



NUTRITION GUIDE

The nutritional information provided is based on computerized database analysis and vendor product data. The data represents an estimate of nutrient content. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients and based upon special ordering. For additional information, please call 800-733-6697 or visit dennys.com.

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.

BUILD YOUR OWN GRAND SLAM®

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Bacon Strips	2	100	8	70	0	3	20	350	1	0	7	1
Buttermilk Biscuit	1	240	13	120	0	7	0	660	27	1	4	2
Egg Whites (2)	4 oz	80	1	10	0	0	0	230	1	0	13	0
Eggs, Boiled (2)	4 oz	130	8	80	0	3	325	125	1	0	11	0
Eggs, Fried / Basted (2)	4 oz	190	16	140	0	4	325	200	1	0	11	0
Eggs, Scrambled (2)	4 oz	220	17	150	0	5	480	360	1	0	14	0
English Muffin w/o margarine / w/ margarine	1	140 / 190	1 / 6	10 / 60	0	0 / 1	0	220 / 270	29	1	5	1
Gluten Free English Muffin w/o margarine / w/ margarine	1	180 / 210	1.5 / 6	15 / 50	0	0 / 0.5	0	500 / 540	36	1	4	7
Grilled Ham Slice	3 oz	90	3	30	0	1	20	790	1	0	15	1
Hash Browns	5 oz	170	12	100	0	2	0	360	15	1	1	1
Pancakes, Buttermilk w/ margarine	2	450	11	100	0	3.5	60	1390	77	2	10	20
Pancakes, Hearty 9-Grain	2	410	11	100	0	4	40	880	68	5	10	21
Sausage Links	2	150	15	130	0	4.5	40	350	2	1	5	0
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Toast, Sourdough, w/o margarine / w/ margarine	2	210 / 280	3 / 12	30 / 110	0	1 / 2.5	0	380 / 460	37	1	6	2
Toast, Wheat, w/o margarine / w/ margarine	2	150 / 230	2 / 11	15 / 100	0	0 / 1.5	0	310 / 400	29	2	6	2
Toast, White, w/o margarine / w/ margarine	2	160 / 240	1.5 / 10	15 / 90	0	0 / 2	0	320 / 400	31	0	5	2
Turkey Bacon Strips	2	60	3.5	35	0	1	30	330	1	0	7	1

SLAMS

All-American Slam® w/ hash browns (add bread choice)	15 oz	920	73	650	0	26	825	1850	19	2	44	2
Belgian Waffle Slam® (add egg choice)	7 oz	640	42	380	0	18	185	1350	45	2	19	2
Fit Slam®	15 oz	450	12	110	0	2.5	30	860	59	5	27	22
French Toast Slam® (add egg choice)	11 oz	850	52	470	0	16	405	1700	65	3	31	14
Grand Slam Sluggo® (add egg, bread / hash browns & juice choices)	19 oz	710	34	300	0	11	120	2100	79	3	22	21
Lumberjack Slam® (add egg & bread choices)	19 oz	970	48	430	0	15	140	3250	96	4	39	23
Original Grand Slam® (add egg choice)	11 oz	700	34	300	0	11	120	2100	79	3	22	21

PANCAKES

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Blueberry Pancake Breakfast (add hash browns, egg & meat choices)	2	460	11	100	0	3.5	60	1400	80	3	10	22
Choconana Pancake Breakfast (add hash browns, egg & meat choices)	2	910	36	320	0	20	60	1360	143	3	16	64
Cinnamon Roll Pancake Breakfast w/ cream cheese icing (add hash browns, egg & meat choices)	2	1030	25	230	0	11	60	1660	188	4	10	127
Cinnamon Roll Pancakes Breakfast w/ salted caramel (add hash browns, egg & meat choices)	2	1010	27	210	0	10	60	1750	188	4	11	123
Double Berry Banana Pancake Breakfast (add hash browns, egg & meat choices)	2	540	10	90	0	4	60	1360	103	8	12	36
Hearty 9-Grain Pancake Breakfast (add hash browns, egg & meat choices)	2	410	11	100	0	4	40	880	68	5	10	21
Salted Caramel & Banana Cream Pancake Breakfast (add hash browns, egg & meat choices)	2	930	24	220	0	15	75	1600	166	6	15	79

