Denny's

EVERY MADE TO ORDER

WELCOME TO AMERICA'S DINER®

DRINKS & SHAKES

COFFEE

New! **Signature Diner Blend**
Free Refills.
Regular or **Decaf** (Cal 0)

Hazelnut & **French Vanilla** creamers available.

New! **Cold Brew Coffee**
Refills Extra.
Unsweetened (Cal 60) or **Sweetened** (Cal 130)
Also available black.

SMOOTHIES

Made with real fruit, juice and nonfat yogurt.

Groovy Mango GF (Cal 340)
Strawberry Banana Bliss GF (Cal 330)

OTHER BEVERAGES

Free Refills. Selection may vary.

Cal	180	0	170	140	200	190	190

Soft Drinks
Add a free flavor shot to any soft drink.
Cherry (Cal 80) Vanilla (Cal 80)

Hot Tea / Herbal Tea (Cal 0)

Hot Chocolate (Cal 190)

PREMIUM LEMONADES & ICED TEA

Free Refills. Our premium Minute Maid® lemonades are made with real lemons and natural flavors.

Minute Maid® Lemonade (Cal 150)
Mango Lemonade (Cal 210)
Strawberry Lemonade (Cal 210)

Fresh Brewed Iced Tea (Cal 5 / 160)
Lemonade Iced Tea (Cal 80)
FUZE® Raspberry Tea (Cal 110)

JUICE & MILK

Minute Maid® Premium Berry Blend Signature blend of strawberry, orange and raspberry flavors. (Cal 230)

Minute Maid® Orange Juice (Cal 210)

Other Juices Ruby Red Grapefruit (Cal 240), Apple (Cal 210) or Tomato (Cal 90)

2% Milk (Cal 230)

Chocolate Milk (reduced fat) (Cal 290)

MILK SHAKES

Made with premium ice cream and topped with whipped cream. Plus, a little extra in the tin.

New! **Peanut Butter Banana** GF (Cal 1030)
New! **Chocolate Peanut Butter** GF (Cal 1080)
Cake Batter (Cal 1090)
OREO® (Cal 1050)
Chocolate GF (Cal 870)
Strawberry GF (Cal 760)
Vanilla GF (Cal 800)

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SLAMS

Choosing healthy is important, so look for our **Fit Fare®** logos. Substitute healthier items like **egg whites** and **sugar-free syrup**.

Upgrade your buttermilk pancakes to *New!* **Hearty 9-Grain Pancakes** (Cal 410) for

ALL-AMERICAN SLAM®

Three scrambled eggs with Cheddar cheese, two bacon strips and two sausage links, plus hash browns and choice of bread. (Cal 820-1210)

FRENCH TOAST SLAM®

Two thick slices of our fabulous French toast with two eggs;* two bacon strips and two sausage links. (Cal 920-1080)

FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus two turkey bacon strips, an English muffin and seasonal fruit. (Cal 420)

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

BELGIAN WAFFLE SLAM®

A golden waffle served with two eggs;* two bacon strips and two sausage links. (Cal 700-870)

GRAND SLAM SLUGGER®

Two buttermilk pancakes, two eggs;* two bacon strips and two sausage links. Served with hash browns or choice of bread, plus coffee and juice. (Cal 1000-1450)

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 1170-1480)

BUILD YOUR OWN GRAND SLAM®

Pick any FOUR items and make it your own.

Or order the **Original Grand Slam®** and get two buttermilk pancakes, two eggs;* two bacon strips and two sausage links. (Cal 770-930)

Bacon Strips (2) **GF** (Cal 100)
Sausage Links (2) **GF** (Cal 160)
Turkey Bacon Strips (2) **GF** (Cal 60)
Eggs* (2) **GF** (Cal 130-220)
Egg Whites (2) **GF** (Cal 60)
Buttermilk Pancakes (2) (Cal 450)
Slices of Toast (2) (Cal 230-280)
Buttermilk Biscuit (Cal 240)
English Muffin (Cal 170)
Gluten Free English Muffin **GF** (Cal 180)
Hash Browns **GF** (Cal 170)
Grits (6 am - 2 pm only) (Cal 90)
Oatmeal (6 am - 2 pm only) (Cal 240)

Premium Items add
Grilled Ham Slice **GF** (Cal 90)
Hearty Breakfast Sausage (1) **GF** (Cal 350)
Seasonal Fruit **GF** (Cal 110) (Selection may vary.)
Yogurt **GF** (Cal 120)
New! Hearty 9-Grain Pancakes (2) (Cal 410)

LUMBERJACK SLAM®

ADD ADDITIONAL ITEMS TO YOUR
BUILD YOUR OWN GRAND SLAM®
(Limit two items.)
Additional charge for premium items.

