

The Denny's logo is presented in a yellow, three-dimensional hexagonal shape. The word "Denny's" is written in a bold, red, sans-serif font, with a small red maple leaf icon positioned above the letter 'y'.

Denny's



NEW!



it's **DINER**
time



NEW!

STRAWBERRY STUFFED FRENCH TOAST SLAM®

T-BONE STEAK & EGGS

ALL-AMERICAN SLAM®

GRAND SLAMWICH®

COUNTRY-FRIED STEAK & EGGS

NEW!

FRENCH TOAST SLAM®

ADD A STACK OF **Buttermilk Pancakes** to any signature breakfast for **3.99** 350 Cals

Build Your Own Grand Slam® options not pictured above.

BUILD YOUR OWN GRAND SLAM®

PICK FOUR ITEMS 370-1100 Cals 14.39 **ADD ADDITIONAL ITEMS** 2.29 each (limit two items). Additional charge for premium items.

- 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
- Hash Browns (GF) 110 Cals

- English Muffin 200 Cals
- Gluten-Free English Muffin (GF) 200 Cals
- Oatmeal 150 Cals
6am - 2pm only.

- PREMIUM ITEMS** add 2.29 each
- Grilled Ham Slice (GF) 90 Cals
 - 2 Hearty 9-Grain Pancakes 290 Cals
 - Yogurt (GF) 130 Cals
 - Seasonal Fruit (GF) 170 Cals
Selection may vary.

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.

Signature Slams®

STRAWBERRY STUFFED FRENCH TOAST SLAM® **NEW!**

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. 1290-1430 Cals 18.59





À LA CARTE STRAWBERRY STUFFED FRENCH TOAST
950 Cals 13.99

FRENCH TOAST SLAM® **NEW!**

Three slices of Brioche French Toast served with eggs,* bacon strips and sausage links. 860-1010 Cals 16.29

FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus turkey bacon strips, an English muffin and seasonal fruit. 350 Cals 14.59

    when you choose the Gluten-Free English Muffin

ORIGINAL GRAND SLAM®

Two buttermilk pancakes served with eggs,* bacon strips and sausage links. 800-930 Cals 14.39



LUMBERJACK SLAM® ▲

Buttermilk pancakes, grilled ham, bacon strips, sausage links, eggs,* hash browns and choice of toast. 1140-1390 Cals 18.99

ALL-AMERICAN SLAM®

Three scrambled eggs with cheddar cheese, bacon strips, sausage links, hash browns and choice of toast. 770-970 Cals 17.29

Signature Breakfasts

★ Signature breakfast favourites.

★ COUNTRY-FRIED STEAK & EGGS*

A chopped beef steak smothered in country gravy. Served with two eggs,* hash browns and choice of toast. 660-920 Cals 18.69

SANTA FE SIZZLIN' SKILLET®



Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned red potatoes. Topped with cheddar cheese and eggs.* 680-740 Cals 17.99

Caution: Skillets are hot. Handle with care.

ADD TOAST 160-280 Cals 2.59

FIT FARE® VEGGIE SIZZLIN' SKILLET®


Seasoned red potatoes, vegetable medley and mushrooms. Topped with egg whites scrambled with spinach and grape tomatoes. Served with a side of salsa. 350 Cals 17.99

  **Caution:** Skillets are hot. Handle with care.

ADD TOAST 160-280 Cals 2.59

★ T-BONE STEAK* & EGGS*

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

 when you choose the Gluten-Free English Muffin

Denny's Bennies

Served with seasoned red potatoes or hash browns.

FULL ORDER 17.59 **HALF ORDER** 12.99

CLASSIC BENNY

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

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

★ 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 17.99

MOONS OVER MY HAMMY®

Ham and scrambled egg sandwich with Swiss & Canadian cheeses on grilled artisan bread. Served with hash browns. 660 Cals 17.99

SIRLOIN STEAK* & EGGS* **NEW!**

A 8 oz. Canadian seasoned sirloin steak.* Served with two eggs,* hash browns and choice of toast. 840-990 Cals 22.59

BREAKFAST POUTINE

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

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 AND HAMBURGERS 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.

