

Denny's

Nutrition Facts



We at Denny's realize that an ever increasing number of our guests have various dietary lifestyles. It is our pleasure to provide a nutritional analysis of menu food items so that you may make informed food item choices prior to ordering.

The nutritional analysis is based on information provided by Denny's-approved product vendors and specifications, however, may not be all inclusive (vendors and product formulations may change, and some of our Denny's locations may use local vendors).

Abbreviations and/or symbols associated with menu items influence nutrition information. See chart below.

*Add Sides to your menu choice

*Add breads to your menu choice

*Add condiments to your menu choice

Beverages	Serv Size (oz)	Calories	Fat (g)	Trans Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Fusion Favorites											
Strawberry Mango Pucker	12	220	0	0	0	0	10	56	1	0	52
Pineapple Dream	12	190	0	0	0	0	40	50	1	0	29
Razzdango	12	190	0	0	0	0	30	49	1	0	15
Cherry Cherry Limeade	12	180	0	0	0	0	30	45	0	0	12
Island Fizz	12	190	0	0	0	0	20	47	0	0	27
Mango Tea Chiller	16	160	0	0	0	0	0	40	0	0	36
Lemon Tea Chiller	16	100	0	0	0	0	0	26	0	0	22
Juicy Fusion											
Very Double Berry	16	280	0.5	0	0	0	10	69	0	0	62
OJ Mango	16	240	0	0	0	0	5	60	0	0	55
Orange Juice – small/large/carafe	10-40	140-560	0	0	0	0	0	34-136	0	0	30-120
Ruby Red Grapefruit Juice	10-40	164-656	0	0	0	0	41-164	40-160	0	1-4	36-146
Apple Juice – small/large/carafe	10-40	141-564	0	0	0	0	28-112	52-208	0	0	11-44
Cranberry Juice	10	160	0	0	0	0	0	42	0	0	40
Tomato Juice – small/large/carafe	10-40	56-112	0	0	0	0	680-1164	11-44	2	2	28
Milk – small/large	10-16	130-220	5-9	0	3-6	20-35	100-180	12-20	0	8-14	12-20
Chocolate Milk – small/large	10-16	160-280	3-4	0	2-3	10-15	150-270	26-46	1-2	8-14	25-44
Milk Shake (van/choc)	12	560	26	0	16	100	272	76	<1	11	65
Coffee	8	0	0	0	0	0	0	0	0	0	0
Flavored Cappuccino	8	100	2	0	2	0	220	28	1	3	24
Hot Chocolate	8	100	2	0	2	0	219	28	1	3	24
Hot Tea/Herbal Tea	12	0	0	0	0	0	0	0	0	0	0
Soft Drinks	12	85-156	0	0	0	0	8-55	1-42	0	0	1-37
Lemonade	16	150	0	0	0	0	38	35	0	0	31
Iced Tea	12	0	0	0	0	0	0	0	0	0	0
Raspberry Nestea	16	78	0	0	0	0	0	21	0	0	23
Omelettes											
Ham & Cheddar Omelette*	10	590	44	0	17	755	1330	4	0	40	1
Veggie-Cheese Omelette*	13	500	37	0	12	740	940	10	2	29	4
Ultimate Omelette*	12	670	54	0	18	730	740	8	2	36	3
Scrambles											
Meat Lover's Scramble*	19	1130	66	0.5	29	570	3180	80	6	51	12
Heartland Scramble*	20	1150	66	0.5	20	530	2800	97	7	40	12
Slams*											
Lumberjack Slam*	15	850	46	0	15	560	2770	60	3	45	11
All-American Slam*	10	820	69	0.5	26	780	1520	5	1	42	1
Build Your Own Grand Slam*											
Eggs, Scrambled	4 oz	250	21	0	5	455	380	1	0	13	0
Eggs, Whites	4 oz	50	0	0	0	0	180	1	0	11	0
Sausage Links	2 links	182	18	0	6	30	330	2	1	5	0
Chicken Sausage Patty (1 patty)	1.5	110	9	0	3	45	260	0	0	7	1
Bacon Strips	2 sl	90	7	0	3	20	350	1	0	7	1
Turkey Bacon	2 sl	76	4	0	0.5	17	304	0	0	8	0
Hash Browns	1 serv	210	12	0	2.5	0	650	26	2	2	1
Pancakes (2)	6 oz	340	4	0	0.5	0	1180	68	2	2	12
Pancakes, Wheat	2 ea	310	1.5	0	0	15	950	64	8	10	2
Toast Slices	2 sl	260	14	0	2	0	110	32	1	6	4
Creamy Grits	12 oz	260	5	0	1	0	840	47	1	5	0
Buttermilk Biscuit	1 pc	105	6	2	2	0	285	13	0	2	0
Oatmeal w/ 8 oz milk	16 oz	270	7	0	4	20	290	37	4	14	20
English Muffin	2 oz	180	3	0	1	0	300	25	1	4	1
Granola 4 oz w/ 8 oz milk	1 serv	690	12	1	3	20	430	131	9	20	53
Yogurt, LF	6 oz	160	1.5	0	1	5	100	30	0	6	25
Seasonal Fruit	4 oz	70	0	0	0	0	7	18	3	1	17
French Toast Slam*	15	940	53	0	17	855	1820	68	4	47	14
Super Grand Slamwich*	16	1320	89	1	41	550	3060	71	4	53	9
Grand Slamwich*	12	1030	66	1	26	300	2330	68	3	37	8
Grand Slam Burrito*	16	1160	62	0	21	555	2730	106	6	43	16

