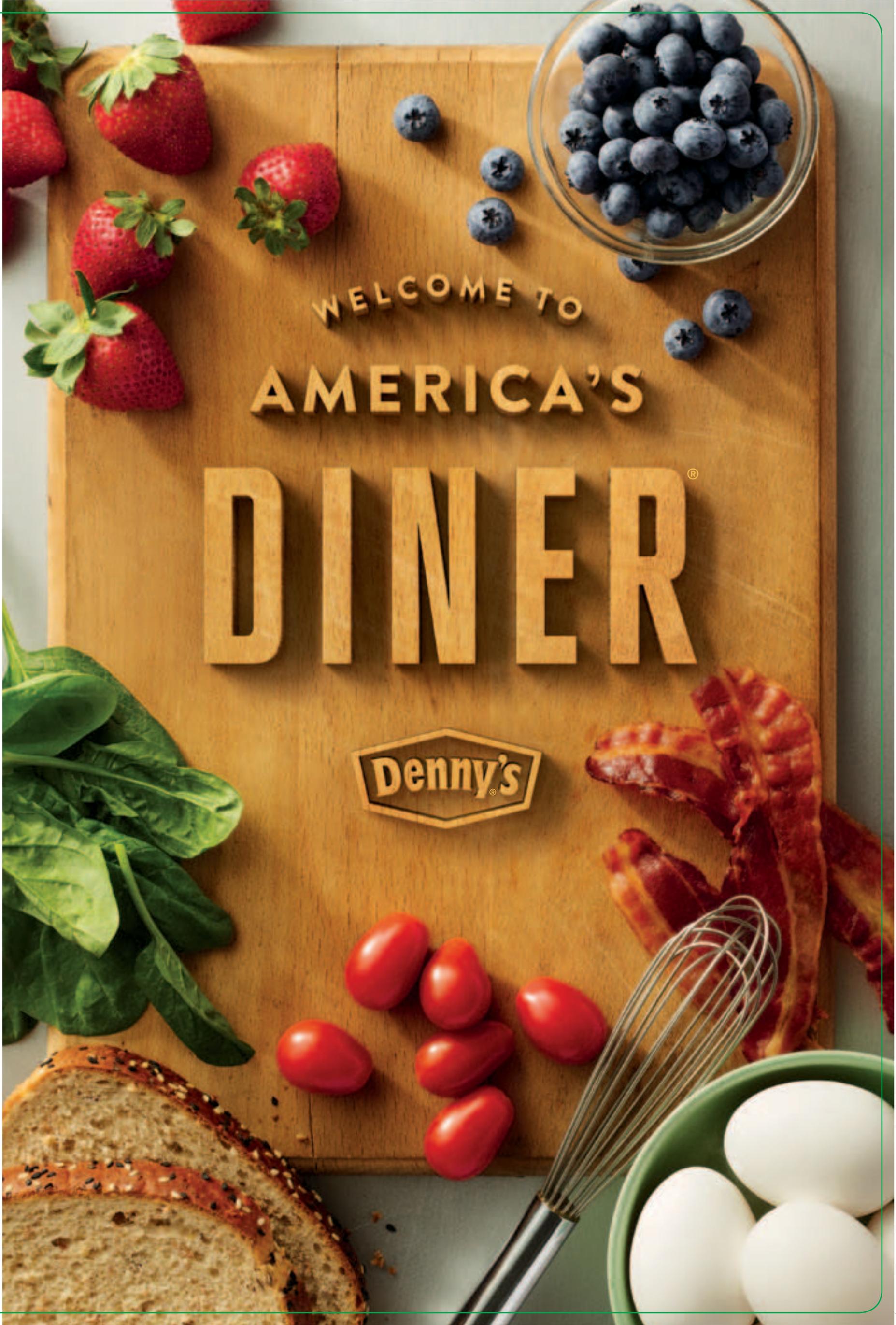


WELCOME TO  
AMERICA'S  
DINER<sup>®</sup>



# DRINKS

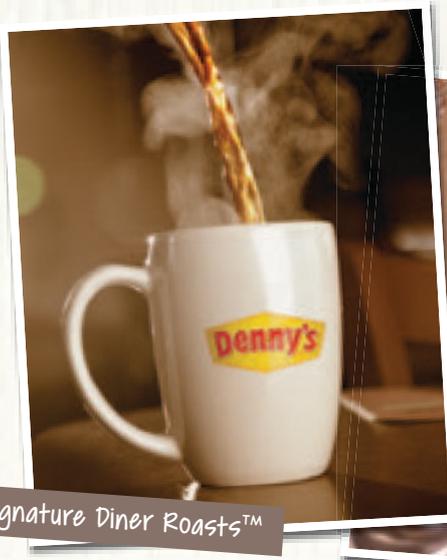
## COFFEE

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) 2.49

**Decaf** (Cal 0) 2.49

**NEW! Iced Cappuccino** (Cal 190) 3.19  
(Refills Extra)



Signature Diner Roasts™



Iced Cappuccino

## ICED TEA 2.69 each

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.



