



WELCOME TO

AMERICA'S

DINER



DRINKS

Coffee

Our delicious Signature Diner Roasts™ come in two coffee blends: **MILD** and **BOLD**. So, no matter what your coffee preference is, we've got a roast for you. Free Refills.

MILD or BOLD (Cal 0)

Decaf (Cal 0)


New! Iced Cappuccino (Cal 190)
(Refills Extra)

Iced Tea

Free Refills.

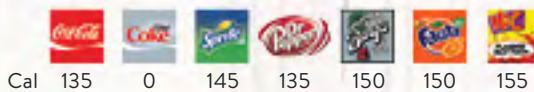
Iced Tea *Fresh Brewed Daily* (Cal 0 / 120)

Lemonade Iced Tea (Cal 70)

FUZE® Raspberry Tea  (Cal 70)

Other Beverages

Free Refills. Selection may vary.



Soft Drinks

Add a free flavor shot to any soft drink.

Cherry (Cal 5) Vanilla (Cal 80)

Hot Tea / Herbal Tea (Cal 0)

Hot Chocolate (Cal 100)

Smoothies

Our smoothies are made with real fruit, juice and nonfat yogurt. Choose from two flavors.

Groovy Mango GF (Cal 270)

Strawberry Banana Bliss GF (Cal 250)




SIGNATURE DINER ROASTS™



ICED CAPPUCCINO

Juice & Milk

Minute Maid® Premium Berry Blend  (Cal 225)
Signature blend of strawberry, orange and raspberry flavors.

Minute Maid® Orange Juice  (Cal 190)

Other Juices Ruby Red Grapefruit (Cal 245),
Apple (Cal 195) or Tomato (Cal 90)

2% Milk (Cal 220)

Chocolate Milk (reduced fat) (Cal 280)



MINUTE MAID®
PREMIUM BERRY BLEND

Premium Lemonades

Made with real lemons for that all-natural taste. Free Refills.

Mango Lemonade (Cal 210)

Lemonade (Cal 150)

Strawberry Lemonade (Cal 200)



Milk Shakes

Enjoy a full glass of our thick, creamy, hand-dipped milk shakes made with premium ice cream and topped with whipped cream, plus a little extra in the tin.

Chocolate GF (Cal 860)

OREO® (Cal 1180)

Vanilla GF (Cal 870)


Chocolate Peanut Butter GF (Cal 1180)

Strawberry GF (Cal 730)



MILK SHAKES

SLAMS

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



ALL-AMERICAN SLAM®

Three scrambled eggs with Cheddar cheese, two bacon strips and two sausage links, plus hash browns and choice of bread. (Cal 850-1260)



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 1160-1390)

BELGIAN WAFFLE SLAM®

A golden waffle served with two eggs,* two bacon strips and two sausage links. (Cal 620-860)


LUMBERJACK SLAM®

Two buttermilk pancakes, a slice of grilled ham, two bacon strips, two sausage links and two eggs,* plus hash browns and choice of bread. (Cal 1130-1490)




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 730-810)

BUILD YOUR OWN GRAND SLAM®

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



Add
*Additional
Items*

to your Build Your
Own Grand Slam®

(Limit two items.)

Bacon Strips (2) GF	Cal 70
Sausage Links (2) GF	Cal 160
Turkey Bacon Strips (2) GF	Cal 55
Eggs* (2) GF	Cal 250
Buttermilk Pancakes (2)	Cal 370
Slices of Toast (2)	Cal 270
Buttermilk Biscuit	Cal 200
English Muffin	Cal 240
<i>New!</i> Gluten Free English Muffin GF	Cal 270
Hash Browns GF	Cal 210
Grits (6 am - 2 pm only)	Cal 115
Oatmeal (6 am - 2 pm only)	Cal 240

Fit Fare® Options

Chicken Sausage Patty (1) GF	Cal 115
Egg Whites (2) GF	Cal 60
Hearty Wheat Pancakes (2)	Cal 310

Premium Items

Grilled Ham Slice GF	Cal 100
Hearty Breakfast Sausage (1) GF	Cal 350
Seasonal Fruit GF (Selection may vary.)	Cal 70
Yogurt GF	Cal 160

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. (Cal 840)



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.

OMELETTES & SKILLET

Omelettes

Three-egg omelettes are served with hash browns and choice of bread.