Favorites

	Serv Size (oz)	Calories	Fat (g)	Trans Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
T-Bone Steak & Eggs*	16	780	36	0	19	605	1210	4	0	110	1
Top Sirloin Steak & Eggs*	10	420	21	0	6	520	920	1	0	54	1
Country-Fried Steak & Eggs*	11	660	42	3	15	490	1620	29	3	39	0
Prime Rib Sizzlin' Breakfast Skillet	21	850	40	0	15	540	2110	77	6	41	14
Southwestern Sizzlin' Skillet	17	990	61	0	21	545	2140	71	6	35	10
Moons Over My Hammy*	13	780	42	0	16	540	2580	50	2	46	3
Half Moons Over My Hammy	6	390	21	0	8	270	1290	25	1	23	2
Two Egg Breakfast*	4	200	15	0	5	455	330	1	0	13	0

Sides

Bacon Strips (4)	1	180	13	0	5	40	700	2	0	14	1
Turkey Bacon	2 sl	76	4	0	0.5	17	304	0	0	8	0
Sausage Links (4)	3	370	34	0	15	70	660	4	3	9	0
Chicken Sausage Patty (1 patty)	1.5	110	9	0	3	45	260	0	0	7	1
Grilled Honey Ham Slice	3	110	5	0	2	50	810	1	0	14	1
Eggs* (each) 2 oz = 1 egg	2	120	10	0	3	210	120	0	0	6	0
Eggs, Whites	4 oz	50	0	0	0	0	180	1	0	11	0
Biscuits & Sausage Gravy	8	580	34	8	15	15	1660	57	0	9	3
Country-Fried Potatoes	5	550	37	0	7	0	780	48	10	6	0
Hash Browns	5	210	12	0	2.5	0	650	26	2	2	1
Hash Browns w/ cheese	5	310	19	0	7	20	780	26	2	8	2
Hash Browns w/ onions, cheese & gravy	8	480	22	0	8	25	3820	60	2	10	6
Pancake Pupplies 6 ea. (appetizer)	6 oz	390	12	0	2	0	930	67	2	6	22
Pancakes, Buttermilk (3)	9 oz	510	6	0	0	0	1770	102	3	12	18
Pancakes, Wheat	2 ea	310	1.5	0	0	15	950	64	8	10	2
Toast w/ margarine	1 sl	130	7	0	1	0	55	16	1	3	2
Bagel & Cream Cheese	6	428	12	0	7	35	560	48	2	11	8
Biscuit	2	210	11	4	3	0	570	25	0	3	1
English Muffin w/ margarine	2	180	3	0	1	0	300	25	1	4	1
Grits	12	260	5	0	1	0	840	47	1	5	0
Oatmeal w/ 8 oz milk	16	270	7	0	4	20	290	37	4	14	20
Granola 4 oz w/ 8 oz milk	1 serv	690	12	1	3	20	430	131	9	20	53
Yogurt, LF	6 oz	160	1.5	0	1	5	100	30	0	6	25
Seasonal Fruit	4 oz	70	0	0	0	0	7	18	3	1	17
Applesauce	3	60	0	0	0	0	13	15	1	0	12
Cinnamon Apples	3	90	0	0	0	0	60	20	1	0	18
Fruit - Banana	1 ea	110	0	0	0	0	0	29	4	1	14
Fruit - Grapes	3	55	0	0	0	0	0	29	4	1	13