OMELETTES

Loaded Veggie Omelette with hash browns (add bread choice)	17 oz	670	50	450	0.5	14	740	1040	24	3	30	5
Philly Cheesesteak Omelette w/ hash browns (add bread choice)	18 oz	880	64	580	1	21	795	1540	25	2	48	4
Ultimate Omelette® w/ hash browns (add bread choice)	17 oz	890	71	640	0	22	785	1590	20	2	38	3
Wild West Omelette w/ hash browns (add bread choice)	18 oz	750	53	480	0.5	16	760	2630	24	2	43	5

BUILD YOUR OWN OMELETTE

American Cheese	1 sl	80	7	60	0	4	20	390	1	0	4	1
Bacon	2 sl	100	8	70	0	3	20	350	1	0	7	1
Caramelized Onions	1 oz	70	7	60	0	1	0	210	2	1	0	1
Cheddar Cheese	1 oz	80	6	60	0	3.5	20	120	0	0	5	0
Chorizo Sausage	3 oz	330	27	240	0	10	75	830	4	0	17	0
Fire-Roasted Bell Peppers & Onions	2 oz	70	6	60	0	1	0	110	4	1	0	2
Fresh Avocado	1 serv	90	8	70	0	1	0	0	5	4	1	0
Fresh Spinach	0.5 oz	5	0	0	0	0	0	10	0	0	0	0
Ham	3 oz	90	3	30	0	1	20	790	1	0	15	1
Italian Cheese Blend	1 oz	70	6	50	0	3.5	20	140	0	0	5	0
Jalapeños	1 oz	5	0	0	0	0	0	440	1	0	0	1
Omelette, Egg White, Plain	7 oz	110	1.5	10	0	0	0	340	1	0	20	1
Omelette, Plain	7 oz	340	26	230	0	7	720	540	2	0	21	0
Pepper Jack Queso	2 oz	100	7	70	0	3	25	270	3	0	5	1
Pico de Gallo	2 oz	15	0	0	0	0	0	75	3	1	1	2
Sausage	1.5 oz	180	18	160	0	6	35	330	1	0	6	0
Sautéed Mushrooms	1 oz	50	6	50	0	1	0	55	1	0	1	0
Swiss Cheese	1 sl	80	6	60	0	4	20	45	0	0	6	0
Tomatoes	2 oz	10	0	0	0	0	0	0	2	1	0	1
Turkey Bacon	2 sl	60	3.5	35	0	1	30	330	1	0	7	1

CREPES

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Berry Vanilla One Crepe Breakfast (add hash browns, egg & meat choices)	6 oz	270	12	110	0	4.5	15	220	36	2	4	21
Berry Vanilla Two Crepe Breakfast (add hash browns, egg & meat choices)	12 oz	530	24	220	0	9	30	440	73	4	7	42

BREAKFAST FAVORITES

Country-Fried Steak & Eggs w/ hash browns (add egg & bread choices)	11 oz	520	33	290	1	10	65	1380	38	2	19	2
Fit Fare® Veggie Sizzlin' Skillet	18 oz	390	16	140	0	3	0	1270	40	7	22	6
Moons Over My Hammy® w/ hash browns	17 oz	950	60	540	0.5	20	560	2560	57	2	44	4
Santa Fe Sizzlin' Skillet (add egg choice)	10 oz	720	53	480	0	18	95	1700	35	4	27	3
Supreme Sizzlin' Skillet (add egg choice)	10 oz	590	44	400	0	14	55	1200	32	4	16	3
T-Bone Steak & Eggs w/ hash browns (add egg & bread choices)	18 oz	660	42	380	0.5	14	120	1590	16	1	53	1
The Grand Slamwich® w/ hash browns	20 oz	1320	85	770	1	28	595	3320	87	3	52	10

