



WELCOME TO AMERICA'S DINER®



DRINKS & SHAKES

COFFEE

Free Refills on our Signature Diner Roasts™

MILD or BOLD (Cal 0)

Decaf (Cal 0)

Iced Cappuccino
(Refills Extra) (Cal 200)



SMOOTHIES

Made with real fruit, juice and nonfat yogurt.

Groovy Mango GF (Cal 340)

Strawberry Banana Bliss GF (Cal 330)



OTHER BEVERAGES

Free Refills. Selection may vary.



Cal 180 0 170 140 200 190 190

Soft Drinks

Add a free flavor shot to any soft drink.
Cherry (Cal 80) Vanilla (Cal 80)

Hot Tea / Herbal Tea (Cal 0)

Hot Chocolate (Cal 190)



HOT CHOCOLATE

ICED TEA & PREMIUM LEMONADES



LEMONADE ICED TEA



STRAWBERRY LEMONADE

Free Refills.

Fresh Brewed Iced Tea (Cal 5 / 160)

Lemonade Iced Tea (Cal 80)

FUZE® Raspberry Tea (Cal 110)

Minute Maid® Lemonade (Cal 150)

Mango Lemonade (Cal 210)

Strawberry Lemonade (Cal 210)



JUICE & MILK

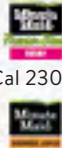
Minute Maid® Premium Berry Blend Signature blend of strawberry, orange and raspberry flavors. (Cal 230)

Minute Maid® Orange Juice (Cal 210)

Other Juices Ruby Red Grapefruit (Cal 240),
Apple (Cal 210) or Tomato (Cal 90)

2% Milk (Cal 230)

Chocolate Milk (reduced fat) (Cal 290)



MINUTE MAID®
PREMIUM BERRY BLEND

MILK SHAKES

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

New! Peanut Butter Banana GF (Cal 1050)

Vanilla GF (Cal 800)

OREO® (Cal 1050)

New! Cake Batter (Cal 1090)

New! Chocolate Peanut Butter GF (Cal 1100)

Chocolate GF (Cal 870)

Strawberry GF (Cal 760)



MILK SHAKES

BREAKFAST SLAMS



Choosing healthy is important, so look for our Fit Fare® logos.

Substitute healthier items like egg whites, hearty wheat pancakes and sugar-free syrup.



ALL-AMERICAN SLAM®

ALL-AMERICAN SLAM®

Three scrambled eggs with Cheddar cheese, two bacon strips and two sausage links, plus hash browns and choice of bread. (Cal 800-1170)



HONEY JALAPEÑO BACON SLAM®

HONEY JALAPEÑO BACON SLAM®

Two strips of our premium, thick-cut honey jalapeño bacon, two eggs*, two fluffy buttermilk pancakes and hash browns. (Cal 870-1030)

BUILD YOUR OWN GRAND SLAM®

Pick any **FOUR** items and make it your own.

Bacon Strips (2) **GF** (Cal 100)
Sausage Links (2) **GF** (Cal 160)
Turkey Bacon Strips (2) **GF** (Cal 50)
Eggs* (2) **GF** (Cal 130-220)
Fluffy Buttermilk Pancakes (2) (Cal 450)
Slices of Toast (2) (Cal 230-240)
Buttermilk Biscuit (Cal 240)
English Muffin (Cal 160)
Gluten Free English Muffin **GF** (Cal 180)
Hash Browns **GF** (Cal 170)
Grits (6 am - 2 pm only) (Cal 100)
Oatmeal (6 am - 2 pm only) (Cal 240)

Fit Fare® Options

Egg Whites (2) **GF** (Cal 60)
Hearty Wheat Pancakes (2) (Cal 270)

Premium Items add

New! Premium Chicken Apple Sausage (1) **GF** (Cal 130)
Grilled Ham Slice **GF** (Cal 90)
Hearty Breakfast Sausage (1) **GF** (Cal 350)
Seasonal Fruit **GF** (Cal 110) (Selection may vary.)
Yogurt **GF** (Cal 120)

Add **Additional Items** to your **Build Your Own Grand Slam®** (Limit two items.)
Additional charge for premium items.