Sweets

Fabulous French Toast Platter*	15	1010	52	0	16	560	2000	93	5	43	16
Belgian Waffle Platter*	8	650	50	0	24	285	1190	31	2	20	1
Pancakes* (3)	9 oz	510	6	0	0	0	1770	102	3	12	18

Appetizers

Sampler	17	1380	71	0	6	80	3710	139	6	53	11
Smothered Cheese Fries	10	870	52	0	18	80	1240	75	7	27	3
Mozzarella Cheese Sticks	8	750	40	0	17	185	2270	195	1	16	5
Chicken Strips w/ Buffalo Sauce	13	730	32	0	0.5	115	2940	53	1	57	1
Sweet & Tangy BBQ Chicken Strips	13	820	30	0	0	115	2160	83	2	58	29
Chicken Wings w/ Buffalo Sauce	8	300	21	0	5	125	1940	5	2	20	2
Sweet & Tangy BBQ Chicken Wings	8	420	19	0	5	125	1320	41	1	21	37
Fried Shrimp w/ Buffalo Sauce	8	380	17	0	3.5	125	2690	37	4	17	10
Sweet & Tangy BBQ Shrimp	8	460	14	0	3	125	1850	66	4	18	37
Zesty Nachos	22	1150	49	0	25	155	2080	138	11	46	11
Smokin' Q Three Pack (appetizer)	23	1870	106	2	21	130	3520	179	9	62	28
Cheesy Three Pack (appetizer)	24	1940	125	2	23	100	3850	164	8	52	24

Lunch Favorites

Chicken Ranch Melt*	12	920	42	0	11	115	2800	79	4	53	2
Spicy Buffalo Chicken Melt*	14	940	46	0	11	100	3870	81	4	46	2
Chicken Deluxe Salad - Chicken Strip*	18	590	29	0	5	90	1180	44	4	42	7
Grilled Chicken*	17	290	10	0	5	90	770	15	4	36	8
Fit-Fare Grilled Chicken Breast	17	290	10	0	5	90	770	15	4	36	8
Salad w/ Lemon or Lime Wedges											
Cranberry Pecan Salad (w/ Chicken)	9	250	8	0	3	85	830	11	1	32	9
(1/2) no dressing	7	210	5	0	2	75	710	11	1	30	8

*Select sides and add nutrition information to your entrée selection

	Serv Size (oz)	Calories	Fat (g)	Trans Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Cranberry Pecan Salad (w/ Shrimp)	6	190	9	0	3	150	400	9	1	18	7
(1/2) no dressing	5	160	7	0	2	140	280	9	1	16	7
Baja Salad (w/ Chicken)	15	330	16	0	4	85	940	14	4	35	6
(1/2) no dressing	11	280	13	0	3	75	780	9	4	31	4
Baja Salad (w/ Shrimp)	12	280	17	4	0	150	510	12	3	21	5
(1/2) no dressing	8	220	15	3	0	140	340	7	3	18	2
Black & Bleu Salad	10	270	16	0	6	70	930	6	1	24	3
(1/2) no dressing	5	160	9	0	4	40	550	4	0	15	2

Sides and Soups

Sides

Seasoned Fries	5	510	33	0	6	0	1010	48	5	6	0
French Fries	5	450	23	0	4	0	250	57	6	6	0
Hash Browns	5	210	12	0	2.5	0	650	26	2	2	1
Onion Rings	5	520	36	0	2	0	980	48	3	6	5
Garden Salad w/o dressing	7	113	7	0	5	0	150	7	2	7	4
Dippable Veggies w/ ranch dressing	4	280	25	0	5	15	540	11	1	2	3

Hearty Soups

Chicken Noodle Soup	12	166	4	0	2	48	1304	19	1	12	0
Broccoli & Cheddar Soup	12	374	29	1	19	69	1568	16	4	10	7
Vegetable Beef Soup	12	124	1	0	0	21	1457	18	3	10	4
Clam Chowder	12	266	17	0	12	36	1822	24	2	5	12

Breads

Garlic Dinner Bread	2 pc	170	9	0	2	0	350	21	1	4	0
Butter Roll	2 pc	260	9	2	4	10	330	38	1	5	8