BREAKFAST SIDES

Bacon Strips	4	210	16	150	0	6	45	700	2	0	14	1
Buttermilk Biscuits	2	470	26	230	0	13	0	1320	54	2	8	4
Cheddar Cheese Hash Browns	5 oz	250	18	160	0	6	20	480	15	1	6	1
Egg White (1)	2 oz	40	0	0	0	0	0	115	0	0	7	0
Egg, Boiled (1)	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Egg, Fried / Basted (1)	2 oz	90	8	70	0	2	165	100	0	0	6	0
Egg, Scrambled (1)	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
English Muffin w/o margarine / w/ margarine	1	140 / 190	1 / 6	10 / 60	0	0 / 1	0	220 / 270	29	1	5	1
Everything Hash Browns	9 oz	310	21	180	0	7	20	690	24	2	7	3
Gluten Free English Muffin w/o margarine / w/ margarine	1	180 / 210	1.5 / 6	15 / 50	0	0 / 0.5	0	500 / 540	36	1	4	7
Grilled Ham Slice	3 oz	90	3	30	0	1	20	790	1	0	15	1
Hash Browns	5 oz	170	12	100	0	2	0	360	15	1	1	1
Red-Skinned Potatoes	4 oz	200	8	80	0	1.5	0	580	26	3	4	0
Sausage Links	4	310	29	260	0	9	80	700	3	2	10	1
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Toast, Sourdough, w/o margarine / w/ margarine	2	210 / 280	3 / 12	30 / 110	0	1 / 2.5	0	380 / 460	37	1	6	2
Toast, Wheat, w/o margarine / w/ margarine	2	150 / 230	2 / 11	15 / 100	0	0 / 1.5	0	310 / 400	29	2	6	2
Toast, White, w/o margarine / w/ margarine	2	160 / 240	1.5 / 10	15 / 90	0	0 / 2	0	320 / 400	31	0	5	2
Tortillas, Flour (3)	3 oz	260	8	70	0	3.5	0	660	40	5	7	3
Turkey Bacon Strips	4	130	7	70	0	2	60	660	1	0	15	1

APPETIZERS

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Beer-Battered Onion Rings (add sauce choice)	9 oz	800	54	480	0	9	5	1430	71	6	9	11
Boneless Chicken Wings w/ BBO Sauce (add sauce choice)	8	920	36	320	0	5	60	3640	120	6	35	74
Boneless Chicken Wings w/ Buffalo Sauce (add sauce choice)	8	920	67	610	0.5	10	60	5100	44	5	35	1
Build Your Own Sampler™												
Beer-Battered Onion Rings (add sauce choice)	5 oz	400	27	240	0	4.5	0	710	35	3	4	5
Boneless Buffalo Wings (add dipping sauce choice)	4	460	34	300	0	5	30	2550	22	3	17	0
Cheese Quesadilla (add sauce choice)	6 oz	680	44	390	0.5	20	65	1040	47	2	22	0
Chips & Queso (add sauce choice)	1 serv	570	34	310	0	9	30	620	57	4	10	3
Mozzarella Cheese Sticks (add sauce choice)	4	280	11	100	0	6	40	1230	30	1	16	2
Premium Chicken Tenders (add sauce choice)	2	270	16	140	0	2	40	1000	15	1	18	0
Seasoned Fries	5.5 oz	490	26	240	0	5	5	1100	57	8	7	1
Wavy-Cut Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Dipping Sauces: See Condiments Section												
Mozzarella Cheese Sticks (add sauce choice)	8	560	22	200	0.5	13	75	2460	60	2	32	4
Premium Chicken Tenders (add sauce choice)	5	680	40	360	0	5	100	2520	38	3	45	0
Zesty Nachos	25 oz	1650	105	950	2	34	150	3250	135	14	43	15
Half Order	15 oz	870	55	490	1	18	80	1760	70	8	24	9

SALADS

Cobb Salad (add dressing choice)	16 oz	450	31	280	0	12	255	560	21	6	22	6
House Salad (add dressing choice)	10 oz	190	9	80	0	4.5	20	340	19	3	9	6
Salad Add-Ons												
Fresh Avocado	1 serv	90	8	70	0	1	0	0	5	4	1	0
Grilled Chicken	5 oz	200	9	80	0	2	75	330	0	0	29	0
Premium Chicken Tenders	3	410	24	220	0	3	60	1500	23	2	27	0
Prime Rib	2.5 oz	130	8	70	0	2	35	440	3	0	13	0
Wild Alaska Salmon	7 oz	350	23	210	0	6	115	830	1	0	32	0

SANDWICHES

BBO Chicken Tender Sandwich (add side choice)	8 oz	520	18	170	0	2.5	40	1800	68	3	24	24
Buffalo Chicken Tender Sandwich (add side choice)	8 oz	520	26	240	0	4	40	2160	49	3	24	5
Cali Chicken Burrito with Tortilla Chips & Salsa	19 oz	1420	87	780	1	24	115	2130	109	12	53	5
Cali Deli Sandwich (add side choice)	15 oz	890	55	500	0	14	100	2070	59	10	44	12
Club Sandwich (add side choice)	14 oz	830	39	350	0	8	90	2200	74	8	47	15
Honey Buttermilk Chicken Tender Sandwich (add side choice)	8 oz	530	24	220	0	6	55	1600	57	2	25	12
Mega Philly Cheese Melt w/ Grilled Chicken Breast (add side choice)	13 oz	800	41	370	0	15	120	1540	57	3	52	7
Mega Philly Cheese Melt w/ Prime Rib (add side choice)	14 oz	900	51	460	0.5	18	115	2120	63	3	49	7
The Super Bird® (add side choice)	10 oz	600	28	250	0	10	100	1780	43	2	40	5

