

What would I want to eat at Denny's?

Denny's clearly admits they use animal fat on their grill.ⁱ But most restaurants when asked say they will ask the cook to prepare the food using oil upon request and NOT use bacon and butter.

Denny'sⁱⁱ comprehensive disclosure site only lists the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA)ⁱⁱⁱ ingredients. (Caution: Denny's Menu is a site not affiliated with the chain)^{iv}

ALLERGENS

Egg Fish Shellfish Milk/Dairy Soybeans Peanuts Tree Nuts Wheat Gluten Sesame

Therefore, it will be impossible to know if they use animal derived vitamin D, insect derived food colorings, gelatin or honey. **It is also likely a location does not have vegan margarine or plant based milk for coffee so customers needing such should probably bring small portions with them.** Therefore, for this document, the use of the phrase Plant Based (PB) means the food does not appear to have flesh or animal fat IN the product, dairy, egg, fish or shellfish and does not have the word "honey" in its name.

If something is in **red font**, it is because the Denny's site does not indicate use of animal products, but because SO MANY of that type of food does, a customer might want to ask to see the ingredients if bottled or otherwise use caution.

These are the items not all franchise locations might have:

Dr. Praeger's Veggie Patty

If available you can order one of the chain's burger options and specify you would like a veggie burger in place of beef. Ask that the bun either not be grilled or that oil and not butter be used. Ask for NO MAYO and NO CHEESE. Then specify which toppings you want as the burger comes with pickles, onions, lettuce, and tomatoes. For an additional charge, you might be able to add a second patty for a double decker.

Beverages

It appears the standard coffee, tea and fruit & tomato juices are PB (yes I know a tomato is a fruit). It also appears the FUZE Raspberry Tea, soft drinks and lemonade are PB, too.

Breads

PB appearing breads are the Artisan Bread, wheat, 7-grain, sourdough and rye breads, split top bun (kids, too), hoagie roll, and English muffin. **Brioche bun. White bread has dairy.**

Therefore, ask for dry toast so they do not put dairy on it.

PETA has an article stating the gluten free English muffin has dairy in it, but the Denny's web site does not indicate they even offer such a thing.

Also PB appearing are the flour tortillas, corn tortilla chips, and saltines.

Pancakes

| ALLERGENS | Egg | Fish | Shellfish | Milk/Dairy | Soybeans | Peanuts | Tree Nuts | Wheat | Gluten | Sesame |
|--------------------------|-----|------|-----------|------------|----------|---------|-----------|-------|--------|--------|
| Pancakes, Hearty 9-Grain | ◇ | | | ◇ | X | | | X | X | ◇ |

ONLY the Hearty 9-Grain pancakes are PB.

Condiments and Salad Dressings

Mustard, catsup, jelly and pancake syrup. Heinz 57, bourbon sauce, green or red hot pepper sauce, salsa, Balsamic vinegar and Italian dressing.

Side dishes or veggies

Garden salad-ask them to omit the cheese. Broccoli, sweet corn, wavy cut fries, seasoned fries, hashbrowns, red skinned potatoes. Whole grain rice blend. *Remember to specify oil when grilling any potato or veggie item.*

Dessert

None

Sample language to tell the server



I would like the Hearty 9-Grain Plant based Pancake Slam. Please ask the cooks to cook the pancakes and the hash browns with oil and NOT with bacon and NOT with butter. I do not need butter for the pancakes.

Resources

Veg New article where Denny’s spokesman is interviewed but article INCORRECTLY states the white bread is vegan.^v

ⁱ We season our grills with vegetable oil from our fryers and with bacon.

https://www.dennys.com/sites/default/files/2025-06/May25_Core%2520MENU%2520Allergen%2520Guide.pdf

ⁱⁱ https://www.dennys.com/sites/default/files/2025-07/MAY25_Core_MENU_NutritionGuide.pdf and
https://www.dennys.com/sites/default/files/2025-06/May25_Core%2520MENU%2520Allergen%2520Guide.pdf

ⁱⁱⁱ <https://www.fda.gov/food/food-allergensgluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-falcpa>

^{iv} Denny's **Menu** is a site not affiliated with the chain <https://dennymenu.com/nutrition-info/#Allergen>

^v <https://vegnews.com/guides/vegan-dennys-menu-guide>