Cal 135 0 145 135 150 150 155

**Soft Drinks** 2.49

Add a free flavor shot to any soft drink.

Cherry (Cal 5) Vanilla (Cal 80)

**Hot Tea / Herbal Tea** (Cal 0) 2.29

**Hot Chocolate** (Cal 100) 2.99

## SMOOTHIES 3.69 each

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)



## JUICE & MILK

**NEW! Minute Maid® Premium Berry Blend** Signature blend of strawberry, orange and raspberry flavors. (Cal 135 / 225) 2.69 / 2.99

**Minute Maid® Orange Juice** (Cal 115 / 190) 2.69 / 2.99

**Other Juices** Ruby Red Grapefruit (Cal 150 / 245), Apple (Cal 120 / 195) or Tomato (Cal 55 / 90) 2.69 / 2.99

**Family Size Juice Carafe** (Cal 240-650) 6.29

**2% Milk** (Cal 130 / 220) 2.69 / 2.99

**Chocolate Milk** (reduced fat) (Cal 180 / 280)



Minute Maid® Premium Berry Blend

## PREMIUM LEMONADES

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

**Mango Lemonade** (Cal 210) 3.49

**Lemonade** (Cal 150) 2.59

**Strawberry Lemonade** (Cal 200) 3.69

**Strawberry Mango Pucker™** (Cal 220) 3.69

## 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. 4.69 each

**Chocolate GF** (Cal 1090)  
**OREO®** (Cal 1410)

**Vanilla GF** (Cal 750)

**Strawberry GF** (Cal 970)

**Chocolate Peanut Butter GF** (Cal 1490)



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

## FIT FARE GUIDE TO BETTER NUTRITION

Substitute healthier items like egg whites, chicken sausage, hearty wheat pancakes and sugar-free syrup. Also look for our Fit Fare® logos throughout the menu.

**FIT FARE LEAN** Under 15g of fat   **FIT FARE LIGHT** Under 550 calories   **FIT FARE PROTEIN** Over 20g of protein   **FIT FARE 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 and choice of bread. (Cal 850-1260) **10.69**



All-American Slam®

### 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) **10.69**



The Grand Slamwich®

### BELGIAN WAFFLE SLAM®

A golden waffle served with two eggs,\* two bacon strips and two sausage links. (Cal 620-860) **9.79**

### 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) **11.79**

### FRENCH TOAST SLAM®

Two thick slices of our fabulous French toast with two eggs,\* two bacon strips and two sausage links. (Cal 730-810) **9.79**

### 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) **9.99**

**FIT FARE LEAN** Under 15g of fat   **FIT FARE LIGHT** Under 550 calories

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



Fit Slam®

### BUILD YOUR OWN GRAND SLAM®

Pick any **FOUR** items and make it your own. **8.89**

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)

Bacon Strips (2) <b>GF</b>	Cal 70
Sausage Links (2) <b>GF</b>	Cal 160
Turkey Bacon Strips (2) <b>GF</b>	Cal 55
Eggs* (2) <b>GF</b>	Cal 250
Buttermilk Pancakes (2)	Cal 370
Slices of Toast (2)	Cal 270
Buttermilk Biscuit	Cal 200
English Muffin	Cal 240
<b>NEW!</b> Gluten Free English Muffin <b>GF</b>	Cal 270
Hash Browns <b>GF</b>	Cal 210
Grits (6 am - 2 pm only)	Cal 100
Oatmeal (6 am - 2 pm only)	Cal 240

#### ADD ADDITIONAL ITEMS to your Build Your Own Grand Slam®



**1.49** each  
LIMIT TWO ITEMS.

#### Fit Fare® Options

Chicken Sausage Patty (1) <b>GF</b>	Cal 115
Egg Whites (2) <b>GF</b>	Cal 60
Hearty Wheat Pancakes (2)	Cal 310
<b>Premium Items</b> add 99¢ each	
Grilled Ham Slice <b>GF</b>	Cal 100
Hearty Breakfast Sausage (1) <b>GF</b>	Cal 350
Seasonal Fruit <b>GF</b> (Selection may vary.)	Cal 70
Yogurt <b>GF</b>	Cal 160



#### MUST-HAVES

When you see a diner bell icon, you've found a fan favorite.