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.

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*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.

FAVORITES

3-EGG OMELETTES

Served with **hash browns** and choice of **bread.**

PHILLY CHEESESTEAK OMELETTE
Grilled prime rib, fire-roasted bell peppers & onions, sautéed mushrooms and melted Swiss cheese. (Cal 770-1160)
GF when you choose the Gluten Free English Muffin

HAM & CHEESE OMELETTE
Diced ham, melted Swiss and American cheeses. (Cal 670-1060)
GF when you choose the Gluten Free English Muffin

KICK THINGS OFF WITH
MINUTE MAID® ORANGE JUICE

LOADED VEGGIE OMELETTE
Fresh spinach, mushrooms, sautéed zucchini & squash, diced tomatoes and melted Swiss cheese. (Cal 510-910)

FIT & FARE **LIGHT** Under 550 calories
FIT & FARE **LEAN** Under 15g of fat
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 & onions, mushrooms, diced tomatoes and shredded Cheddar cheese. (Cal 750-1140)
GF when you choose the Gluten Free English Muffin

ULTIMATE OMELETTE®

BREAKFAST MELTS

Served with **hash browns.**

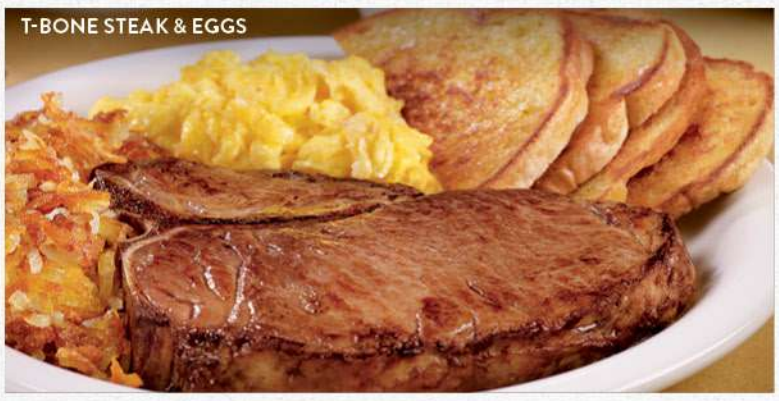
THE GRAND SLAMWICH®
Two scrambled eggs, crumbled sausage, bacon, shaved ham and American cheese on potato bread grilled with a maple spice spread. (Cal 1130-1290)

MOONS OVER MY HAMMY®
Our classic ham and scrambled egg sandwich with Swiss and American cheeses on grilled sourdough. (Cal 790-950)

STEAK & EGGS

Served with **two eggs*, hash browns** and choice of **bread.**

COUNTRY-FRIED STEAK & EGGS*
A golden-fried chopped beef steak smothered in rich country gravy. (Cal 720-1030)



T-BONE STEAK* & EGGS*
A tender 13 oz. seasoned T-Bone steak.* (Cal 860-1170)

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PANCAKES

All **PANCAKE BREAKFASTS** are served with **two eggs*** and **hash browns**, plus your choice of **two bacon strips** or **two sausage links**.

New! DOUBLE BERRY BANANA PANCAKE BREAKFAST

Two buttermilk pancakes with juicy blueberries cooked inside and topped with fresh strawberries, bananas and whipped cream. (Cal 810-1060)
Blueberry Pancake Breakfast (Cal 760-1010)

New! PEANUT BUTTER CREAM PANCAKE BREAKFAST

Chocolate chips and white chocolate chips cooked inside two buttermilk pancakes and topped with peanut butter cream and chopped nuts. (Cal 1290-1560)

UPGRADE YOUR SAUSAGE TO
HEARTY BREAKFAST SAUSAGE (1) **GF**
FOR ONLY (Cal 350)

New! HEARTY 9-GRAIN PANCAKE BREAKFAST

Two multi-grain wheat pancakes made with wholesome flaxseeds and a hint of cinnamon & brown sugar. Served with seasonal fruit instead of hash browns. (Cal 640-900)

PREMIUM CRAFT PANCAKES

Hand-crafted pancakes are made to order using premium ingredients.

