



Allergens & Sulfites

Nutritional Information

We at Denny's realize that an ever increasing number of our guests need to know if certain food ingredients are in our foods, i.e. they may be sensitive to MSG or may have a severe life threatening allergy to peanuts. We are providing this information to all of our guests that request it so that they may make informed choices prior to ordering.

These listings are based on information provided by product vendors and specifications, and may not be all inclusive. Please be aware that vendors and product formulations may change. Also, some locations may use different vendors or local vendors. If necessary, product labels are available. This list is updated periodically. For further information, please call Denny's Nutrition Consultant at 864-597-7396.

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

Fish/Shellfish

- A = Anchovies
- C = Cod fish
- CL = Clams
- S = Shrimp
- T = Tilapia

Tree Nuts/Peanuts

- A = Almonds
- B = Brazil Nut ♦
- C = Cashew ♦
- P = Peanut ♦
- PC = Pecans ♦
- W = Walnuts ♦

Allergens and Sulfites	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine (Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Pie cont... French Silk		x			x		x					x	
Key Lime		x				x		x				x	
Pizza , Cheese, Kids		x			x	x						x	
Potatoes													
Diced Skillet		x			x			x				x	
French Fries		x						x					
Hash Browns								x	x				
Seasoned Fries		x			x			x				x	
Mashed Potatoes		x				x		x	x				
Rice Pilaf		x			x			x				x	x
Sauces: A-1		x			x			x					
BBQ		x			x							x	
Buffalo					x	x		x					
Cocktail		x			x			x					x
Heinz 57		x			x			x				x	
Lemon Butter Sauce		x				x			x				
Red Sauce /Marinara		x			x	x	x	x				x	x
Salsa					x								
Steak		x			x								
Tartar		x	x					x					
Sausage Crumbles					x								
Sausage Links (breakfast)		x			x		x	x					x
Shrimp (breaded)		x	x	S	x	x		x	x			x	
Shrimp Skewers				S	x	x		x	x				
Soup: Chicken Noodle		x	x		x	x	x	x		x		x	x
Clam Chowder		x		CL	x	x	x	x				x	
Vegetable Beef		x			x	x	x	x				x	x
Tomato Basil						x	x						
Sour Cream		x				x							
Steak: Country Fried		x	x		x	x	x	x				x	
Sirloin Steak					x			x					
T-Bone		x			x			x				x	x
Strawberries													
Sugar Sub: Equal	x												

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Sugar Sub cont. Sweet & Low													
Splenda													
Syrup: Maple (diet)	x												
Pancake		x											
Mango Syrup													
Pineapple Syrup										x			
Raspberry Mango Syrup										x			
Strawberry Mango Syrup										x			
Teddy Grahams		x						x				x	
Tortilla Chips		x											
Turkey:													
Shaved, Deli		x						x					
Tilapia: Grilled				T									
Waffles		x	x			x		x				x	
Wine									x				
Whipped Topping		x				x							
Vegetables: Corn		x						x					
Vegetable Blend								x					
Vinegar: Red Wine													
White, Distilled													

*Pancakes– Mix is made on equipment that also makes products containing soy, eggs and tree nuts.

LF = Low Fat

Denny's Corporation February 2008

Reorder # 5395

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Menu Items													
Apple Crisp		x				x		x			A	x	
Applesauce													
Bacon Strips													
Banana Split		x	x			x		x			◆		
Beef Patty					x	x							
Beef, Roast, Slices		x			x							x	
Beverages: Apple Juice													
Coke		x											
Coke, Diet	x	x											
Cappuccino		x				x							
RR Grapefruit													
Hot Choco-		x				x		x					
Lemonade		x											
Orange Juice													
Raspberry		x											
Root Beer		x											
Boca Burger						x		x				x	
Breads: Bagel		x										x	
Biscuit		x				x		x				x	
Burger Bun		x	x					x				x	
Butter Roll		x				x		x				x	
Dinner Roll								x				x	
English Muffin		x						x				x	
Garlic Herb		x			x	x		x				x	
Ciabatta		x						x				x	
French Toast (bread)	x	x						x				x	
French Tst (Batter only)		x	x			x		x				x	
Multigrain								x				x	
Sourdough		x				x		x				x	
White		x				x		x				x	
Chocolate Brownie		x	x			x		x			◆	x	
Buffalo Chicken Strips		x			x	x		x				x	
Buffalo Wings		x			x	x		x				x	x
Buffalo Sauce					x	x		x				x	

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Menu Items													
Butter						x							
Carrot Cake		x	x			x		x			W	x	
Cereal: Grits, Quaker		x											
Oatmeal, Quaker													
Cinnamon Apples		x				x		x					
Cheese Cake			x			x		x				x	
Cherry Topping		x											
Cheese: American/Swiss (sl.)						x							
Cheddar, Shredded						x							
Cottage Cheese						x							
Cream Cheese						x							
Chicken Breast, Grilled		x				x		x				x	
Chicken Fillet, Breaded		x	x			x		x				x	
Space, Chicken Nuggets		x				x		x				x	x
Chicken Strips, Breaded		x						x				x	
Coffee: Regular													
Decaffeinated													
Coffee Creamer		x				x		x					
Cod,battered,fried		x		C	x			x				x	
Crackers, Saltine		x						x				x	
Croutons					x			x	x			x	x
D-fusion color pkt: Green								x		x			
Red & Blue								x					
Dressings: Bleu Cheese			x		x	x		x					
Caesar		x	x	A	x	x	x	x				x	
Coleslaw		x	x					x				x	
French		x	x					x				x	
Honey Mustard		x	x		x			x				x	
Italian, Fat Free		x			x			x				x	
Mayonnaise		x	x					x				x	
Ranch, Fat Free		x			x	x	x	x				x	x
Ranch, Regular		x	x		x	x	x	x				x	x
Thousand Island			x		x			x				x	
Egg: Whole Liquid			x			x		x					
Egg Beaters (egg sub)			x										

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Menu Items													
Fryer Oil								x					
Goldfish, Crackers						x		x				x	
Gravies: Brown		x			x	x	x	x	x			x	x
Country		x				x		x				x	
Sausage		x			x	x		x				x	
Turkey		x			x	x	x	x				x	x
Ham: Sliced		x											
Shaved													
Mini Hot Dog & Bun		x				x		x				x	
Ice Cream: Butter Pecan		x				x					PC	x	
Chocolate		x				x							
Choc.Chip Cookie Dgh		x	x			x		x		x		x	
Cookies'n Crm		x				x		x				x	
Mint Choc. Chip		x				x				x			
Strawberry		x				x							
Vanilla		x	x			x							
Ketchup		x											
Margarine : Liquid								x					
Whipped						x		x					
Milk: 2 %						x							
Buttermilk						x						x	
Chocolate, LF						x							
Macaroni & Cheese		x				x		x		x		x	
Meat Loaf		x	x	A		x		x				x	
Mozzeralla Cheese Stick					x	x	x	x				x	
Mustard								x					
Nacho Beef Meat		x			x								x
Nut Topping											◆		
Onion Rings, Breaded		x			x	x		x		x		x	
Onion Tanglers		x			x	x		x				x	
Oreo Cookie Crumbs		x				x		x				x	
Pancakes(*See note on back)		x				x		x				x	
Pickle Slices					x					x			
Pies: Apple		x	x					x				x	