**GF** indicates food options that are **GLUTEN FREE.**

\*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.

Cal = Calories  
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# OMELETTES & SKILLET

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

## MEAT LOVER'S OMELETTE

Grilled prime rib, crumbled chorizo sausage, bacon, fire-roasted bell peppers and onions, and Cheddar cheese covered with Pepper Jack queso. (Cal 1130-1310) **11.69**

**GF** when you choose the Gluten Free English Muffin

## HAM & CHEESE OMELETTE

Diced ham, melted Swiss and American cheeses. (Cal 800-1060) **10.99**

**GF** when you choose the Gluten Free English Muffin

## PHILLY CHEESESTEAK OMELETTE

Grilled prime rib, fire-roasted bell peppers and onions, sautéed mushrooms and melted Swiss cheese. (Cal 1000-1440) **10.99**

**GF** when you choose the Gluten Free English Muffin



Philly Cheesesteak Omelette

## LOADED VEGGIE OMELETTE

Fresh spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and melted Swiss cheese. (Cal 490-870) **10.29**

**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

## ULTIMATE OMELETTE®

Crumbled sausage, bacon, fire-roasted bell peppers and onions, mushrooms, diced tomatoes and shredded Cheddar cheese. (Cal 690-940) **10.99**

**GF** when you choose the Gluten Free English Muffin

Start your day off right with a large, refreshing glass of **MINUTE MAID® ORANGE JUICE.**



Skillets served sizzlin' hot.

## 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) **9.49**

## 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) **9.79**



Hearty Breakfast Skillet

## 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) **9.49**

**FIT FARE LIGHT** Under 550 calories

**FIT FARE PROTEIN** Over 20g of protein

## 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) **9.49**

**ADD TOAST OR TORTILLAS to any skillet**  
(Cal 260-270) **1.29**



Santa Fe Skillet

CAUTION: Skillets are hot. Handle with care.

\*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.

Cal = Calories  
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# FAVORITES

## • PANCAKES •

### 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) **9.99**



Cinnamon Pancake Breakfast

### 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) **9.99**

### 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) **9.99**

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



Banana Pecan Pancake Breakfast

### 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) **9.99**

### 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) **10.99**



Country-Fried 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) **19.99**



T-Bone Steak & Eggs

### 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) **9.99**

### PANCAKE PUPPIES®

Add six delicious bite-sized round pancakes rolled in cinnamon sugar and served with warm syrup. (Cal 490) **2.99**



## SIDES

Bacon Strips (4) <b>GF</b> (Cal 140)	3.69	Red-Skinned Potatoes <b>GF</b> (Cal 200)	2.99
Turkey Bacon Strips (4) <b>GF</b> (Cal 110)	3.69	Hash Browns <b>GF</b> (Cal 210)	2.99
Sausage Links (4) <b>GF</b> (Cal 320)	3.69	Cheddar Cheese Hash Browns <b>GF</b> (Cal 300)	3.89
Hearty Breakfast Sausage (1) <b>GF</b> (Cal 350)	3.79	Everything Hash Browns (Cal 340) (Onions, Cheddar cheese & country gravy)	3.99
Chicken Sausage Patties (2) <b>GF</b> (Cal 230)	3.79	Grits (6 am - 2 pm only) (Cal 100)	3.09
Grilled Ham Slice <b>GF</b> (Cal 100)	3.99	Oatmeal (6 am - 2 pm only) (Cal 240)	3.99
Eggs* (Each) <b>GF</b> (Cal 125)	1.99	Yogurt <b>GF</b> (Cal 160)	2.99
Slices of Toast (2) (Cal 270)	2.39	Seasonal Fruit <b>GF</b> (Cal 70) (Selection may vary.)	3.79
Buttermilk Biscuits (2) (Cal 400)	2.39		
English Muffin (Cal 240)	2.49		
<b>NEW!</b> Gluten Free English Muffin <b>GF</b> (Cal 270)	2.49		

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# APPETIZERS

## BUILD YOUR OWN SAMPLER™

Pick three and make it your own. Served with your choice of dipping sauces. (Cal 980-2330) **9.59**