SOUPS

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Chicken Noodle Soup - bowl / cup	12 / 8 oz	390 / 260	15 / 10	130 / 90	0	6 / 4	110 / 75	3880 / 2580	43 / 28	2	21 / 14	5 / 4
Loaded Baked Potato Soup - bowl / cup	12 / 8 oz	470 / 360	31 / 24	280 / 220	0	13 / 10	70 / 60	1770 / 1250	36 / 25	2 / 1	12 / 10	5 / 4
Vegetable Beef Soup - bowl / cup	12 / 8 oz	310 / 200	16 / 11	150 / 100	0	3 / 2	30 / 20	3420 / 2280	40 / 27	3 / 2	16 / 11	4 / 3

SIDES

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Beer-Battered Onion Rings	5 oz	400	27	240	0	4.5	0	710	35	3	4	5
Garden Side Salad (add dressing choice)	7 oz	170	9	80	0	4.5	20	340	16	2	8	4
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Seasoned Fries	5.5 oz	490	26	240	0	5	5	1100	57	8	7	1
Wavy-Cut Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0

BURGERS

America's Diner Double Cheeseburger (add side choice)	16 oz	1250	83	740	4	36	290	2520	52	2	74	13
Single (add side choice)	10 oz	820	50	450	2	20	150	1640	51	2	41	12
Bacon Avocado Cheeseburger (add side choice)	16 oz	1080	72	650	2	25	165	1650	57	8	51	12
Double Bacon Avocado Cheeseburger (add side choice)	21 oz	1510	104	940	4	40	305	2250	58	8	84	12
Beyond Burger® (add side choice)	12 oz	740	47	420	0	14	30	1930	48	5	33	12
Double Beyond Burger® (add side choice)	17 oz	1130	78	700	1	24	50	3180	56	7	58	13
Bourbon Bacon Burger (add side choice)	15 oz	910	51	460	2	21	160	1700	64	4	50	22
Double Bourbon Bacon Burger (add side choice)	21 oz	1340	83	740	4	36	295	2300	64	4	84	22
Double Cheeseburger (add cheese choice and side choice)	16 oz	980	56	510	3.5	25	235	1540	50	3	66	11
Slamburger™ (add egg choice and side choice)	12 oz	870	51	460	2	22	160	1780	55	2	48	11
Double Slamburger™ (add egg choice and side choice)	17 oz	1300	83	750	4	37	300	2660	56	2	81	11
Spicy Sriracha Burger (add side choice)	15 oz	1030	67	610	2	24	170	2330	55	3	49	15
Double Spicy Sriracha Burger (add side choice)	20 oz	1460	99	890	4	39	305	2940	55	3	83	15

BUILD YOUR OWN BURGER

100% Beef Patty	1	360	26	230	1.5	12	120	480	0	0	29	0
Beyond Burger® Patty	1	320	25	220	0	7	0	860	6	2	20	0
Grilled Seasoned Chicken Breast	1	200	9	80	0	2	75	650	0	0	29	0
Brioche Bun	1	250	4.5	40	0	2	0	380	45	2	8	9
Multigrain Bun	1	200	3.5	30	0	0.5	0	260	35	2	8	8
American Cheese	1 sl	80	7	60	0	4	20	390	1	0	4	1
Cheddar Cheese	1 sl	80	6	60	0	3.5	20	120	0	0	5	0
Swiss Cheese	1 sl	80	6	60	0	4	20	45	0	0	6	0
Bacon Strips	2 sl	100	8	70	0	3	20	350	1	0	7	1
BBO Sauce	1 oz	70	0	0	0	0	0	310	20	0	0	19
Bourbon Sauce	1 oz	110	0	5	0	0	0	270	26	0	0	24
Ranch	0.5 oz	80	8	70	0	1.5	5	110	0	0	0	0
All American Sauce	1 oz	120	12	110	0	2	10	230	2	0	0	1
Caramelized Onions	1 oz	70	7	60	0	1	0	210	2	1	0	1
Fresh Avocado	1 serv	90	8	70	0	1	0	0	5	4	1	0
Jalapeños	1 oz	5	0	0	0	0	0	440	1	0	0	1
Lettuce	1 oz	5	0	0	0	0	0	5	1	0	0	0
Mayo	0.5 oz	100	11	100	0	2	5	75	0	0	0	0
Pickles	4 sl	0	0	0	0	0	0	180	0	0	0	0
Red Onions	3 rings	5	0	0	0	0	0	0	2	0	0	1
Sautéed Mushrooms	1 oz	50	6	50	0	1	0	55	1	0	1	0
Tomato	2 sl	5	0	0	0	0	0	0	2	0	0	1