BCABONSKMB1123

Pancake Slams®

Served with two eggs*, hash browns plus two bacon strips or two sausage links.

CINNAMON ROLL PANCAKE SLAM® ▶

Buttermilk pancakes cooked with cinnamon crumb topping and topped with cream cheese icing.

1410-1740 Cals 17.49

UPGRADE YOUR HASHBROWNS TO
Seasonal Fruit (GF)
2.29 more 170 Cals



DOUBLE BERRY BANANA PANCAKE SLAM®

Buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries and bananas.

800-1130 Cals 17.49

Berry selection based on seasonality.



HEARTY 9-GRAIN PANCAKE SLAM®

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

680-1010 Cals 16.49



CHOCONANA PANCAKE SLAM®

HERSHEY'S Chocolate Chips cooked inside buttermilk pancakes and topped with bananas and more HERSHEY'S Chocolate Chips. 1080-1410 Cals 17.49

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 16.99	TWO CREPE BREAKFAST 650-970 Cals 18.29	CREPE À LA CARTE One Crepe 180 Cals 9.29 Two Crepes 360 Cals 10.99
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À La Carte Sides

4 Sausage Links (GF) 530 Cals	4.99	Eggs* (each) (GF) 20-80 Cals	1.99	Seasonal Fruit (GF) 170 Cals	5.49
4 Bacon Strips (GF) 290 Cals	4.99	Stack of Pancakes 350 Cals	6.99	<i>Selection may vary.</i>	
4 Turkey Bacon Strips (GF) 160 Cals	4.99	English Muffin 200 Cals	3.69	Seasoned Red Potatoes (GF) 180 Cals	4.99
Grilled Ham Slice (GF) 90 Cals	5.39	Gluten-Free English Muffin (GF) 200 Cals	3.69	Hash Browns (GF) 110 Cals	4.99
2 Slices of Brioche French Toast 360 Cals	7.29	Yogurt (GF) 130 Cals	4.49	Cheddar Cheese Hash Browns (GF) 190 Cals	5.99
2 Slices of Toast 160-280 Cals	3.69	Oatmeal 150 Cals <i>6am - 2pm only.</i>	5.39		

The HERSHEY'S trademark and trade dress are used with permission.



Savoury Omelettes



Served with hash browns and choice of toast.
 (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. 1120-1320 Cals 19.39

MOONS OVER MY HAMMY® OMELETTE **NEW!**

Three-egg omelette with ham, Swiss & Canadian cheese. 860-1080 Cals 18.99

ADD A STACK OF
Buttermilk Pancakes
 to any omelette for **3.99** more
 350 Cals



PHILLY CHEESESTEAK OMELETTE

Three-egg omelette with grilled prime rib, fire-roasted bell peppers & onions, sautéed mushrooms and Swiss cheese. 960-1150 Cals 19.59



DENVER OMELETTE

Three-egg omelette with ham, fire-roasted bell peppers & onions and Canadian cheese. 820-1020 Cals 18.99



LOADED VEGGIE OMELETTE

Three-egg omelette with fresh spinach, sautéed mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese. 750-940 Cals 18.99

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

Shown with Seasonal Fruit upgrade.

Add **Sliced Jalapeños** (GF) 10 Cals **1.39** or **Fresh Avocado** (GF) 80 Cals **3.49** to any omelette

BUILD YOUR OWN SAVOURY OMELETTE

PICK FOUR ITEMS 450-1150 Cals 19.99 **EXTRA ITEMS** 2.29 each

CHEESES (GF)

Cheddar 90 Cals
 Canadian 80 Cals
 Swiss 40 Cals

VEGETABLES (GF)

Fresh Spinach 5 Cals
 Caramelized Onions 70 Cals
 Tomatoes 10 Cals

Sautéed Mushrooms 60 Cals
 Fire-Roasted Bell Peppers & Onions 20 Cals

MEATS (GF)

Bacon 50 Cals
 Sausage 130 Cals
 Ham 80 Cals

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FIT FARE®: ♥ Over 20g of protein 🍌 Under 15g of fat 🍃 Under 550 Calories

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*EGGS SERVED OVER-EASY, POACHED, SUNNY-SIDE-UP OR SOFT-BOILED AND HAMBURGERS 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.