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.

Cal = Calories 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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



FIT SLAM®

FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus two turkey bacon strips, an English muffin and seasonal fruit. (Cal 390)

LEAN Under 15g of fat

LIGHT Under 550 calories

PROTEIN Over 20g of protein

GF when you choose the Gluten Free English Muffin

FRENCH TOAST SLAM®

Two thick slices of our fabulous French toast with two eggs*, two bacon strips and two sausage links. (Cal 920-1080)

Upgrade two strips of bacon to our

Honey Jalapeño Bacon GF (Cal 190)



BELGIAN WAFFLE SLAM®

A golden waffle served with two eggs*, two bacon strips and two sausage links. (Cal 700-870)

GRAND SLAM SLUGGER®

Two fluffy buttermilk pancakes, two eggs*, two bacon strips and two sausage links. Served with hash browns or choice of bread, plus coffee and juice. (Cal 700-1400)

LUMBERJACK SLAM®

Two fluffy buttermilk pancakes, a slice of grilled ham, two bacon strips, two sausage links and two eggs*, plus hash browns and choice of bread. (Cal 1270-1440)



LUMBERJACK SLAM®



BREAKFAST FAVORITES

3-EGG OMELETTES

Served with hash browns and choice of bread.



PHILLY CHEESESTEAK OMELETTE

PHILLY CHEESESTEAK OMELETTE

Grilled prime rib, fire-roasted bell peppers and onions, sautéed mushrooms and melted Swiss cheese. (Cal 880-1120)

GF when you choose the Gluten Free English Muffin

HAM & CHEESE OMELETTE

Diced ham, melted Swiss and American cheeses. (Cal 650-1020)

GF when you choose the Gluten Free English Muffin

Kick things off with a glass of
Minute Maid® Orange Juice.



LOADED VEGGIE OMELETTE

Fresh spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and melted Swiss cheese. (Cal 500-860)

LIGHT Under 550 calories

LEAN Under 15g of fat

when you choose egg whites, seasonal fruit and an English muffin as your side choices

PROTEIN Over 20g of protein

GF when you choose the Gluten Free English Muffin

ULTIMATE OMELETTE®

Crumbled sausage, bacon, fire-roasted bell peppers and onions, mushrooms, diced tomatoes and shredded Cheddar cheese. (Cal 700-1060)

GF when you choose the Gluten Free English Muffin



ULTIMATE OMELETTE®

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BREAKFAST MELTS



THE GRAND SLAMWICH®

THE GRAND SLAMWICH®

Two scrambled eggs, crumbled sausage, bacon, shaved ham and American cheese on potato bread grilled with a maple spice spread. Served with hash browns. (Cal 1100-1260)



MOONS OVER MY HAMMY®

MOONS OVER MY HAMMY®

Our classic ham and scrambled egg sandwich with Swiss and American cheeses on grilled sourdough. Served with hash browns. (Cal 810-970)

STEAK & EGGS



COUNTRY-FRIED STEAK & EGGS

COUNTRY-FRIED STEAK & EGGS*

A golden-fried chopped beef steak smothered in rich country gravy. Served with two eggs*, hash browns and choice of bread. (Cal 820-990)



T-BONE STEAK & EGGS

T-BONE STEAK* & EGGS*

A tender 13 oz. seasoned T-Bone steak* served with two eggs*, hash browns and choice of bread. (Cal 890-1170)

BUTTERMILK PANCAKES



STICKY BUN PANCAKE BREAKFAST

STICKY BUN PANCAKE BREAKFAST

Cinnamon sauce and cream cheese icing drizzled over two fluffy buttermilk pancakes with glazed pecans cooked inside. Served with two eggs* and hash browns, plus your choice of two strips of bacon or two sausage links. (Cal 840-1230)