New! DULCE DE LECHE CRUNCH PANCAKE BREAKFAST

Our new cinnamon crumb topping cooked into two buttermilk pancakes and topped with whipped cream. Served with a pitcher of warm salted caramel for drizzling. (Cal 1460-1780)
Not so hungry? Order just the pancakes (Cal 1220) for

SALTED CARAMEL & BANANA CREAM PANCAKE BREAKFAST

Two buttermilk pancakes with shortbread pieces cooked inside and topped with vanilla cream, fresh bananas and even more shortbread pieces. Served with a pitcher of warm salted caramel for drizzling. (Cal 1440-1690)
Not so hungry? Order just the pancakes (Cal 1140) for

SIDE ITEMS

Bacon Strips (4) **GF** (Cal 210)
Turkey Bacon Strips (4) **GF** (Cal 130)
Sausage Links (4) **GF** (Cal 320)
Hearty Breakfast Sausage (1) **GF** (Cal 350)
Grilled Ham Slice **GF** (Cal 90)
Eggs* (each) **GF** (Cal 60-110)
Slices of Toast (2) (Cal 230-280)

Buttermilk Biscuits (2) (Cal 470)
English Muffin (Cal 170)
Gluten Free English Muffin **GF** (Cal 180)
Hash Browns **GF** (Cal 170)
Cheddar Cheese Hash Browns **GF** (Cal 250)
Everything Hash Browns (Cal 310)
(onions, Cheddar cheese & country gravy)

Red-Skinned Potatoes **GF** (Cal 200)
Grits (6 am - 2 pm only) (Cal 90)
Oatmeal (6 am - 2 pm only) (Cal 240)
Yogurt **GF** (Cal 120)
Seasonal Fruit **GF** (Cal 110)
(Selection may vary.)

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SIZZLIN' SKILLETS

BREAKFAST

FIT FARE® VEGGIE SKILLET GF
Seasoned red-skinned potatoes, fire-roasted bell peppers & onions, mushrooms and broccoli. Topped with two egg whites scrambled with spinach and grape tomatoes. Served with a side of salsa. (Cal 370)

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

SANTA FE SKILLET GF
Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned red-skinned potatoes. Topped with Cheddar cheese and two eggs.* (Cal 590-750)

SUPREME SKILLET GF
Grilled sausage, fresh spinach, fire-roasted bell peppers & onions, mushrooms, grape tomatoes and seasoned red-skinned potatoes. Topped with Cheddar cheese and two eggs.* (Cal 630-780)

ADD **TOAST** OR **TORTILLAS**

TO ANY SKILLET (Cal 230-280 / 260)

DINNER

CRAZY SPICY SKILLET GF
Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms, jalapeños and seasoned red-skinned potatoes. Topped with grilled seasoned chicken breast, shredded Cheddar cheese, a spicy five pepper sauce and Pepper Jack queso. (Cal 860)

Add two eggs* to your skillet GF (Cal 60-220) for

SMOKY GOUDA CHICKEN & BROCCOLI SKILLET
Roasted seasoned chicken with caramelized onions, mushrooms and broccoli served atop whole grain rice. Topped with Italian cheeses and Gouda cheese sauce. (Cal 810)

Smoky Gouda Prime Rib & Broccoli Skillet (Cal 840)

BOURBON CHICKEN SKILLET GF
Two grilled seasoned chicken breasts covered with a delicious sweet bourbon glaze, topped with fire-roasted bell peppers & onions and mushrooms, all atop broccoli and seasoned red-skinned potatoes. (Cal 870)

CAUTION: Skillets are hot. Handle with care.