PHILLY CHEESESTEAK OMELETTE

Grilled prime rib, fire-roasted bell peppers and onions, sautéed mushrooms and melted Swiss cheese. (Cal 1000-1440)

GF when you choose the Gluten Free English Muffin

HAM & CHEESE OMELETTE

Diced ham, melted Swiss and American cheeses. (Cal 990-1120)

GF when you choose the Gluten Free English Muffin

LOADED VEGGIE OMELETTE

Fresh spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and melted Swiss cheese. (Cal 490-870)

FIT FARE LIGHT Under 550 calories when you choose egg whites, seasonal fruit and an English muffin as your side choices

FIT FARE PROTEIN Over 20g of protein **GF** when you choose the Gluten Free English Muffin

Start with a refreshing glass of *Minute Maid® Orange Juice.*



ULTIMATE OMELETTE®

Crumbled sausage, bacon, fire-roasted bell peppers and onions, mushrooms, diced tomatoes and shredded Cheddar cheese. (Cal 690-940)

GF when you choose the Gluten Free English Muffin



Skillets

Skillets served sizzlin' hot.



New! STEAK SKEWER & EGGS* SKILLET

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 950-1130)



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 670-830)



Add *Toast or Tortillas* to any skillet. (Cal 270 / 260)

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 340)

FIT FARE LIGHT Under 550 calories

FIT FARE PROTEIN Over 20g of protein

ULTIMATE 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 600-870)

HEARTY BREAKFAST SKILLET **GF**

A hearty breakfast sausage with seasoned red-skinned potatoes, sautéed mushrooms and fire-roasted bell peppers and onions. Topped with shredded Cheddar cheese and two eggs.* (Cal 600-1090)

CAUTION: Skillets are hot. Handle with care.

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 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.

FAVORITES

Pancakes



CINNAMON PANCAKE BREAKFAST

CINNAMON PANCAKE BREAKFAST

Cinnamon sauce and cream cheese icing drizzled over two buttermilk pancakes. Served with two eggs* and hash browns, plus your choice of two strips of bacon or two sausage links. (Cal 840-1160)

PEANUT BUTTER CUP PANCAKE BREAKFAST

Chocolate chips and white chocolate chips inside two buttermilk pancakes, topped with hot fudge and drizzled with peanut butter sauce. Served with two eggs* and hash browns, plus your choice of two strips of bacon or two sausage links. (Cal 1360-1570)



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 750)

LEAN Under 15g of fat **FIBER** Over 8g of fiber

BLUEBERRY PANCAKE BREAKFAST

Juicy blueberries cooked inside two buttermilk pancakes. Served with two eggs* and hash browns, plus your choice of two strips of bacon or two sausage links. (Cal 550-1000)



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 890-1250)



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 1070-1410)

Pancake Puppies®

Add six delicious bite-sized round pancakes rolled in cinnamon sugar and served with syrup. (Cal 490)



MOONS OVER MY HAMMY®

Our classic ham and scrambled egg sandwich with Swiss and American cheeses on grilled sourdough. Served with hash browns. (Cal 910-980)

MOONS OVER MY HAMMY*



Sides

- Bacon Strips (4) **GF** (Cal 140)
- Turkey Bacon Strips (4) **GF** (Cal 110)
- Sausage Links (4) **GF** (Cal 320)
- Hearty Breakfast
 - Sausage (1) **GF** (Cal 350)
- Chicken Sausage
 - Patties (2) **GF** (Cal 230)
- Grilled Ham Slice **GF** (Cal 100)
- Eggs* (Each) **GF** (Cal 125)
- Slices of Toast (2) (Cal 270)
- Buttermilk Biscuits (2) (Cal 400)
- English Muffin (Cal 240)
- New!** Gluten Free
 - English Muffin **GF** (Cal 270)

- Red-Skinned Potatoes **GF** (Cal 200)
- Hash Browns **GF** (Cal 210)
- Cheddar Cheese
 - Hash Browns **GF** (Cal 300)
- Everything Hash Browns (Cal 340)
 - (Onions, Cheddar cheese & country gravy)
- Grits (6 am - 2 pm only) (Cal 115)
- Oatmeal (6 am - 2 pm only) (Cal 240)
- Yogurt **GF** (Cal 160)
- Seasonal Fruit **GF** (Cal 70)
 - (Selection may vary.)

APPETIZERS



BUILD YOUR OWN SAMPLER™

BUILD YOUR OWN SAMPLER™

Pick three and make it your own. Served with your choice of dipping sauces. (Cal 980-2330)

Not so hungry? Pick two (Cal 625-1470)

Jalapeño Bottle Caps®	Cal 300	Cheese Quesadilla	Cal 650
Mozzarella Cheese Sticks	Cal 280	Chips & Queso	Cal 500
Onion Rings	Cal 820	Chicken Strips	Cal 285

PANCAKE PUPPIES®

Delicious bite-sized round pancakes rolled in cinnamon sugar and served with syrup.

