



Proudly Canadian-owned & Operated





BUILD YOUR OWN GRAND SLAM®

Build Your Own Grand Slam® options not pictured above.

PICK FOUR ITEMS 370-1100 Cals 14.59

ADD ADDITIONAL ITEMS 2.39 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) 140-190 Cals
2 Egg Whites (GF) 80 Cals
2 Buttermilk Pancakes 350 Cals

2 Slices of Toast 170-270 Cals
Hash Browns (GF) 110 Cals
Seasoned Red Potatoes (GF) 180 Cals
English Muffin 140 Cals
Gluten-Free English Muffin (GF) 170 Cals
Oatmeal 150 Cals 6am - 2pm only.

PREMIUM ITEMS add 2.39 each
Grilled Ham Slice (GF) 80 Cals
2 Hearty 9-Grain Pancakes 390 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®



Egg
Quality
Assurance

UPGRADE YOUR
BUTTERMILK
PANCAKES TO

**Premium
Pancakes**

for 5.39 520-1120 Cals



BERRY WAFFLE SLAM® NEW!

Two sweet Liège-style waffles made with real butter and pearl sugar, topped with seasonal berries and caramel sauce. Served with two eggs* made to order, two bacon strips and two all-pork sausage links.

1260-1370 Cals 19.79

WAFFLE SLAM® Without toppings.

1240-1350 Cals 16.79

TWO À LA CARTE BERRY WAFFLES

890 Cals 14.29

LUMBERJACK SLAM®

Buttermilk pancakes, grilled ham, bacon strips, all-pork sausage links, two fresh eggs* made to order, crispy hash browns and choice of toast.

1190-1400 Cals 18.99

BERRY STUFFED FRENCH TOAST SLAM®

Four slices of brioche French toast stuffed with sweet cream cheese filling and topped with fresh strawberries, strawberry sauce and powdered sugar. Served with two fresh eggs* made to order, bacon strips and all-pork sausage links.

1320-1430 Cals 18.69

À LA CARTE BERRY STUFFED FRENCH TOAST

950 Cals 13.99

Berry selection based on seasonality.

FRENCH TOAST SLAM®

Three slices of brioche French toast served with two fresh eggs* made to order, bacon strips and all-pork sausage links.

860-970 Cals 16.39

ALL-CANADIAN SLAM®

Three scrambled eggs with cheddar cheese, bacon strips, all-pork sausage links, crispy hash browns and choice of toast.

1070-1170 Cals 17.39

FIT SLAM®

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

350 Cals 14.69

when you choose the Gluten-Free English Muffin

ORIGINAL GRAND SLAM®

Two buttermilk pancakes served with two fresh eggs* made to order, bacon strips and all-pork sausage links.

840-950 Cals 14.59

Signature Breakfasts

★ Signature breakfast favourites.

★ COUNTRY-FRIED STEAK & EGGS*

A Southern fried chopped beef steak smothered in rich country gravy. Served with two fresh eggs*, crispy hash browns and choice of toast.

760-970 Cals 18.99

★ T-BONE STEAK* & EGGS*

A 13 oz. seasoned T-Bone steak.* Served with two fresh eggs*, crispy hash browns and choice of toast.

820-1030 Cals 24.99

when you choose the Gluten-Free English Muffin

SIRLOIN STEAK* & EGGS*

A 8 oz. Canadian seasoned sirloin steak.* Served with two fresh eggs*, hash browns and choice of toast.

860-1070 Cals 22.59

MOONS OVER MY HAMMY®

Ham and scrambled egg sandwich with Swiss & Canadian cheeses on grilled sourdough bread. Served with crispy hash browns.

840 Cals 17.99

BREAKFAST POUTINE

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

660 Cals 7.99

★ GRAND SLAMWICH®

Scrambled eggs, crumbled sausage, bacon, shaved ham and Canadian cheese on grilled sourdough bread with a maple spice spread. Served with crispy hash browns.

1180 Cals 17.99

SANTA FE SIZZLIN' SKILLET®

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned red potatoes. Topped with cheddar cheese and two fresh eggs.*

850-960 Cals 18.19

Caution: Skillets are hot. Handle with care.

ADD TOAST 170-270 Cals 2.59

FIT FARE® VEGGIE SIZZLIN' SKILLET®

Seasoned red 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.

350 Cals 18.19

Caution: Skillets are hot. Handle with care.

ADD TOAST 170-270 Cals 2.59

Denny's Bennies

Served with seasoned red potatoes or golden hash browns.

CLASSIC BENNY

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

730-800 Cals 17.79

HALF ORDER 440-510 Cals 12.99

FLORENTINE BENNY NEW!

Poached eggs*, sautéed spinach and fresh sliced tomato on a toasted English muffin topped with Hollandaise sauce.