BANANA PECAN PANCAKE BREAKFAST

BANANA PECAN PANCAKE BREAKFAST

Glazed pecans cooked inside two hearty wheat pancakes and topped with fresh banana slices. Served with two scrambled egg whites and two strips of turkey bacon. (Cal 570)

PROTEIN Over 20g of protein **FIBER** Over 8g of fiber



SALTED CARAMEL & BANANA CREAM PANCAKE BREAKFAST

SALTED CARAMEL & BANANA CREAM PANCAKE BREAKFAST

Two fluffy buttermilk pancakes with shortbread pieces cooked inside, layered with vanilla cream and topped with fresh bananas, warm salted caramel and even more shortbread pieces. Served with two eggs* and hash browns, plus your choice of two strips of bacon or two sausage links. (Cal 1080-1480)



PEANUT BUTTER CREAM PANCAKE BREAKFAST

New! PEANUT BUTTER CREAM PANCAKE BREAKFAST

Chocolate chips and white chocolate chips cooked inside two fluffy buttermilk pancakes and topped with peanut butter cream and chopped nuts. Served with two eggs* and hash browns, plus your choice of two strips of bacon or two sausage links. (Cal 1160-1560)

BLUEBERRY PANCAKE BREAKFAST

Juicy blueberries cooked inside two fluffy buttermilk pancakes. Served with two eggs* and hash browns, plus your choice of two strips of bacon or two sausage links. (Cal 580-1010)

Upgrade your sausage to our
New! Premium Chicken Apple Sausage (1) GF
or **Hearty Breakfast Sausage (1) GF**
(Cal 130 / 350)



New! CRANBERRY ORANGE PANCAKE BREAKFAST

Two fluffy buttermilk pancakes with cranberries cooked inside and topped with orange cream cheese icing. Served with two eggs* and hash browns, plus your choice of two strips of bacon or two sausage links. (Cal 870-1260)



CRANBERRY ORANGE PANCAKE BREAKFAST
Shown with Premium Chicken Apple Sausage.

SIDES

Bacon Strips (4) **GF** (Cal 210)
Honey Jalapeño
Bacon Strips (2) **GF** (Cal 190)
Turkey Bacon Strips (4) **GF** (Cal 110)
Sausage Links (4) **GF** (Cal 320)
Hearty Breakfast
Sausage (1) **GF** (Cal 350)
New! Premium Chicken
Apple Sausage (1) **GF** (Cal 130)

Grilled Ham Slice **GF** (Cal 90)
Eggs* (Each) **GF** (Cal 60-110)
Slices of Toast (2) (Cal 230-240)
Buttermilk Biscuits (2) (Cal 470)
English Muffin (Cal 160)
Gluten Free English Muffin **GF** (Cal 180)
Red-Skinned Potatoes **GF** (Cal 200)
Hash Browns **GF** (Cal 170)

Cheddar Cheese Hash Browns **GF** (Cal 250)
Everything Hash Browns (Cal 310)
(Onions, Cheddar cheese & country gravy)
Grits (6 am - 2 pm only) (Cal 100)
Oatmeal (6 am - 2 pm only) (Cal 240)
Yogurt **GF** (Cal 120)
Seasonal Fruit **GF** (Cal 110) (Selection may vary.)



