

*it's* **DINER** *time*





# DRINKS & SHAKES

## 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 3.69

**HOT TEA / HERBAL TEA** 0 Cals 3.69

**PREMIUM LEMONADE** 160 Cals 3.99

**MANGO LEMONADE** 180 Cals 4.79

**STRAWBERRY LEMONADE** 180 Cals 4.79

**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. 6.69 each

**STRAWBERRY** 520 Cals

**CHOCOLATE** 830 Cals

**VANILLA** 460 Cals



820 Cals

## Juice & Milk

**MINUTE MAID® ORANGE JUICE**

210 Cals 4.49

**OTHER JUICES** 4.49

Selection may vary.

**APPLE** 240 Cals • **TOMATO** 90 Cals

**RUBY RED GRAPEFRUIT** 220 Cals

**2% MILK** 240 Cals 4.29

**CHOCOLATE MILK** 290 Cals 4.29

**HOT CHOCOLATE** 350 Cals 4.29

**DASANI® BOTTLED WATER**

0 Cals 2.99



## Coffee

**SIGNATURE DINER BLEND** 3.69

Free refills. **REGULAR • DECAF** 0 Cals

## Smoothies



**TROPICAL GREEN GF**

Made with tropical fruit, fresh spinach, bananas 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

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# SIGNATURE SLAMS



Egg  
Quality  
Assurance

Ask your server  
for healthier item  
substitutions.



## ALL-AMERICAN SLAM®

Three scrambled eggs with cheddar cheese, bacon strips, sausage links, hash browns and choice of toast. 770-970 Cals 15.99



## FRENCH TOAST SLAM®

Two slices of French toast served with eggs,\* bacon strips and sausage links. 930-1300 Cals 14.99



## FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus turkey bacon strips, an English muffin and seasonal fruit. 350 Cals 13.99

## BUILD YOUR OWN GRAND SLAM®

Pick **FOUR** items and make it  
your own. 370-1100 Cals 13.69

2 Bacon Strips **GF** 140 Cals  
2 Sausage Links **GF** 270 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

Or order the  
**ORIGINAL  
GRAND SLAM®**  
and get two  
buttermilk pancakes,  
two eggs\*, two bacon  
strips and two sausage  
links. 800-930 Cals



## ADD ADDITIONAL ITEMS TO YOUR Build Your Own Grand Slam®

1.79 each (Limit two items)  
Additional charge for premium items.

## LUMBERJACK SLAM®

Buttermilk pancakes, grilled ham, bacon strips, sausage links, eggs\*, hash browns and choice of toast. 1140-1390 Cals 18.49



UPGRADE YOUR BUTTERMILK  
PANCAKES TO

## Premium Pancakes FOR 3.99

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

SAUSAGE LINKS NOW WITH  
**New & Improved Flavour**



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.

BCABONSKMB0323



# 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. 800-1130 Cals 16.29

*Berry selection based on seasonality.*



## HEARTY 9-GRAIN PANCAKE BREAKFAST

Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar.

680-1010 Cals 15.29



## CINNAMON ROLL PANCAKE BREAKFAST

Buttermilk pancakes cooked with cinnamon crumb topping and topped with cream cheese icing. 1410-1740 Cals 16.29



## 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**  
470-790 Cals 14.79

**TWO CREPE BREAKFAST**  
650-970 Cals 16.99

**CREPE À LA CARTE**  
**ONE** 180 Cals 7.99  
**TWO** 360 Cals 9.99

## CHOCONANA PANCAKE BREAKFAST

Chocolate chips cooked inside buttermilk pancakes and topped with bananas and more chocolate chips.

1080-1410 Cals 16.29

*Shown with Seasonal Fruit upgrade.*

UPGRADE YOUR  
HASH BROWNS TO

**Seasonal  
Fruit GF**

170 Cals 1.99 MORE



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# SAVOURY OMELETTES



Egg  
Quality  
Assurance

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



## DENVER OMELETTE

Three-egg omelette with ham, fire-roasted bell peppers & onions and Canadian cheese.  
820-1020 Cals 18.59



## PHILLY CHEESESTEAK OMELETTE

Three-egg omelette with grilled prime rib, fire-roasted bell peppers & onions, sautéed mushrooms and Swiss cheese.  
960-1150 Cals 18.69



## LOADED VEGGIE OMELETTE

Three-egg omelette with fresh spinach, sautéed mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese. 750-940 Cals 17.99

♥ | 🍏 | 🥑 when you choose egg whites, seasonal fruit upgrade and an English Muffin without margarine  
Shown with Seasonal Fruit upgrade.