DINNER

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Bourbon Chicken Sizzlin' Skillet	21 oz	880	39	350	0.5	8	145	1900	69	6	65	34
Brooklyn Spaghetti & Meatballs (add bread)	22 oz	920	46	410	1	17	100	2160	85	7	36	15
Country-Fried Steak w/ gravy (add bread & side choices)	10 oz	630	40	360	2	14	110	1700	37	2	30	5
Crazy Spicy Sizzlin' Skillet (add optional egg choice)	19 oz	1040	70	630	0.5	23	185	2980	44	4	59	7
Creamy Parmesan Chicken (add bread and side choices)	16 oz	940	59	530	1.5	21	210	1910	33	2	69	7
Fried Fish Platter (add bread and side choices)	11 oz	830	61	550	0.5	9	15	1340	40	0	27	5
Premium Chicken Tenders (add bread, side & sauce choices)	7 oz	540	32	290	0	4	80	2000	30	2	36	0
Sirloin Steak (add bread & side choices)	8 oz	350	17	160	0	5	125	960	2	0	43	0
Slow-Cooked Pot Roast (add bread & side choices)	11 oz	400	19	170	0	6	110	1250	10	1	43	2
T-Bone Steak (add bread & side choices)	13 oz	490	30	270	0.5	12	120	1220	0	0	52	0
Wild Alaska Salmon (add bread & side choices)	7 oz	350	23	210	0	6	115	830	1	0	32	0

DINNER SIDES

Broccoli	4 oz	35	0	0	0	0	0	150	5	3	3	1
Fresh Sautéed Zucchini & Squash	3 oz	70	6	50	0	1	0	440	3	1	1	2
Garlic Toast / Dinner Bread Parmesan Sauce	2 pcs	190	7	70	0	2	0	360	25	1	6	2
Parmesan Sauce (add to any side)	2 oz	150	14	125	0	7	30	410	3	0	3	0
Red-Skinned Mashed Potatoes (add gravy choice)	1 serv	120	5	45	0	3.5	15	560	17	0	3	2
Red-Skinned Potatoes	4 oz	200	8	80	0	1.5	0	580	26	3	4	0
Sweet Petite Corn	5 oz	210	13	120	0	2.5	0	310	20	5	4	8
Wavy-Cut Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Whole Grain Rice	5 oz	240	2.5	25	0	0.5	0	360	48	5	6	2
Add Parmesan Sauce to any side	2 oz	150	14	125	0	7	30	410	3	0	3	0

55+ MENU

55+ Belgian Waffle Slam® (add egg & meat choices)	5 oz	380	19	170	0	10	120	640	43	1	7	1
55+ Country-Fried Steak w/ gravy (add bread & side choice)	6 oz	350	21	190	1	8	65	1010	22	1	17	1
55+ Grilled Cheese Sandwich & Soup (add soup choice)	5 oz	440	25	230	0.5	11	40	1250	39	1	14	3
55+ Omelette (add bread & side choices)	9 oz	480	38	340	0	13	525	890	7	1	27	4
55+ Scrambled Eggs & Cheddar Breakfast	16 oz	1010	58	520	0	21	615	2530	80	3	41	21
55+ Starter™ (add egg, meat, side & bread choices)	5 oz	170	12	100	0	2	0	360	15	1	1	1
55+ Wild Alaska Salmon (add bread and side choice)	7 oz	350	23	210	0	6	115	830	1	0	32	0

