

## ALLERGENS

	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
Butter				X						
Diner Q Sauce	X				X					
5-Pepper Sauce										
Heinz 57					X				X	
Hollandaise	X			X	X		CO	X	X	
Hot Pepper Sauce: Green										
Hot Pepper Sauce: Red										
Nashville Hot Sauce				X						
Pepper Jack Queso				X						
Salsa										
Sea Salt Caramel				X						
Spread, Garlic and Herb				X	X					
Spread, Sweet Grilling					X					
Tartar Sauce	X				X					
Tomato Sauce				X	X			X	X	
Worcestershire Sauce		A		X						
<b>Sausage:</b> Crumbles					X					
Sausage Links					X					
<b>Seasonings:</b>										
Denny's Signature										
Sea Salt & Pepper					X					
<b>Smoothies, Fruit Flavors</b>				X						
<b>Soups:</b> Chicken Noodle	X			X	X		CO	X	X	
Chili				X	X			X	X	
Loaded Baked Potato				X	X			X	X	
Vegetable Beef				X	X			X	X	
<b>Sour Cream</b>				X						
<b>Steak:</b> Country-Fried	X	◇		◇	X	◇		X	X	
Sirloin					X					
T-Bone					X					
<b>Sugar Substitutes:</b>										
Equal / Splenda / Sweet & Low										
<b>Syrup:</b> Cane Sugar										
Chocolate										
Pancake Syrup										
Pancake Syrup, Sugar-Free										
Vanilla Flavor Shot										

## ALLERGENS

	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
<b>Toppings &amp; Mix-Ins:</b>										
Chocolate Chips				X	X					
Cinnamon Crumb		◇		◇	X			◇	X	
Confetti Sprinkles					X					
Flaxseed Streusel				X				X	X	
OREO® Cookie Pieces					X			X	X	
Sugar, Powdered										
Strawberry Sauce (Crepe)										
Strawberry Topping (Cheesecake & Milk Shake)										
Vanilla Cream				X	X		CO			
Whipped Cream				X						
<b>Turkey, Shaved Deli</b>					X					
<b>Vegetables:</b> Corn, Herb Glazed					X					
Fire-Roasted Bell Peppers & Onions					X					
Jalapeños, Sliced										
Mushrooms					X					
Onions, Caramelized					X					
Pickles, Sliced										
Pot Roast Vegetables				X	X			X	X	
Vegetable Medley					X					
<b>Vinegar:</b> Red Wine										
Malt									X	
<b>Whole Grain Rice Blend</b>					X				X	



# ALLERGEN GUIDE

MARCH 2023

At Denny's, we understand that each guest may have unique concerns about their food choices. That is why we provide the most current allergen information and update this guide periodically.

### PLEASE NOTE:

- We season our grills with vegetable oil from our fryers and with bacon. Vegetable oil includes but is not limited to soybean, canola and cottonseed oils.
- Our tomato sauce contains pork and chicken.
- Our bourbon sauce contains beef.
- Our gravies are made in the traditional method which includes using meat drippings. These include our brown, country and sausage gravies.
- This allergen guide provides an overview of the FDA's top 9 allergens, plus gluten.
- The information in this guide is provided by our ingredient suppliers and pertains only to our main menu. The guide does not include limited time offers, test menus or isolated local menu offerings.
- Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen.
- This guide pertains to the contiguous United States only.
- We encourage any guest with special dietary needs to speak with the manager of the restaurant they are visiting or to contact us at 1-800-733-6697.

## key

X - Contains this allergen

◇ - May contain this allergen or is processed in a facility or on equipment with this allergen

To designate type of fish or tree nut allergen in food item, the following code will be used in lieu of the "X":

### FISH / SHELLFISH

A = Anchovies

F = Pollock/Whitefish

SM = Salmon

### TREE NUTS

A = Almonds

CO = Coconut

- Designates a variety of nuts are present in food item

<b>ALLERGENS</b>	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
<b>Bacon Strips</b>					X					
<b>Bacon, Turkey</b>					X					
<b>Beef Patty</b>					X					
<b>Dr. Praeger's® Veggie Patty</b>					X					
<b>Beverages:</b>										
Apple Juice (including kids)										
Coffee, Regular / Decaffeinated										
FUZE® Raspberry Tea										
Hot Chocolate				X						
Lemonade										
Minute Maid® Orange Juice										
Ruby Red Grapefruit										
<b>Soft Drinks</b>										
Tea										
Tomato Juice										
<b>Breads: Artisan Bread</b>					X			X	X	
Biscuit	◇			X	X			X	X	
Brioche Bun				X				X	X	X
Corn Tortilla Chips	◇			◇	X			◇	◇	
Crepe (no filling)	X			X	X			X	X	
Dinner Rolls				X				X	X	
English Muffin					X			X	X	
Gluten Free English Muffin	X			X	X					
Flour Tortilla					X			X	X	
French Toast (bread only)					X			X	X	◇
French Toast (batter only)	X			X	X		CO			
Garlic Toast				X	X			X	X	X
Hoagie Roll					X			X	X	X
Potato Bread	◇			◇	X			X	X	◇
Rye				◇	X		◇	X	X	◇
7-Grain	◇			◇	X		◇	X	X	X
Split Top Bun (also Kids)					X			X	X	
White				X	X		◇	X	X	◇
<b>Cereal: Grits (no butter blend)</b>								◇	◇	
Oatmeal								◇	◇	