Specialty Sandwiches

The Super Bird*	10	560	27	0	8	60	2360	43	2	38	3
Bacon, Lettuce & Tomato*	6	570	37	0	9	55	850	36	2	20	7
Club Sandwich*	11	660	34	0	7	60	1640	55	4	29	9
Chicken Sandwich – Grilled Chicken w/ honey mustard dressing*	15	970	58	0	10	110	2070	69	4	39	25
Chicken Sandwich – Breaded Chicken w/ honey mustard dressing*	15	1190	65	0	11	110	2910	104	5	44	24
Fit Fare Chicken Sandwich w/ select fruit	13	490	7	0	1.5	80	1460	67	5	38	24

Mouth-Watering Burgers

Western Burger*	17	1300	82	3	30	190	2700	83	6	58	18
Classic Cheeseburger*	13	930	58	3	25	165	2190	56	5	49	13
Classic Cheeseburger w/o cheese*	12	770	45	3	17	125	1560	56	5	39	13
Mushroom Swiss Burger*	15	900	54	3	22	145	2140	59	6	47	14
Bacon Cheddar Burger*	15	1100	72	3.5	31	230	2660	55	6	61	12
Double Cheeseburger*	20	1540	116	7	52	370	3880	33	5	92	9
Boca Burger*	11	500	15	0	4	15	1320	62	10	30	12
Fit Fare Boca Burger	10	410	8	0	3	5	770	60	17	25	12
Stamburger*	9	750	60	3	24	195	1560	13	2	41	1

American Dinner Classics™

Chicken Strips*	8	560	24	0	0	90	1300	41	0	45	2
Grilled Chicken*	10	280	4	0	1	135	1190	4	0	55	2
Fit Fare Grilled Chicken w/ vegetables & tomatoes*	15	380	10	0	2	135	1280	12	2	57	6
Homestyle Meatloaf w/ gravy*	7	600	46	3	17	200	1880	14	0	33	4
Country Fried Steak w/ gravy*	13	1000	65	5	22	75	2580	54	6	51	1
Grilled Shrimp Skewers*	10	370	10	0	2	270	1140	39	2	32	2
Mushroom Swiss Chopped Steak*	13	930	75	1	29	175	1930	18	1	46	4
Prime Rib Sizzlin' -Skillet Dinner	19	900	42	0	17	125	2480	77	5	49	13
Grilled Chicken Sizzlin' -Skillet Dinner	18	770	34	0	12	100	2020	72	5	41	12

Steak & Seafood

T-Bone Steak & Shrimp Skewer*	12	830	60	0	26	305	900	0	0	72	0
T-Bone Steak and Breaded Shrimp*	13	920	64	0	27	235	1490	20	2	68	5
T-Bone Steak*	12	740	56	0	25	170	740	0	0	59	0
Top Sirloin Steak & Shrimp Skewers*	8	310	9	0	3	200	760	1	0	55	1
Top Sirloin Steak & Breaded Shrimp*	9	440	15	0	4	145	1470	23	2	52	7
Top Sirloin Steak*	6	220	6	0	2	65	600	1	0	41	1
Lemon Pepper Tilapia*	13	640	27	0	14	160	1520	41	2	55	3
Fit Fare Grilled Tilapia	17	600	11	0	3	110	1560	66	3	58	7

Dinner Sides

	Serv Size (oz)	Calories	Fat (g)	Trans Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Cinnamon Apples	3	100	0.5	0	0	0	70	24	1	0	20
Coleslaw	5	260	22	0	3.5	35	520	15	3	2	12
Corn	4	130	3	0	0	0	250	26	1	4	3
Cottage Cheese	3	70	2	0	1	10	300	5	0	9	3
Country-Fried Potatoes	5	390	28	0	6	0	560	30	10	3	0
French Fries, salted	5	450	23	0	4	0	250	57	6	6	0
Green Beans (canned)	4	45	1	0	0	0	480	7	3	2	1
Green Beans (frozen)	3	45	2	0	0	0	140	4	2	1	2
Hash Browns	1 serv	210	12	0	2.5	0	650	26	2	2	1
Mashed Potatoes, plain	5	170	7	0	1	20	510	76	1	2	1
Onion Rings	5	520	36	0	2	0	980	48	3	6	5
Tomato Slices (3 slices)	2	10	0	0	0	0	3	2	1	1	2
Vegetable Rice Pilaf	5	200	3	0	0	0	820	37	1	4	2
Breaded Shrimp (6 ct.)	3	190	8	0	2	70	750	20	2	9	4
Grilled Shrimp Skewer (1)	2	90	3.5	0	1	135	160	0	0	14	0
Garlic Bread	2	170	9	0	2	0	350	21	1	4	0
Dinner Rolls	2	260	9	2	4	10	330	38	1	5	8

