



Celebrating 60 years as America's diner.

BEVERAGES

CELEBRATING
60 YEARS
AS AMERICA'S DINER

In 2013, we're celebrating 60 years of friendly 24/7 service, great food and great values.

LIKE
SIPPING
BACK IN
TIME

Our authentic, hand-dipped milk shakes are made with premium ice cream. That's code for "the best." Would you expect anything less from America's diner?

FUSION FAVORITES

each Free Refills

NEW! Blackberry Orange Twist

Vivid color. Vibrant taste. Blackberry and orange flavors unite with ice-cold Sprite® to create a delightfully citrusy berry taste.

NEW! Desert Blush

Looking for a touch of the exotic? This one blends the flavors of strawberries and sweet prickly pear with Sprite® for a refreshing twist.



Blackberry Orange Twist

Desert Blush

Pacific Chiller

Strawberry Lemonade

We start with blended strawberries and hand stir-in Minute Maid® Lemonade for a real flavor treat.

Strawberry Mango Pucker™

If you like it tart and sweet, this blend of strawberry and mango flavors with Minute Maid® Lemonade and lime is just right.

Pacific Chiller

Chill out with the sweet flavors of coconut, lime, banana and orange blended with ice-cold Sprite®.

MILK SHAKES

each

A full glass of Strawberry, Chocolate, Vanilla or OREO® Milk Shake, plus a little extra in the tin.



STRAWBERRY MILK SHAKE

SMOOTHIES

each Refills Extra

Made with real fruit and nonfat yogurt, our smoothies are a delicious treat any time of day. Choose from three refreshing flavors.

NEW! Orange Grove Groovy Mango Strawberry Banana Bliss



Orange Grove

Groovy Mango

Strawberry Banana Bliss

OTHER BEVERAGES

Juice

Orange, Ruby Red Grapefruit, Apple, Cranberry or Tomato

Family Size Juice Carafe

Milk

Chocolate Milk

FREE REFILLS ON...

NEW! Signature Diner Roast



NEW! Dark Diner Roast



NEW! Signature Decaf

Hot Chocolate

Hot Tea / Herbal Tea

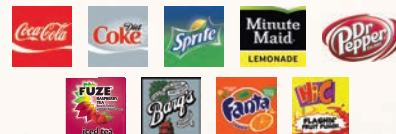
Soft Drinks

Lemonade

Iced Tea

NEW! FUZE® Raspberry Tea

Selection may vary



CHOICES FOR YOUR LIFE

Denny's Fit Fare® is your guide to better nutrition. You can choose from our **FIT FARE® OPTIONS** and substitute healthier items like egg whites, chicken sausage, hearty wheat pancakes and sugar-free syrup. Also consider our Fit Fare® meals; you'll find them throughout the menu. Just look for our Fit Fare® logos.



LEAN: Under 15g of fat



LIGHT: Under 550 calories



PROTEIN: Over 20g of protein



FIBER: Over 8g of fiber

SLAMS

All-American Slam®

Three scrambled eggs with Cheddar cheese, two bacon strips and two sausage links, plus hash browns or grits and choice of bread.

The Grand Slamwich®

Two scrambled eggs, sausage, crispy bacon, shaved ham, mayo and American cheese on potato bread grilled with a maple spice spread. Served with crispy hash browns.



The Grand Slamwich®

French Toast Slam®

Two thick slices of our fabulous French toast with two eggs,* two bacon strips and two sausage links.

Sausage Slam®

Two sausage links, two eggs,* hash browns and two buttermilk pancakes.

Belgian Waffle Slam®

A golden waffle served with two eggs,* two bacon strips and two sausage links.

Lumberjack Slam®

Two buttermilk pancakes, a slice of grilled ham, two bacon strips, two sausage links and two eggs,* plus hash browns or grits and choice of bread.

Fit Slam®

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



LEAN: Under 15g of fat



LIGHT: Under 550 calories



PROTEIN: Over 20g of protein



Fit Slam®

Build Your Own Grand Slam®

Pick any FOUR items and make it your own.

Or make it easy. Just ask your server for the **Original Grand Slam®** and get two buttermilk pancakes, two eggs,* two bacon strips and two sausage links.

