

9to5strength - Denny's Nutrition Tables

Denny's - Build Your Own Grand Slam

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pancakes, Buttermilk w/ margarine	450	10	77	20	11	4	2.0	3.5
Pancakes, Hearty 9-Grain	410	10	68	21	11	4	5.0	2.2
Hearty Breakfast Sausage	350	14	5	1	31	8	0.0	2.1
Toast, Sourdough, w/ margarine	280	6	37	2	12	3	1.0	1.2
Buttermilk Biscuit	240	4	27	2	13	7	1.0	1.7
Oatmeal w/ milk & brown sugar	240	7	45	16	2	1	4.0	0.1
Toast, White, w/ margarine	240	5	31	2	10	2	0.0	1.0
Toast, Wheat, w/ margarine	230	6	29	2	11	2	2.0	1.0
Eggs, Scrambled (2)	220	14	1	0	17	5	0.0	0.9
Gluten Free English Muffin w/ margarine	210	4	36	7	6	1	1.0	1.4
Eggs, Fried/Basted (2)	190	11	1	0	16	4	0.0	0.5
English Muffin w/ margarine	170	5	25	1	6	1	1.0	0.7
Hash Browns	170	1	15	1	12	2	1.0	0.9
Sausage Links	160	5	1	0	15	5	1.0	0.8
Eggs, Boiled (2)	130	11	1	0	8	3	0.0	0.3
Yogurt	120	6	19	18	2	1	0.0	0.3
Seasonal Fruit	110	1	27	19	0	0	3.0	0.0
Bacon Strips	100	7	1	1	8	2	0.0	0.9
Grilled Ham Slice	90	15	1	1	3	1	0.0	2.0
Grits w/ margarine	90	1	12	0	5	2	1.0	0.1
Egg Whites (2)	60	13	1	0	1	0	0.0	0.6
Turkey Bacon Strips	60	7	1	1	4	1	0.0	0.8

Denny's - Slams (add egg choice)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Lumberjack Slam®	970	38	96	23	49	15	4.0	8.0
All-American Slam® w/ hash browns	930	44	19	2	74	26	2.0	4.5
French Toast Slam®	860	31	65	14	53	17	3.0	4.1
Grand Slam Slugger®	710	22	79	21	34	12	3.0	5.1
Original Grand Slam®	710	22	79	21	34	12	3.0	5.1
Belgian Waffle Slam®	640	18	45	2	43	18	2.0	3.2
Fit Slam®	420	27	56	21	11	3	4.0	2.1

Denny's - Favourites (with hash browns)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
The Grand Slamwich®	1290	51	87	10	82	27	3.0	8.3
Moons Over My Hammy®	950	44	57	4	60	20	2.0	6.4
Philly Cheesesteak Omelette	880	48	25	4	64	21	2.0	3.9
Ultimate Omelette®	850	37	20	3	68	21	2.0	4.0
Ham & Cheese Omelette	780	50	20	3	54	19	1.0	5.7
T-Bone Steak & Eggs	660	53	16	1	42	14	1.0	4.0
Loaded Veggie Omelette	620	31	24	5	44	14	3.0	2.4
Country-Fried Steak & Eggs	520	19	38	2	33	10	2.0	3.5

Denny's - Pancakes (add hash browns, egg & meat choices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Dulce De Leche Crunch Pancake B'fast	1220	22	207	101	35	11	12.0	4.9
Salted Caramel & Banana Cream Pancake B'fast	1140	17	207	110	27	17	6.0	4.9
Peanut Butter Cream Pancake B'fast	990	23	122	56	47	15	5.0	4.0
Double Berry Banana Pancake B'fast	510	11	98	33	8	3	6.0	3.4
Blueberry Pancake B'fast	460	10	80	22	11	4	3.0	3.5
Hearty 9-Grain Pancake B'fast	410	10	68	21	11	4	5.0	2.2