Desserts

Apple Pie	7	510	23	0	9	0	610	72	3	4	35
Coconut Cream Pie	7	630	39	0	24	0	370	65	1	6	43
French Silk Pie	7	770	57	1.5	30	105	400	59	2	6	38
Apple Crisp a la mode	13	750	21	0	9	35	570	134	4	7	91
Cheesecake	7	640	41	0	26	195	350	58	0	9	44
Cheesecake (No Sugar Added)	3	290	23	0	14	115	340	23	0	6	2
Carrot Cake	8	820	45	0	16	125	660	100	2	9	77
Hershey's Chocolate Cake	5	580	28	0	15	40	400	75	2	6	55
Hot Fudge Brownie a la mode	9 oz	830	37	0	17	65	520	122	4	9	95
Double Scoop/Sundae	5	280-370	12-18	0	7-12	50	80-135	38-50	1	5	32-48
Single Scoop/Sundae (Delicious Dip)	4	300	16	0	11	40	90	36	1	4	16
Milkshake (Van/Choc)	12	560	26	0	16	100	272	76	<1	11	65
Floats (Root Beer or Cola)	16	430	17	0	9	65	120	69	0	6	63
Oreo Sundae	9	760	37	0	21	60	470	103	3	9	76
Oreo Blender Blaster	14	890	44	0	20	105	580	113	3	15	77
Chocolate Topping	2	133	0.5	0	0	0	109	34	1	2	32
Cherry Topping	2	57	0	0	0	0	3	14	0	0	12
Fudge Topping	2	201	10	0	7	3	96	30	1	1	29
Strawberry Topping	2	77	1	0	0	0	8	17	1	1	18

Seniors

For our guests 55 & older

Senior Scrambled Eggs & Cheddar	13	800	47	0	18	545	2060	58	3	33	10
Senior French Toast Slam w/ Egg*	5	300	14	0	4	280	530	31	1	14	6
Senior Belgian Waffle Slam w/ Egg*	8	450	31	0	16	455	640	29	0	15	1
Senior Omelette*	9	480	37	0	15	515	820	6	1	27	3
Senior Starter*	3	210	19	0	6	230	290	1	1	9	0
Senior Bacon Cheddar Burger*	8	630	41	1	17	131	890	29	2	36	7
Senior Club Sandwich*	10	570	33	0	6	60	1640	39	3	26	7
Senior Grilled Cheese Deluxe Sandwich*	7	540	30	0	12	45	1540	50	2	17	5
Senior Grilled Shrimp Skewer*	8	290	6	0	2	135	980	39	2	18	2
Senior Homestyle Meatloaf*	4	280	23	1	17	200	760	5	0	16	2
Senior Lemon Pepper Grilled Tilapia*	9	450	24	0	14	160	700	5	1	51	1
Senior Grilled Chicken*	5	140	2	0	0	70	590	2	0	28	1
Senior Country-Fried Steak*	8	530	34	3.5	12	40	1460	30	3	26	1

Rock Star Menu

Grilled Chicken & Sausage Quesadilla w/out dressing	14	1020	56	0	27	160	2330	65	5	61	6
Bacon Burger Fries	19	1220	79	1.5	35	195	2620	77	8	52	11
Great Egg Steak*	17	1110	68	0	20	340	2420	73	4	38	7
Rascal Flatts Unstoppable Breakfast	17	1130	73	3	29	505	2580	66	5	55	5
Gym Class Heros After School Special	12	590	36	0.5	11	235	1470	52	3	21	10
Good Charlotte's Boca Burrito*	13	990	56	0.5	13	30	1390	92	12	35	3
Good Charlotte's Smoked Chicken Burrito*	13	980	58	0.5	13	65	1380	85	6	33	3
Sum 41 The Sumwich*	18	1050	57	0.5	19	640	2120	92	4	46	17