Ten Puppies (Cal 850)

Six Puppies (Cal 490)

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 820-980)

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 1320)

Served as a half (Cal 660)



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 1100)

MOZZARELLA CHEESE STICKS

Golden-fried with a side of dipping sauce. (Cal 590-720)

SMOTHERED CHEESE FRIES **GF**

Wavy-cut French fries covered with Pepper Jack queso, shredded Cheddar cheese and crumbled bacon. Served with a side of creamy ranch dressing. (Cal 980)

Order a *Premium Shake*.
Go ahead, indulge yourself.



ZESTY NACHOS



SOUPS & SALADS



CHICKEN NOODLE SOUP

SOUPS

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



Today's Soup Pot

Mon & Tues: **Vegetable Beef** Cal 170 / 110
Wed & Thurs: **Loaded Baked Potato** Cal 420 / 310
Fri: **Clam Chowder** Cal 300 / 200
Sat & Sun: **Broccoli & Cheddar** Cal 370 / 250
Available Every Day: **Chicken Noodle** Cal 140 / 110



Add a **Strawberry Lemonade**
for a delicious twist.



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 630)

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

Fried Chicken Strips Cobb Salad (Cal 930)



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 360)



LEAN Under 15g of fat



LIGHT Under 550 calories



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 660)



PRIME RIB COBB SALAD

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

BURGERS

Served with choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies. Choose a veggie patty or whole wheat bun with any burger.



SPICY SRIRACHA BURGER

New! SPICY SRIRACHA BURGER

A Sriracha seasoned, hand-pressed 100% beef patty topped with Cheddar cheese, bacon, jalapeños, creamy Sriracha sauce, lettuce, tomato, red onions and pickles. Served on our new brioche bun. (Cal 940-1370)

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 our new brioche bun. (Cal 1110-1540)



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 our new brioche bun. (Cal 950-1520)

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 our new brioche bun. (Cal 1280-1630)



DOUBLE CHEESEBURGER



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. (Cal 940-1430)

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 1000-1560)



Upgrade to *Seasoned Fries*
(Cal 630)

BUILD YOUR OWN BURGER

It comes with lettuce, tomato, red onions and pickles—now follow the steps below and make it your own. (Cal 445-1645)

1. Pick your patty

100% Beef Patty GF	Cal 355
Grilled Seasoned Chicken Breast GF	Cal 200
Veggie Patty	Cal 165

2. Find your base

<i>New!</i> Brioche Bun	Cal 260
Cheddar Bun	Cal 280
Whole Wheat Bun	Cal 195

3. Say cheese

Swiss GF	Cal 110
Cheddar GF	Cal 75
American GF	Cal 80

4. Add your toppings

Caramelized Onions GF	Cal 65
Sliced Jalapeños GF	Cal 10
Mayo GF	Cal 100
BBQ Sauce GF	Cal 55
Bourbon Sauce	Cal 145

5. Premium toppings

Fresh Avocado GF	Cal 80	Sautéed Mushrooms GF	Cal 60
Bacon GF	Cal 70	Jalapeño Bottle Caps®	Cal 80

Sides

Seasoned Fries (Cal 630)	Caesar Salad (Cal 220)
French Fries GF (Cal 510)	Garden Salad (Cal 190)
Hash Browns GF (Cal 210)	Dippable Veggies GF (Cal 210)
Onion Rings (Cal 820)	Seasonal Fruit GF (Cal 70) (Selection may vary.)

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.

SANDWICHES

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

Melts



New! POT ROAST MELT

Slow-cooked pot roast with melted American cheese, mushrooms and caramelized onions on grilled 7-grain bread. (Cal 780-1220)



New! 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 880-1310)

New! 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 1060-1490)

Shown with seasoned fries.



THE SUPER BIRD®

Thinly sliced turkey breast with melted Swiss cheese, crisp bacon and tomato on grilled sourdough. (Cal 690-1120)

Go for an ice cold *Coke*®, 'cause nothing's more refreshing.



CLUB SANDWICH

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread. (Cal 890-1320)

New! 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 1180-1615)



Make it Special'er!

Upgrade to Seasoned Fries (Cal 630)

Add Two Bacon Strips **GF**
to any Burger or Sandwich (Cal 70)

Add a Garden or Caesar Salad (Cal 190 / 220)

Add a Bowl of Soup (Cal 140-420)
Add a Cup of Soup (Cal 110-310)

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



CLASSICS



BROOKLYN SPAGHETTI & MEATBALLS

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 1230)



BOURBON CHICKEN SKILLET

BOURBON CHICKEN SKILLET

Two grilled seasoned chicken breasts covered with a delicious sweet bourbon glaze topped with mushrooms and fire-roasted bell peppers and onions. Served with broccoli and seasoned red-skinned potatoes. (Cal 840)

CAUTION: Skillets are hot. Handle with care.



