

*Gather*  
**AROUND**  
OUR *Table*



# Drinks & SHAKES

## COFFEE



OUR 100% ARABICA BEANS ARE SUSTAINABLY HARVESTED.

### SIGNATURE DINER BLEND

REGULAR · DECAF · FREE REFILLS.

### COLD BREW COFFEE

UNSWEETENED · SWEETENED  
REFILLS EXTRA. Also available black.

## SMOOTHIES



MADE WITH REAL FRUIT, JUICE AND YOGURT.

### NEW! TROPICAL GREEN GF

### STRAWBERRY BANANA BLISS GF

### GROOVY MANGO GF

## OTHER BEVERAGES

FREE REFILLS. SELECTION MAY VARY.

### SOFT DRINKS



Add a free flavour shot.  
CHERRY · VANILLA

### HOT TEA / HERBAL TEA

### HOT CHOCOLATE

### DASANI® BOTTLED WATER

## PREMIUM LEMONADES

FREE REFILLS.



OUR PREMIUM MINUTE MAID® LEMONADES ARE MADE WITH REAL LEMONS AND NATURAL FLAVOURS.

### LEMONADE

### MANGO LEMONADE

### STRAWBERRY LEMONADE

## ICED TEAS

FREE REFILLS.



### ICED TEA

### LEMONADE ICED TEA

## JUICE & MILK



### MINUTE MAID® ORANGE JUICE

### OTHER JUICES

RUBY RED GRAPEFRUIT · APPLE · TOMATO

### MILK

### CHOCOLATE MILK

## MILK SHAKES

MADE WITH PREMIUM ICE CREAM AND TOPPED WITH WHIPPED CREAM. PLUS, A LITTLE EXTRA IN THE TIN.

### CHOCOLATE PEANUT BUTTER GF

### PEANUT BUTTER BANANA GF

### CAKE BATTER

### CHOCOLATE GF

### STRAWBERRY GF

### VANILLA GF

### OREO®



UPGRADE YOUR BUTTERMILK PANCAKES TO **HEARTY 9-GRAIN PANCAKES** FOR MORE.

# Signature SLAMS

SUBSTITUTE HEALTHIER ITEMS LIKE **EGG WHITES** AND **SUGAR-REDUCED SYRUP**.



## FIT SLAM®

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



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



## 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.



## ALL-AMERICAN SLAM®

Three scrambled eggs with Cheddar cheese, two bacon strips and two sausage links, plus hash browns and choice of bread.



## FRENCH TOAST SLAM®

Two thick slices of French toast with two eggs,\* two bacon strips and two sausage links.

## BUILD YOUR OWN *Grand Slam*®

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

- 2 Bacon Strips **GF**
- 2 Sausage Links **GF**
- 2 Turkey Bacon Strips **GF**
- 2 Eggs\* **GF**
- 2 Egg Whites **GF**
- 2 Buttermilk Pancakes
- 2 Slices of Toast
- English Muffin
- Gluten Free English Muffin **GF**
- Hash Browns **GF**
- Oatmeal (6am-2pm only)

**PREMIUM ITEMS** add each

- Grilled Ham Slice **GF**
- 2 Hearty 9-Grain Pancakes
- Seasonal Fruit **GF** (Selection may vary.)
- Yogurt **GF**

Or order the **ORIGINAL GRAND SLAM**® and get two buttermilk pancakes, two eggs,\* two bacon strips and two sausage links.

ADD *Additional Items*

TO YOUR **BUILD YOUR OWN GRAND SLAM**®

1.59 each (Limit two items.)  
Additional charge for premium items.



## BELGIAN WAFFLE SLAM®

A golden waffle served with two eggs,\* two bacon strips and two sausage links.

**FIT FARE**®: Over 20g of protein Under 15g of fat Under 550 calories

Egg Quality Assurance™ is a certification mark used under license from Egg Farmers of Canada.