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APPETIZERS & SOUPS

BUILD YOUR OWN SAMPLER™

Pick three and make it your own. Served with your choice of dipping sauces. (Cal 780-2530)

Not so hungry? Pick two (Cal 520-1690)

Chicken Strips (Cal 240)
Chips & Queso (Cal 590)
Mozzarella Cheese Sticks (Cal 280)
Bacon Cheddar Tots (6) (Cal 300)
Cheese Quesadilla (Cal 600)

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 720-1010)

SOUPS

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

Bowl **Cup**

TODAY'S SOUP POT

Mon & Tues: **Vegetable Beef** (Cal 310 / 200)
Wed & Thurs: **Loaded Baked Potato** (Cal 470 / 360)
Fri, Sat & Sun: **Chicken Noodle** (Cal 390 / 260)

New! ITALIAN SAMPLER

Six Mozzarella Cheese Sticks, five garlic bread slices and three seasoned meatballs covered in rich tomato sauce and sprinkled with shredded Italian cheeses. (Cal 1250)

New! LOADED NACHO TOTS

Ten of our house-made Bacon Cheddar Tots topped with Cheddar cheese, Pepper Jack queso, seasoned nacho meat, bacon, jalapeños and sour cream. (Cal 990)

Ten Bacon Cheddar Tots (Cal 580)

MOZZARELLA CHEESE STICKS

Golden-fried with a side of dipping sauce. (Cal 570-800)

ADD A REFRESHING

MINUTE MAID® SMOOTHIE

ZESTY NACHOS GF

Tortilla chips cooked fresh to order. Topped with Pepper Jack queso, shredded Cheddar cheese, seasoned nacho meat, freshly made pico de gallo and sour cream. (Cal 1670)

Served as a half (Cal 880)

ZESTY NACHOS

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We source fresh produce from local businesses.

SALADS & SANDWICHES

SALADS

AVOCADO CHICKEN CAESAR SALAD GF
Grilled seasoned chicken breast, fresh avocado, crisp bacon crumbles and shredded Italian cheeses on top of fresh romaine lettuce. Tossed with Caesar dressing. (Cal 730)

New! HOUSE SALAD
Sliced cucumbers, grape tomatoes, Cheddar cheese and croutons atop a bed of iceberg mix. Served with the dressing of your choice. (Cal 220-680)

Add Grilled Chicken (Cal 200)
Add Fried Chicken Strips (Cal 370)
Add Prime Rib (Cal 130)
Add Wild Alaska Salmon (Cal 350)

COBB SALAD GF
Bacon, fresh avocado, grape tomatoes, Cheddar cheese, hard-boiled egg and potato sticks atop a bed of iceberg mix. Served with the dressing of your choice. (Cal 460-930)

Add Grilled Chicken GF (Cal 200)
Add Fried Chicken Strips (Cal 370)
Add Prime Rib GF (Cal 130)
Add Wild Alaska Salmon GF (Cal 350)

COBB SALAD
shown with prime rib

SANDWICHES

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

New! GRILLED TUSCAN CHICKEN SANDWICH
A grilled seasoned chicken breast topped with melted Swiss cheese, bacon and sun-dried tomato mayo. Served with lettuce, tomato, red onions and pickles on a brioche bun. (Cal 960-1250)

CLUB SANDWICH
Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread. (Cal 940-1230)

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 930-1210)

SIDE ITEMS

- Seasoned Fries (Cal 490)
- French Fries GF (Cal 400)
- Hash Browns GF (Cal 170)
- Caesar Salad (Cal 280)
- Garden Salad (Cal 190-420)
- Seasonal Fruit GF (Cal 110)
  (Selection may vary.)

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DINER MELTS

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

POT ROAST MELT
Slow-cooked pot roast with melted American cheese, mushrooms and caramelized onions on grilled 7-grain bread. (Cal 980-1270)

THE GRAND SLAMWICH®
Two scrambled eggs, crumbled sausage, bacon, shaved ham and American cheese on potato bread grilled with a maple spice spread. (Cal 1070-1510)

MOONS OVER MY HAMMY®
Our classic ham and scrambled egg sandwich with Swiss and American cheeses on grilled sourdough. (Cal 730-1180)

MAKE IT SPECIAL'ER!

Upgrade to Bacon Cheddar Tots (6) (Cal 300)

Upgrade to Seasoned Fries (Cal 490)

Add two Bacon Strips **GF**
to any Burger or Sandwich (Cal 100)

Add a Garden Salad (Cal 190-420)

Add a Caesar Salad (Cal 280)

Add a Cup of Soup (Cal 200-360)
Soup available from 11 am to 10 pm. Selection may vary.