570-640 Cals 17.79

HALF ORDER 340-410 Cals 12.99

SOUTHWESTERN BENNY

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

1030-1100 Cals 17.79

HALF ORDER 660-730 Cals 12.99

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 17.79

HALF ORDER 500-570 Cals 12.99

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 Plant-Based

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BCABONSKMBAT0525

Pancake Slams®

Served with two fresh eggs* made to order, crispy hash browns plus two bacon strips or two all-pork sausage links.

CINNAMON ROLL PANCAKE SLAM®

Buttermilk pancakes cooked with cinnamon crumb topping and topped with sweet cream cheese icing. 1450-1760 Cals 17.59



DOUBLE BERRY BANANA PANCAKE SLAM®

Buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries and bananas. 850-1160 Cals 17.59
Berry selection based on seasonality.



HEARTY 9-GRAIN PANCAKE SLAM®
Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar. 720-1030 Cals 16.59
MAKE IT A PLANT-BASED SLAM®
When paired with crispy hash browns and seasonal fruit as your side choices. 1000 Cals 17.59



CHOCONANA PANCAKE SLAM®
HERSHEY'S Chocolate Chips cooked inside buttermilk pancakes and topped with bananas and more HERSHEY'S Chocolate Chips. 1130-1440 Cals 17.59



French Crepes

◀ **BERRY VANILLA CREPE BREAKFAST**
Folded with sweet cream cheese filling and topped with fresh seasonal berries, strawberry sauce and powdered sugar. Served with two fresh eggs* made to order, crispy hash browns, plus bacon strips or all-pork sausage links. *Berry selection based on seasonality.*

ONE CREPE BREAKFAST
510-820 Cals 17.19

TWO CREPE BREAKFAST
690-1000 Cals 18.49

TWO CREPES À LA CARTE
360 Cals 11.09

À La Carte Sides

4 Sausage Links (GF) 530 Cals	4.99	Eggs* (each) (GF) 40-80 Cals	1.99	Seasonal Fruit (GF) 170 Cals	5.59
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 140 Cals	3.79	Seasoned Red Potatoes (GF) 180 Cals	4.99
Grilled Ham Slice (GF) 80 Cals	5.59	Gluten-Free English Muffin (GF) 170 Cals	3.79	Hash Browns (GF) 110 Cals	4.99
2 Slices of Brioche French Toast 360 Cals	7.59	Yogurt (GF) 130 Cals	4.69	Cheddar Cheese Hash Browns (GF) 190 Cals	5.99
2 Slices of Toast 170-270 Cals	3.79	Oatmeal 150 Cals	5.59		
		<i>6am - 2pm only.</i>			

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Savoury Omelettes

Served with **crispy hash browns** and **choice of toast**.
Ⓜ 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. 1140-1310 Cals 19.49

MOONS OVER MY HAMMY® OMELETTE

Three-egg omelette with ham, Swiss & Canadian cheese. 890-1060 Cals 19.19

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. 970-1140 Cals 19.79



DENVER OMELETTE

Three-egg omelette with ham, fire-roasted bell peppers & onions and Canadian cheese. 840-1010 Cals 19.19



LOADED VEGGIE OMELETTE

Three-egg omelette with fresh spinach, sautéed mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese. 760-930 Cals 19.19

♥ | 🍌 | 🌱 when you choose egg whites, Seasonal Fruit upgrade and an English Muffin without margarine
Shown with Seasonal Fruit upgrade.

Add **Sliced Jalapeños** Ⓜ 10 Cals 1.49 or **Fresh Avocado** Ⓜ 80 Cals 3.49 to any omelette

BUILD YOUR OWN SAVOURY OMELETTE

PICK FOUR ITEMS
470-1080 Cals 19.99

EXTRA ITEMS 2.39 each

CHEESES Ⓜ

Cheddar 90 Cals
Canadian 80 Cals
Swiss 80 Cals

MEATS Ⓜ

Bacon 50 Cals
Sausage 130 Cals
Ham 80 Cals

VEGETABLES Ⓜ

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

FIT FARE®: ♥ Over 20g of protein 🍌 Under 15g of fat 🌱 Under 550 Calories 🌿 Plant-Based

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Shareable Starters

Sauces

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



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 18.59

BUILD YOUR OWN SAMPLER™

Served with choice of dipping sauces.

PICK FOUR 970-2590 Cals, Serves 3 18.59

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

ONION RINGS

Crispy-fried onion rings served with Diner Q sauce.

960 Cals, Serves 2 9.99



MOZZARELLA CHEESE STICKS

Eight golden-fried cheese sticks with a side of tomato sauce.

630 Cals, Serves 2 11.99

POUTINE

Wavy-cut fries covered with squeaky cheese curds and topped with rich gravy.