\*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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# PREMIUM *Craft* PANCAKES

SERVED WITH **TWO EGGS\***, HASH BROWNS, PLUS **TWO BACON STRIPS** OR **TWO SAUSAGE LINKS**.



\*\* Tres Leches Pancake Breakfast contains nut allergens (Almond Milk).

## NEW! CLASSIC TRES LECHES PANCAKE BREAKFAST\*\*

Two buttermilk pancakes cooked with cinnamon sugar and topped with whipped cream and more cinnamon sugar. Pour on the cream sauce for an authentic Tres Leches experience.

**PANCAKES ONLY**



## CINNAMON ROLL PANCAKE BREAKFAST

Two buttermilk pancakes cooked with cinnamon crumb topping and topped with whipped cream. Served with a pitcher of warm cream cheese icing for drizzling.

Substitute warm salted caramel sauce.  
**PANCAKES ONLY**



## SALTED CARAMEL & BANANA CREAM PANCAKE BREAKFAST

Two buttermilk pancakes with shortbread pieces and topped with vanilla cream, fresh bananas and more shortbread pieces. Served with a pitcher of warm salted caramel sauce for drizzling.

**PANCAKES ONLY**

# Fluffy PANCAKES



## DOUBLE BERRY BANANA PANCAKE BREAKFAST

Two buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries, bananas and whipped cream.

Berry selection based on seasonality.

## BLUEBERRY PANCAKE BREAKFAST



## CHOCONANA PANCAKE BREAKFAST

Ghirardelli® chocolate chips cooked inside two buttermilk pancakes. Topped with bananas, more Ghirardelli® chocolate chips and whipped cream.

*Breakfast*  
**POUTINE**



## HEARTY 9-GRAIN PANCAKE BREAKFAST

Two multigrain wheat pancakes made with flaxseeds and cinnamon and brown sugar. Served with seasonal fruit instead of hash browns.

## SIDES

4 Bacon Strips **GF**  
4 Turkey Bacon Strips **GF**  
4 Sausage Links **GF**  
Grilled Ham Slice **GF**  
Eggs\* (each) **GF**  
2 Slices of Toast

English Muffin  
Gluten Free English Muffin **GF**  
Hash Browns **GF**  
Cheddar Cheese Hash Browns **GF**  
Everything Hash Browns  
(Onions, Cheddar cheese & country gravy)

Red-Skinned Potatoes **GF**  
Oatmeal (6 am - 2 pm only)  
Yogurt **GF**  
Seasonal Fruit **GF**  
(selection may vary.)

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# Savoury THREE-EGG OMELETTES

SERVED WITH **HASH BROWNS** AND CHOICE OF **BREAD**.  
**GF** when you choose the Gluten Free English muffin



## PHILLY CHEESESTEAK OMELETTE

Grilled prime rib, fire-roasted bell peppers and onions, sautéed mushrooms and Swiss cheese.



## WILD WEST OMELETTE

Diced ham, fire-roasted bell peppers and onions, jalapeños and Canadian cheese.



## ULTIMATE OMELETTE®

Crumbled sausage, bacon, fire-roasted bell peppers and onions, mushrooms, diced tomatoes and Cheddar cheese.



## LOADED VEGGIE OMELETTE

Fresh spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and Swiss cheese.

♥ | 🍏 | 🍷 when you choose egg whites, seasonal fruit and an English muffin as your sides

## MY HAMMY & CHEESE OMELETTE

Diced ham, melted Swiss and Canadian cheeses.

## BUILD YOUR OWN *Omelette*

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

**EXTRA ITEMS** each

### VEGETABLES **GF**

Caramelized Onions  
 Fire-Roasted Bell Peppers & Onions  
 Fresh Spinach

Jalapeños  
 Pico de Gallo  
 Sautéed Mushrooms  
 Tomatoes

### CHEESES **GF**

Canadian Cheddar  
**NEW!** Feta  
 Italian Cheese Blend  
 Pepper Jack Queso  
 Swiss

### MEATS **GF**

Bacon  
 Chorizo Sausage  
 Sausage  
 Ham  
 Turkey Bacon

ADD FRESH *Avocado* **GF**  
 TO ANY OMELETTE



# AUTHENTIC *French* CREPES

SERVED WITH **TWO EGGS\***, **HASH BROWNS**, PLUS **TWO BACON STRIPS** OR **TWO SAUSAGE LINKS**.