Bacon Strips (2)
Buttermilk Biscuit
Buttermilk Pancakes (2)
Eggs* (2)
English Muffin
Grits
Hash Browns
Oatmeal
Sausage Links (2)
Slices of Toast (2)
Turkey Bacon Strips (2)

FIT FARE® OPTIONS

Chicken Sausage Patty (1)
Egg Whites (2)
Hearty Wheat Pancakes (2)

PREMIUM ITEMS add each

Grilled Ham Slice
Seasonal Fruit
(Selection may vary)
Yogurt

SLAM IT UP!

Add additional items to your Build Your Own Grand Slam® for each. (Limit two items.)



LUMBERJACK SLAM®

*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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CELEBRATING
60 YEARS
AS AMERICA'S DINER

OUR
BIGGEST
HIT EVER

Denny's introduced the Grand Slam® breakfast in 1977 as an informal tip of the cap to home run slugger Hank Aaron.



DENNY'S
DINER
PICKS

When you see a diner bell icon in the menu, you know you've found a tried-and-true Denny's fan favorite.

CELEBRATING
60 YEARS
AS AMERICA'S DINER

Playing off the 1935 song, *Moon Over Miami*, Denny's introduced the Moons Over My Hammy® sandwich in the early 90s. Today's version features scrambled eggs but the original had sunny-side-up eggs with yolks that looked like moons.

THE SIZZLE
MEANS
"COME
AND
GET IT!"

We think our Sizzlin' Skillets are a delicious substitute for the traditional dinner bell. They're perfect for breakfast, lunch and dinner, and the sizzle always lets you know when it's time to dig in.

OMELETTES & SKILLETS



We've got healthier options like egg whites, chicken sausage, hearty wheat pancakes and sugar-free syrup. All at no extra cost. Just ask your server.

Omelettes served with hash browns or grits and choice of bread.

Meat Lover's Omelette

Three-egg omelette with prime rib, crumbled chorizo sausage, bacon, fire-roasted peppers and onions, and a smoky cheese blend covered with cheese sauce.

Moons Over My Hammy Omelette™

Three-egg omelette with diced ham, melted Swiss and American cheeses.

Veggie-Cheese Omelette

Three-egg omelette with fire-roasted peppers and onions, fresh spinach and mushrooms folded in with diced tomatoes and shredded Cheddar cheese.

NEW! Philly Cheesesteak Omelette

Three-egg omelette with grilled prime rib, fire-roasted peppers and onions, sautéed mushrooms and melted Swiss cheese.



Philly Cheesesteak Omelette

Fit Fare® Omelette

Egg white omelette with spinach, mushrooms, freshly made pico de gallo and shredded Cheddar cheese. Served with two slices of turkey bacon and seasonal fruit as your side choices.



LIGHT: Under 550 calories



PROTEIN: Over 20g of protein

Ultimate Omelette®

Three-egg omelette with sausage, bacon, fire-roasted peppers and onions, mushrooms, diced tomatoes and shredded Cheddar cheese.

Fit Fare® Veggie Skillet

Seasoned red-skinned potatoes, fire-roasted peppers and onions, mushrooms and broccoli on a hot sizzlin' skillet topped with two egg whites scrambled with spinach and grape tomatoes. Served with a side of salsa.



LIGHT: Under 550 calories



PROTEIN: Over 20g of protein

Santa Fe Skillet

Crumbled chorizo sausage, fire-roasted peppers and onions, mushrooms and seasoned red-skinned potatoes served on a sizzlin' hot skillet. Topped with a smoky cheese blend and two eggs.*



Santa Fe Skillet

Banana Caramel French Toast Skillet

Two thick slices of our fabulous French toast topped with fresh banana slices and covered in a sweet caramel sauce. Served with two eggs,* two bacon strips or two sausage links.



Ultimate Skillet

Grilled breakfast sausage, fresh spinach, fire-roasted peppers and onions, mushrooms, grape tomatoes and seasoned red-skinned potatoes served on a hot sizzlin' skillet. Topped with a smoky cheese blend and two eggs.*

ADD TOAST OR TORTILLAS TO ANY SKILLET FOR

CAUTION: Skillets are hot. Handle with care.



