

Allergens and Sulfites Menu Items	Aspartame	Corn	Egg	Fish/Shellfish	Garlic	Milk/Dairy	MSG	Soybeans	Sulfites	Tartarazine 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	
<b>Potatoes:</b>													
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				
Pot Roast		x			x			x				x	x
Rice Pilaf		x			x			x				x	x
<b>Sauces:</b>		x			x								
Au Jus		x			x			x	x			x	x
BBQ		x			x							x	
Buffalo					x	x		x					
Cocktail		x			x			x					x
Cranberry		x											
Creole		x			x	x	x	x				x	
Heinz 57		x			x			x				x	
Lemon Butter Sauce		x				x			x				
Marinara		x			x			x					
Red Sauce		x			x	x	x	x				x	x
Salsa					x								
Sweet Hickory		x	x		x	x	x				x	x	x
Tartar		x	x					x					
Sausage Crumbles					x								
Sausage Links (breakfast)		x			x		x	x					x
Sausage Patties		x					x						
Sausage,,Links,Smoked		x					x						
Shrimp (breaded)		x	x	x	x	x		x	x			x	
<b>Soups:</b> Broccoli		x			x	x	x	x		x		x	
Chicken Noodle		x	x			x	x	x				x	x
Clam Chowder		x		x	x	x	x	x				x	
Vegetable Beef		x			x	x	x	x				x	x
<b>Sour Cream</b>		x				x							
<b>Steak:</b> Country		x	x		x	x	x					x	
Steak House & Tips		x					x	x				x	x
T-Bone		x			x			x				x	x
Strawberries													

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<b>Sugar Sub:</b> Equal	x												
Sweet & Low													
<b>Syrup-</b> Maple (diet)	x												
Pancake		x											
Peach Syrup													
Raspberry Mango Syrup										x			
Strawberry Banana Syrup										x			
Strawberry Mango Syrup										x			
Teddy Grahams		x						x				x	
Tortilla Chips		x											
<b>Turkey -</b> Sliced													
Shaved, Deli		x						x					
<b>Tilapia -</b> Grilled				x									
Waffles		x	x			x		x				x	
Wine									x				
Whipped Topping		x				x							
Vegetables- Corn		x						x					
Green Beans		x			x	x							
<b>Vinegar-</b> Red Wine													
White, Distilled													

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



## 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.

