



# 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](http://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.

<b>BUILD YOUR OWN GRAND SLAM®</b>	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
Grits w/ margarine	4 oz	90	4.5	40	0	1.5	0	40	12	1	1	0
Hash Browns	5 oz	170	12	100	0	2	0	360	15	1	1	1
Hearty Breakfast Sausage	1	350	31	280	0	8	70	840	5	0	14	1
Oatmeal w/ milk & brown sugar	10 oz	240	2	15	0	1	5	45	45	4	7	16
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 Slugger® (add egg, bread / hash browns & juice choices)	19 oz	710	34	300	0	11	120	2100	79	3	22	21
Hearty Breakfast Slam® (add egg choice)	17 oz	970	54	480	0	14	130	2590	98	4	26	22
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 (add hash browns, egg & meat choices)	2	1350	34	310	0	16	75	1760	247	4	10	184
Classic Tres Leches Pancake Breakfast (add hash browns, egg & meat choices)	2	770	28	250	0	15	105	1470	112	2	14	54
Double Berry Banana Pancake Breakfast (add hash browns, egg & meat choices)	2	540	10	90	0	4	60	1360	103	8	12	36
Dulce de Leche Pancake Breakfast (add hash browns, egg & meat choices)	2	1220	27	240	0	12	75	2090	228	4	13	154
Hearty 9-Grain Pancake Breakfast (add fruit, 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	1140	27	250	0	17	85	1940	207	6	17	110

## OMELETTES

Loaded Veggie Omelette w/ hash browns (add bread choice)	18 oz	620	44	400	0.5	14	740	970	24	3	31	5
My Hammy & Cheese Omelette w/ hash browns (add bread choice)	13 oz	780	54	480	1	19	785	2270	20	1	50	3
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

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
American Cheese	1 sl	80	7	60	0	4	20	390	1	0	4	1
Cheddar Cheese	1 oz	80	6	60	0	3.5	20	120	0	0	5	0
Feta Cheese	1 oz	80	5	45	0	3.5	20	420	2	0	7	1
Italian Cheese Blend	1 oz	70	6	50	0	3.5	20	140	0	0	5	0
Pepper Jack Queso	2 oz	100	7	70	0	3	25	270	3	0	5	1
Swiss Cheese	1 sl	80	6	60	0	4	20	45	0	0	6	0
Bacon	2 sl	100	8	70	0	3	20	350	1	0	7	1
Chorizo Sausage	3 oz	330	27	240	0	10	75	830	4	0	17	0
Ham	3 oz	90	3	30	0	1	20	790	1	0	15	1
Sausage	1.5 oz	180	18	160	0	6	35	330	1	0	6	0
Turkey Bacon	2 sl	60	3.5	35	0	1	30	330	1	0	7	1
Caramelized Onions	1 oz	70	7	60	0	1	0	210	2	1	0	1
Fire-Roasted Bell Peppers & Onions	2 oz	70	6	60	0	1	0	110	4	1	0	2
Fresh Avocado	1 serv	45	4	35	0	0.5	0	0	2	2	1	0
Fresh Spinach	0.5 oz	5	0	0	0	0	0	10	0	0	0	0
Jalapeños	1 oz	5	0	0	0	0	0	440	1	0	0	1
Pico de Gallo	2 oz	15	0	0	0	0	0	75	3	1	1	2
Sautéed Mushrooms	1 oz	50	6	50	0	1	0	55	1	0	1	0
Tomatoes	2 oz	10	0	0	0	0	0	0	2	1	0	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)
Banana Chocolate Hazelnut One Crepe Breakfast (add hash browns, egg & meat choices)	6 oz	400	19	170	0	7	15	220	53	3	5	33
Banana Chocolate Hazelnut Two Crepe Breakfast (add hash browns, egg & meat choices)	12 oz	790	37	340	0	14	30	430	106	6	10	66
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	570	37	330	1.5	11	70	1430	39	2	20	4
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
Grits w/ margarine	4 oz	90	4.5	40	0	1.5	0	40	12	1	1	0
Hash Browns	5 oz	170	12	100	0	2	0	360	15	1	1	1
Hearty Breakfast Sausage	1	350	31	280	0	8	70	840	5	0	14	1
Oatmeal w/ milk & brown sugar	10 oz	240	2	15	0	1	5	45	45	4	7	16
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)
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™												
Bacon Cheddar Tots (add sauce choice)	6	300	15	140	0	5	25	950	31	2	10	3
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												
Italian Sampler	21 oz	1250	71	640	0.5	29	180	4450	96	6	64	15
Loaded Nacho Tots	10 pcs	980	62	550	1.5	25	135	3740	68	7	39	11
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

Caesar Salad	9 oz	440	40	360	0	10	40	930	9	4	13	4
Cobb Salad (add dressing choice)	13 oz	430	30	270	0	12	255	560	20	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	45	4	35	0	0.5	0	0	2	2	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	310	19	170	0	4	115	490	2	0	31	0