ULTIMATE SKILLET

FAVORITES

Country-Fried Steak & Eggs*

A golden-fried chopped beef steak smothered in rich country gravy. Served with two eggs,* hash browns or grits and choice of bread.



Country-Fried Steak & Eggs

Banana Pecan Pancake Breakfast

Glazed pecans cooked into two hearty wheat pancakes and topped with fresh banana slices. Served with two scrambled egg whites, two strips of turkey bacon and a side of warm syrup.



LEAN: Under 15g of fat



FIBER: Over 8g of fiber

NEW! Blueberry Pancake Breakfast

Two buttermilk pancakes with blueberries cooked right in. Served with two eggs,* hash browns or grits, plus your choice of two strips of bacon or two sausage links and a side of warm syrup.

*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 Avocado Burrito

Crispy bacon, fresh avocado, two scrambled eggs, our smoky cheese blend, freshly made pico de gallo and chipotle sauce hand-wrapped in a large flour tortilla. Grilled and served with crispy hash browns.



Bacon Avocado Burrito

NEW! Texas Prime Rib & Egg* Sandwich

Tender prime rib, two eggs* and tomato topped with melted Pepper Jack cheese and a creamy pepper sauce. Served on grilled ciabatta bread with a side of crispy hash browns.

T-Bone Steak* & Eggs*

A tender 13 oz. seasoned T-Bone steak* served with two eggs,* hash browns or grits and choice of bread.



T-Bone Steak & Eggs

Moons Over My Hammy®

Ham and scrambled egg sandwich with Swiss and American cheeses on grilled sourdough. Served with choice of hash browns or grits.



MOONS OVER MY HAMMY®

SIDES

Pancake Puppies®

Six of our bite-sized round pancakes rolled in a delicious blend of cinnamon and sugar and served with warm syrup.



Bacon Strips (4)

Turkey Bacon Strips (4)

Sausage Links (4)

Chicken Sausage Patties (2)

Grilled Ham Slice

Eggs* (Each)

Hash Browns

Cheddar Cheese Hash Browns

Everything Hash Browns (Onions, Cheddar cheese and country gravy)

Red-Skinned Potatoes

Bagel & Cream Cheese

Slices of Toast (2)

Buttermilk Biscuit

English Muffin

Grits

Oatmeal

Yogurt

Seasonal Fruit (Selection may vary)

APPETIZERS

APPETIZERS

Sampler™

Spicy, golden-brown breaded chicken strips, Mozzarella cheese sticks and crispy onion rings served with two dipping sauces.

Served as a half



Sampler™

Pancake Puppies®

Our bite-sized round pancakes rolled in a delicious blend of cinnamon and sugar. Served with a side of warm syrup.

Ten Puppies

Six Puppies

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.



Zesty Nachos

Crisp tortilla chips topped with cheese sauce, shredded Cheddar cheese, specially seasoned ground beef, freshly made pico de gallo and sour cream.

Served as a half

Mozzarella Cheese Sticks

Golden-fried with a side of dipping sauce.

NEW! Grilled Chicken & Sausage Quesadilla

A flour tortilla filled with grilled seasoned chicken breast, crumbled sausage, fire-roasted peppers and onions, melted American cheese and freshly made pico de gallo. Served with a side of ranch dressing.



Grilled Chicken & Sausage Quesadilla

Smothered Cheese Fries

Our wavy-cut French fries covered with cheese sauce, shredded Cheddar cheese and crumbled bacon. Served with a side of creamy ranch dressing.

Cheese Burger Flatbread

A grilled flour tortilla topped with Frisco sauce and loaded with ground beef, diced tomatoes, shredded Cheddar cheese and lettuce.

CELEBRATING
60 YEARS
AS AMERICA'S DINER

Our logo has evolved over the years. This classic was the face of Denny's during the 1970s and early 1980s.

Denny's

GOOD
TO
KNOW

Did you know that our tortilla chips are cooked fresh to order?



ZESTY NACHOS

SOUPS & SALADS

Soups

Our soups are kettle-cooked to be rich and hearty. Served with dinner bread. Available from 11 am to 10 pm.

