



## Fresh Salads

### Let's Cobb About It Prime Rib Cobb Salad

Prime rib, crispy bacon, fresh avocado, grape tomatoes, shredded cheese blend, a hard-boiled egg and croutons atop a bed of iceberg mix. Served with your choice of dressing. 590-940 Cals 19.69

### Egg-cellent Grilled Chicken Cobb Salad

Grilled chicken, crispy bacon, fresh avocado, grape tomatoes, shredded cheese blend, a hard-boiled egg and croutons atop a bed of iceberg mix. Served with your choice of dressing. 650-1010 Cals 19.69

### Mama's Fried Chicken House Salad ▼

Fried chicken tenders, fresh cucumbers, grape tomatoes, shredded cheese blend and croutons atop a bed of iceberg mix. Served with your choice of dressing. 630-990 Cals 18.69



## Sizzlin' Skillets

**Add Toast To Any Skillet** 170-270 Cals 2.59

### 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 20.89

### 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 blend, a spicy 5-pepper sauce and Pepper Jack queso. 810 Cals 20.69

**Add Two Eggs** (GF) 140-190 Cals 2.59

### 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

**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 Health Canada's specified definition of less than 20 parts per million for a Gluten-Free claim. Please note that our restaurants are not set up as a strictly Gluten-Free environment. Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen. We do not maintain halal or kosher kitchens.

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



## Comfy Classics

### Sirloin Steak\*

A Canadian 8 oz. seasoned sirloin steak.\* Served with two sides and dinner bread. 890-1510 Cals 22.99  
(GF) when you choose two Gluten-Free sides and the Gluten-Free English Muffin

### 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 two Gluten-Free sides and the Gluten-Free English Muffin

### 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

### 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

### Plate Lickin' Chicken Fried Chicken

Golden-fried boneless chicken breasts smothered in country gravy. Served with two sides and dinner bread. 750-1380 Cals 20.59



### 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

### Roast Turkey

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



### Oven-Baked Lasagna

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

### 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

## À La Carte Dinner 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

## Tasty Desserts



### Cookie Dough Lover's Pie

Goopy chocolate chip cookie dough on a buttery, flaky pie crust, served warm and topped with premium vanilla ice cream and salted caramel drizzle. 710 Cals 8.99

### Brownie Sundae With Oreo® Pieces

Warm chocolate brownie topped with premium vanilla ice cream, OREO® cookie pieces and drizzled with chocolate. 900 Cals 8.49

### New York Style Cheesecake

Plain or with strawberry topping and whipped cream. 490-620 Cals 8.49

### Apple Crisp

Warm apple crisp topped with premium vanilla ice cream, salted caramel and powdered sugar. 740 Cals 8.49

### Lemon & White Chocolate Cheesecake

Lemon custard and white chocolate cheesecake, baked on a graham cookie base and topped with lemon mousse. 490 Cals 8.99

### Cookies & Cream Cake

Chewy chocolate brownie with cream cheese and chocolate cookie filling, layered with chocolate ganache and cookie mousse. 730 Cals 8.99



**Food allergies?**  
Scan the QR code  
for our allergen  
guide or see server.

**Your Local Denny's**



**Proudly Canadian-owned & Operated**

**Order at Dennys.ca**

## Coffee

**Signature Diner Blend** Regular or Decaf 0 Cals 3.99

### Sweet & Creamy Cold Brew

Medium roast, single origin Colombian coffee, blended with milk and sweet cane syrup, poured over ice. 210 Cals 4.49

