Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Pie cont French Silk		х				х		х				X	
Key Lime		х				х		х				х	
Pizza , Cheese, Kids		Х			Х	Х						X	
Potatoes:													
Diced Skillet		Х			х			х				Х	
French Fries		х						х					
Hash Browns								х	х				
Seasoned Fries		х			х			х				Х	
Mashed Potatoes		х				х		х	х				
Pot Roast		х			х			х				Х	Х
Rice Pilaf		х			Х			х				X	Х
Sauces:		х			х								
Au Jus		х			х			х	х			Х	Х
BBQ		х			х							Х	
Buffalo					х	х		х					
Cocktail		х			х			х					х
Cranberry		х											
Creole		х			х	х	х	х				Х	
Heinz 57		х			х			х				Х	
Lemon Butter Sauce		х				х			х				
Marinara		х			х			х					
Red Sauce		х			х	х	х	х				Х	Х
Salsa					Х								
Sweet Hickory		х	х		х	х	х	х			X	Х	х
Tartar		х	х					х					
Sausage Crumbles					х								
Sausage Links (breakfast)		х			х		х	х					Х
Sausage Patties		х					х						
Sausage,,Links,Smoked		х					Х						
Shrimp (breaded)		Х	Х	Х	Х	Х		Х	Х			Х	
Soups: Broccoli		х			Х	Х	Х	Х		Х		Х	
Chicken Noodle		х	х			Х	Х	Х				х	х
Clam Chowder		х		х	х	х	х	х				х	
Vegetable Beef		х			х	х	х	х				х	х
Sour Cream		Х				Х							
Steak: Country		х	х		х	х	х	х				Х	
Steak House & Tips		х					Х	х				Х	х
T-Bone		х			х			х				x	х
Strawberries													

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Sugar Sub: Equal	x												
Sweet & Low													
Syrup- Maple (diet)	x												
Pancake		х											
Peach Syrup													
Raspberry Mango Syrup										х			
Strawberry Banana Syrup										X			
Strawberry Mango Syrup										Х			
Teddy Grahams		х						Х				X	
Tortilla Chips		Х											
Turkey - Sliced													
Shaved, Deli		х						х					
Tilapia - Grilled				х									
Waffles		Х	х			х		х				х	
Wine									х				
Whipped Topping		х				х							
Vegetables- Corn		х						х					
Green Beans		х			х	х							
Vinegar- Red Wine													
White, Distilled													

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

Denny's Corporation February 2006

Reorder # 5395



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, ie. 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 customers 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.

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine (Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Apple Crisp		x				x		х			х	х	
Applesauce													
Bacon Strips													
Banana Split		х	х			х		х			х		
Beef Patty													
Beef, Roast, Slices		х			х							х	
Beverages: Apple Juice													
Coke		х											
Coke, Diet,	х	х											
Cappuccino Fl.		х				х							
RR Grapefruit													
Hot Chocolate		х				х		х					
Lemonade		x											
Orange Juice													
Raspberry		x											
Root Beer		х											
Blueberry Topping		х											
Boca Burger						х		х				х	
Breads: Bagel		x										х	
Biscuit		x				x		х				х	
Burger Bun		x	х					x				x	
Dinner Roll								х				х	
English Muffin		х						х				x	
Garlic Herb Tst		Х			х	Х		х				х	
Ciabatta		X						X				X	
French Toast (bread	Х	х						X				Х	
French Toast (batter only)		х	Х			X		X				X	
Multigrain								х				х	
Sourdough		х				х		x				х	
White		Х				Х		х				х	
Stuffing Mix		Х			х		х	х				х	х
Chocolate Brownie		Х	Х			х		х			x	х	
Buffalo Chicken Strips		Х			x	х		х				х	
Buffalo Wings		Х			х	х		х				х	х
Buffalo Sauce					х	х		х				х	
Butter						х							
Carrot Cake		х	х			x		x			x	х	

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine (Yellow #5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Cereal : Cheerios		x										x	
Grits, Quaker		х											
Oatmeal, Quaker													
Raisin Bran		x										x	
Sugar Frosted		x						х				х	
Cinnamon Apples		x				х		x					
Cheese Cake			х			х		х				x	
Cherry Topping		x											
Cheese : American						х							
Cheddar, Shred-						х							
Cottage Cheese						х							
Cream Cheese						х							
Parmesan						х							
Swiss						x							_
Chicken Breast, Grilled		x				x		х				x	
Chicken Fillet, Breaded		x	x			x		x				x	
Dennysaur Chicken Nug-		x				x		x				x	x
Chicken Strips, Breaded						А							A
Coffee: Regular		x						x				x	
Decaffeinated													
Coffee Creamer		x				x		x					
Cod,battered,fried		x	x	x		л		X				x	
Crackers, Saltine		x	А	л				x				x	
Croutons					x		x	x	x			x	x
D-fusion color pkt: Blue								x					
Green								х		х			
Red								x					
Dressings: Bleu Cheese			х		x	x		x				x	
Caesar		x	x	x	x	x	x	x				x	
Coleslaw		x	X	^				x				x	
French		x	х					x				x	
Honey Mustard		x	x		x			x				x	
Italian, Creamy		x			x	x		x				x	
Italian, Reduced		x			x			x				x	
Mayonnaise		x	x		^			x				x	

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartrazine(Yellow#5)	Tree Nuts/Peanuts	Wheat	Hydrolyzed Protein
Ranch, Fat Free		х			х	х	х	х				х	х
Ranch, Regular		х	х		х	х	х	х				х	х
Thousand Island			х		x			х				х	
Eggs: Scrambled Whole			х					х					
Egg Beaters (eggssub)			х										
Fryer Oil								х					
Goldfish, Crackers						х		х				х	
Gravies Brown		х			x	х	х	х	х			x	х
Country		х				х		х				x	
Sausage		х			х	х		х				х	
Turkey		х			х	х	х	х				х	х
Ham: Sliced		х											
Shaved													
Ice Cream: Butter Pecan		х				х					х	х	
Chocolate		х				х							
Choc. Chip Cookie Dough		х	х			х		х		х		х	
Cookies 'n Cream		х				х		х				x	
Mint Choc. Chip		х				х				х			
Strawberry		х				х							
Vanilla		x	x			x							
Ketchup		х											
Margarine, Whipped Liquid								х					
Milk: 2 %						х							
Buttermilk						x						x	
Chocolate, LF						х							
Macaroni & Cheese		х				x		X		х		x	
Mozzeralla Cheese Sticks					х	х	х	х				х	
Mustard								х					
Nacho Beef Meat		х			x							x	
Nut Topping											x		
Onion Rings, Breaded		х			х	х		х		х		x	
Onion Tanglers		х			х	х		х				х	
Oreo Cookie Crumbs		х				х		х				х	
Pancakes *(See note on back)		х				х		х				x	
Pickle Slices					х					х			
Pie: Apple		х	х					х				x	
Banana Creme		х	х			х		х				х	
Coconut Creme		х				х		х				x	
Chocolate Peanut Butter		х				х		х			х	x	