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Shareable Starters

Sauces

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



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



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



PREMIUM CHICKEN TENDERS
 Premium golden-fried chicken tenders with choice of dipping sauce. 690-890 Cals, Serves 2 15.29

MAKE IT A FULL MEAL WITH TWO SIDES & DINNER BREAD 820-1440 Cals 18.99

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

CHICKEN WINGS

Seasoned lightly breaded chicken wings, golden-fried and crispy. Served with choice of dipping sauce. 760-960 Cals, Serves 2 15.29

POUTINE

Wavy-cut fries covered with squeaky cheese curds and topped with rich gravy. 710 Cals, Serves 2 9.29



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 18.49
HALF ORDER 770 Cals, Serves 2 13.79

ONION RINGS

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



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 11.59

ADD SEASONED NACHO MEAT 200 Cals 2.49
TEN BACON CHEDDAR TOTS 360 Cals 9.99



HERSHEY'S CHOCOLATE PANCAKE PUPPIES®
 Made with HERSHEY'S Cocoa and Chocolate Chips, tossed with powdered sugar and served with cream cheese icing. **NEW!**
6 COUNT 760 Cals 4.79
10 COUNT 1120 Cals 6.49

The HERSHEY'S trademark and trade dress are used with permission.

Soup OF THE DAY 11 AM - 10 PM

	BOWL 6.99	CUP 5.29	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	

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

100% Beef Burgers

Burgers served with wavy-cut fries.

BACON AVOCADO CHEESEBURGER

Bacon, fresh avocado, aged white cheddar cheese, mayo, lettuce, tomato, red onions and pickles on a brioche bun. 1530 Cals 19.29

MAKE IT A DOUBLE PATTY 550 Cals 4.49 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 19.99

SINGLE ONLY 1330-1370 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 19.29

MAKE IT A DOUBLE PATTY 550 Cals 4.49 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 19.49

MAKE IT A DOUBLE PATTY 550 Cals 4.49 more

SUBSTITUTE A  **BEYOND MEAT PATTY**  on any burger for 2.29 280 Cals

SUBSTITUTE A GRILLED CHICKEN BREAST  170 Cals



NOW SERVING
Coca-Cola
ZERO SUGAR

BOURBON BACON CHEESEBURGER

BACON AVOCADO CHEESEBURGER

DOUBLE CHEESEBURGER

ADD
Bacon 140 Cals,
Avocado 80 Cals,
or Mushrooms 60 Cals
for **2.29** each



ADD A
Milk Shake
to your meal for **7.29**
780-1050 Cals



UPGRADE YOUR SIDE

Onion Rings 450 Cals 2.29	Bacon Cheddar Tots 360 Cals 3.49
Seasoned Fries 400 Cals 2.29	Poutine 610 Cals 4.59

◀ **SLAMBURGER™**
Hash browns, an egg*, bacon and Canadian cheese on a brioche bun.
1470 Cals 18.49
MAKE IT A DOUBLE PATTY 550 Cals 4.49 more
Shown with Onion Rings upgrade.

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†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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Comfy Classics

ADD A

Garden Side Salad

to your meal for **4.29** 180-280 Cals



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 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 vegetable medley and upgrade to seasonal fruit and without dinner bread

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



NEW!

OVEN-BAKED LASAGNA

Savoury four cheese and seasoned beef combination wrapped in a delicious pasta shell smothered in an Italian sausage and beef meat sauce topped with provolone cheese. Served with dinner bread.

1130 Cals 18.99

Additional baking time required. Please order ahead and we'll get one started for you!