**Not so hungry? Pick two** (Cal 625-1470) **7.39**

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



Build Your Own Sampler™

## MOZZARELLA CHEESE STICKS

Golden-fried with a side of dipping sauce. (Cal 590-720) **7.59**

## 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 920) **8.99**



Chicken & Sausage Quesadilla

## PANCAKE PUPPIES®

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

**Ten Puppies** (Cal 850) **4.29**

**Six Puppies** (Cal 490) **2.99**

## 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 850-960) **8.99**

## 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) **9.59**  
**Served as a half** (Cal 660) **7.39**

## 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) **7.29**



### SIP & DIP

Enjoy a thick, creamy milkshake. Sharing is optional.



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# SOUPS & SALADS

## SOUPS

Kettle-cooked to be rich and hearty.

Available from 11 am to 10 pm.

**Bowl 4.29 Cup 3.19**



Chicken Noodle Soup

### TODAY'S SOUP POT

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

## 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) **11.59**

**Grilled Chicken Cobb Salad GF** (Cal 660) **11.59**

**Fried Chicken Strips Cobb Salad** (Cal 930) **11.59**

## 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) **11.59**

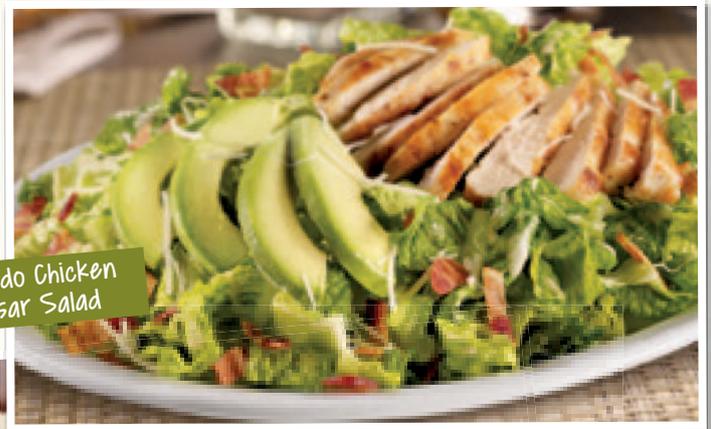
**FIT & FARE LEAN** Under 15g of fat **FIT & FARE LIGHT** Under 550 calories



Cranberry Apple Chicken 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) **11.59**



Avocado Chicken Caesar Salad



Invite something tart and sweet to lunch. Like a cool **STRAWBERRY LEMONADE.**

Cal = Calories  
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# BURGERS

## **FIT® FARE** OPTIONS

You can opt for healthier selections like a veggie patty, a whole wheat bun and a side of seasonal fruit. All at no extra cost.

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

### NEW! SPICY SRIRACHA BURGER

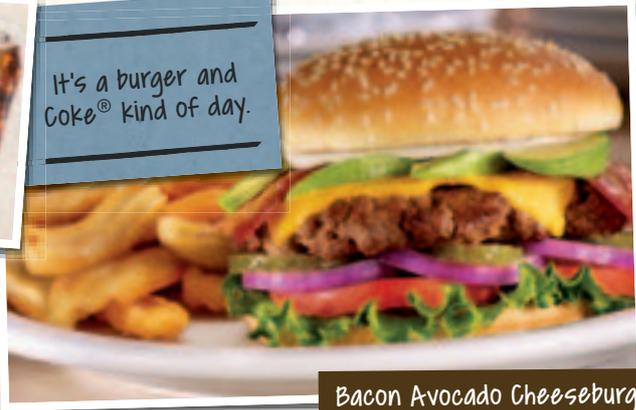
A Sriracha seasoned, hand-pressed beef patty topped with Cheddar cheese, bacon, jalapeños, creamy Sriracha sauce, lettuce, tomato, red onions and pickles. (Cal 830-1300) **10.99**



Spicy Sriracha Burger

### BACON AVOCADO CHEESEBURGER

Crispy bacon, fresh avocado and melted Cheddar cheese top a hand-pressed beef patty. Served with mayo, lettuce, tomato, red onions and pickles. (Cal 1010-1480) **10.99**



It's a burger and Coke® kind of day.