## NEW! BERRY VANILLA CREPE BREAKFAST

One crepe folded with vanilla cream and topped with fresh seasonal berries, strawberry sauce and powdered sugar.

Berry selection based on seasonality.

ONE CREPE BREAKFAST

TWO CREPE BREAKFAST

CREPE À LA CARTE ONE TWO



## NEW! BANANA CHOCOLATE HAZELNUT CREPE BREAKFAST

One crepe folded with vanilla cream and topped with chocolate hazelnut spread and bananas.

ONE CREPE BREAKFAST

TWO CREPE BREAKFAST

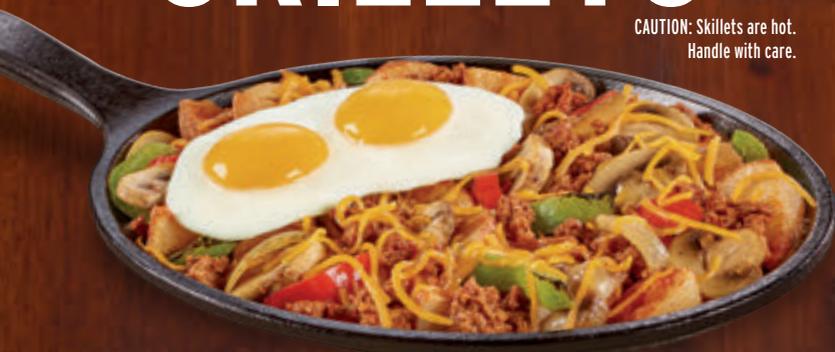
CREPE À LA CARTE ONE TWO

FIT FARE®: ♥ Over 20g of protein 🍏 Under 15g of fat 🍷 Under 550 calories

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# SIZZLIN' *Breakfast* SKILLET'S

CAUTION: Skillets are hot.  
Handle with care.



## SANTA FE SIZZLIN' SKILLET <sup>GF</sup>

Crumbled chorizo sausage, fire-roasted bell peppers and onions, mushrooms and seasoned red-skinned potatoes. Topped with Cheddar cheese and two eggs.\*



## FIT FARE® VEGGIE SIZZLIN' SKILLET <sup>GF</sup>

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.



## SUPREME SIZZLIN' SKILLET <sup>GF</sup>

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.\*

»» **ADD *Toast* TO ANY SKILLET** ««

# *Classic* BREAKFAST FAVOURITES

## STEAK & EGGS

SERVED WITH **TWO EGGS\***, **HASH BROWNS** AND CHOICE OF **BREAD**.



## T-BONE STEAK\* & EGGS\*

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

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

## COUNTRY-FRIED STEAK & EGGS\*

A golden-fried chopped beef steak smothered in rich country gravy.

## DENNY'S BENNIES

SERVED WITH **SEASONED RED-SKINNED POTATOES**. **FULL ORDER**

**HALF**



## CLASSIC

Two poached eggs\* and stacked shaved ham on a toasted English muffin topped with Hollandaise sauce.

## CHORIZO

Two poached eggs\* with chorizo crumbles on a toasted English muffin, topped with Hollandaise sauce and pico de gallo.

## SALSA SENSATION

Two poached eggs\* and tomato on a toasted English muffin topped with Hollandaise sauce, shredded Cheddar cheese and pico de gallo.

## PRIME RIB

Two poached eggs\*, tender prime rib on a toasted English muffin topped with Hollandaise sauce and fire-roasted bell peppers and onions.

## BREAKFAST MELTS

SERVED WITH **HASH BROWNS**.