STEAK SKEWER & EGGS SKILLET



SANTA FE SKILLET



FIT FARE® VEGGIE SKILLET

SIZZLIN' SKILLETS

BREAKFAST

FIT FARE® VEGGIE SKILLET **GF**

Seasoned red-skinned potatoes, fire-roasted bell peppers and onions, mushrooms and broccoli topped with two egg whites scrambled with spinach and grape tomatoes. Served with a side of salsa. (Cal 380)



Under 550 calories



Over 20g of protein

SANTA FE SKILLET **GF**

Crumbled chorizo sausage, fire-roasted bell peppers and onions, mushrooms and seasoned red-skinned potatoes. Topped with Cheddar cheese and two eggs* (Cal 590-750)

STEAK SKEWER & EGGS* SKILLET **GF**

A grilled sirloin steak skewer atop fire-roasted bell peppers and onions, mushrooms and seasoned red-skinned potatoes. Topped with a sweet bourbon sauce and two eggs* (Cal 620-780)

SUPREME SKILLET **GF**

Grilled sausage, fresh spinach, fire-roasted bell peppers and onions, mushrooms, grape tomatoes and seasoned red-skinned potatoes. Topped with Cheddar cheese and two eggs* (Cal 630-790)

Add
Toast or
Tortillas
to any skillet.

(Cal 230-240 / 260)

ALASKA SEAFOOD



SUPREME SKILLET



CRAZY SPICY SKILLET



WILD ALASKA SALMON SKILLET



Wild, Natural & Sustainable®



SMOKY GOUDA CHICKEN & BROCCOLI SKILLET



BOURBON CHICKEN SKILLET

DINNER

New! CRAZY SPICY SKILLET **GF**

Crumbled chorizo sausage, jalapeños, sautéed mushrooms and fire-roasted bell peppers and onions blended together with seasoned red-skinned potatoes. Topped with grilled seasoned chicken breast, shredded Cheddar cheese, a spicy five pepper sauce and Pepper Jack queso. (Cal 860)

Add two eggs* to your skillet **GF**
(Cal 60-220) for

WILD ALASKA SALMON SKILLET **GF**

A grilled wild-caught Alaska salmon fillet seasoned with a delicious blend of garlic and herbs. Served atop seasoned red-skinned potatoes, fresh spinach, broccoli, sautéed mushrooms and grape tomatoes. (Cal 690)

New! SMOKY GOUDA CHICKEN & BROCCOLI SKILLET

Roasted seasoned chicken with caramelized onions, sautéed mushrooms and broccoli served atop whole grain rice. Topped with Italian cheeses and Gouda cheese sauce. (Cal 810)

New! Smoky Gouda Prime Rib & Broccoli Skillet (Cal 840)

BOURBON CHICKEN SKILLET **GF**

Two grilled seasoned chicken breasts covered with a delicious sweet bourbon glaze, topped with mushrooms and fire-roasted bell peppers and onions, all atop broccoli and seasoned red-skinned potatoes. (Cal 870)

CAUTION: Skillets are hot. Handle with care.

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APPETIZERS & SOUPS



BUILD YOUR OWN SAMPLER™

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Pick three and make it your own. Served with your choice of dipping sauces. (Cal 780-3290)

Not so hungry? Pick two (Cal 520-2190)

Bacon Cheddar Tots (6) (Cal 300)

Mozzarella Cheese Sticks (Cal 280)

Cheese Quesadilla (Cal 630)

Chips & Queso (Cal 670)

Chicken Strips (Cal 240)

Onion Rings (Cal 850)

CHICKEN STRIPS

Spicy, golden-brown breaded chicken strips tossed in your choice of Sweet & Tangy BBQ or Buffalo sauce. Served with celery sticks and your choice of dipping sauce. (Cal 720-1010)

Add a refreshing
Minute Maid® Smoothie.



SOUPS



CHICKEN NOODLE SOUP

Kettle-cooked to be rich and hearty.
Available from 11 am to 10 pm.