## Juice & Milk

**Minute Maid® Orange Juice** 210 Cals 5.29

**Minute Maid® Apple Juice** 240 Cals 5.29

**2% Milk** 240 Cals 5.09

**Chocolate Milk** 290 Cals 5.19



## Smoothies

**Tropical Green** (GF) 300 Cals 6.99

**Strawberry Banana** (GF) 280 Cals 6.99

**Mango** (GF) 300 Cals 6.99



## Milk Shakes

**Strawberry** 780 Cals 7.59

**Vanilla** 800 Cals 7.59

**Chocolate** 870 Cals 7.59

**OREO** 1050 Cals 7.59

## Lemonade & Iced Tea

**Premium Lemonade** 160 Cals 4.39

**Mango Lemonade** 180 Cals 4.99

**Strawberry Lemonade** 180 Cals 4.99

**Iced Tea** 110 Cals 4.39

**Lemonade Iced Tea** 140 Cals 4.39



## Other Beverages

**Hot Tea / Herbal Tea** 0 Cals 3.99

**Hot Chocolate** 260 Cals 4.59

**Dasani® Bottled Water** 0 Cals 3.49

**Soft Drinks** 4.39 *Selection may vary.*



140 Cals



0 Cals



0 Cals



140 Cals



160 Cals



110 Cals



NLHL1025



# Signature Slams®



**Berry Waffle Slam®**  
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

**Berry Stuffed French Toast Slam®**  
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. 1320-1430 Cals 18.89

**Lumberjack Slam®**  
Buttermilk pancakes, grilled ham, bacon strips, all-pork sausage links, eggs\*, crispy hash browns and choice of toast. 1190-1400 Cals 19.69

**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

**French Toast Slam®**  
Three slices of brioche French toast served with eggs\*, bacon strips and all-pork sausage links. 860-970 Cals 16.39

**Fit Slam®**  
Egg whites scrambled together with fresh spinach and grape tomatoes, plus turkey bacon strips, an English muffin and seasonal fruit. 350 Cals 14.89  
Ⓜ when you choose the Gluten-Free English Muffin

## Build Your Own Grand Slam®

- 2 Bacon Strips Ⓜ 140 Cals
- 2 Sausage Links 270 Cals
- 2 Turkey Bacon Strips Ⓜ 80 Cals
- 2 Eggs\* Ⓜ 140-190 Cals
- 2 Egg Whites Ⓜ 80 Cals
- 2 Buttermilk Pancakes 350 Cals
- 2 Slices of Toast 170-270 Cals
- Hash Browns Ⓜ 110 Cals
- Seasoned Red Potatoes Ⓜ 180 Cals
- English Muffin 140 Cals
- Gluten-Free English Muffin Ⓜ 170 Cals
- Oatmeal 150 Cals 6am-2pm only

- Pick Four Items** 370-1100 Cals 14.99
- Premium Items** add 2.39 each
- Grilled Ham Slice Ⓜ 80 Cals
  - 2 Hearty 9-Grain Pancakes 390 Cals
  - Yogurt Ⓜ 130 Cals
  - Seasonal Fruit Ⓜ 170 Cals *Selection may vary.*
- Add Additional Items** 2.59 each (limit two items). Additional charge for premium items.

# Savoury Omelettes

Served with **crispy hash browns** and **choice of toast**.

**Ultimate Omelette®**  
Three-egg omelette with crumbled sausage, bacon, fire-roasted bell peppers & onions, sautéed mushrooms, tomatoes and cheddar cheese blend. 1140-1310 Cals 19.69

**Denver Omelette**  
Three-egg omelette with ham, fire-roasted bell peppers & onions and Canadian cheese. 840-1010 Cals 19.39  
Ⓜ with Gluten-Free English Muffin

**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  
Ⓜ with Gluten-Free English Muffin

**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  
Ⓜ with Gluten-Free English Muffin

# Pancake Slams®

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

**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.*

**Cinnamon Roll Pancake Slam®**  
Buttermilk pancakes cooked with cinnamon crumb topping and topped with sweet cream cheese icing. 1450-1760 Cals 17.99

**Choconana Pancake Slam®**  
Chocolate chips cooked inside buttermilk pancakes and topped with bananas and more chocolate chips. 1130-1440 Cals 17.99

**Hearty 9-Grain Pancake Slam®**  
Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar. 720-1030 Cals 16.99  
**Make It Vegetarian** *When paired with crispy hash browns and seasonal fruit as your side choices.* 1000 Cals 17.99