CHICKEN PHILLY MELT
Roasted seasoned chicken, sautéed mushrooms, fire-roasted bell peppers & onions, shredded Italian cheeses and Pepper Jack queso. Served on a hoagie roll grilled with garlic & herbs. (Cal 860-1150)

PRIME RIB PHILLY MELT
Juicy prime rib, sautéed mushrooms, fire-roasted bell peppers & onions, shredded Italian cheeses and Pepper Jack queso. Served on a hoagie roll grilled with garlic & herbs. (Cal 1010-1300)

TREAT YOURSELF TO A
HAND-DIPPED MILK SHAKE

THE SUPER BIRD®
Thinly sliced turkey breast with melted Swiss cheese, crisp bacon and tomato on grilled sourdough. (Cal 700-990)

THE SUPER BIRD®

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100% BEEF BURGERS

Hand-pressed 100% beef burgers are served with your choice of **wavy-cut French fries, hash browns** or **seasonal fruit.**

Choose a **veggie patty** or **whole wheat bun** with any burger.

UPGRADE TO
SEASONED FRIES
FOR [redacted] MORE (Cal 490)

UPGRADE TO
BACON CHEDDAR TOTS (6)
FOR [redacted] MORE (Cal 300)

BACON GOUDA BURGER

Four bacon strips, caramelized onions and shredded Italian cheeses covered with Gouda cheese sauce. Served with lettuce, tomato, red onions and pickles on a brioche bun. (Cal 990-1480) [redacted]

SPICY SRIRACHA BURGER

Cheddar cheese, bacon, jalapeños and creamy Sriracha sauce. Served with lettuce, tomato, red onions and pickles on a brioche bun. (Cal 820-1310) [redacted]

SLAMBURGER™

Crispy hash browns, an egg* cooked to order and two bacon strips covered with Pepper Jack queso. Served on a brioche bun. (Cal 780-1350) [redacted]

BACON AVOCADO CHEESEBURGER

Crispy bacon, fresh avocado and melted Cheddar cheese. Served with mayo, lettuce, tomato, red onions and pickles on a brioche bun. (Cal 900-1400) [redacted]

DOUBLE CHEESEBURGER

Your choice of American, Swiss or Cheddar cheese. Served with lettuce, tomato, red onions and pickles on a brioche bun. (Cal 850-1540) [redacted]

BOURBON BACON BURGER

Cheddar cheese, bacon, sautéed mushrooms and fire-roasted bell peppers & onions. Served with lettuce, tomato, red onions, pickles and sweet bourbon sauce on a Cheddar bun. (Cal 810-1300) [redacted]

BUILD YOUR OWN BURGER

It comes with lettuce, tomato, red onions and pickles. Now follow the steps below and make it your own. (Cal 420-1500)

1. Pick your patty
- 100% Beef Patty **GF** (Cal 360)
- Grilled Seasoned Chicken Breast **GF** (Cal 200)
- Veggie Patty (Cal 170)
- **Extra patty** [redacted]

2. Find your base
- Brioche Bun (Cal 250)
- Cheddar Bun (Cal 250)
- Whole Wheat Bun (Cal 190)

3. Say cheese
- Swiss **GF** (Cal 80)
- Cheddar **GF** (Cal 80)
- American **GF** (Cal 80)
- **Extra cheese** [redacted]

4. Add your toppings
- Caramelized Onions **GF** (Cal 70)
- Sliced Jalapeños **GF** (Cal 5)
- Mayo **GF** (Cal 100)
- Sweet & Tangy BBQ **GF** (Cal 70)
- Bourbon Sauce **GF** (Cal 110)

5. Premium toppings ([redacted] **per selection**)
- Fresh Avocado **GF** (Cal 45)
- Bacon Strips (2) **GF** (Cal 100)
- Sautéed Mushrooms **GF** (Cal 50)

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CLASSICS & STEAKS

We're proud to serve wild-caught Alaska salmon.

All **CHICKEN**, **SEAFOOD** and **STEAK DINNERS** are served with your choice of **two sides** and **dinner bread**.