## SANDWICHES

BBO Chicken Tender Sandwich	8 oz	520	18	170	0	2.5	40	1800	68	3	24	24
Buffalo Chicken Tender Sandwich	8 oz	520	26	240	0	4	40	2160	49	3	24	5
Cali Club Sandwich (add side choice)	13 oz	820	48	430	0	13	100	2060	55	7	43	12
Cali Chicken Burrito	18 oz	1350	80	720	1	23	115	2130	105	9	52	4
Club Sandwich (add side choice)	14 oz	830	39	350	0	8	90	2200	74	8	47	15
Grilled Tuscan Chicken Sandwich (add side choice)	13 oz	800	49	440	0	13	125	1850	43	4	50	12
Honey Buttermilk Chicken Tender Sandwich	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	810	43	380	0.5	16	120	1530	56	3	53	6
Mega Philly Cheese Melt w/ Prime Rib (add side choice)	14 oz	910	52	470	0.5	19	120	2120	62	3	50	7
Pot Roast Melt (add side choice)	14 oz	870	46	410	0.5	16	155	2240	54	5	63	10
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

Bacon Cheddar Tots	6	300	15	140	0	5	25	950	31	2	10	3
Beer-Battered Onion Rings	5 oz	400	27	240	0	4.5	0	710	35	3	4	5
Caesar Side Salad	6 oz	260	20	180	0	4	15	520	16	3	6	3
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 (add side choice)	16 oz	1220	80	720	4	35	285	2360	51	2	74	12
Single (add side choice)	10 oz	790	47	430	2	19	145	1480	50	2	41	11
Bacon Avocado Cheeseburger (add side choice)	14 oz	1000	66	590	2	24	165	1650	53	5	50	12
Bourbon Bacon Burger (add side choice)	15 oz	910	51	460	2	21	160	1700	64	4	50	22
Double Cheeseburger (add cheese & side choice)	16 oz	980	56	510	3.5	25	235	1540	50	3	66	11
Slamburger™ (add egg & side choice)	12 oz	870	51	460	2	22	160	1780	55	2	48	11
Spicy Sriracha Burger (add side choice)	14 oz	920	55	500	2	22	165	2250	55	3	49	15

## BUILD YOUR OWN BURGER

100% Beef Patty	1	360	26	230	1.5	12	120	480	0	0	29	0
Grilled Seasoned Chicken Breast	1	200	9	80	0	2	75	650	0	0	29	0
Dr. Praeger's® Veggie Patty	1	210	9	80	0	1	0	560	25	14	8	1
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
BBQ 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
Caramelized Onions	1 oz	70	7	60	0	1	0	210	2	1	0	1
Fresh Avocado	1 serv	45	4	35	0	0.5	0	0	2	2	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
Ranch	0.5 oz	80	8	70	0	1.5	5	110	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

## DRINKS

	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
Cold Brew Coffee - unsweet / sweet	11 / 12 oz	60 / 130	2	15	0	1	5	50	6 / 25	0	4	4 / 23
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
Minute Maid® 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 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: See Desserts Section												
Minute Maid® Lemonade	12 oz	150	0	0	0	0	0	0	40	0	0	37
Smoothies: Groovy Mango	15 oz	340	0	5	0	0	0	95	86	0	3	78
Strawberry Banana Bliss	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
Cherry Flavor Shot	1 oz	80	0	0	0	0	0	5	22	0	0	22
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
Minute Maid® Lemonade	8 oz	100	0	0	0	0	0	0	26	0	0	24
Minute Maid® Orange Juice	10 oz	140	0	0	0	0	0	0	34	0	2	30
Shirley Temple	8 oz	140	0	0	0	0	0	55	39	0	0	39
Soft Drinks	8 oz	0-120	0	0	0	0	0	25-50	0-33	0	0	0-33