## BUILD YOUR OWN OMELETTE

Pick **FOUR** items and make it your own.  
450-1150 Cals 18.69 **EXTRA ITEMS** 1.99 each

### MEATS GF

Bacon 50 Cals  
Chorizo Sausage 180 Cals  
Ham 80 Cals  
Sausage 130 Cals  
Turkey Bacon 80 Cals

### CHEESES GF

Canadian 80 Cals  
Cheddar 90 Cals  
Pepper Jack Queso 90 Cals  
Swiss 40 Cals

### 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



ADD TO ANY  
OMELETTE

**Sliced Jalapeños GF** 🌶️  
10 Cals 1.29 MORE

**Fresh Avocado GF** 🥑  
80 Cals 2.59 MORE



ADD A STACK OF  
**Buttermilk  
Pancakes**  
to any omelette  
350 Cals 1.99 MORE



## ULTIMATE OMELETTE®

Three-egg omelette with crumbled sausage, bacon, fire-roasted bell peppers & onions, sautéed mushrooms, tomatoes and cheddar cheese. 1120-1320 Cals 18.59

## À LA CARTE SIDES

4 Bacon Strips GF 290 Cals 4.59  
4 Turkey Bacon Strips GF 160 Cals 4.59  
4 Sausage Links GF 530 Cals 4.59  
Grilled Ham Slice GF 80 Cals 5.39  
Eggs\* (each) GF 20-80 Cals 1.99

2 Slices of Toast 160-280 Cals 3.39  
English Muffin 200 Cals 3.39  
Gluten Free English Muffin GF 200 Cals 3.39  
Yogurt GF 130 Cals 3.99  
Oatmeal 150 Cals 5.39  
(6 am - 2 pm only.)

Seasonal Fruit GF 170 Cals 5.49  
(Selection may vary.)  
Seasoned Red Potatoes GF 180 Cals 4.59  
Hash Browns GF 110 Cals 4.59  
Cheddar Cheese Hash Browns GF 190 Cals 5.59



# SIGNATURE BREAKFASTS



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

A 13 oz. seasoned T-Bone steak\*. Served with two eggs\*, hash browns and choice of bread.  
770-1020 Cals 24.99

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



## 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 16.29



## MOONS OVER MY HAMMY®

Ham and scrambled egg sandwich with Swiss & Canadian cheeses on grilled artisan bread. Served with hash browns. 660 Cals 16.29



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

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned red potatoes. Topped with cheddar cheese and eggs\*. 450-510 Cals 16.59

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

Seasoned red potatoes, vegetable medley and mushrooms. Topped with egg whites scrambled with spinach and grape tomatoes. Served with a side of salsa. 330 Cals 16.59



## ADD TOAST TO ANY SKILLET

160-280 Cals 2.29

**CAUTION: SKILLETS ARE HOT. HANDLE WITH CARE.**

## BREAKFAST POUTINE

Seasoned red potatoes, topped with squeaky cheese curds and covered with Hollandaise sauce. 660 Cals 6.99

ADD A STACK OF

**Buttermilk  
Pancakes**

to any signature breakfast  
for 1.99 350 Cals



## 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 17.59



## DENNY'S BENNIES

SERVED WITH SEASONED RED POTATOES  
OR HASH BROWNS.

FULL ORDER 16.29 HALF ORDER 11.79

### CLASSIC BENNY

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

### SOUTHWESTERN BENNY

Poached eggs\* on an English muffin with chorizo and Hollandaise sauce, drizzled with 5-pepper sauce and topped with pico de gallo. 1030-2000 Cals

### 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

### 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



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# SHAREABLE STARTERS



## MOZZARELLA CHEESE STICKS

Eight golden-fried cheese sticks with a side of tomato sauce. 630 Cals, Serves 2 10.79



## PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders with choice of dipping sauce. 690-890 Cals, Serves 2 14.59

**MAKE IT A FULL MEAL WITH TWO SIDES & DINNER BREAD** 820-1440 Cals 17.29

## CHICKEN WINGS

Lightly seasoned breaded chicken wings golden-fried and crispy. With your choice of dipping sauce. 760-960 Cals, Serves 2 14.59



## 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 11.59

**ADD SEASONED NACHO MEAT** 200 Cals 2.49

## TEN BACON CHEDDAR TOTS

360 Cals, Serves 2 8.49

## POUTINE

Wavy-cut fries covered with squeaky cheese curds and topped with rich gravy. 710 Cals, Serves 2 8.99

## ONION RINGS

Crispy-fried onion rings served with Diner Q sauce. 960 Cals, Serves 2 7.99



## 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 18.49

## BUILD YOUR OWN SAMPLER™

Served with choice of dipping sauces.