\$2 \$4 \$6 \$8 VALUE MENU®

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Biscuit & Gravy Breakfast (add egg choice)	9 oz	440	26	240	0.5	9	5	1230	44	2	6	3
Chorizo Burrito	21 oz	1340	92	830	1	32	595	2740	73	4	51	4
Classic Burger	16 oz	1020	52	470	2	18	120	1680	96	7	42	11
Add American Cheese	1 oz	80	7	60	0	4	20	390	1	0	4	1
Add Cheddar Cheese	1 oz	80	6	60	0	3.5	20	120	1	0	5	0
Add Swiss Cheese	1 oz	80	6	60	0	4	20	45	0	0	6	0
Cowboy Chopped Steak	10 oz	720	45	405	2	19	140	1110	38	1	40	12
Add Dinner Bread	2 oz	190	7	70	0	2	0	360	25	1	6	2
Everyday Value Slam® (add egg & meat choices)	2 cakes	450	11	100	0	3.5	60	1390	77	2	10	20
Slice of French Toast	5 oz	320	17	150	1	4	170	520	32	1	10	7
Stack of Pancakes	2 cakes	450	11	100	0	3.5	60	1390	77	2	10	20
Triple Play Breakfast (add egg & meat choices)	13 oz	670	16	150	0	6	90	2090	115	3	15	30
Wings & Rings (add sauce choice)	9 oz	600	39	350	1	7	40	1620	38	1	19	5

DESSERTS

Caramel Apple Pie Crisp	14 oz	830	27	240	0	15	65	690	142	4	7	100
Chocolate Lava Cake	1 serv	700	34	300	0	20	60	330	85	2	6	65
Cinnamon Caramel Crunch Dessert Pancakes	17 oz	1220	36	320	0	19	120	1840	211	4	14	142
New York Style Cheesecake Plain or w/ Strawberry Topping & Whipped Cream	5 / 8 oz	500 / 600	34 / 35	300 / 310	1	20	150	370 / 410	42 / 63	1 / 2	9	31 / 49

KIDS' DESSERTS

Jr. Ice Cream: Chocolate	1 scoop	270	15	130	0	10	60	60	30	0	5	23
Strawberry	1 scoop	230	12	100	0	7	50	85	32	0	3	22
Vanilla	1 scoop	250	15	130	0	10	60	90	27	0	3	22
Jr. Milk Shake: Cake Batter	12 oz	730	37	330	0	25	120	510	93	0	9	77
Chocolate	12 oz	680	32	290	0	21	120	160	89	0	12	70
OREO® Blender Blaster™	12 oz	760	41	370	0	24	120	430	90	1	11	65
Strawberry	12 oz	550	26	230	0	16	105	200	77	1	9	56
Vanilla	12 oz	620	32	290	0	21	120	220	78	0	9	68

KIDS' ENTRÉES

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Build Your Own Jr. Grand Slam®												
Bacon Strips	2	100	8	70	0	3	20	350	1	0	7	1
Bacon Strip & Sausage Link	1 ea	130	11	100	0	4	30	350	1	1	6	1
Egg, Boiled	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Egg, Fried	2 oz	90	8	70	0	2	165	100	0	0	6	0
Egg, Scrambled	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
Egg White	2 oz	40	0	0	0	0	0	115	0	0	7	0
Hash Browns	2 oz	80	6	50	0	1	0	180	7	1	1	0
Sausage Links	2	150	15	130	0	4.5	40	350	2	1	5	0
Silver Dollar Pancakes	3	190	7	60	0	2	25	550	29	1	4	8
Toast, Sourdough, w/ margarine	1	140	6	50	0	1	0	230	19	1	3	1
Toast, Wheat, w/ margarine	1	120	5	50	0	1	0	200	14	1	3	2
Toast, White, w/ margarine	1	120	5	45	0	1	0	200	15	1	3	1
Turkey Bacon Strips	2	60	3.5	35	0	1	30	330	1	0	7	1
Grilled Chicken on a Stick (add dipping sauce & side)	4 oz	200	9	80	0	2	75	330	0	0	29	0
Grilled Chicken on a Stick w/ broccoli, Appley Ever After® juice & w/o sauce	12 oz	270	9	80	0	2	75	490	15	3	31	10
Jr. Birthday Cake Pancakes (add side)	3	330	8	70	0	4	20	570	60	1	5	31
Jr. Cheeseburger (add side)	6 oz	490	26	240	1.5	13	100	1130	34	1	29	5
Jr. Chocolate Chip Pancakes (add side)	3	220	6	50	0	3	20	510	38	2	4	15
Jr. French Toast w/ egg whites & Appley Ever After® juice	11 oz	290	10	90	0	2.5	85	390	39	3	13	18
Jr. French Toast w/ turkey bacon & Appley Ever After® juice	10 oz	320	13	120	0	3.5	115	600	40	3	13	18
Jr. French Toast (add side)	1 sl	220	9	80	0	2	85	260	30	3	6	9
Jr. Premium Chicken Tenders (add dipping sauce & side)	2	270	16	140	0	2	40	1000	15	1	18	0
Add a Chicken Tender	1	140	8	70	0	1	20	500	8	1	9	0
Jr. Spaghetti w/ broccoli, bread & Appley Ever After® juice	16 oz	410	10	90	0	2.5	5	660	64	5	13	14
Jr. Spaghetti w/ tomato sauce & bread (add side)	8 oz	340	10	90	0	2.5	5	500	50	2	10	5
Add a Meatball	2 oz	160	13	120	0	5	30	380	4	1	8	1
Mac & Cheese (add side)	7 oz	300	9	80	0	2.5	10	650	44	2	10	8
Mini Corn Dogs (add dipping sauce & side)	6	360	21	180	0	5	55	720	33	1	10	9