COUNTRY-FRIED STEAK

Two chopped beef steaks smothered in country gravy. Served with two sides and dinner bread. 1120-1740 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 18.99

1450-2070 Cals 18.99



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 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 18.99



PLATE LICKIN' CHICKEN FRIED CHICKEN

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

750-1380 Cals 19.99



WILD ALASKA SALMON

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

750-1370 Cals 18.99

♥ **♥** when you choose vegetable medley and upgrade to seasonal fruit and without dinner bread

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

ADD AN ADDITIONAL

Additional Side to any dinner 90-450 Cals **2.39**

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

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OVEN-BAKED
MAC 'N CHEESE

MAC 'N BRISKET
SIZZLIN' SKILLET™



BROOKLYN SPAGHETTI & MEATBALLS

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

1080 Cals 18.59

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 19.99

À La Carte Sides

Herb Glazed Corn (GF) 190 Cals 2.99

Fresh Vegetable Medley (GF) 90 Cals 3.49

Whole Grain Rice 240 Cals 2.99

Jasmine Rice (GF) 300 Cals 2.99

Wavy-Cut Fries (GF) 380 Cals 5.99

Seasoned Red Potatoes (GF) 350 Cals 4.99

Mashed Red Potatoes™ 210-230 Cals 2.99

(GF) without gravy

Oven-Baked Mac 'N Cheese 140 Cals 3.99 **NEW!**

Seasoned Fries \$ 400 Cals 7.29

Onion Rings \$ 450 Cals 6.99

Bacon Cheddar Tots \$ 360 Cals 6.99

Garden Side Salad \$ 180-280 Cals 6.99

Seasonal Fruit \$ (GF) 170 Cals 5.49

Selection may vary.

\$ Upcharge may apply when substituting sides.

Sizzlin' Skillets

ADD TOAST TO ANY SKILLET 160-280 Cals 2.59

Caution: Skillets are hot. Handle with care.

BOURBON CHICKEN SIZZLIN' SKILLET

A grilled seasoned chicken breast covered with a bourbon glaze atop seasoned red potatoes, vegetable medley and mushrooms. 860 Cals 20.49

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 20.49

ADD TWO EGGS* (GF) 110-170 Cals 2.49

MAC 'N BRISKET SIZZLIN' SKILLET™ **NEW!**

Slow-smoked brisket served over a bed of mac n' cheese. Topped with three onion rings and BBQ sauce.

990 Cals 24.99

BRISKET KICKER 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) 110-170 Cals 2.49

ADD SLICED JALAPEÑOS (GF) 10 Cals 1.39

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 20.49

Melts & Handhelds

UPGRADE TO
Seasoned Fries

2.29 more 400 Cals



Served with wavy-cut fries.

CALI CLUB SANDWICH ▶

Turkey breast, ham, bacon, Swiss cheese, fresh avocado, sun-dried tomato mayo, lettuce and tomato on toasted multigrain bread. 1280 Cals 17.99

Shown with Seasoned Fries upgrade.

CLUB SANDWICH®

Turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. 980 Cals 17.49



SUPER BIRD®

Turkey breast with Swiss cheese, bacon and tomato on grilled artisan bread.

1150 Cals 17.49

Shown with Onion Rings upgrade.



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 24.99

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 19.99



CRISPY CHICKEN BACON RANCH SANDWICH

Fried chicken breast with white cheddar cheese, bacon, lettuce, tomato and ranch dressing on grilled artisan bread. 1610 Cals 18.99

NEW!

Fresh Salads



NEW!

LET'S COBB ABOUT IT PRIME RIB COBB SALAD **NEW!**

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 19.59

SALMON SALAD YOUR WAY **NEW!**

Grilled wild-caught Alaska salmon fillet with delicious blend of garlic and herbs, fresh cucumbers, grape tomatoes, cheddar cheese and croutons atop a bed of iceberg mix. Served with your choice of dressing. 570-930 Cals 19.99

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 18.59

EGG-CELLENT GRILLED CHICKEN COBB SALAD **NEW!**

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 19.59

Add Fresh Avocado **GF** 80 Cals **3.49** to any salad

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

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55+ Meals

If you prefer **egg whites** or **sugar-free syrup**, tell your server.