## THE GRAND SLAMWICH®

Two scrambled eggs, crumbled sausage, bacon, shaved ham and Canadian cheese on potato bread grilled with a maple spice spread.



## MOONS OVER MY HAMMY®

Our classic ham and scrambled egg sandwich with Swiss and Canadian cheeses on grilled sourdough.

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# Shareable STARTERS



## BUILD YOUR OWN SAMPLER™

Served with choice of dipping sauces. **PICK FOUR**

Premium Chicken Tenders  
Mozzarella Cheese Sticks  
Bacon Cheddar Tots

Cheese Quesadilla  
Chips & Queso  
Onion Rings

**PICK THREE**

Wavy-cut French Fries  
Seasoned Fries

## MOZZARELLA CHEESE STICKS

Golden-fried with a side of dipping sauce.

## POUTINE

Wavy-cut French fries covered with squeaky cheese curds and topped with rich gravy.



## ITALIAN SAMPLER

Mozzarella Cheese Sticks, garlic bread, and seasoned meatballs covered in rich tomato sauce and Italian cheeses.



## LOADED NACHO TOTS

House-made Bacon Cheddar Tots topped with Cheddar cheese, Pepper Jack queso, seasoned nacho meat, bacon, jalapeños and sour cream.

**TEN BACON CHEDDAR TOTS**

### Soup OF THE DAY



Kettle-cooked to be rich and hearty.

<p><b>BOWL</b></p> <p>Mon/Tue <b>GARDEN VEGETABLE CHICKEN NOODLE</b></p> <p>Wed/Thu <b>LOADED BAKED POTATO CHICKEN NOODLE</b></p>	<p><b>CUP</b></p> <p>Friday <b>CLAM CHOWDER CHICKEN NOODLE</b></p> <p>Sat/Sun <b>BROCCOLI CHEDDAR CHICKEN NOODLE</b></p>
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Available from 11 am to 10 pm.



## ZESTY NACHOS GF

Tortilla chips cooked fresh to order. Topped with Pepper Jack queso, Cheddar cheese, seasoned nacho meat, pico de gallo and sour cream.

**HALF ORDER**

# New & Improved CHICKEN RECIPE



## PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders with choice of dipping sauce.



## CHICKEN WINGS

Lightly seasoned breaded chicken wings golden-fried and crispy. Served with your choice of dipping sauce.

### Mild Sauces

<p><b>NEW!</b> DEN SAUCE</p> 	<p>BLUE CHEESE</p> 	<p>RANCH</p> 
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### Sweet & Tangy Sauces

<p>BBQ</p> 	<p>BOURBON</p> 	<p>HONEY MUSTARD</p> 	<p>CLASSIC DINER SAUCE</p> 
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### Spicy Sauces

<p>BUFFALO</p> 	<p><b>NEW!</b> MANGO HABANERO</p> 	<p>CREAMY SRIRACHA</p> 
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# Super SANDWICHES

SERVED WITH WAVY-CUT FRENCH FRIES, HASH BROWNS, SEASONAL FRUIT OR DIPPABLE VEGGIES.



*shown with seasoned fries upgrade*

## NEW! HONEY BUTTERMILK CHICKEN TENDER SANDWICH

Premium golden-fried chicken tenders tossed in a honey buttermilk glaze with lettuce and pickles on a grilled split top bun. Also available tossed in Buffalo or BBQ sauce.



## NEW! CALI CHICKEN BURRITO

Grilled seasoned chicken breast, fresh avocado, pico de gallo, a blend of shredded cheeses and ranch dressing wrapped in a grilled flour tortilla. Served with freshly cooked tortilla chips and salsa.

## GRILLED TUSCAN CHICKEN SANDWICH

Seasoned chicken breast topped with Swiss cheese, bacon, sun-dried tomato mayo, lettuce, tomato, red onions and pickles on a multigrain bun.

## CHARLESTON CHICKEN SANDWICH

A crispy breaded chicken breast with lettuce, tomato and Swiss cheese on a brioche bun. Also available tossed in Buffalo or BBQ sauce.