Kid's Meals

Entrees

Serv Size (oz)	Calories	Fat (g)	Trans Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)	
Jr. Grand Slam	5	380	19	0	6	235	1000	39	2	15	7
Slam Dribblers	6	410	11	0	3	10	750	74	2	9	41
Softball Pancake w/ meat	4	250	11	0	4	20	730	30	1	7	5
Chocolate Chip-In Pancakes	7	450	18	0	7	25	1160	61	3	11	17
Spaghetti, Set. Go!*	6	260	7	0	2	0	470	40	3	7	4
Slap Shot Slider*	4	370	20	0.5	9	65	550	26	1	21	6
Track & Cheese	7	340	11	0	3	25	830	48	2	12	11
Triple Play Nuggets w/ BBQ sauce	4	290	11	0	3	50	830	33	0	14	19
Cheesy @ the Plate	4	380	21	0	13	55	670	32	1	15	3
Pit Stop Pizza	4	320	14	0	4	5	470	38	2	11	3

Kid's Meals

Sides

Tumbling Vanilla Yogurt	6 oz	160	1.5	0	1	5	100	30	0	6	25
Apple Dunkers w/ caramel sauce	3	130	0	0	0	0	55	30	2	0	23
High Diving Veggies w/ dip	4	280	25	0	5	15	540	11	1	2	3
Game on Grapes	3	55	0	0	0	0	0	29	4	1	13
Fishing Goldfish Crackers	2	260	9	0	2	10	490	38	0	7	2
Home Plate Mashed Potatoes w/ brown gravy	5	140	6	0	1	15	650	52	1	2	2
Finish Line Fries	5	450	23	0	4	0	250	57	6	6	0
Jump-Shot JELL-O	3	70	0	0	0	0	40	22	0	1	17

Kid's Meals

Desserts

Sundae Sundae Sundae!	4	300	16	0	11	40	90	36	1	4	16
Soccer Shake – all flavors	11	400-580	17-31	0	17-31	50-140	120-170	54-63	1	10	40-69
Kids' OREO Blender Blaster	12	680	33	0	17	90	450	88	3	12	65
Breakaway Brownie	2	310	16	0	6	30	210	42	1	3	31
Power Play Pudding	5 oz	110	1.5	0	1.5	5	190	32	3	3	19
mini chocolate chips	13 g	53	3	0	2	0	0	7	0	1	6
white chocolate chips	15 g	79	4	0	3	1	9	10	0	1	10
OREO cookie pieces	9 g	42	2	0	0	0	60	6	0	0	4

Condiments

Balsamic Vinaigrette	1 oz	120	12	0	2	0	190	5	0	0	0
Bleu Cheese Dressing	1 oz	130	13	0	3	10	230	1	0	1	0
French Dressing	1 oz	74	5	0	0	7	248	8	0	0	4
Ranch Dressing	1 oz	129	14	2	0	8	189	1	0	0	4
Thousand Island Dressing	1 oz	107	10	2	0	14	275	5	0	0	4
Caesar Dressing	1 oz	100	10	2	0	5	300	0	0	1	0
Honey Mustard Dressing	1 oz	160	15	3	0	10	140	5	0	0	4
Fat Free Ranch Dressing	1 oz	25	0	0	0	0	230	5	1	0	1
Fat Free Italian	1 oz	9	0	0	0	0	367	3	0	0	2
Pico de Gallo	3 oz	21	0	0	0	0	125	5	1	1	3
Croutons (for Salad)	0.25 oz	90	3	0	0	0	240	15	0	3	0
Garlic Dinner Bread	2 pc	170	9	0	2	0	350	21	1	4	0
Butter Roll	2 pc	260	9	2	4	10	330	38	1	5	8
Sour Cream	1.5 oz	91	9	6	0	19	23	2	0	1	0
BBQ Sweet & Spicy	1.5 oz	110	0	0	0	0	470	30	1	0	28
Maple-Flavored Syrup (3 Tbsp.)	1.5 oz	143	0	0	0	0	26	36	0	0	28
Sugar-Free Maple-Flavored Syrup	1.5 oz	23	0	0	0	0	71	9	0	0	1
Whipped Margarine	1 Tbsp	50	6	0	2	0	40	0	0	0	0
Cherry Topping	3 oz	86	0	0	0	0	7	21	0	0	12

The nutrition information provided is based on computerized database analysis & 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 on specific ingredients, please contact our Nutrition Coordinator at 864-597-7396.

For any other nutritional information or questions, please call 1-800-733-6697 or visit Dennys.com