Bowl
Cup



Chicken Noodle

AVAILABLE EVERY DAY:	Chicken Noodle
MONDAY:	Vegetable Beef
TUESDAY:	Vegetable Beef
WEDNESDAY:	Loaded Baked Potato
THURSDAY:	Loaded Baked Potato
FRIDAY:	Clam Chowder
SATURDAY:	Broccoli & Cheddar
SUNDAY:	Broccoli & Cheddar

Soup selection varies daily.

NEW! Chili

Our rich, kettle-cooked chili is topped with shredded Cheddar cheese and a dollop of sour cream. Served with dinner bread.

Bowl
Cup



Chili

Chicken Deluxe Salad

Your choice of golden-fried breaded chicken strips or a grilled seasoned chicken breast sliced on top of crisp mixed greens with grape tomatoes, cucumbers, red onions and Cheddar cheese. Served with the dressing of your choice and dinner bread.



Chicken Deluxe Salad

Avocado Chicken Caesar Salad

Grilled seasoned chicken breast, fresh avocado, crisp bacon crumbles and shredded Parmesan cheese on top of fresh romaine lettuce. Tossed with Caesar dressing and served with dinner bread.



Avocado Chicken Caesar Salad

Cranberry Apple Chicken Salad

Grilled seasoned chicken breast, glazed pecans, apple slices and dried cranberries atop a bed of spring mix. Served with balsamic vinaigrette and dinner bread.

Served as a half



LEAN: Under 15g of fat without dinner bread



LIGHT: Under 550 calories without dinner bread

SOUPS
&
SALADS

CELEBRATING
60 YEARS
AS AMERICA'S DINER

BUILT TO PLEASE

Diner classics and friendly service for 60 years helped make Denny's an American icon. But so too has our 60s architecture. Today several Denny's stand as classic examples of modern architecture.



WHAT
— A —
DINER
DOES

Being America's diner means being open to diverse nutritional choices. That's why we offer Fit Fare® options like our popular Cranberry Apple Chicken Salad.

GX113

CRANBERRY APPLE CHICKEN SALAD





**CELEBRATING
60 YEARS
AS AMERICA'S DINER**

THEN & NOW

A gallon of gas cost 29 cents in 1953. 60 years later, at least Denny's is still a great value.

**BURGERS
THAT
MEAN
BUSINESS**

Nothing says "diner" like our big, hand-pressed, fresh-from-the-grill burgers. Try one today, our cooks are standing by.

BURGERS



You can opt for a healthier selection like a veggie patty, a turkey patty, a whole wheat bun and a side of seasonal fruit. All at no extra cost. Just ask your server.

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

NEW! Build Your Own Burger

PICK YOUR PATTY

Beef Patty	Grilled Seasoned Chicken Breast	Turkey Patty
		Veggie Patty

Extra patty for

FIND YOUR BASE

Sesame Seed Bun	Whole Wheat Bun
Cheddar Bun	Grilled Potato Bread

SAY CHEESE

American	Cheddar	Pepper Jack
Swiss	Mozzarella	

Extra cheese each

CHOOSE YOUR TOPPINGS

Grilled Onions	Red Onions	BBQ Sauce
Spinach	Pickles	Ranch
Lettuce	Mayo	Jalapeños
Tomato	Chipotle Sauce	Pico de Gallo

PREMIUM TOPPINGS (per selection)

Sautéed Mushrooms	Fried Egg* (Over Medium)
Hash Browns	Chili
Bacon	Fresh Avocado
Onion Tanglers™	

NEW! Bacon Avocado Cheeseburger

A hand-pressed beef patty topped with melted Cheddar cheese, crisp bacon and fresh avocado. Served on a sesame seed bun with mayo, lettuce, tomato, pickles and red onions.

Mushroom Swiss Burger

Topped with melted Swiss cheese and mushrooms sautéed in garlic and herbs. Served with lettuce, tomato, pickles and red onions.

Bacon Slamburger™

A burger topped with crispy hash browns, an egg* cooked to order, two slices of bacon, then covered with cheese sauce.

Double Cheeseburger

Two beef patties and your choice of American, Swiss, Cheddar, Mozzarella or Pepper Jack cheese. Served with lettuce, tomato, pickles and red onions.



DOUBLE CHEESEBURGER

SIGNATURE BURGERS

NEW! Macho Nacho Burger

A hand-pressed beef patty on a grilled Cheddar bun with lettuce, Cheddar cheese, chili, tortilla chips, sour cream, freshly made pico de gallo and jalapeños.