## CAESAR SALAD

Crisp bacon crumbles and shredded Italian cheeses on fresh Romaine lettuce. Tossed with Caesar dressing.

*shown with grilled chicken add-on*



## THE SUPER BIRD®

Tender carved turkey breast with melted Swiss cheese, crisp bacon and tomato on grilled sourdough.

## CALI CLUB SANDWICH

Tender carved turkey breast, ham, crisp bacon, Swiss cheese and fresh avocado. Served on toasted 7-grain bread with sun-dried tomato mayo, lettuce and tomato.

## CLUB SANDWICH

Tender carved turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread.



## MEGA PHILLY CHEESE MELT

Your choice of juicy prime rib or grilled and sliced seasoned chicken breast with sautéed mushrooms, fire-roasted bell peppers and onions, shredded Italian cheeses and Pepper Jack queso. Served on a hoagie roll grilled with garlic & herbs.

## POT ROAST MELT

Slow-cooked pot roast with melted Canadian cheese, mushrooms and caramelized onions on grilled 7-grain bread.

## SIDES

Onion Rings  
Seasoned Fries  
French Fries **GF**

Hash Browns **GF**  
Dippable Veggies  
Caesar Side Salad

Garden Side Salad  
Seasonal Fruit **GF**  
(Selection may vary.)

# Fresh SALADS

## POUTINE

UPGRADE FOR MORE



## COBB SALAD

Bacon, fresh avocado, grape tomatoes, Cheddar cheese, hard-boiled egg and potato sticks atop a bed of iceberg mix. Served with your choice of dressing.

## HOUSE SALAD

Sliced cucumbers, grape tomatoes, Cheddar cheese and croutons atop a bed of iceberg mix. Served with your choice of dressing.

## Salad ADD-ONS

Grilled Chicken **GF**  
Fried Chicken Tenders  
Prime Rib **GF**  
Wild Salmon **GF**  
Fresh Avocado **GF**

# 100% BEEF BURGERS

SERVED WITH YOUR CHOICE OF WAVY-CUT FRENCH FRIES, HASH BROWNS, SEASONAL FRUIT OR DIPPABLE VEGGIES.



## NEW! CANADA'S DINER DOUBLE

Canadian cheese, caramelized onions and Classic Diner sauce on a brioche bun.

SINGLE ONLY

## DOUBLE CHEESEBURGER

Your choice of Canadian, Swiss or Cheddar cheese. Served with lettuce, tomato, red onions and pickles on a brioche bun.



## SPICY SRIRACHA BURGER

Cheddar cheese, bacon, jalapeños, creamy Sriracha sauce, lettuce, tomato, red onions and pickles on a brioche bun.

## SLAMBURGER™

Hash browns, an egg\*, bacon strips and melted Canadian cheese on a brioche bun.



## BOURBON BACON BURGER

Cheddar cheese, bacon, sautéed mushrooms, fire-roasted bell peppers & onions, bourbon sauce, lettuce, tomato, red onions and pickles on a brioche bun.

## BACON AVOCADO CHEESEBURGER

Bacon, fresh avocado, melted Cheddar cheese, mayo, lettuce, tomato, red onions and pickles on a brioche bun.



### Onion RINGS

UPGRADE FOR MORE



### Seasoned FRIES

UPGRADE FOR MORE



### Bacon CHEDDAR TOTS

UPGRADE FOR MORE



## BUILD YOUR OWN

# Burger

Lettuce, tomato, red onions and pickles included.