Breakfast




55+ OMELETTE ▶

Two-egg omelette with sautéed onions, bacon, tomatoes and cheddar cheese. Served with hash browns, seasoned red potatoes or seasonal fruit and choice of toast. 640-840 Cals 11.79

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 11.39

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

55+ FRENCH TOAST SLAM

Two slices of Brioche French toast with one egg*, two bacon strips or two sausage links. 610-800 Cals 10.99



55+ SCRAMBLED EGGS & CHEDDAR BREAKFAST

Two scrambled eggs with cheddar cheese. Served with two bacon strips, two sausage links and buttermilk pancakes. 950 Cals 11.89

55+ STARTER

One egg* with two bacon strips or two sausage links. Served with hash browns, seasoned red potatoes or seasonal fruit and choice of toast. 430-810 Cals 10.39

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 11.99

55+ GRILLED CHEESE SANDWICH & SOUP

Canadian cheese on grilled sourdough bread and a cup of soup. 590-810 Cals 10.99

Other side choices available upon request.

SOUP AVAILABLE 11 AM - 10 PM

Dinner

Includes choice of **garden side salad** or **cup of soup**.

SOUP AVAILABLE 11 AM - 10 PM

55+ COUNTRY-FRIED STEAK

A chopped beef steak smothered in country gravy. Served with two sides and dinner bread.

780-1400 Cals 13.49

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 14.99

55+ GRILLED CHICKEN

Grilled seasoned chicken breast served with two sides and dinner bread. 650-1270 Cals 14.99

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. 1180-1800 Cals 15.49

*EGGS SERVED OVER-EASY, POACHED, SUNNY-SIDE-UP OR SOFT-BOILED AND HAMBURGERS 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.

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.

Coffee



SIGNATURE DINER BLEND 3.79
REGULAR • DECAF 0 Cals



Beverages



SOFT DRINKS 3.99 Selection may vary.



140 Cals



0 Cals



0 Cals



140 Cals



160 Cals



110 Cals

HOT TEA / HERBAL TEA

0 Cals 3.99

ICED TEA 110 Cals 3.99

LEMONADE ICED TEA

140 Cals 3.99

SWEET CREAM COLD BREW

NEW!

Medium roast, single origin Colombian coffee, poured over ice and topped with sweet cream. 130 Cals 4.29
Refills not included.



PREMIUM LEMONADE

160 Cals 3.99



STRAWBERRY LEMONADE 180 Cals 4.79

MANGO LEMONADE

180 Cals 4.79

Juice, Milk & More

2% MILK 240 Cals 4.49

CHOCOLATE MILK

290 Cals 4.59

HOT CHOCOLATE

350 Cals 4.49

DASANI® BOTTLED WATER

0 Cals 3.29

MINUTE MAID® ORANGE JUICE

210 Cals 4.59



OTHER JUICES 4.59

APPLE 240 Cals • **TOMATO** 90 Cals

RUBY RED GRAPEFRUIT 220 Cals

Selection may vary.

Smoothies



STRAWBERRY BANANA (GF)

Made with strawberries, fresh bananas and nonfat vanilla yogurt. 330 Cals 6.49

MANGO (GF)

Made with mangoes and nonfat vanilla yogurt. 340 Cals 6.49

TROPICAL GREEN (GF)

Made with tropical fruit, fresh spinach, bananas and nonfat vanilla yogurt. 340 Cals 6.49

Milk Shakes

CHOCOLATE 830 Cals • **STRAWBERRY** 780 Cals

VANILLA 800 Cals • **OREO** 1050 Cals

Made with premium ice cream and topped with whipped cream. Plus, a little extra in the tin. 7.29 each



CHOCOLATE



OREO



STRAWBERRY



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.



PROTEIN

Over 20g of protein



LEAN

Under 15g of fat



LIGHT

Under 550 calories

IT'S DINER TIME @ DENNYS.CA



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.

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