## DESSERTS

	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)
<b>Build Your Own Sundae</b>												
Ice Cream: Chocolate	2 scoops	530	30	270	0	20	115	115	60	0	10	47
Strawberry	2 scoops	470	23	210	0	15	100	170	63	0	7	43
Vanilla	2 scoops	500	30	270	0	20	115	180	53	0	7	43
Topping: Caramel	1 oz	120	2	15	0	1	5	180	24	0	1	18
Hot Fudge	1 oz	120	3	25	0	2.5	0	105	23	1	2	20
Strawberry	1 oz	40	0	0	0	0	0	0	10	1	0	9
Crunch: Chopped Nuts	1 oz	150	13	120	0	1.5	0	0	5	2	6	1
OREO® Cookie Pieces	1 oz	110	4.5	40	0	1	0	110	16	1	1	9
Whipped Cream	1 rosette	15	1	10	0	0.5	0	0	1	0	0	1
Banana Chocolate Hazelnut Crepe	6 oz	400	19	170	0	7	15	220	53	3	5	33
Berry Vanilla Crepe	6 oz	270	12	110	0	4.5	15	220	36	2	4	21
Caramel Apple Pie Crisp	13 oz	760	26	230	0	15	65	620	126	4	8	87
Chocolate Lava Cake	1 serv	700	34	300	0	20	60	330	85	2	6	65
Dulce de Leche Crunch Dessert Pancakes	20 oz	1430	39	350	0	21	130	2180	252	4	16	173
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
<b>Milk Shakes: Cake Batter</b>												
Chocolate	16 oz	1090	52	470	0	37	160	890	147	0	13	122
Chocolate Peanut Butter	18 oz	1200	74	660	0	35	160	570	117	5	26	89
OREO®	17 oz	1050	56	500	0	32	160	610	125	2	15	90
Peanut Butter Banana	19 oz	1150	74	660	0	35	160	550	105	6	26	77
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

## KIDS' DESSERTS

<b>Build Your Own Jr. Sundae</b>												
<b>Pick Jr. Ice Cream Flavor</b>												
Topping: Caramel	1 oz	120	2	15	0	1	5	180	24	0	1	18
Hot Fudge	1 oz	120	3	25	0	2.5	0	105	23	1	2	20
Strawberry	1 oz	40	0	0	0	0	0	0	10	1	0	9
OREO® Cookie Pieces	1 oz	110	4.5	40	0	1	0	110	16	1	1	9
Whipped Cream	1 rosette	15	1	10	0	0.5	0	0	1	0	0	1
<b>Jr. Ice Cream: Chocolate</b>												
Strawberry	1 scoop	270	15	130	0	10	60	60	30	0	5	23
Vanilla	1 scoop	250	15	130	0	10	60	90	27	0	3	22
<b>Jr. Milk Shake: Cake Batter</b>												
Chocolate	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



## \$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)
All You Can Eat Pancakes / Refill	3 / 2 cakes	650 / 450	14 / 11	130 / 100	0	5 / 3.5	90 / 60	2070 / 1390	115 / 77	3 / 2	15 / 10	30 / 20
Biscuit & Gravy Breakfast (add egg choice)	9 oz	520	34	300	0	12	10	1330	48	2	8	5
Build Your Own Chicken Wraps w/ Grilled Chicken (add sauce choices)	2	850	42	380	0	13	95	1380	74	8	44	3
Build Your Own Chicken Wraps w/ Premium Chicken Tenders (add sauce choices)	2	930	49	440	0	13	65	2040	89	9	33	3
Chicken Loaded Potato Sizzlin' Skillet	17 oz	800	49	440	1	17	145	1930	39	5	51	5
Classic BLT	13 oz	1130	71	640	0	17	80	2250	88	6	32	6
Country-Fried Steak & Eggs Sizzlin' Skillet (add egg choice)	13 oz	740	46	410	1.5	16	90	1850	53	4	28	5
Everyday Value Slam® (add egg & meat choices)	2 cakes	450	11	100	0	3.5	60	1390	77	2	10	20
French Toast Slugger® (add egg, hash brown / bread & juice choices)	13 oz	320	17	150	0	4	170	520	32	1	10	7
Fried Cheese Melt	11 oz	750	37	340	1	17	80	2730	74	3	31	8
Loaded Breakfast Sandwich (add egg choice)	11 oz	610	34	300	0.5	11	85	2260	48	2	30	4
Slice of French Toast	5 oz	320	17	150	1	4	170	520	32	1	10	7
Southern Chicken Slugger™ (add egg, hash brown / bread & juice choices)	17 oz	680	42	380	0	15	65	2050	48	2	29	5
Stack of Pancakes	2 cakes	450	11	100	0	3.5	60	1390	77	2	10	20

## CONDIMENTS

All-American Sauce	1.5 oz	250	27	250	0	4.5	15	190	2	0	0	1
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
BBQ 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	45	3	30	0	1	5	135	3	0	1	1
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
Creamy Sriracha Sauce	1.5 oz	160	15	140	0	3	5	420	4	0	0	4
Croutons	0.5 oz	70	2.5	20	0	0	0	200	11	0	2	1
Den Sauce	1.5 oz	220	22	200	0	3.5	20	420	4	0	0	3
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
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

## 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)
<b>Build Your Own Jr. Grand Slam®</b>												
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, turkey bacon & Appley Ever After® juice	12 oz	360	13	120	0	3.5	115	720	40	3	20	19
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	1.5	15	0	1	5	140	26	1	1	20
Apple Slices	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
Southwest Creamed Corn	4 oz	240	18	160	0	11	60	470	13	2	4	1
Steamed Broccoli	4 oz	35	0	0	0	0	0	150	5	3	3	1