Denny's - Breakfast Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Buttermilk Biscuits	470	8	54	4	26	13	2.0	3.3
Hearty Breakfast Sausage	350	14	5	1	31	8	0.0	2.1
Sausage Links	320	9	3	0	31	11	2.0	1.5
Everything Hash Browns	310	7	24	3	21	7	2.0	1.7
Toast, Sourdough, w/ margarine	280	6	37	2	12	3	1.0	1.2
Tortillas, Flour (3)	260	7	40	3	8	4	5.0	1.7
Cheddar Cheese Hash Browns	250	6	15	1	18	6	1.0	1.2
Oatmeal w/ milk & brown sugar	240	7	45	16	2	1	4.0	0.1
Toast, White, w/ margarine	240	5	31	2	10	2	0.0	1.0
Toast, Wheat, w/ margarine	230	6	29	2	11	2	2.0	1.0
Bacon Strips	210	14	2	1	16	6	0.0	1.8
Gluten Free English Muffin w/ margarine	210	4	36	7	6	1	1.0	1.4
Red-Skinned Potatoes	200	4	26	0	8	2	3.0	1.5
English Muffin w/ margarine	170	5	25	1	6	1	1.0	0.7
Hash Browns	170	1	15	1	12	2	1.0	0.9
Turkey Bacon Strips	130	15	1	1	7	2	0.0	1.7
Yogurt	120	6	19	18	2	1	0.0	0.3
Eggs, Scrambled (1)	110	7	1	0	9	3	0.0	0.5
Seasonal Fruit	110	1	27	19	0	0	3.0	0.0
Eggs, Fried/Basted (1)	90	6	0	0	8	2	0.0	0.3
Grilled Ham Slice	90	15	1	1	3	1	0.0	2.0
Grits w/ margarine	90	1	12	0	5	2	1.0	0.1
Eggs, Boiled (1)	60	6	0	0	4	2	0.0	0.2
Egg Whites (1)	30	7	1	0	0	0	0.0	0.3

Denny's - Skillet

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bourbon Chicken Skillet	870	65	68	34	39	8	6.0	4.7
Crazy Spicy Skillet	860	50	41	6	56	19	5.0	6.5
Smoky Gouda Prime Rib & Broccoli Skillet	840	44	66	8	45	15	8.0	5.5
Smoky Gouda Chicken & Broccoli Skillet	810	60	62	8	36	12	8.0	4.7
Supreme Skillet (add egg choice)	560	15	34	3	42	13	5.0	3.0
Santa Fe Skillet (add egg choice)	520	16	32	2	37	12	4.0	3.2
Fit Fare® Veggie Skillet	370	21	40	5	16	3	7.0	3.1

Denny's - Appetizers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Zesty Nachos – Full Size	1670	46	131	14	108	36	14.0	7.8
Italian Sampler	1250	64	96	15	71	29	6.0	11.1
Loaded Nacho Tots	990	40	66	10	63	26	7.0	9.2
Zesty Nachos - Half Size	880	26	68	8	56	20	8.0	4.2
Chicken Strips w/ Sweet & Tangy BBQ Sauce	760	43	106	37	21	4	4.0	5.5
Chicken Strips w/ Buffalo Sauce	700	43	68	1	30	5	4.0	7.8
Cheese Quesadilla (add sauce)	600	22	40	3	38	18	5.0	2.9
Chips & Queso (add sauce)	590	12	55	1	36	11	4.0	1.3
Bacon Cheddar Tots w/ sour cream	580	18	54	6	34	13	4.0	4.0
Mozzarella Cheese Sticks (add sauce)	560	32	60	4	22	13	2.0	6.2
BYO Sampler, Bacon Cheddar Tots (add sauce)	300	10	31	3	15	5	2.0	2.4
Mozzarella Cheese Sticks (add sauce)	280	16	30	2	11	6	1.0	3.1
Chicken Strips (add sauce)	240	17	26	0	8	2	1.0	1.5