Bacon Avocado Cheeseburger

### **BACON SLAMBURGER™**

Crispy hash browns, an egg\* cooked to order and two bacon strips top a hand-pressed beef patty covered with Pepper Jack queso. (Cal 850-1380) **10.99**

### DOUBLE CHEESEBURGER

Your choice of American, Swiss or Cheddar cheese tops two hand-pressed beef patties. Served with lettuce, tomato, red onions and pickles. (Cal 1120-1630) **11.49**

### NEW! BOURBON BACON BURGER

A hand-pressed 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) **10.99**

### 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 910-1420) **10.99**



Chicken Bacon Classic

Some say sandwich. Others say burger. You'll say "delicious."

### 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) **10.99**

#### 1. Pick your patty

Beef Patty <b>GF</b>	Cal 355
Grilled Seasoned Chicken Breast <b>GF</b>	Cal 200
Veggie Patty	Cal 165
Extra patty	<b>1.50</b>

#### 2. Find your base

Sesame Seed Bun	Cal 220
Cheddar Bun	Cal 280
Whole Wheat Bun	Cal 195

#### 3. Say cheese

Swiss <b>GF</b>	Cal 110
Cheddar <b>GF</b>	Cal 75
American <b>GF</b>	Cal 80
Extra cheese	<b>79¢ each</b>

#### 4. Add your toppings

Grilled Onions <b>GF</b>	Cal 60
Sliced Jalapeños <b>GF</b>	Cal 10
Mayo <b>GF</b>	Cal 100
BBQ Sauce <b>GF</b>	Cal 55
Bourbon Sauce	Cal 145

#### 5. Premium toppings (\$1 per selection)

Fresh Avocado <b>GF</b>	Cal 80
Bacon <b>GF</b>	Cal 70
Sautéed Mushrooms <b>GF</b>	Cal 60
Jalapeño Bottle Caps®	Cal 80

### UPGRADE TO SEASONED FRIES

Don't let your French fries go naked. (Cal 630) **99¢ more**

## SIDES

Seasoned Fries (Cal 630)	<b>4.79</b>
French Fries <b>GF</b> (Cal 510)	<b>3.99</b>
Hash Browns <b>GF</b> (Cal 210)	<b>2.99</b>
Onion Rings (Cal 820)	<b>4.99</b>
Caesar Salad (Cal 220)	<b>4.29</b>
Garden Salad (Cal 190)	<b>4.29</b>
Dippable Veggies <b>GF</b> (Cal 210)	<b>2.99</b>

\*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.

Cal = Calories  
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# SANDWICHES

Hand-crafted sandwiches are served with your choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies.

## CHICKEN SALAD SANDWICH

Homemade with roasted seasoned chicken, celery, red grapes, toasted almonds and mayo. Served with spring mix and tomato on toasted 7-grain bread. (Cal 690-1120) **10.99**



Chicken Salad Sandwich

## THE SUPER BIRD®

Thinly sliced turkey breast with melted Swiss cheese, crisp bacon and tomato on grilled sourdough. (Cal 690-1120) **10.49**



The Super Bird®

## 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) **10.99**

## 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) **10.49**



Chicken Philly Melt

Shown with seasoned fries.

## CLUB SANDWICH

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread. (Cal 890-1320) **10.49**



Club Sandwich

## 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) **10.99**



### MAKE IT SPECIAL'ER!

- Upgrade to Seasoned Fries (Cal 630) **99¢**
- Add Two Bacon Strips **GF** to any Burger or Sandwich (Cal 70) **1.39**
- Add a Garden or Caesar Salad (Cal 190-220) **2.99**
- Add a Bowl of Soup (Cal 140-420) **2.99**
- Add a Cup of Soup (Cal 110-310) **2.39**

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



Cal = Calories  
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Pssst...this Lemonade Iced Tea would taste great with your sandwich.



110  
75  
80

# DINNER

## CLASSICS

### BROOKLYN SPAGHETTI & MEATBALLS

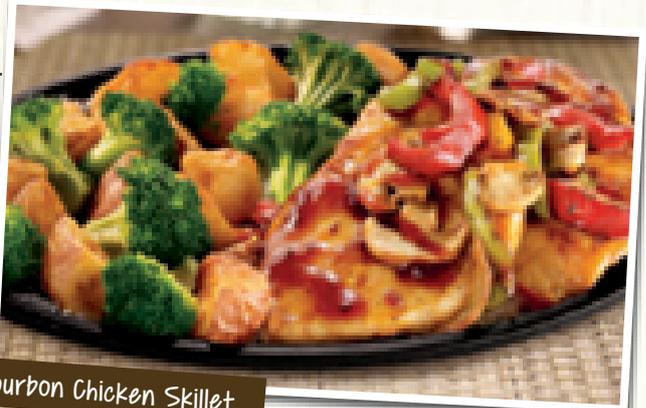
Three seasoned meatballs atop a bed of pasta covered in a rich, meaty tomato sauce. Served with a side of shredded Italian cheeses and garlic toast. (Cal 1230) **11.69**



Brooklyn Spaghetti & Meatballs

### 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) **12.69**



Bourbon Chicken Skillet

CAUTION: Skillets are hot. Handle with care.

