

COMFORTING
dinners

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

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

BROOKLYN SPAGHETTI & MEATBALLS

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

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 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.

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.

CLASSIC
dinners

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

SIRLOIN STEAK*

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

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

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

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

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

ROAST TURKEY

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

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 ADDITIONAL ITEMS 1.99 each (Limit two items)

This menu may not be reproduced, in whole or in part, without the prior written permission of DFO, LLC. © 2020 DFO, LLC. Printed in Canada. © 2020 The Coca-Cola Company. "Coca-Cola," "Sprite," "Diet Coke," "Minute Maid," "Barq's," and "Dasani" are registered trademarks of The Coca-Cola Company. "Canada Dry" is a trademark of Canada Dry Mott's Inc. OREO and the OREO Wafer Design are registered trademarks of Mondelez International, Inc., used under license. Beyond Meat and associated marks are registered trademarks of Beyond Meat, Inc. Brand names identified within this menu may vary per restaurant. Selection and prices may vary. GST or HST will be added to the retail price on all taxable items.

TASTY
desserts

NEW YORK STYLE CHEESECAKE

Plain or with strawberry topping and whipped cream. 780-910 Cals 7.39

SIGNATURE PANOOKIE

Warm chocolate chip cookie filled with molten chocolate and topped with premium vanilla ice cream and salted caramel. 480 Cals 7.39

APPLE CRISP

Warm apple crisp topped with premium vanilla ice cream, salted caramel and powdered sugar. 530 Cals 7.39

COOKIES AND CREAM CAKE

Chewy chocolate brownie with cream cheese and chocolate cookie filling, layered with chocolate ganache and cookie mousse. 690 Cals 7.99

LEMON & WHITE CHOCOLATE CHEESECAKE

Lemon custard and white chocolate cheesecake, baked on a graham cookie base and topped with lemon mousse. 490 Cals 7.99



FOOD ALLERGIES?

SCAN THE QR CODE
FOR OUR ALLERGEN
GUIDE OR SEE SERVER.



YOUR LOCAL DENNY'S



ORDER AT DENNYS.CA

DRINKS &
shakes

coffee

SIGNATURE DINER BLEND 3.49
REGULAR • DECAF 0 Cals



juice & milk

MINUTE MAID® ORANGE JUICE 210 Cals 4.39

OTHER JUICES Selection may vary. 4.39

APPLE 240 Cals • TOMATO 90 Cals
RUBY RED GRAPEFRUIT 220 Cals

2% MILK 240 Cals 4.09

CHOCOLATE MILK 290 Cals 4.09



smoothies

TROPICAL GREEN **GF** 200 Cals 5.99

STRAWBERRY BANANA **GF** 180 Cals 5.99

MANGO **GF** 150 Cals 5.99



milk shakes

STRAWBERRY **GF** 520 Cals • VANILLA **GF** 460 Cals 6.29

CHOCOLATE **GF** 830 Cals • CAKE BATTER 870 Cals

OREO 820 Cals

lemonades
& iced teas

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

other beverages

HOT TEA / HERBAL TEA 0 Cals 3.59

HOT CHOCOLATE 350 Cals 3.99

DASANI® BOTTLED WATER 0 Cals 2.89

SOFT DRINKS Selection may vary. 3.89

Coca-Cola 140 Cals
Coca-Cola 0 Cals
Coke 0 Cals
Sprite 140 Cals
Fanta 160 Cals
Pepsi Next 110 Cals





SLAMS & omelettes

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

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

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

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

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
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

new! DENVER OMELETTE
Three-egg omelette with ham, fire-roasted bell peppers & onions and Canadian cheese. Served with hash browns and bread. 820-1020 Cals 16.99

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. Served with hash browns and bread. 1120-1320 Cals 17.59

GF when you choose the Gluten Free English Muffin

PHILLY CHEESESTEAK OMELETTE
Three-egg omelette with grilled prime rib, fire-roasted bell peppers & onions, sautéed mushrooms and Swiss cheese. Served with hash browns and bread. 960-1150 Cals 17.59

GF when you choose the Gluten Free English Muffin

LOADED VEGGIE OMELETTE
Three-egg omelette with fresh spinach, sautéed mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese. Served with hash browns and bread. 750-940 Cals 16.49

GF when you choose the Gluten Free English Muffin

BREAKFAST FAVES & pancakes

DOUBLE BERRY BANANA PANCAKE BREAKFAST
Buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries and bananas. Served with eggs*, hash browns, plus bacon strips or sausage links. 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. Served with eggs*, hash browns, plus bacon strips or sausage links. 1410-1630 Cals 15.59

CHOCONANA PANCAKE BREAKFAST
Ghirardelli® chocolate chips cooked inside buttermilk pancakes and topped with bananas and more Ghirardelli® chocolate chips. Served with eggs*, hash browns, plus bacon strips or sausage links. 1080-1300 Cals 15.39

HEARTY 9-GRAIN PANCAKE BREAKFAST
Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar. Served with eggs*, hash browns, plus bacon strips or sausage links. 680-900 Cals 14.39

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

COUNTRY-FRIED STEAK & EGGS*
A chopped beef steak smothered in country gravy. Served with two eggs*, hash browns and bread. 660-920 Cals 16.49

T-BONE STEAK* & EGGS*
A 13 oz. seasoned T-Bone steak* Served with two eggs*, hash browns and bread. 770-1020 Cals 24.79

GF when you choose the Gluten Free English Muffin

THE GRAND SLAMWICH®
Scrambled eggs, crumbled sausage, bacon, 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

SANTA FE SIZZLIN' SKILLET GF
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

FIT FARE® VEGGIE SIZZLIN' SKILLET GF
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

ADD TOAST TO ANY SKILLET 160-280 Cals 1.99

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.**

STARTERS & salads

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

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
- 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

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 15.29

HALF ORDER 770 Cals, Serves 2 11.29

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

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



salad add-ons

- Premium Chicken Tenders 240 Cals 5.69
- Grilled Chicken **GF** 170 Cals 5.69
- Prime Rib **GF** 150 Cals 5.69
- Wild Salmon **GF** 330 Cals 7.69
- Fresh Avocado **GF** 80 Cals 2.39

BURGERS & handhelds

SERVED WITH WAVY-CUT FRIES.

new! 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

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

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

SUBSTITUTE A
BEYOND MEAT™† GF
PATTY ON ANY BURGER BUILD
FOR 1.99 each Less 270 Cals

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

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

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

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

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 GF 170 Cals | 5.49 |
| Wavy-Cut Fries GF 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 180-280 Cals | 6.59 |
| Hash Browns GF 110 Cals | 4.39 | Add side salad to any entrée | 3.99 |