New! MEDITERRANEAN GRILLED CHICKEN

Two grilled chicken breasts seasoned with Greek herbs & spices, topped with tomato bruschetta and feta cheese. (Cal 850-1610)

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

CHICKEN STRIPS

Four spicy, golden-brown breaded chicken strips served with a dipping sauce. (Cal 720-1710)

WILD ALASKA SALMON

A grilled wild-caught Alaska salmon fillet seasoned with a delicious blend of garlic & herbs. (Cal 560-1320)

Wild, Natural & Sustainable*

LIGHT Under 550 calories when you choose red-skinned 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

TILAPIA RANCHERO

A seasoned white fish fillet grilled and topped with freshly made pico de gallo and fresh avocado. (Cal 520-1280)

LIGHT Under 550 calories when you choose red-skinned 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

BROOKLYN SPAGHETTI & MEATBALLS

Three seasoned meatballs atop a bed of pasta covered in rich tomato sauce. Served with a side of shredded Italian cheeses and garlic toast. (Cal 1110)

ADD AN **ADDITIONAL SIDE** FOR

SIDE ITEMS

New! Red-Skinned Mashed Potatoes (Cal 120-140) **GF** without gravy

Broccoli **GF** (Cal 25)

Fresh Sautéed Zucchini & Squash **GF** (Cal 70) (also available steamed) (Cal 15)

Red-Skinned Potatoes **GF** (Cal 200)

French Fries **GF** (Cal 400)

Hash Browns **GF** (Cal 170)

Sweet Petite Corn **GF** (Cal 210)

Whole Grain Rice (Cal 240)

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New! HOMESTYLE MEATLOAF

A thick slice of classic seasoned meatloaf topped with rich tomato sauce. (Cal 800-1560)

New! SLOW-COOKED POT ROAST

Slow-cooked pot roast, sautéed mushrooms and caramelized onions covered in rich gravy. (Cal 620-1370)

LIGHT Under 550 calories when you choose red-skinned mashed potatoes and broccoli and without dinner bread

PROTEIN Over 20g of protein

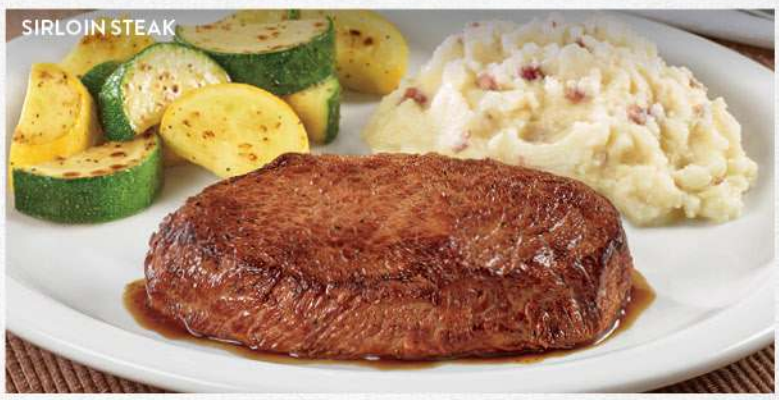
T-BONE STEAK*

A tender 13 oz. seasoned T-Bone steak.* (Cal 710-1470)

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

COUNTRY-FRIED STEAK

A dinner-sized, golden-fried chopped beef steak smothered in rich country gravy. (Cal 780-1540)



SIRLOIN STEAK*

A USDA select, 8 oz. seasoned sirloin steak* cooked to perfection. (Cal 580-1340)

LIGHT Under 550 calories when you choose red-skinned mashed potatoes and sautéed or 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

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55+ MENU

Substitute healthier items like **egg whites** 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 850-1010)

55+ BELGIAN WAFFLE SLAM®
A golden waffle served with one egg*, two bacon strips or two sausage links. (Cal 480-650)

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 300-670)

GF when you choose the Gluten Free English Muffin

55+ FIT FARE® LOADED VEGGIE OMELETTE
Egg white omelette with spinach, mushrooms, sautéed zucchini & squash, diced tomatoes and Swiss cheese. Served with seasonal fruit and an English muffin. (Cal 420)

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

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 560-960)

GF when you choose the Gluten Free English Muffin

LUNCH

55+ CLUB SANDWICH
Thinly sliced turkey breast, bacon, lettuce, tomato and mayo on toasted 7-grain bread. Served with wavy-cut French fries. (Cal 1090)

55+ GRILLED CHEESE SANDWICH & SOUP
Melted American cheese on grilled sourdough bread and served with a cup of soup. (Cal 640-790)

Soup available from 11 am to 10 pm. Other side choices available upon request.

DINNER

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

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 760-1750)

55+ GRILLED CHICKEN
A grilled seasoned chicken breast. Served with choice of two sides and dinner bread. (Cal 570-1600)

GF 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 650-1650)

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.

*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.

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