Denny's - Soups, Salads & Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Avocado Chicken Caesar Salad	730	43	10	3	59	14	6.0	3.5
Seasoned Fries	490	7	57	1	26	5	8.0	2.8
Loaded Baked Potato Soup – bowl	470	12	36	5	31	13	2.0	4.4
Cobb Salad (add dressing choice)	430	22	20	6	30	12	6.0	1.4
French Fries	400	4	46	0	22	4	4.0	1.2
Chicken Noodle Soup - bowl	390	21	43	5	15	6	2.0	9.7
Add Fried Chicken Strips	370	25	39	0	13	3	1.0	2.3
Loaded Baked Potato Soup – cup	360	10	25	4	24	10	1.0	3.1
Add Wild Alaska Salmon	350	32	1	0	23	6	0.0	3.1
Vegetable Beef Soup - bowl	310	16	40	4	16	3	3.0	8.6
Bacon Cheddar Tots	300	10	31	3	15	5	2.0	2.4
Caesar Salad	280	6	15	3	22	5	3.0	1.5
Chicken Noodle Soup – cup	260	21	28	4	10	4	2.0	6.5
Add Grilled Chicken	200	29	0	0	9	2	0.0	0.8
Vegetable Beef Soup – cup	200	11	27	3	11	2	2.0	5.7
House Salad (add dressing choice)	190	9	19	6	9	5	3.0	0.9
Garden Salad (add dressing choice)	170	8	16	4	9	5	2.0	0.8
Hash Browns	170	1	15	1	12	2	1.0	0.9
Add Prime Rib	130	13	3	0	8	2	0.0	1.1
Seasonal Fruit	110	1	27	19	0	0	3.0	0.0
Bacon Strips	100	7	1	1	8	2	0.0	0.9

Denny's - Sandwiches & Diner Melts (add side choice)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
The Grand Slamwich®	1120	50	72	9	71	25	2.0	7.4
Prime Rib Philly Melt	910	50	62	7	52	19	3.0	5.3
Pot Roast Melt	870	63	54	10	46	16	5.0	5.6
Grilled Tuscan Chicken Sandwich	850	50	53	13	50	15	3.0	4.9
Club Sandwich	830	47	74	15	39	8	8.0	5.5
Cali Club Sandwich	820	43	55	12	48	13	7.0	5.2
Moons Over My Hammy®	780	43	42	3	48	18	1.0	5.5
Chicken Philly Melt	760	45	57	6	40	15	3.0	3.8
The Super Bird®	600	40	43	5	28	10	2.0	4.5

Denny's - Burgers (add side choice)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bacon Gouda Burger	1090	61	58	16	68	28	3.0	7.2
Bacon Avocado Cheeseburger	1000	50	53	12	66	24	5.0	5.0
Double Cheeseburger	980	66	49	11	56	25	3.0	5.6
Spicy Sriracha Burger	920	49	55	15	55	22	3.0	5.5
Bourbon Bacon Burger	910	50	58	18	52	21	3.0	5.3
Slamburger™	850	47	55	10	49	20	2.0	4.7

Denny's - Build Your Own Burger

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
100% Beef Patty	360	29	0	0	26	12	0.0	2.1
Brioche Bun	250	8	45	9	5	2	2.0	1.0
Cheddar Bun	250	8	40	5	5	2	1.0	1.1
Grilled Seasoned Chicken Breast	200	29	0	0	9	2	0.0	1.6
Whole Wheat Bun	190	8	36	8	1	1	3.0	0.9
Veggie Patty	170	17	19	4	3	0	5.0	1.2
Bourbon Sauce	110	0	26	24	0	0	0.0	0.7
Bacon Strips	100	7	1	1	8	2	0.0	0.9
Mayo	100	0	0	0	11	2	0.0	0.2
American Cheese	80	4	1	1	7	4	0.0	1.0
Cheddar Cheese	80	5	0	0	6	4	0.0	0.3
Swiss Cheese	80	6	0	0	6	4	0.0	0.1
Sweet & Tangy BBQ Sauce	70	0	20	19	0	0	0.0	0.8
Caramelized Onions	70	0	2	1	7	1	1.0	0.5
Sautéed Mushrooms	50	1	1	0	6	1	0.0	0.1
Fresh Avocado	45	1	2	0	4	1	2.0	0.0
Lettuce	5	0	1	0	0	0	0.0	0.0
Red Onions	5	0	2	1	0	0	0.0	0.0
Sliced Jalapeños	5	0	1	1	0	0	0.0	1.1
Tomato	5	0	2	1	0	0	0.0	0.0
Pickles	0	0	0	0	0	0	0.0	0.4