### PICK YOUR PATTY

100% Beef Patty **GF**  
Grilled Seasoned Chicken Breast **GF**  
Veggie Patty  
EXTRA PATTY

### FIND YOUR BASE

Brioche Bun  
Multigrain Bun

### SAY CHEESE **GF**

Swiss  
Cheddar  
Canadian  
EXTRA CHEESE

### ADD YOUR TOPPINGS **GF**

Caramelized Onions  
Sliced Jalapeños  
Mayo  
BBQ Sauce  
Bourbon Sauce

### PREMIUM TOPPINGS **GF**

PER SELECTION  
Fresh Avocado  
2 Bacon Strips  
Sautéed Mushrooms

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# Deluxe DINNER CLASSICS

SERVED WITH **TWO SIDES** AND **DINNER BREAD**.\*\* ADD AN ADDITIONAL SIDE:



## PREMIUM CHICKEN TENDERS

Premium golden-fried chicken tenders served with choice of dipping sauce.

## BROOKLYN SPAGHETTI & MEATBALLS

Three seasoned meatballs atop a bed of pasta covered in meaty tomato sauce. Served with a side of shredded Italian cheeses and dinner bread. **\*\*No sides included.**



## BAKED LASAGNA

Rich lasagna with meaty tomato sauce topped with melted Italian cheeses and served with dinner bread. **\*\*No sides included.**



## HOMESTYLE MEATLOAF

A thick slice of classic meatloaf topped with rich tomato sauce.



## MEDITERRANEAN GRILLED CHICKEN

Two grilled chicken breasts seasoned with Greek herbs and spices, topped with tomato bruschetta and Feta cheese.

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

## ROAST TURKEY

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce.



## SLOW-COOKED POT ROAST

Slow-cooked pot roast, sautéed mushrooms and caramelized onions covered in rich gravy.

 |  when you choose broccoli and sautéed zucchini & squash and without dinner bread

# SIZZLIN' Dinner SKILLET

»» **ADD *Toast* TO ANY SKILLET** ««

CAUTION: Skillets are hot. Handle with care. **\*\*No sides or bread are included with skillets.**



## CRAZY SPICY SIZZLIN' SKILLET **GF**

Crumbled chorizo sausage, fire-roasted bell peppers and 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. **ADD TWO EGGS\* GF**



## BOURBON CHICKEN SIZZLIN' SKILLET **GF**

A grilled seasoned chicken breast covered with a sweet bourbon glaze, topped with mushrooms and fire-roasted bell peppers and onions, all atop broccoli and seasoned red-skinned potatoes.

# Seafood & STEAKS

SERVED WITH **TWO SIDES** AND **DINNER BREAD**\*\* ADD AN ADDITIONAL SIDE:



## T-BONE STEAK\*

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

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



## NEW! GARLIC PEPPERCORN SIRLOIN\*

A Canadian AAA cut, 8 oz. seasoned sirloin steak\* topped with savoury garlic peppercorn.

♥ | ♡ when you choose broccoli and sautéed zucchini & squash and without dinner bread

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



## COUNTRY-FRIED STEAK

Two dinner-sized, golden-fried chopped beef steaks smothered in rich country gravy.



## CHARLESTON CHICKEN

Two seasoned, crispy breaded chicken breasts, smothered in rich country gravy.



## WILD SALMON

A grilled wild-caught salmon fillet seasoned with a delicious blend of garlic and herbs.

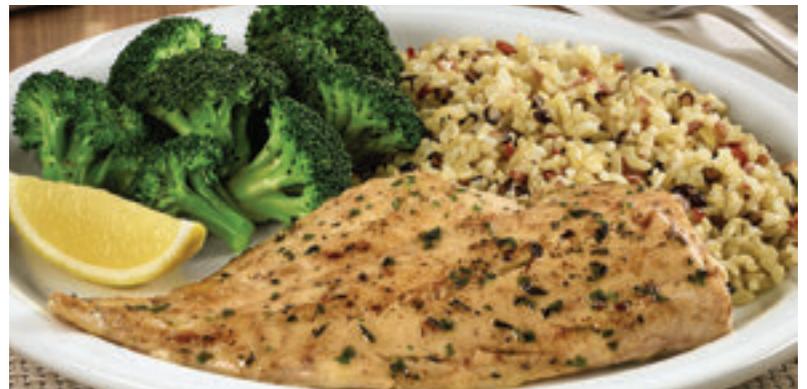
♥ | ♡ when you choose red-skinned mashed potatoes and broccoli and without dinner bread

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



## 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.



## NEW! GRILLED HADDOCK

A grilled wild-caught haddock fillet with a buttery herb glaze.