Macho Nacho Burger

NEW! Cali Jack Turkey Burger

A grilled turkey patty on a grilled whole wheat bun with Pepper Jack cheese, lettuce, pico de gallo, fresh avocado and chipotle sauce.



PROTEIN: Over 20g of protein



FIBER: Over 8g of fiber when you select broccoli as your side choice



Cali Jack Turkey Burger

*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.

SANDWICHES

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

NEW! Smashed Meatball Sub

Two hand-pressed and seasoned meatballs in a rich tomato sauce over melted Mozzarella cheese and topped with shredded Parmesan cheese. Served on ciabatta bread grilled with a zesty garlic spread.



Smashed Meatball Sub

Prime Rib Philly Melt

Juicy prime rib, mushrooms and onions sautéed, then topped with melted Swiss cheese on ciabatta bread grilled with a zesty garlic spread.

Club Sandwich

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted white bread.

Bacon Lover's BLT

Eight crisp slices of bacon piled high with lettuce, tomato and mayo on toasted potato bread.

Hickory Grilled Chicken Sandwich

A grilled seasoned chicken breast topped with melted Cheddar cheese and Onion Tangles™ on a sesame seed bun. Served with lettuce, tomato and a sweet hickory spread.

UPGRADE TO SEASONED FRIES, ADD



The Super Bird®

Thinly sliced turkey breast with melted Swiss cheese, crisp bacon and tomato on grilled sourdough.



The Super Bird®

Chicken Avocado Sandwich

A grilled seasoned chicken breast with fresh avocado, pico de gallo, lettuce and sour cream on a whole wheat bun. Served with Fit Fare® fresh veggies as your side choice.



LIGHT: Under 550 calories



PROTEIN: Over 20g of protein



Chicken Avocado Sandwich

MAKE
YOUR
ENTRÉE
EXTRA
SPECIAL

Upgrade to
Seasoned Fries

Add a Garden
or Caesar Salad

Add Bacon
(2 Strips)

Add a Bowl of Chili

Add a Cup of Chili

Add a Bowl of Soup

Add a Cup of Soup

Soup available from
11 am to 10 pm.



SIDES

Seasoned Fries

French Fries

Hash Browns

Onion Rings

NEW! Caesar Salad

Garden Salad

Dippable Veggies



HICKORY GRILLED CHICKEN SANDWICH

SHOWN WITH
SEASONED FRIES

DINNER

CELEBRATING
60 YEARS
AS AMERICA'S DINER

ALWAYS
OPEN
SINCE 1953

To better serve his customers, Denny's founder Harold Butler vowed that Denny's stay open 24 hours a day, a commitment that satisfies diner fans to this day.

SLOW
DOWN

AND ENJOY
A CLASSIC

We love cooking up the classic meals that you don't always have time to cook yourself.

Like our extra-tender Slow-Cooked Pot Roast. We do the cooking.

You do the enjoying. And the rest is just gravy. Brown gravy, of course.

DINNER

Brooklyn Spaghetti & Meatballs

Three seasoned meatballs atop a bed of pasta covered in a rich, meaty tomato sauce. Served with a side of Parmesan cheese and garlic toast.



Brooklyn Spaghetti & Meatballs

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.



Country-Fried Steak

Prime Rib & Chicken Sizzlin' Skillet

Tender prime rib and juicy grilled seasoned chicken breast sizzle with fire-roasted peppers and onions, hash browns loaded with diced bacon and melted Cheddar cheese. Served with warm tortillas, freshly made pico de gallo and sour cream.



Prime Rib & Chicken Sizzlin' Skillet

CAUTION: Skillets are hot. Handle with care.

Sweet & Tangy BBQ Chicken

Two grilled seasoned chicken breasts smothered in our Sweet & Tangy BBQ sauce. Served with smoked Cheddar mashed potatoes, sweet petite corn and dinner bread.



LEAN: Under 15g of fat when you substitute mashed potatoes & brown gravy, broccoli and without dinner bread



PROTEIN: Over 20g of protein

Chicken Strips

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

Slow-Cooked Pot Roast

Our slow-cooked pot roast, creamy mashed potatoes and herb-roasted carrots, celery, mushrooms and onions atop grilled ciabatta bread and covered in rich gravy.