**PICK FOUR** 970-2590 Cals, Serves 3 18.49

**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

## SOUP OF THE DAY

	BOWL 6.79	CUP 4.99	Bowl Cals	Cup Cals
Mon & Tues:	Garden Vegetable		220	150
	Chicken Noodle		210	140
Wed & Thurs:	Loaded Baked Potato		420	280
	Chicken Noodle		210	140
Friday:	Clam Chowder		320	210
	Chicken Noodle		210	140
Sat & Sun:	Broccoli Cheddar		540	360
	Chicken Noodle		210	140

Available from  
11 am to 10 pm.

Add a **CUP OF SOUP**  
to any entrée 3.99  
140-360 Cals



## SAUCES

Diner Q 150 Cals **GF**

Blue Cheese 170 Cals **GF**

Ranch 200 Cals **GF**

BBQ 70 Cals

Honey Mustard 190 Cals **GF**

Buffalo 130 Cals **GF**



## 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 15.99

**HALF ORDER** 770 Cals, Serves 2 11.99

## 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 4.29



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

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# MELTS & HANDHELDS

SERVED WITH WAVY-CUT FRIES.



## NASHVILLE HOT CHICKEN MELT

A golden-fried chicken breast tossed in Nashville Hot sauce with Swiss cheese, tomato, pickles and mayo on grilled artisan bread. 1260 Cals 17.49  
Shown with Onion Rings upgrade.



## SUPER BIRD®

Turkey breast with Swiss cheese, bacon and tomato on grilled artisan bread. 1150 Cals 16.49  
Shown with Onion Rings upgrade.



## CALI CLUB SANDWICH

Turkey breast, ham, bacon, Swiss cheese, fresh avocado, sun-dried tomato mayo, lettuce and tomato on toasted multigrain bread. 1280 Cals 16.99  
Shown with Seasoned Fries upgrade.



## SLOW COOKER MEATY MELT

Tender slow-roasted beef, caramelized onions and aged white cheddar on grilled artisan bread. 1340 Cals 18.49

## CLUB SANDWICH

Turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. 980 Cals 16.49

## DINER CLASSIC PATTY MELT

A 100% beef patty with caramelized onions, Swiss & Canadian cheeses and Diner Q sauce on grilled artisan bread. 1740 Cals 16.59



## BRISK-IT-ALL MELT™

Slow-smoked brisket burnt ends, crispy diced bacon, two eggs\*, aged white cheddar, Diner Q sauce and pickles on grilled artisan bread. 1650-1800 Cals 23.99  
Shown with Seasoned Fries upgrade.

## 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 13.29

### HOUSE SALAD

Cucumbers, grape tomatoes, cheddar cheese and croutons atop a bed of iceberg mix. Served with choice of dressing. 190-220 Cals 10.49

## 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	2.59

ADD A  
**Milk Shake**  
to your meal for 6.69  
460-830 Cals



## À LA CARTE SIDES

Seasoned Fries	400 Cals	6.49
Wavy-Cut Fries GF	380 Cals	5.49
Onion Rings	450 Cals	5.99
Bacon Cheddar Tots	360 Cals	5.99
Hash Browns GF	110 Cals	4.59
Seasonal Fruit GF	170 Cals	5.49
(Selection may vary.)		
Garden Side Salad	180-280 Cals	6.99
Add side salad to any entrée		4.29

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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 18.99  
Shown with Onion Rings upgrade.



## BACON AVOCADO CHEESEBURGER

Bacon, fresh avocado, aged white cheddar cheese, mayo, lettuce, tomato, red onions and pickles on a brioche bun. 1530 Cals 17.99  
**MAKE IT A DOUBLE PATTY** 550 Cals 3.99 more



## 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 17.99  
**MAKE IT A DOUBLE PATTY** 550 Cals 3.99 more  
Shown with Onion Rings upgrade.

## BUILD YOUR OWN BURGER

Lettuce, tomato, red onions, pickles and a brioche bun included.  
770-1340 Cals 15.99

SUBSTITUTE A



**BEYOND MEAT<sup>+</sup> GF**

PATTY ON ANY BURGER BUILD  
FOR 1.99 each Less 270 Cals

### PICK YOUR PROTEIN

100% Beef Patty **GF** 550 Cals  
Grilled Seasoned  
Chicken Breast **GF** 110 Cals  
Crispy Chicken Breast 150 Cals  
Beyond Burger<sup>®</sup> 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** 10 Cals  
Mayo **GF** 140 Cals  
BBQ Sauce 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

### UPGRADE YOUR SIDE

**Onion Rings**  
450 Cals 1.99

**Seasoned Fries**  
400 Cals 1.99

**Bacon Cheddar Tots**  
360 Cals 2.99

**Poutine**  
610 Cals 3.99

## SLAMBURGER<sup>™</sup>

Hash browns, an egg\*, bacon and Canadian cheese on a brioche bun. 1470 Cals 17.49  
**MAKE IT A DOUBLE PATTY** 550 Cals 3.99 more



### ADD A Soft Drink

to your burger for 3.89  
0-160 Cals



## 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 18.49  
**MAKE IT A DOUBLE PATTY** 550 Cals 3.99 more  
Shown with Onion Rings upgrade.