♥ | ♡ when you choose red-skinned mashed potatoes and broccoli and without dinner bread

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

## SIDES

Garlic Red-Skinned Mashed Potatoes **GF**

Sautéed Zucchini & Squash (also available steamed) **GF**

Red-Skinned Potatoes **GF**

Whole Grain Rice

Sweet Petite Corn **GF**

Dippable Veggies

Hash Browns **GF**

Wavy-cut French Fries **GF**

Jasmine Rice **GF**

Broccoli **GF**

ADD  
*Queso*  
TO YOUR SIDE

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**FIT FARE®:** ♥ Over 20g of protein | ♡ Under 15g of fat | ♡ Under 550 calories

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# 55+ *Diner* MENU

SUBSTITUTE HEALTHIER ITEMS LIKE **EGG WHITES** AND **SUGAR-REDUCED 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.

### 55+ BELGIAN WAFFLE SLAM®

A golden waffle served with one egg\*, two bacon strips or two sausage links.

### 55+ STARTER™

One egg\* with 2 bacon strips or 2 sausage links. Choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast or English muffin. **GF** when you choose the Gluten Free English muffin

### 55+ FRENCH TOAST SLAM®

One thick slice of our fabulous French toast with one egg\*, two bacon strips or two sausage links.

### 55+ 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.

 **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 or an English muffin. **GF** when you choose the Gluten Free English muffin

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## LUNCH

### 55+ CLUB SANDWICH

Tender carved turkey breast, bacon, lettuce, tomato and mayo on toasted 7-grain bread. Served with wavy-cut French fries.

### 55+ GRILLED CHEESE SANDWICH & SOUP

Melted Canadian cheese on grilled sourdough bread and served with a cup of soup.

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

## DINNER

INCLUDES CHOICE OF **CAESAR SIDE SALAD**, **GARDEN SIDE SALAD** OR **CUP OF SOUP**.

Soup available from 11 am to 10 pm.

### 55+ COUNTRY-FRIED STEAK

A chopped beef steak smothered in country gravy. Served with two sides and dinner bread.

### 55+ GRILLED CHICKEN

Grilled seasoned chicken breast served with two sides and dinner bread. **GF** when you choose two Gluten Free sides and the Gluten Free English muffin

### NEW! 55+ GRILLED HADDOCK

A grilled wild-caught haddock fillet with a buttery herb glaze. Served with choice of two sides and dinner bread.

 |  when you choose garlic red-skinned mashed potatoes and broccoli and without dinner bread

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

### 55+ TURKEY DINNER

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with choice of two sides and dinner bread.

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

**GF** indicates food options that are **GLUTEN FREE**. Menu items marked as GF are 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. Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen.



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**Denny's**  
ON DEMAND

At Denny's, our commitment to serving quality food without sacrificing flavour or value, is reflected in our sourcing and dedication to animal welfare. We strongly believe in running our business as responsibly as possible.

All of our suppliers are in accordance with the humane handling and slaughter of food animals. Denny's offers guests high quality ingredients including wild-caught sustainable salmon, hormone and steroid-free pork and poultry, and fresh-cut seasonal fruit and vegetables.

The Egg Quality Assurance™ (EQA) program is an industry-wide initiative that certifies Canadian eggs are produced according to strict food safety and animal welfare standards. All eggs that are certified EQA™ have met the highest standards of Egg Farmers of Canada's Start Clean-Stay Clean® and Animal Care Programs.



Egg Quality Assurance™ is a certification mark used under license from Egg Farmers of Canada.

### FitFare® Guide to Better Nutrition

Choosing healthy is important, so look for these Fit Fare logos.



Under 15g of fat



Under 550 calories



Over 20g of protein



Over 8g of fibre

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