Bowl

Cup

TODAY'S SOUP POT

Mon & Tues: **Vegetable Beef** (Cal 310 / 200)

Wed & Thurs: **Loaded Baked Potato** (Cal 470 / 360)

Fri: **Clam Chowder** (Cal 310 / 210)

Sat & Sun: **Broccoli & Cheddar** (Cal 240 / 160)

Available Every Day: **Chicken Noodle** (Cal 230 / 150)



LOADED BACON CHEDDAR TOTS

LOADED BACON CHEDDAR TOTS

Ten of our house-made crispy tots made with shredded potatoes, bacon and Cheddar cheese. Topped with Pepper Jack queso, jalapeños, bacon, Cheddar cheese and sour cream. (Cal 850)

Ten Bacon Cheddar Tots (Cal 580)

MOZZARELLA CHEESE STICKS

Golden-fried with a side of dipping sauce. (Cal 570-800)



CHICKEN & SAUSAGE QUESADILLA

CHICKEN & SAUSAGE QUESADILLA

Roasted seasoned chicken, crumbled sausage, fire-roasted bell peppers and onions, melted American cheese and freshly made pico de gallo fill a flour tortilla. Served with a side of ranch dressing. (Cal 1140)

ZESTY NACHOS **GF**

Our tortilla chips are cooked fresh to order. Topped with Pepper Jack queso, shredded Cheddar cheese, seasoned nacho meat, freshly made pico de gallo and sour cream. (Cal 1840)

Served as a half (Cal 960)



ZESTY NACHOS



SALADS & SANDWICHES

SALADS



CRANBERRY APPLE CHICKEN SALAD

CRANBERRY APPLE CHICKEN SALAD **GF**

Grilled seasoned chicken breast, glazed pecans, apple slices and dried cranberries atop a bed of spring mix. Served with balsamic vinaigrette. (Cal 570)



AVOCADO CHICKEN CAESAR SALAD

AVOCADO CHICKEN CAESAR SALAD **GF**

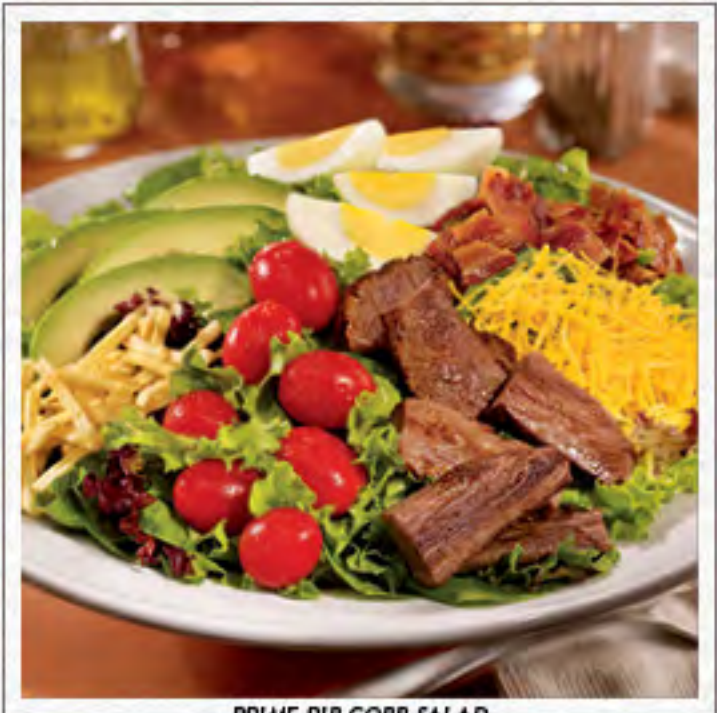
Grilled seasoned chicken breast, fresh avocado, crisp bacon crumbles and shredded Italian cheeses on top of fresh romaine lettuce and tossed with Caesar dressing. (Cal 730)

PRIME RIB COBB SALAD **GF**

Tender prime rib, bacon, fresh avocado, grape tomatoes, Cheddar cheese, hard-boiled egg and potato sticks atop a bed of spring mix. Served with the dressing of your choice. (Cal 590-1060)

Grilled Chicken Cobb Salad **GF** (Cal 660-1120)

Fried Chicken Strips Cobb Salad (Cal 820-1290)



PRIME RIB COBB SALAD

SANDWICHES

Served with your choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies.