KIDS' SIDES

Apple Dunkers w/ caramel	3 oz	120	1	10	0	0.5	5	125	28	1	1	21
Apple Dunkers w/o caramel	2 oz	30	0	0	0	0	0	0	8	1	0	6
Fresh Banana Slices	1 serv	110	0	0	0	0	0	0	27	3	1	14
Goldfish® Crackers	1 oz	120	4	40	0	1	10	210	17	1	3	0
Grapes	3 oz	60	0	0	0	0	0	0	14	1	1	12
Jr. Garden Salad (add dressing choice)	3 oz	80	2.5	25	0	0	0	210	13	1	2	2
Red-Skinned Mashed Potatoes w/o gravy	1 serv	120	5	45	0	3.5	15	560	17	0	3	2
Steamed Broccoli	4 oz	35	0	0	0	0	0	150	5	3	3	1
Sweet Petite Corn	5 oz	210	13	120	0	2.5	0	310	20	5	4	8

DRINKS & SHAKES

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Chocolate Milk (reduced fat)	15 oz	290	4.5	40	0	2	25	300	46	0	16	46
Coffee	8 oz	0	0	0	0	0	0	0	0	0	0	0
FUZE® Raspberry Tea	12 oz	110	0	0	0	0	0	55	28	0	0	28
Hot Chocolate	8 oz	190	3	30	0	1.5	5	260	37	0	2	30
Hot Tea / Herbal Tea	8 oz	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - unsweet / sweet	12 oz	5 / 160	0	0	0	0	0	10	1 / 40	0	0	0 / 39
Juices: Apple	15 oz	210	0	0	0	0	0	10	52	0	1	49
Orange	15 oz	210	0	0	0	0	0	0	51	0	3	45
Ruby Red Grapefruit	15 oz	240	0	0	0	0	0	65	60	0	2	60
Tomato	15 oz	90	0	0	0	0	0	1130	19	2	4	11
Lemonade	12 oz	150	0	0	0	0	0	0	40	0	0	37
Lemonade Iced Tea	12 oz	80	0	0	0	0	0	5	21	0	0	19
Mango Lemonade	15 oz	210	0	0	0	0	0	0	57	0	0	53
2% Milk	15 oz	230	9	80	0	6	35	220	22	0	15	22
Milk Shakes: Cake Batter	18 oz	1090	52	470	0	37	160	890	147	0	13	122
Chocolate	16 oz	870	43	390	0	28	160	220	111	0	17	87
OREO®	17 oz	1050	56	500	0	32	160	610	125	2	15	90
Strawberry	17 oz	760	34	310	0	22	140	270	110	1	12	80
Vanilla	16 oz	800	43	390	0	28	160	290	97	0	12	84
Smoothies: Mango	15 oz	340	0	5	0	0	0	95	86	0	3	78
Strawberry Banana	15 oz	330	0.5	5	0	0	0	95	82	2	4	68
Tropical Green	15 oz	320	0	5	0	0	0	105	81	2	4	72
Soft Drinks: Barq's Root Beer®	12 oz	200	0	0	0	0	0	80	55	0	0	55
Coca-Cola®	12 oz	180	0	0	0	0	0	40	49	0	0	49
Diet Coke®	12 oz	0	0	0	0	0	0	55	0	0	0	0
Dr Pepper®	12 oz	140	0	0	0	0	0	45	39	0	0	39
Fanta® Orange	12 oz	190	0	0	0	0	0	50	52	0	0	51
Hi-C® Fruit Punch	12 oz	190	0	0	0	0	0	65	52	0	0	50
Sprite®	12 oz	170	0	0	0	0	0	80	47	0	0	47
Vanilla Flavor Shot	1 oz	80	0	0	0	0	0	5	21	0	0	21
Strawberry Lemonade	12 oz	210	0	0	0	0	0	0	55	0	0	50