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 1390)

CHICKEN STRIPS

Four spicy, golden-brown breaded chicken strips served with a dipping sauce, your choice of two sides and dinner bread. (Cal 810-1520)



There's always room for
Coffee & Dessert.



Seafood



FISH & CHIPS

FISH & CHIPS

Two wild-caught white fish fillets fried golden-brown and served with wavy-cut French fries. Served with tartar sauce and your choice of one side and dinner bread. (Cal 1090-1590)

ALASKA SALMON

A grilled wild-caught Alaska salmon fillet seasoned with a delicious blend of garlic and herbs. Served with your choice of two sides and dinner bread. (Cal 520-1160)



LEAN Under 15g of fat



LIGHT Under 550 calories

when you choose whole grain rice and steamed broccoli and without dinner bread



PROTEIN Over 20g of protein



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

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 550-1280)



LIGHT Under 550 calories

when you choose Cheddar mashed potatoes and broccoli and without dinner bread



PROTEIN Over 20g of protein



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



ALASKA SALMON



Wild, Natural & Sustainable*

STEAKS



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 1070-1780)

T-BONE STEAK*

A tender 13 oz. seasoned T-Bone steak* with your choice of two sides and dinner bread. (Cal 880-1590)

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

SIRLOIN STEAK*

A USDA select, 8 oz. seasoned sirloin steak* cooked to perfection. Served with your choice of two sides and dinner bread. (Cal 500-1240)

LEAN Under 15g of fat when you choose whole grain rice, steamed zucchini & squash and without dinner bread

PROTEIN Over 20g of protein

GF when you choose 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 1050-1760)

Add an order of *Mozzarella Cheese Sticks.*
Golden-fried goodness.



SIRLOIN STEAK

Add an *Additional Side*
Make all your taste buds happy.



Sides

Broccoli GF	Cal 25	French Fries GF	Cal 510
Dippable Veggies GF	Cal 210	Hash Browns GF	Cal 210
Fresh Sautéed Zucchini & Squash GF (also available steamed)	Cal 60	Mashed Potatoes GF	Cal 200
Sweet Petite Corn GF	Cal 15	Red-Skinned Potatoes GF	Cal 200
Cheddar Mashed Potatoes GF	Cal 130	Whole Grain Rice	Cal 230
	Cal 230		



Make it Special'er!

Add Six Golden-Fried Shrimp (Cal 190)

Add a Garden or Caesar Salad (Cal 190 / 220)

Add a Bowl of Soup (Cal 140-420)

Add a Cup of Soup (Cal 110-310)

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



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

*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.

55+ MENU



Substitute healthier items like egg whites, chicken sausage, 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 buttermilk pancakes. (Cal 550-820)

55+ FRENCH TOAST SLAM®

One thick slice of our fabulous French toast with one egg,* two bacon strips or two sausage links. (Cal 470-720)

55+ BELGIAN WAFFLE SLAM®

A golden waffle served with one egg,* two bacon strips or two sausage links. (Cal 380-500)

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 270-840)

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 470)

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 450-1040)

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.

*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.

Lunch

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

55+ CLUB SANDWICH

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread. (Cal 840-1270)

New! 55+ GRILLED CHEESE SANDWICH & SOUP

Melted American cheese on grilled sourdough bread. Served with a cup of soup as your side choice. Soup available from 11 am to 10 pm. (Cal 590-730)

Dinner

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

New! 55+ STEAK SKEWER

A grilled sirloin steak skewer drizzled with a sweet bourbon sauce. Served with choice of two sides and dinner bread. (Cal 650-1720)

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 700-2130)

55+ GRILLED CHICKEN

A grilled seasoned chicken breast. Served with choice of two sides and dinner bread. (Cal 620-1830)

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



55+ GRILLED TILAPIA

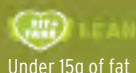
A grilled seasoned white fish fillet. Served with choice of two sides and dinner bread. (Cal 660-1550)

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



GUIDE TO BETTER NUTRITION

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



Under 15g of fat



Under 550 calories



Over 20g of protein



Over 8g of fiber

Proud supporter of



Join our Loyalty Program at dennys.com to receive all our latest news, offers and exclusive promotions!



facebook.com/dennys



blog.dennys.com



youtube.com/dennys



twitter.com/dennysdiner



instagram.com/dennysdiner