### 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) **12.29**

### 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) **11.59**



Slow-Cooked Pot Roast

## SEAFOOD

### 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) **11.99**



Fish & Chips

### 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) **12.69**

 **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) **12.29**

 **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

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

  
Wild, Natural & Sustainable®



# DINNER

## STEAKS

### T-BONE STEAK\*

A tender 13 oz. seasoned T-Bone steak\* with your choice

of two sides and dinner bread. (Cal 880-1590) **19.99**

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

### 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) **20.99**



T-Bone Steak & Shrimp

### 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) **12.89**



Country-Fried Steak

### 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) **13.99**

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

**FIT & FAIRE** **PROTEIN** Over 20g of protein

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

You know what tastes great before dinner? An order of Mozzarella Cheese Sticks.



## SIDES

Broccoli <b>GF</b>	Cal 25
Dippable Veggies <b>GF</b>	Cal 210
Fresh Sautéed Zucchini & Squash <b>GF</b> (also available steamed)	Cal 60 Cal 15
Sweet Petite Corn <b>GF</b>	Cal 130
Cheddar Mashed Potatoes <b>GF</b>	Cal 180
French Fries <b>GF</b>	Cal 510
Hash Browns <b>GF</b>	Cal 210
Mac 'n Cheese	Cal 180
Mashed Potatoes <b>GF</b>	Cal 100
Red-Skinned Potatoes <b>GF</b>	Cal 200
Whole Grain Rice	Cal 230

ADD AN  
ADDITIONAL SIDE

2.69



## MAKE IT SPECIAL'ER!

Add Six Golden-Fried Shrimp (Cal 190)	<b>3.59</b>
Add a Garden or Caesar Salad (Cal 190-220)	<b>2.99</b>
Add a Bowl of Soup (Cal 140-420)	<b>2.99</b>
Add a Cup of Soup (Cal 110-310)	<b>2.39</b>

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

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

# 55+ MENU

Save room  
for coffee  
& dessert!



## FIT FARE OPTIONS

You can opt for healthier selections like egg whites, chicken sausage, hearty wheat pancakes and sugar-free syrup. All at no extra cost.

## BREAKFAST

### SENIOR 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) 7.99

### SENIOR FRENCH TOAST SLAM®

One thick slice of our fabulous French toast with one egg\*, two bacon strips or two sausage links. (Cal 470-720) 7.49

### SENIOR BELGIAN WAFFLE SLAM®

A golden waffle served with one egg\*, two bacon strips or two sausage links. (Cal 380-500) 8.49

### SENIOR 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) 6.99

**GF** when you choose the Gluten Free English Muffin

### SENIOR 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) 7.99

**FIT FARE LIGHT** Under 550 calories **FIT FARE PROTEIN** Over 20g of protein

**GF** when you choose the Gluten Free English Muffin

### 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 or seasonal fruit and choice of toast, biscuit or an English muffin. (Cal 450-1040) 7.99

**GF** when you choose the Gluten Free English Muffin

\*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.

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

## 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 7-grain bread. (Cal 840-1270) 8.09

### NEW! SENIOR CHICKEN SALAD SANDWICH & SOUP

Half of our homemade Chicken Salad Sandwich with roasted seasoned chicken, celery, red grapes, toasted almonds and mayo. Served with spring mix and tomato on toasted 7-grain bread and a cup of soup as your side choice. Soup available from 11 am to 10 pm. (Cal 540-1160) 7.99

## DINNER

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

### SENIOR BROOKLYN SPAGHETTI & MEATBALLS

Two 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 950-1150) 10.29

### SENIOR 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) 9.99

### SENIOR GRILLED CHICKEN

A grilled seasoned chicken breast. Served with choice of two sides and dinner bread. (Cal 620-1830) 9.79

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

### SENIOR GRILLED TILAPIA

A grilled seasoned white fish fillet. Served with choice of two sides and dinner bread. (Cal 660-1550) 9.99

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



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