710 Cals, Serves 2 9.39

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 18.59

HALF ORDER 770 Cals, Serves 2 13.89



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

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 11.69

ADD SEASONED NACHO MEAT 200 Cals 2.59

TEN BACON CHEDDAR TOTS 360 Cals 9.99



Soup

11 AM - 10 PM

Chicken Noodle Provençale 100-170 Cals
Rich Tomato 140-200 Cals

BOWL 6.99 **CUP** 5.29

Add a **CUP OF SOUP** to any entrée

100 - 140 Cals 3.99

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100% Canadian Beef Burgers

Burgers served with wavy-cut fries.

TRIPLE JUICY BURGER NEW!

Three quarter pound patties, three strips of bacon, three slices of aged white cheddar cheese, topped with signature Diner Q sauce, pickles, onions, tomatoes, and shredded iceberg lettuce, all stacked high on a split top brioche bun. 1730 Cals 21.99

SLAMBURGER™

Crispy hash browns, a fresh egg* made to order, bacon and Canadian cheese stacked high on a brioche bun. 1470 Cals 18.59

MAKE IT A DOUBLE PATTY 550 Cals 4.59 more

UPGRADE YOUR SIDE

Onion Rings

450 Cals 2.49

Bacon Cheddar Tots




360 Cals 3.59

Seasoned Fries

400 Cals 2.49

Poutine

610 Cals 4.79

SUBSTITUTE A  **BEYOND MEAT™ PATTY**  
on any burger for 2.49 280 Cals

SUBSTITUTE A GRILLED CHICKEN BREAST  130 Cals

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

†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.

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



BOURBON BACON BURGER

Aged white cheddar cheese, bacon, sautéed mushrooms, fire-roasted bell peppers & onions, bourbon sauce, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun. 1550 Cals 19.59

MAKE IT A DOUBLE PATTY 550 Cals 4.59 more



DOUBLE CHEESEBURGER

Choice of Canadian, Swiss or aged white cheddar cheese with red relish, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun.

1880-1920 Cals 20.19

SINGLE ONLY 1330-1370 Cals 17.99



BACON AVOCADO CHEESEBURGER

Bacon, fresh avocado, aged white cheddar cheese, red relish, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun. 1530 Cals 19.39

MAKE IT A DOUBLE PATTY 550 Cals 4.59 more

ADD **Bacon Jam** to your burger for **0.99** 50 Cals
ONLY WHILE SUPPLIES LAST!

Comfy Classics

ADD A

Garden Side Salad

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



T-BONE STEAK*

A tender 13 oz. seasoned T-Bone steak.* Served with two sides and dinner bread. 890-1510 Cals 25.49

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 Seasonal Vegetable, upgrade to Seasonal Fruit and without dinner bread

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



OVEN-BAKED LASAGNA

Pasta shells stuffed with four cheeses and seasoned beef, smothered in an Italian sausage & beef sauce and topped with cheese. Served with dinner bread. 1130 Cals 19.29

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



COUNTRY-FRIED STEAK

Two Southern fried 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



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



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. 890 Cals 19.99

ADD AN ADDITIONAL

Side to any dinner

40-450 Cals **2.49**

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

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◀ **SMOKEHOUSE
MAC 'N' CHEESE
SKILLET**

◀ **OVEN-BAKED
MAC 'N' CHEESE**

**BOURBON CHICKEN
SIZZLIN' SKILLET ▶**

Sizzlin' Skillets

ADD TOAST TO ANY SKILLET 170-270 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, broccoli, fire-roasted bell peppers & onions and mushrooms. 860 Cals 20.59

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 20.59

ADD TWO EGGS* (GF) 140-190 Cals 2.49

SMOKEHOUSE MAC 'N' CHEESE SKILLET™

Slow-smoked brisket served over a bed of mac 'n' cheese. Topped with three onion rings and BBQ sauce. 990 Cals 24.99

KICKIN' 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) 140-190 Cals 2.49

ADD SLICED JALAPEÑOS (GF) 10 Cals 1.49

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 20.59

À La Carte Sides

Sweet Petite Corn (GF) 150 Cals 2.99

Seasonal Vegetable (GF) 40 Cals 3.69

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) 180 Cals 4.99

Mashed Red Potatoes™ 310-330 Cals 2.99
(GF) without gravy

Oven-Baked Mac 'N' Cheese 310 Cals 3.99

PREMIUM SIDES

Upcharge may apply when substituting for premium sides.

Seasoned Fries 400 Cals 7.69

Onion Rings 450 Cals 7.69

Bacon Cheddar Tots 360 Cals 7.69

Garden Side Salad 180-280 Cals 6.99

Bowl of Soup 170-200 Cals 6.99

Seasonal Fruit (GF) 170 Cals 5.59
Selection may vary.