KIDS' DRINKS

Appley Ever After® Honest Kids® Organic Juice Box	6 oz	35	0	0	0	0	0	10	9	0	0	8
Chocolate Milk (reduced fat)	10 oz	190	3	30	0	1.5	15	200	31	0	11	31
Hot Chocolate	8 oz	190	3	30	0	1.5	5	260	37	0	2	30
Jr. Groovy Mango Smoothie	10 oz	190	0	0	0	0	0	50	50	0	2	46
Jr. Strawberry Banana Bliss Smoothie	10 oz	190	0	0	0	0	0	50	48	2	2	37
2% Milk	10 oz	150	6	50	0	4	25	140	15	0	10	15
Lemonade	8 oz	100	0	0	0	0	0	0	26	0	0	24
Orange Juice	10 oz	140	0	0	0	0	0	0	34	0	2	30
Soft Drinks	8 oz	0-120	0	0	0	0	0	25-50	0-33	0	0	0-33

CONDIMENTS

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
All-American Sauce	1.5 oz	220	22	200	0	3.5	20	420	4	0	0	3
Balsamic Vinaigrette, Low-Fat	1.5 / 3 oz	60 / 130	2 / 4	20 / 35	0	0 / 0.5	0	240 / 490	12 / 24	0	0	11 / 23
BBO Sauce	1.5 oz	110	0	0	0	0	0	470	30	1	0	28
Blue Cheese Dressing	1.5 / 3 oz	160 / 320	16 / 33	150 / 290	0	4 / 8	30 / 60	330 / 650	2 / 4	0	2 / 4	1 / 2
Bourbon Sauce	1 oz	110	0	5	0	0	0	270	26	0	0	24
Brown Gravy	1 oz	10	0	0	0	0	0	130	2	0	0	0
Buffalo Sauce	1.5 oz	110	12	110	0	2	0	1010	1	0	0	0
Caesar Dressing	1.5 / 3 oz	210 / 420	22 / 44	200 / 400	0 / 0.5	4 / 8	10 / 20	380 / 760	2 / 4	0	1 / 3	1 / 2
Country Gravy	1 oz	20	1.5	10	0	0	0	105	2	0	0	0
Cream Cheese Icing	2 oz	220	6	50	0	3.5	10	70	42	0	0	40
Creamer - Half & Half	9 ml	10	1	10	0	0.5	5	5	0	0	0	0
Creamer - Hazelnut or French Vanilla	13 ml	30	1	10	0	0.5	0	0	5	0	0	5
Croutons	0.5 oz	70	2.5	20	0	0	0	200	11	0	2	1
French Dressing	1.5 / 3 oz	130 / 260	8 / 17	70 / 150	0	1.5 / 2.5	5 / 10	430 / 850	2 / 4	0 / 1	0	0
Honey Mustard Dressing	1.5 / 3 oz	180 / 360	15 / 30	130 / 270	0	2 / 4.5	15 / 30	190 / 390	12 / 25	0	0	8 / 15
Italian Dressing, Fat-Free	1.5 / 3 oz	15 / 30	0	0	0	0	0	410 / 820	4 / 8	0	0	3 / 6
Mango Habanero Sauce	1.5 oz	100	0	0	0	0	0	150	27	0	0	25
Maple-Flavored Syrup	2 oz	220	0	0	0	0	0	40	54	0	0	29
Maple-Flavored Syrup, Sugar-Free	2 oz	15	0	0	0	0	0	110	6	0	0	0
Pico de Gallo	2 oz	15	0	0	0	0	0	75	3	1	1	2
Ranch Dressing	1.5 / 3 oz	200 / 390	21 / 42	190 / 380	0	4 / 8	10 / 20	290 / 580	1 / 2	0	0	0 / 1
Sriracha Sauce	1.5 oz	45	0	0	0	0	0	640	9	0	0	9
Sour Cream	1 oz	45	4	40	0	2	15	5	1	0	1	0
Thousand Island Dressing	1.5 / 3 oz	160 / 330	16 / 33	150 / 300	0	3 / 6	20 / 45	400 / 810	7 / 15	0	0	4 / 9
Tomato Sauce	1.5 oz	25	1	10	0	0	0	190	3	0	1	2
Whipped Margarine	0.5 oz	40	4.5	40	0	1.5	0	35	0	0	0	0



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