SLOW-COOKED POT ROAST

DINNER

T-Bone Steak*

A tender 13 oz. seasoned T-Bone steak* with your choice of two sides and dinner bread.

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.



T-Bone Steak & Shrimp

Fish & Chips

Two wild-caught Icelandic® haddock fillets fried golden-brown and served with wavy-cut French fries. Served with tartar sauce and your choice of one side and dinner bread.



Fish & Chips

NEW! Chicken Loaded Potato Skillet

Grilled seasoned chicken breast with red-skinned potatoes, diced bacon and broccoli served on a sizzlin' hot skillet. Topped with cheese sauce, shredded Cheddar cheese and a dollop of sour cream. Served with dinner bread.

Tilapia Ranchero

A seasoned white fish fillet grilled and topped with freshly made pico de gallo and fresh avocado. Served with a side of our smoked Cheddar mashed potatoes and dinner bread.



LIGHT: Under 550 calories without dinner bread



PROTEIN: Over 20g of protein

EXTRAS

Add Six Golden-Fried Shrimp

Add a Garden or Caesar Salad

Add a Bowl of Chili

Add a Cup of Chili

Add a Bowl of Soup

Add a Cup of Soup

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



*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.

SIDES

Broccoli

Dippable Veggies

French Fries

Hash Browns

NEW! Mac 'n Cheese

Mashed Potatoes

Red-Skinned Potatoes

Smoked Cheddar Mashed Potatoes

NEW! Sweet Petite Corn

TILAPIA RANCHERO

CAUTION: Skillets are hot. Handle with care.

55+ Menu



We've got healthier options like egg whites, chicken sausage, hearty wheat pancakes and sugar-free syrup. All at no extra cost. Just ask your server.

BREAKFAST

Senior Scrambled Eggs & Cheddar Breakfast
Two scrambled eggs with Cheddar cheese. Served with two bacon strips, two sausage links and two buttermilk pancakes.

Senior French Toast Slam®
One thick slice of our fabulous French toast with one egg*, two bacon strips or two sausage links.

Senior Belgian Waffle Slam®
A golden waffle served with one egg*, two bacon strips or two sausage links.

Senior Starter™
One egg* with one bacon strip or one sausage link. Choice of seasoned red-skinned potatoes, hash browns, grits or seasonal fruit and choice of toast, biscuit, English muffin or bagel.

Senior Fit Fare® Omelette
Egg white omelette with spinach, mushrooms, freshly made pico de gallo and shredded Cheddar cheese. Served with seasonal fruit and a bowl of oatmeal.

LIGHT: Under 550 calories

FIBER: Over 8g of fiber

Senior 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, grits or seasonal fruit and choice of toast, biscuit, English muffin or bagel.



SENIOR OMELETTE

LUNCH

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

Senior Club Sandwich
Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted white bread.

Senior Grilled Cheese Deluxe Sandwich
Melted American cheese with tomato on grilled sourdough bread.

Senior Soup & Salad
A bowl of our kettle-cooked soup and our Caesar salad or a fresh, crisp garden salad. Soup available from 11 am to 10 pm.

DINNER

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

NEW! Senior Brooklyn Spaghetti & Meatballs
Two seasoned meatballs atop a bed of pasta covered in a rich, meaty tomato sauce. Served with a side of Parmesan cheese and garlic toast.

Senior Grilled Tilapia
A grilled seasoned white fish fillet. Served with choice of two sides and dinner bread.

Senior Fit Fare® Grilled Chicken
A grilled seasoned chicken breast with mashed potatoes and brown gravy, broccoli and a fresh garden salad with balsamic vinaigrette as your side choices.

LIGHT: Under 550 calories

PROTEIN: Over 20g of protein

Senior Grilled Chicken
A grilled seasoned chicken breast. Served with choice of two sides and dinner bread.

Senior Country-Fried Steak
A golden-fried chopped beef steak smothered in rich country gravy. Served with choice of two sides and dinner bread.

For the perfect gift, give a Denny's Gift Card today.



Join us at **dennys.com** to receive all of our latest news, offers and exclusive promotions!



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twitter.com/dennysdiner

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