOICE OF **CAESAR SIDE SALAD**, **GARDEN SIDE SALAD** OR **CUP OF SOUP**

Soup available from 11 am to 10 pm.

### 55+ COUNTRY-FRIED STEAK

A chopped beef steak smothered in country gravy. Served with two sides and dinner bread. 660-1400 Cals 12.29

\*

### 55+ GRILLED CHICKEN

Grilled seasoned chicken breast served with two sides and dinner bread. 530-1270 Cals 13.99

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

### 55+ FISH & CHIPS

A wild-caught white fish fillet fried golden-brown, plus tartar sauce and wavy-cut fries. 640-1010 Cals 13.99

### 55+ GRILLED HADDOCK

A grilled wild-caught haddock fillet seasoned with a blend of garlic & herbs. Served with choice of two sides and dinner bread. 400-1140 Cals 14.29

 |  when you choose red-skinned mashed potatoes and broccoli and without dinner bread

**GF** 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.

1050-1800 Cals 14.99

**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.

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 are 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 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.



**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.



**LEAN**

Under 15g of fat



**LIGHT**

Under 550 calories



**PROTEIN**

Over 20g of protein



**FIBRE**

Over 8g of fibre

ALWAYS OPEN AT **DENNYS.CA**



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