<sup>†</sup>DUE TO OUR COOKING PROCEDURES, THE BEYOND BURGER<sup>®</sup> PATTY MAY COME IN CONTACT WITH ANIMAL-BASED PRODUCTS OR INGREDIENTS AND MIGHT NOT BE 100% PLANT-BASED.

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BCABONSKMB0323



# COMFORTING DINNERS



## PLATE LICKIN' CHICKEN FRIED CHICKEN

Golden-fried boneless chicken breasts smothered in country gravy. Served with two sides and dinner bread. 750-1380 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 17.29



## COUNTRY-FRIED STEAK

Two chopped beef steaks smothered in country gravy. Served with two sides and dinner bread. 1120-1740 Cals 17.99



## 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. 630 Cals 18.99



## BROOKLYN SPAGHETTI & MEATBALLS

Seasoned meatballs atop a bed of pasta covered in tomato sauce and served with dinner bread. 1080 Cals 17.79

## ROAST TURKEY

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with two sides and dinner bread. 1450-2070 Cals 17.49



ADD A  
**Side Salad**  
to your dinner for 4.29  
180-280 Cals

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# COMFORTING DINNERS



## WILD SALMON

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

750-1370 Cals 18.59

♥ | ♥ when you choose mashed red potatoes and fresh vegetable medley and without dinner bread  
**GF** when you choose two 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 mashed red potatoes and fresh vegetable medley 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. 890-1510 Cals 24.99

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



## 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 17.99

## DINNER SIDES

ADD AN  
**Additional side**  
 for 1.99



Fresh Vegetable Medley **GF** 90 Cals  
 Herb Glazed Corn **GF** 190 Cals  
 Mashed Red Potatoes **GF** 130 Cals  
 Seasoned Red Potatoes **GF** 350 Cals

Wavy-Cut Fries **GF** 380 Cals  
 Hash Browns **GF** 110 Cals  
 Whole Grain Rice **GF** 240 Cals  
 Jasmine Rice **GF** 300 Cals

## DINNER SKILLETS

CAUTION: SKILLETS ARE HOT. HANDLE WITH CARE.

### BRISKET KICKER BBQ 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 18.99

**ADD TWO EGGS\*** **GF** 110-170 Cals 2.49  
**ADD SLICED JALAPEÑOS** **GF** 10 Cals 1.29

### BOURBON CHICKEN SIZZLIN' SKILLET

A grilled seasoned chicken breast covered with a bourbon glaze atop seasoned red potatoes, vegetable medley and mushrooms. 860 Cals 18.99

### 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 18.99

### 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 19.49

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



ADD  
**Toast**  
 to any skillet  
 for 2.29  
 160-280 Cals



**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 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.

BCABONSKMB0323



# 55+ 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. 950 Cals 11.29

### 55+ FRENCH TOAST SLAM®

One thick slice of our fabulous French toast with one egg,\* two bacon strips or two sausage links. 500-690 Cals 10.29

### 55+ STARTER™

One egg\* with two bacon strips or two sausage links. Choice of seasoned red potatoes, hash browns or seasonal fruit and choice of toast or English muffin. 430-810 Cals 9.99

**GF** 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 10.79

   **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 potatoes, hash browns or seasonal fruit and choice of bread. 640-840 Cals 10.99

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

## LUNCH

### 55+ CLUB SANDWICH

Carved turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. Served with wavy-cut fries. 1000 Cals 11.29

### 55+ GRILLED CHEESE SANDWICH & SOUP

Canadian cheese on grilled sourdough bread and served with a cup of soup. 590-810 Cals 10.29

*Soup available from 11 am to 10 pm.*

*Other side choices available upon request.*

## DINNER

### INCLUDES CHOICE OF 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. 780-1400 Cals 12.99

### 55+ GRILLED CHICKEN

Grilled seasoned chicken breast served with two sides and dinner bread. 650-1270 Cals 14.59

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

### 55+ FISH & CHIPS

Two wild-caught white fish fillets fried golden-brown, plus tartar sauce and served with wavy-cut fries and dinner bread. 870-1180 Cals 14.59

### 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 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 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.



**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

IT'S DINER TIME @ **DENNYS.CA**