Denny's - Dinner (add bread, side choices)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Brooklyn Spaghetti & Meatballs	930	41	87	14	45	15	6.0	5.9
Chicken Strips	490	34	53	0	17	3	2.0	3.1
Country-Fried Steak w/ gravy	560	28	35	2	34	13	1.0	4.1
Homestyle Meatloaf	590	34	46	27	29	12	4.0	4.4
Mediterranean Grilled Chicken	630	65	6	3	40	9	1.0	3.8
Sirloin Steak	360	54	1	0	15	5	0.0	2.7
Slow-Cooked Pot Roast	400	43	10	2	20	6	1.0	3.2
T-Bone Steak	490	52	0	0	30	12	0.0	3.1
Tilapia Ranchero	300	42	6	2	12	3	3.0	1.6
Wild Alaska Salmon	350	32	1	0	23	6	0.0	3.1

Denny's - Dinner Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
French Fries	400	4	46	0	22	4	4.0	1.2
Caesar Salad	280	6	15	3	22	5	3.0	1.5
Whole Grain Rice	240	6	48	2	3	1	5.0	0.9
Sweet Petite Corn	210	4	20	8	13	3	5.0	0.8
Red-Skinned Potatoes	200	4	26	0	8	2	3.0	1.5
Garlic Toast / Dinner Bread	190	6	25	2	7	2	1.0	0.9
Garden Salad (add dressing choice)	170	8	16	4	9	5	2.0	0.8
Hash Browns	170	1	15	1	12	2	1.0	0.9
Red-Skin Mashed Potatoes (add gravy choice)	120	3	17	2	5	4	0.0	1.4
Fresh Sautéed Zucchini & Squash	70	1	3	2	6	1	1.0	1.1
Broccoli	25	2	4	1	0	0	2.0	0.3
Fresh Steamed Zucchini & Squash	15	1	3	2	0	0	1.0	1.0

Denny's - Desserts (Build Your Own Sundae)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Milk Shakes: Cake Batter	1090	13	147	122	52	37	0.0	2.2
Milk Shakes: Chocolate Peanut Butter	1080	20	111	89	65	32	2.0	1.1
Milk Shakes: OREO®	1050	15	125	90	56	32	2.0	1.5
Milk Shakes: Peanut Butter Banana	1030	20	99	77	65	32	3.0	1.1
Milk Shakes: Chocolate	870	17	111	87	43	28	0.0	0.6
Milk Shakes: Vanilla	800	12	97	84	43	28	0.0	0.7
Caramel Apple Pie Crisp	760	8	126	87	26	15	4.0	1.6
Milk Shakes: Strawberry	760	12	110	80	34	22	1.0	0.7
Chocolate Lava Cake	700	6	85	65	34	20	2.0	0.8
NY Style Cheesecake w Topping & Whip	600	9	63	49	35	20	2.0	1.0
Ice Cream: Chocolate	530	10	60	47	30	20	0.0	0.3
Ice Cream: Vanilla	500	7	53	43	30	20	0.0	0.5
New York Style Cheesecake Plain	500	9	42	31	34	20	1.0	0.9
Ice Cream: Strawberry	470	7	63	43	23	15	0.0	0.4
Crunch: Chopped Nuts	150	6	5	1	13	2	2.0	0.0
Topping: Hot Fudge	120	2	23	20	3	3	1.0	0.3
Topping: Salted Caramel	120	1	24	18	2	1	0.0	0.5
Crunch: OREO® Cookie Pieces	110	1	16	9	5	1	1.0	0.3
Topping: Strawberry	40	0	10	9	0	0	1.0	0.0

Whipped Cream

15	0	1	1	1	1	0.0	0.0
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Denny's - Condiments