<b>ALLERGENS</b>	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
<b>Cheese:</b>										
Aged White Cheddar					X					
American					X	X				
Cream Cheese					X					
Shredded Cheddar					X					
Swiss					X					
<b>Chicken: Breast, Fried</b>	◇				X	X	◇	X	X	
Breast, Grilled						X				
Tenders	◇				◇	X	◇	X	X	
Wings, Bone-In (no sauce)	◇	◇			◇	X	◇	◇	◇	
Wings, Boneless (no sauce)	◇				◇	X	◇	X	X	
<b>Chorizo</b>						◇				
<b>Condiments: Honey</b>										
Jams & Jellies, Fruit Flavors										
Ketchup										
Mayonnaise, Regular	X					X				
Mayonnaise, Sun-Dried Tomato	X					X				
Mustard										
<b>Crackers, Goldfish®</b>					X	X		X	X	
<b>Crackers, Saltine</b>						X		X	X	
<b>Cream Cheese Icing</b>					X	X				
<b>Creamers: Half &amp; Half</b>					X					
Vanilla / Hazelnut					X					
<b>Croutons</b>					X		◇	X	X	
<b>Desserts:</b>										
Apple Pie Crisp (no ice cream)	◇				X	◇	◇	◇	X	X
Cheesecake	X				X	X		◇	X	X
Coconut Pie					X	X		CO	X	X
Cookies & Cream Pie					X	X		CO	X	X
French Silk Pie					X	X			X	X
Lemon Meringue Pie	X					X			X	X
Peanut Butter Silk Pie					X	X	X		X	X
Lava Cookie Skillet™ (no ice cream)	X				X	X			X	X
<b>Dressings:</b>										
Balsamic Vinaigrette, Low-Fat						X				
Blue Cheese	X				X	X				
French						X				
Honey Mustard	X					X				
Italian, Fat-Free						X				
Ranch	X				X	X				
Thousand Island	X					X				

<b>ALLERGENS</b>	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten	Sesame
<b>Egg, Boiled</b>	X									
<b>Egg, Whites</b>	X				X					
<b>Egg, Whole / Liquid</b>	X				X					
<b>Fish: Battered Fish Fillets (Pollock)</b>	◇	F			X	X	◇		X	X
Salmon		SM			X	X				
<b>Fryer Oil</b>					X					
<b>Gravies: Brown</b>					X	X			X	X
Country					X	X			X	X
Country Sausage					X	X			X	X
<b>Ham: Shaved</b>						◇				
Sliced						◇				
<b>Ice Cream:</b>										
Chocolate / Strawberry / Vanilla	◇				X	◇	◇	◇	◇	◇
<b>Lasagna</b>					X				X	X
<b>Kraft® Macaroni &amp; Cheese (kids)</b>					X				X	X
<b>Mac 'N Cheese</b>	X				X	X			X	X
<b>Margarine: Liquid</b>						X				
Whipped Butter Blend					X	X				
<b>Milk: 2%</b>					X					
Buttermilk					X					
Chocolate, Reduced Fat					X					
<b>Mozzarella Cheese Sticks</b>	◇				X	X	◇		X	X
<b>Nacho Meat</b>										
<b>Onion Rings</b>	◇	◇			X	X	◇		X	X
<b>Pancake Puppies® Strawberry</b>	◇				X	X	◇		X	X
<b>Pancakes, Buttermilk</b>	X				X	X			X	X
<b>Pancakes, Hearty 9-Grain</b>	X				X	X			X	X
<b>Pot Roast</b>					X	X			X	X
<b>Potatoes:</b>										
Baked (no toppings)										
Fries, Wavy-Cut	◇				◇	X	◇		◇	◇
Fries, Seasoned	◇				◇	X	◇		X	X
Hash Browns										
Red Rustic Mashed Potatoes™					X	X				
Red-Skinned	◇				◇	X	◇		◇	◇
<b>Potato Stix</b>	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
<b>Prime Rib</b>					X					
<b>Sauces &amp; Spreads:</b>										
BBQ					X					
Savory Herb Sauce					X					
Bourbon Sauce					X				X	X
Buffalo Sauce					X	X				