CHICKEN BACON CLASSIC
Shown with Whole Wheat Bun.

CHICKEN BACON CLASSIC

A grilled seasoned chicken breast topped with melted Swiss cheese, bacon and a creamy pepper sauce. Served with lettuce, tomato, red onions and pickles on a brioche bun. (Cal 830-1120)



CLUB SANDWICH

CLUB SANDWICH

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread. (Cal 940-1230)



CALI CLUB SANDWICH

CALI CLUB SANDWICH

Thinly sliced turkey breast, ham, crisp bacon, Swiss cheese and fresh avocado. Served on toasted 7-grain bread with sun-dried tomato mayo, lettuce and tomato. (Cal 930-1210)

SIDES

Seasoned Fries (Cal 530)

French Fries **GF** (Cal 400)

Hash Browns **GF** (Cal 170)

Onion Rings (Cal 390)

Caesar Salad (Cal 280)

Garden Salad (Cal 190-420)

Dippable Veggies **GF** (Cal 220)

Seasonal Fruit **GF** (Cal 110)
(Selection may vary.)

DINER MELTS



Served with your choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies.



POT ROAST MELT

POT ROAST MELT

Slow-cooked pot roast with melted American cheese, mushrooms and caramelized onions on grilled 7-grain bread. (Cal 1000-1290)

THE GRAND SLAMWICH®

Two scrambled eggs, crumbled sausage, bacon, shaved ham and American cheese on potato bread grilled with a maple spice spread. Served with hash browns. (Cal 1030-1480)

Shake things up! Treat yourself to a
Hand-Dipped Milk Shake.



MOONS OVER MY HAMMY®

MOONS OVER MY HAMMY®

Our classic ham and scrambled egg sandwich with Swiss and American cheeses on grilled sourdough. Served with hash browns. (Cal 750-1200)

MAKE IT SPECIAL'ER!

Upgrade to Bacon Cheddar Tots (6) (Cal 300)

Upgrade to Seasoned Fries (Cal 530)

Add two Bacon Strips **GF**
to any Burger or Sandwich (Cal 100)

Add two Honey Jalapeño Bacon Strips **GF**
to any Burger or Sandwich (Cal 190)

Add six Golden-Fried Shrimp (Cal 260-380)

Add a Garden Salad (Cal 190-420)

Add a Caesar Salad (Cal 280)

Add a Cup of Soup (Cal 150-360)

Soup available from 11 am to 10 pm. Selection may vary.



CHICKEN PHILLY MELT
Shown with Seasoned Fries.

CHICKEN PHILLY MELT

Roasted seasoned chicken, sautéed mushrooms, fire-roasted bell peppers and onions, shredded Italian cheeses and Pepper Jack queso. Served on a hoagie roll grilled with garlic and herbs. (Cal 860-1150)



PRIME RIB PHILLY MELT

PRIME RIB PHILLY MELT

Juicy prime rib, sautéed mushrooms, fire-roasted bell peppers and onions, shredded Italian cheeses and Pepper Jack queso. Served on a hoagie roll grilled with garlic and herbs. (Cal 1010-1300)

THE SUPER BIRD®

Thinly sliced turkey breast with melted Swiss cheese, crisp bacon and tomato on grilled sourdough. (Cal 720-1010)



THE SUPER BIRD®

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100% BEEF BURGERS

Served with your choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies.



Choose a veggie patty or whole wheat bun with any burger.