# Signature Breakfasts

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

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

**The Grand Slamwich®**  
Scrambled eggs, crumbled sausage, bacon, shaved ham and Canadian cheese on grilled sourdough bread with a maple spread. Served with crispy hash browns. 1180 Cals 18.59

**Moons Over My Hammy®**  
Ham and scrambled egg sandwich with Swiss & Canadian cheeses on grilled sourdough bread. Served with crispy hash browns. 840 Cals 18.59

**Santa Fe Sizzlin' Skillet Ⓜ**  
Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned red potatoes. Topped with cheddar cheese blend and two fresh eggs.\* 850-960 Cals 18.59

**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

**Add Toast To Any Skillet** 170-270 Cals 2.59

Egg Quality Assurance™ is a certification mark used under license from Egg Farmers of Canada.

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# Breakfast Handhelds

**NEW!** Served with **seasoned red potatoes** or **crispy hash browns**.

**Fajita Breakfast Wrap**  
Scrambled eggs, fresh spinach, avocado, fire-roasted bell peppers & onions, tomatoes and sriracha mayo in a warm flour tortilla. 780-850 Cals 13.99

**Chorizo & Egg Burrito**  
Scrambled eggs, chorizo sausage, cheddar cheese blend and pico de gallo wrapped in a warm flour tortilla. 1220-1290 Cals 15.99

**French Toast Monte Cristo**  
Shaved honey ham, Swiss cheese & egg between two slices of brioche French toast, dusted with powdered sugar. 750-820 Cals 14.99

# Starters

**Chicken Wings**  
Seasoned lightly breaded chicken wings, golden-fried and crispy. Served with choice of dipping sauce.  
760-960 Cals, Serves 2 15.79

**Premium Chicken Tenders**  
Premium golden-fried chicken tenders with choice of dipping sauce. 690-890 Cals, Serves 2 15.79

**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 18.99 **Pick Three** 700-1880 Cals 15.59

- |                                   |                         |
|-----------------------------------|-------------------------|
| Premium Chicken Tenders 280 Cals  | Onion Rings 310 Cals    |
| Bacon Cheddar Tots 220 Cals       | Seasoned Fries 400 Cals |
| Mozzarella Cheese Sticks 320 Cals | Wavy-Cut Fries 380 Cals |
| Chips & Queso 670 Cals            |                         |

**Zesty Nachos Ⓜ**  
Tortilla chips freshly cooked and topped with Pepper Jack queso, cheddar cheese blend, seasoned nacho meat, fresh pico de gallo and sour cream. 1490 Cals, Serves 3 19.09

**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

**Loaded Bacon Cheddar Tots**  
Ten crispy tots made with shredded potatoes, bacon and cheese. Topped with Pepper Jack queso, cheddar cheese blend, 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

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

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# Burgers & Handhelds

Burgers served with **wavy-cut fries**.  
**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

**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

**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

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

Substitute a BEYOND MEAT Patty Ⓜ 280 Cals 2.49

**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

**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

**Pot Roast Melt**  
Tender slow-roasted beef, caramelized onions and aged white cheddar on grilled sourdough bread. 1340 Cals 19.99



**Cali Club Sandwich**  
Turkey breast, ham, bacon, Swiss cheese, fresh avocado, mayo, lettuce and tomato on toasted multigrain bread. 1280 Cals 18.29

**Club Sandwich**  
Turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. 980 Cals 17.79

**The Super Bird®**  
Turkey breast with Swiss cheese, bacon and tomato on grilled sourdough bread. 1150 Cals 17.59

†Due to our cooking procedures, the Beyond Burger® may come in contact with animal-based products or ingredients and might not be 100% plant-based.



## À La Carte Sides

- Seasoned Fries 400 Cals 7.69
- Wavy- Cut Fries Ⓜ 380 Cals 5.99
- Onion Rings 450 Cals 7.69
- Bacon Cheddar Tots 360 Cals 7.69
- Hash Browns Ⓜ 110 Cals 4.99
- Seasonal Fruit Ⓜ 170 Cals 5.69 *Selection may vary.*
- Garden Side Salad 180-280 Cals 6.99
- Add side salad to any entrée 4.49