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Caesar Dressing 3oz	500	4	2	0	5	10	0.0	2.5
Ranch Dressing 3oz	390	0	2	1	42	8	0.0	1.5
Honey Mustard Dressing 3oz	360	0	25	15	30	5	0.0	1.0
Thousand Island Dressing 3oz	330	0	15	9	33	6	0.0	2.0
Blue Cheese Dressing 3oz	320	4	4	2	33	8	0.0	1.6
French Dressing 3oz	260	0	4	0	17	3	1.0	2.1
Caesar Dressing 1.5oz	250	2	1	0	26	5	0.0	1.2
Maple-Flavored Syrup	220	0	54	29	0	0	0.0	0.1
Cream Cheese Icing	210	0	46	45	3	2	0.0	0.2
Ranch Dressing 1.5oz	200	0	1	0	21	4	0.0	0.7
Honey Mustard Dressing 1.5oz	180	0	12	8	15	2	0.0	0.5
Blue Cheese Dressing 1.5oz	160	2	2	1	16	4	0.0	0.8
Thousand Island Dressing 1.5oz	160	0	7	4	16	3	0.0	1.0
French Dressing 1.5oz	130	0	2	0	8	2	0.0	1.1
Balsamic Vinaigrette, Low-Fat 3oz	130	0	12	23	4	1	0.0	1.2
Bourbon Sauce	110	0	26	24	0	0	0.0	0.7
Sweet & Tangy BBQ Sauce	110	0	30	28	0	0	1.0	1.2
Croutons	70	2	11	1	3	0	0.0	0.5
Ranch Dressing, Fat-Free 3oz	70	0	15	6	0	0	0.0	2.1
Buffalo Sauce	70	0	1	0	7	0	1.0	3.0
Balsamic Vinaigrette, Low-Fat 1.5oz	60	0	12	11	2	0	0.0	0.6
Sour Cream	45	1	1	0	4	2	0.0	0.0
Whipped Margarine	40	0	0	0	5	2	0.0	0.1
Ranch Dressing, Fat-Free 1.5oz	35	0	7	3	0	0	0.0	1.1
Italian Dressing, Fat-Free 3oz	30	0	8	6	0	0	0.0	2.1
Creamer - Hazelnut or French Vanilla	30	0	4	4	2	2	0.0	0.0
Sugar-Free Maple-Flavored Syrup	30	0	11	0	0	0	1.0	0.2
Tomato Sauce	25	1	3	2	1	0	0.0	0.5
Country Gravy	20	0	2	0	2	0	0.0	0.3
Italian Dressing, Fat-Free 1.5oz	15	0	4	3	0	0	0.0	1.0
Pico de Gallo	15	1	3	2	0	0	1.0	0.2
Brown Gravy	10	0	2	0	0	0	0.0	0.3
Creamer - Half & Half	10	0	0	0	1	1	0.0	0.0

Denny's - Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Smoothies: Groovy Mango	340	3	86	78	0	0	0.0	0.2
Strawberry Banana Bliss	330	4	82	68	1	0	2.0	0.2
Chocolate Milk (reduced fat)	290	16	46	46	5	2	0.0	0.8
Ruby Red Grapefruit	240	2	60	60	0	0	0.0	0.2
Minute Maid® Premium Berry Blend	230	0	56	54	0	0	0.0	0.0
2% Milk	230	15	22	22	9	6	0.0	0.6
Juices: Apple	210	1	52	49	0	0	0.0	0.0
Minute Maid® Orange	210	3	51	45	0	0	0.0	0.0
Mango Lemonade	210	0	57	53	0	0	0.0	0.0
Strawberry Lemonade	210	0	55	50	0	0	0.0	0.0

Soft Drinks: Barq's Root Beer®

200	0	55	55	0	0	0.0	0.2	
Hot Chocolate	190	2	37	30	3	2	0.0	0.7
Fanta® Orange	190	0	52	51	0	0	0.0	0.1
Hi-C® Fruit Punch	190	0	52	50	0	0	0.0	0.2
Coca-Cola®	180	0	49	49	0	0	0.0	0.1
Sprite®	170	0	47	47	0	0	0.0	0.2
Iced Tea – sweet	160	0	40	39	0	0	0.0	0.0
Minute Maid® Lemonade	150	0	40	37	0	0	0.0	0.0
Dr Pepper®	140	0	39	39	0	0	0.0	0.1
Cold Brew Coffee - sweet	130	4	25	23	2	1	0.0	0.1
FUZE® Raspberry Tea	110	0	28	28	0	0	0.0	0.1
Tomato	90	4	19	11	0	0	2.0	2.8
Lemonade Iced Tea	80	0	21	19	0	0	0.0	0.0
Cherry Flavor Shot	80	0	22	22	0	0	0.0	0.0
Vanilla Flavor Shot	80	0	21	21	0	0	0.0	0.0
Coffee (all)	0	0	0	0	0	0	0.0	0.0
Hot Tea / Herbal Tea	0	0	0	0	0	0	0.0	0.0
Diet Coke®	0	0	0	0	0	0	0.0	0.1