HONEY JALAPEÑO BACON SRIRACHA BURGER

HONEY JALAPEÑO BACON SRIRACHA BURGER

A hand-pressed 100% beef patty topped with Cheddar cheese, thick-cut honey jalapeño bacon, jalapeños and creamy Sriracha sauce. Served with lettuce, tomato, red onions and pickles on a brioche bun. (Cal 870-1410)

BACON AVOCADO CHEESEBURGER

Crispy bacon, fresh avocado and melted Cheddar cheese top a hand-pressed 100% beef patty. Served with mayo, lettuce, tomato, red onions and pickles on a brioche bun. (Cal 870-1410)



SLAMBURGER™

SLAMBURGER™

Crispy hash browns, an egg* cooked to order and two bacon strips top a hand-pressed 100% beef patty covered with Pepper Jack queso. Served on a brioche bun. (Cal 750-1370)

DOUBLE CHEESEBURGER

Your choice of American, Swiss or Cheddar cheese tops two hand-pressed 100% beef patties. Served with lettuce, tomato, red onions and pickles on a brioche bun. (Cal 810-1540)



DOUBLE CHEESEBURGER

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



BACON GOUDA BURGER

Shown with Bacon Cheddar Tots.

New! BACON GOUDA BURGER

Four bacon strips, caramelized onions and shredded Italian cheeses top a hand-pressed 100% beef patty covered with Gouda cheese sauce. Served with lettuce, tomato, red onions and pickles on a brioche bun. (Cal 950-1500)



BOURBON BACON BURGER

BOURBON BACON BURGER

A hand-pressed 100% beef patty topped with Cheddar cheese, bacon, sautéed mushrooms and fire-roasted bell peppers and onions. Served on a Cheddar bun with lettuce, tomato, red onions, pickles and a sweet bourbon sauce. (Cal 770-1330)

Upgrade

Seasoned Fries or
Bacon Cheddar Tots (6)

(Cal 530 / 300)



BUILD YOUR OWN BURGER

It comes with lettuce, tomato, red onions and pickles—now follow the steps below and make it your own. (Cal 380-1720)

1. Pick your patty

100% Beef Patty **GF** (Cal 360)
Grilled Seasoned
Chicken Breast **GF** (Cal 200)
Veggie Patty (Cal 170)

Extra patty

3. Say cheese

Swiss **GF** (Cal 80)
Cheddar **GF** (Cal 80)
American **GF** (Cal 80)

Extra cheese

2. Find your base

Brioche Bun (Cal 260)
Cheddar Bun (Cal 280)
Whole Wheat Bun (Cal 190)

4. Add your toppings

Caramelized Onions **GF** (Cal 70)
Sliced Jalapeños **GF** (Cal 5)
Mayo **GF** (Cal 100)
Sweet & Tangy BBQ Sauce **GF** (Cal 70)
Bourbon Sauce **GF** (Cal 100)

5. Premium toppings

Fresh Avocado **GF** (Cal 45)
Bacon Strips (2) **GF** (Cal 100)

Sautéed Mushrooms **GF** (Cal 50)

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CLASSICS & STEAKS



SLOW-COOKED POT ROAST

SLOW-COOKED POT ROAST

Slow-cooked pot roast, creamy mashed potatoes and herb-roasted carrots, celery, mushrooms and onions atop garlic toast and covered in rich gravy. (Cal 720)

CHICKEN STRIPS

Four spicy, golden-brown breaded chicken strips served with a dipping sauce, your choice of two sides and dinner bread. (Cal 720-1710)

BROOKLYN SPAGHETTI & MEATBALLS

Three seasoned meatballs atop a bed of pasta covered in a rich, meaty tomato sauce. Served with a side of shredded Italian cheeses and garlic toast. (Cal 1170)



TILAPIA RANCHERO

TILAPIA RANCHERO

A seasoned white fish fillet grilled and topped with freshly made pico de gallo and fresh avocado. Served with your choice of two sides and dinner bread. (Cal 540-1300)

Fit + Fat LIGHT Under 550 calories when you choose Cheddar mashed potatoes and broccoli and without dinner bread

Fit + Fat PROTEIN Over 20g of protein **GF** when you choose two Gluten Free sides and the Gluten Free English Muffin



T-BONE STEAK & SHRIMP

T-BONE STEAK* & SHRIMP

A tender 13 oz. seasoned T-Bone steak* with six golden-fried shrimp. Served with your choice of two sides and dinner bread. (Cal 1020-1780)