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Melts & Handhelds

Served with wavy-cut fries.



CRISPY CHICKEN BACON RANCH SANDWICH

Fried chicken breast with white cheddar cheese, bacon, lettuce, tomato and ranch dressing on grilled sourdough bread.

1610 Cals 19.09



BRISKET MELT NEW!

Our slow-smoked brisket burnt ends, caramelized onions and scrambled eggs are piled high on grilled sourdough bread with melty white cheddar and Canadian cheeses plus signature Diner Q sauce.

1820 Cals 24.99



POT ROAST MELT

Tender slow-roasted beef, caramelized onions and aged white cheddar on grilled sourdough bread.

1340 Cals 19.99



BBQ BACON CHICKEN SANDWICH

Grilled chicken breast topped with BBQ sauce, two strips of bacon, white cheddar cheese, lettuce, tomato, red onions and pickles on a brioche bun.

1130 Cals 19.09



CALI CLUB SANDWICH

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

1280 Cals 18.29

Shown with Seasoned Fries upgrade.



CLUB SANDWICH®

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

980 Cals 17.59



SUPER BIRD®

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

1150 Cals 17.59

Shown with Onion Rings upgrade.

UPGRADE TO **Seasoned Fries** **2.49** more 400 Cals

Fresh Salads

LET'S COBB ABOUT IT PRIME RIB COBB SALAD

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 19.69

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 18.69



EGG-CELLENT GRILLED CHICKEN COBB SALAD

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 19.79

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

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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 caramelized onions, bacon, tomatoes and cheddar cheese. Served with crispy hash browns, seasoned red potatoes or seasonal fruit and choice of toast. 660-830 Cals 11.99

 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 11.89

    when you choose the Gluten-Free English Muffin

55+ FRENCH TOAST SLAM

Two slices of brioche French toast with a fresh egg* made to order, two bacon strips or two all-pork sausage links. 610-800 Cals 10.99



55+ SCRAMBLED EGGS & CHEDDAR BREAKFAST

Two scrambled eggs with cheddar cheese. Served with two bacon strips, two all-pork sausage links and buttermilk pancakes. 950 Cals 11.99

55+ STARTER

One egg* with two bacon strips or two all-pork sausage links. Served with hash browns, seasoned red potatoes or seasonal fruit and choice of toast. 430-810 Cals 10.49

 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 12.59

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 13.79

55+ FISH & CHIPS

Two wild-caught white fish fillets fried golden-brown, plus tartar sauce for dipping. Served with wavy-cut fries and dinner bread. 870-1180 Cals 15.69

55+ GRILLED CHICKEN

Grilled seasoned chicken breast served with two sides and dinner bread. 650-1270 Cals 15.69



 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 15.89

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

*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.

 indicates food options that are **GLUTEN-FREE**. Menu items marked as  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 3.89
REGULAR • DECAF 0 Cals



Beverages



SOFT DRINKS 4.19 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 4.19

LEMONADE ICED TEA

140 Cals 4.19

SWEET CREAM COLD BREW

Medium roast, single origin Colombian coffee, poured over ice and topped with sweet cream. 130 Cals 4.49
Refills not included.



PREMIUM LEMONADE

160 Cals 4.19

STRAWBERRY LEMONADE 180 Cals 4.89

MANGO LEMONADE

180 Cals 4.89



MINUTE MAID® ORANGE JUICE

210 Cals 4.99



OTHER JUICES 4.99

APPLE 240 Cals • **TOMATO** 90 Cals

RUBY RED GRAPEFRUIT 220 Cals
Selection may vary.

Juice, Milk & More

2% MILK 240 Cals 4.79

CHOCOLATE MILK

290 Cals 4.89

HOT CHOCOLATE

260 Cals 4.59

DASANI® BOTTLED WATER

0 Cals 3.49

TROPICAL GREEN

Made with tropical fruit, fresh spinach, bananas and nonfat vanilla yogurt. 300 Cals 6.49

STRAWBERRY BANANA

Made with strawberries, fresh bananas and nonfat vanilla yogurt. 280 Cals 6.49

MANGO

Made with mangoes and nonfat vanilla yogurt. 300 Cals 6.49



Smoothies

Milk Shakes

CHOCOLATE 870 Cals • **STRAWBERRY** 780 Cals

VANILLA 800 Cals • **OREO** 1050 Cals

Made to order with premium ice cream and topped with whipped cream. Plus, a little extra in the tin. 7.49 each



CHOCOLATE



OREO



STRAWBERRY



Invest in Denny's

Franchise opportunities available! Scan the QR code to learn more.



Food Allergies?

Scan the QR code for our allergen guide or see server.



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.

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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