



Proudly Canadian-owned & Operated







## BUILD YOUR OWN GRAND SLAM®

Build Your Own Grand Slam® options not pictured above.

**PICK FOUR ITEMS** 370-1100 Cals 14.99

- 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

**ADD ADDITIONAL ITEMS** 2.39

- each (limit two items). Additional charge for premium items.
- 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 19.69

## 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 18.89

## 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 17.69

## FIT SLAM®

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

350 Cals 14.89

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 14.99

# 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 25.99

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 22.99

## MOONS OVER MY HAMMY®

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

840 Cals 18.59

## 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 18.59

## 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 18.59

**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 18.39

**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 18.49

**HALF ORDER** 440-510 Cals 13.29

## FLORENTINE BENNY NEW!

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

570-640 Cals 18.69

**HALF ORDER** 340-410 Cals 13.39

## 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 18.69

**HALF ORDER** 660-730 Cals 13.39

## 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 18.69

**HALF ORDER** 500-570 Cals 13.39

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

\*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.

NFLDHL0525

# 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 17.99

UPGRADE YOUR HASH BROWNS TO  
**Seasonal Fruit** (GF)  
2.49 more 170 Cals



## DOUBLE BERRY BANANA PANCAKE SLAM®

Buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries and bananas. 850-1160 Cals 17.99  
*Berry selection based on seasonality.*



## HEARTY 9-GRAIN PANCAKE SLAM®

Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar. 720-1030 Cals 16.99  
**MAKE IT A PLANT-BASED SLAM®**   
*When paired with crispy hash browns and seasonal fruit as your side choices. 1000 Cals 17.99*



## CHOCONANA PANCAKE SLAM®

HERSHEY'S Chocolate Chips cooked inside buttermilk pancakes and topped with bananas and more HERSHEY'S Chocolate Chips. 1130-1440 Cals 17.99



# 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 17.69

**TWO CREPE BREAKFAST**  
690-1000 Cals 19.39

**TWO CREPES À LA CARTE**  
360 Cals 11.59

# À La Carte Sides

4 Sausage Links (GF)	530 Cals	4.99
4 Bacon Strips (GF)	290 Cals	4.99
4 Turkey Bacon Strips (GF)	160 Cals	4.99
Grilled Ham Slice (GF)	80 Cals	5.59
2 Slices of Brioche French Toast	360 Cals	7.59
2 Slices of Toast	170-270 Cals	3.79

Eggs* (each) (GF)	40-80 Cals	2.19
Stack of Pancakes	350 Cals	6.99
English Muffin	140 Cals	3.79
Gluten-Free English Muffin (GF)	170 Cals	3.79
Yogurt (GF)	130 Cals	4.69
Oatmeal	150 Cals	5.59
6am - 2pm only.		

Seasonal Fruit (GF)	170 Cals	5.69
<i>Selection may vary.</i>		
Seasoned Red Potatoes (GF)	180 Cals	4.99
Hash Browns (GF)	110 Cals	4.99
Cheddar Cheese Hash Browns (GF)	190 Cals	5.99





# 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 19.69

## **MOONS OVER MY HAMMY® OMELETTE**

Three-egg omelette with ham, Swiss & Canadian cheese. 890-1060 Cals 19.49

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 1.59 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** 2.49 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 18.99

### BUILD YOUR OWN SAMPLER™

Served with choice of dipping sauces.

**PICK FOUR** 970-2590 Cals, Serves 3 18.99

**PICK THREE** 700-1880 Cals, Serves 2 15.59

- 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 15.79

### 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 9.69

### 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 19.09

**HALF ORDER** 770 Cals, Serves 2 14.69



### PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders with choice of dipping sauce.

690-890 Cals, Serves 2 15.79

**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 11.99

**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.

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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 19.89

**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 20.59

**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 19.89

**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 25.99

**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 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 19.39



## ROAST TURKEY

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with two sides and dinner bread. 1450-2070 Cals 19.59



## 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 19.49



## 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. 750-1350 Cals 20.59



## BROOKLYN SPAGHETTI & MEATBALLS

Seasoned meatballs atop a bed of pasta covered in tomato sauce and served with dinner bread. 1080 Cals 19.39

## 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 20.59

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 20.69

## 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 20.69

**ADD TWO EGGS\*** (GF) 140-190 Cals 2.59

## 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 2.59

**ADD SLICED JALAPEÑOS** (GF) 10 Cals 1.59

## 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 20.69

## 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 5.69  
*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 19.69

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

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.



# 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 11.99

    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 11.79



### 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 12.59

### 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 10.89

 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 12.79

### 55+ GRILLED CHEESE SANDWICH & SOUP

Canadian cheese on grilled sourdough bread and a cup of soup. 590-810 Cals 11.59

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 13.99

### 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 15.99


### 55+ GRILLED CHICKEN

Grilled seasoned chicken breast served with two sides and dinner bread. 650-1270 Cals 15.99



 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 16.89

**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** 3.99  
**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 4.99

**MANGO LEMONADE**

180 Cals 4.99



**MINUTE MAID® ORANGE JUICE**

210 Cals 5.29

**OTHER JUICES** 5.29

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

**RUBY RED GRAPEFRUIT** 220 Cals  
Selection may vary.



# Juice, Milk & More

**2% MILK** 240 Cals 5.09

**CHOCOLATE MILK**

290 Cals 5.19

**HOT CHOCOLATE**

260 Cals 4.59

**DASANI® BOTTLED WATER**

0 Cals 3.49

**TROPICAL GREEN** (GF)

Made with tropical fruit, fresh spinach, bananas and nonfat vanilla yogurt. 300 Cals 6.99

**STRAWBERRY BANANA** (GF)

Made with strawberries, fresh bananas and nonfat vanilla yogurt. 280 Cals 6.99

**MANGO** (GF)

Made with mangoes and nonfat vanilla yogurt. 300 Cals 6.99



# 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. 7.59 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.

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