T-Bone Steak* (Cal 750-1510)

GF when you choose T-Bone Steak without shrimp, two Gluten Free sides and the Gluten Free English Muffin



COUNTRY-FRIED STEAK

COUNTRY-FRIED STEAK

A dinner-sized, golden-fried chopped beef steak smothered in rich country gravy. Served with your choice of two sides and dinner bread. (Cal 780-1540)

SIRLOIN STEAK*

A USDA select, 8 oz. seasoned sirloin steak* cooked to perfection. Served with your choice of two sides and dinner bread. (Cal 540-1300)

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



SIRLOIN STEAK

Add an
Additional Side
for



SIDES

Broccoli **GF** (Cal 25)

Dippable Veggies **GF** (Cal 220)

Fresh Sautéed Zucchini & Squash **GF** (Cal 70) (also available steamed) (Cal 15)

Sweet Petite Corn **GF** (Cal 210)

Cheddar Mashed Potatoes **GF** (Cal 200)

French Fries **GF** (Cal 400)

Hash Browns **GF** (Cal 170)

Mashed Potatoes (Cal 130-140) **GF** without gravy

Red-Skinned Potatoes **GF** (Cal 200)

Whole Grain Rice (Cal 240)

55+ MENU



Substitute healthier items like egg whites, hearty wheat pancakes and sugar-free syrup.

BREAKFAST

55+ SCRAMBLED EGGS & CHEDDAR BREAKFAST

Two scrambled eggs with Cheddar cheese. Served with two bacon strips, two sausage links and two fluffy buttermilk pancakes. (Cal 530-1070)

55+ FRENCH TOAST SLAM®

One thick slice of our fabulous French toast with one egg*, two bacon strips or two sausage links. (Cal 400-590)

55+ BELGIAN WAFFLE SLAM®

A golden waffle served with one egg*, two bacon strips or two sausage links. (Cal 470-650)

55+ STARTER™

One egg* with one bacon strip or one sausage link. Choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast, biscuit or an English muffin. (Cal 280-630)

GF when you choose the Gluten Free English Muffin

55+ FIT FARE®

LOADED VEGGIE OMELETTE

Egg white omelette with spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and Swiss cheese. Served with seasonal fruit and an English muffin. (Cal 400)

LEAN Under 15g of fat

LIGHT Under 550 calories

PROTEIN Over 20g of protein

GF when you choose the Gluten Free English Muffin

55+ OMELETTE

A two-egg omelette with sautéed onions, bacon, diced tomatoes and shredded Cheddar cheese. Served with choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast, biscuit or an English muffin. (Cal 540-920)

GF when you choose the Gluten Free English Muffin

Cal = Calories 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

LUNCH

55+ CLUB SANDWICH

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread. Served with wavy-cut French fries. (Cal 1090)

55+ GRILLED CHEESE SANDWICH & SOUP

Melted American cheese on grilled sourdough bread and served with a cup of soup. (Cal 610-820)

Soup available from 11 am to 10 pm. Other side choices available upon request.

DINNER

Includes choice of our Caesar salad, a garden salad or a cup of soup. Soup available from 11 am to 10 pm.

55+ STEAK SKEWER

A grilled sirloin steak skewer drizzled with a sweet bourbon sauce. Served with choice of two sides and dinner bread. (Cal 600-1630)

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

55+ COUNTRY-FRIED STEAK

A golden-fried chopped beef steak smothered in rich country gravy. Served with choice of two sides and dinner bread. (Cal 570-1330)

55+ GRILLED CHICKEN

A grilled seasoned chicken breast. Served with choice of two sides and dinner bread. (Cal 570-1600)

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

55+ GRILLED TILAPIA

A grilled seasoned white fish fillet. Served with choice of two sides and dinner bread. (Cal 630-1660)

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

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



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