



U.S. Allergen Guide

At the Meltdown, we understand that each guest may have unique concerns about their food choices. That is why we provide the most current allergen information and update this guide periodically.

Please note:

- We season our grills with vegetable oil from our fryers and with bacon. Vegetable oil includes but is not limited to soybean, canola, and cottonseed oils.
- This allergen guide provides an overview of the FDA's top 8 allergens, plus gluten.
- The information in this guide is provided by our ingredient suppliers, and pertains only to our main menu. The guide does not include limited time offers, test menus, or isolated local menu offerings.
- 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.
- This guide pertains to the contiguous United States only.
- We encourage any guest with special dietary needs to speak with the manager of the restaurant they are visiting, or to contact us at 1-800-733-6697.

■ Contains this allergen

◇ May contain this allergen or is processed in a facility or on equipment with this allergen.

Allergens	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Breads:									
Grilled Artisan					■			■	■
Grilled Potato	◇				■			■	■
Cheese:									
American				■	■				
Cheddar, White				■					
Provolone				■					
Swiss				■					
Desserts:									
Cheesecake	■			■	■	◇	◇	■	■
Pound Cake	■			■	■	◇	◇	■	■
Egg, Whites	■				■				
Egg, Whole/Liquid	■				■				
Fryer Oil					■				

Allergens	Egg	Fish	Shellfish	Milk/Dairy	Soybeans	Peanuts	Tree Nuts	Wheat	Gluten
Meats:									
Bacon Strips					■				
Burnt Ends (Beef Brisket)	◇	◇		◇	■	◇		◇	◇
Chicken Breast, Grilled					■				
Chorizo					◇				
Ham, Shaved					◇				
Pot Roast				■	■			■	■
Sausage Crumbles					■				
Turkey, Shaved					■				
Sauces, Spreads, & Dressings									
Creamy BBQ	■				■				
Margarine, Liquid					■				
Mayonnaise	■				■				
Mayonnaise, Sun-dried Tomato	■				■				
Pico de Gallo					■				
Ranch Dressing	■			■	■				
Spread, Sweet Grilling					■				
Seasonings:									
Denny's Signature									
Sea Salt & Pepper					■				
Vegetables:									
Fries, Wavy-Cut	◇			◇	■	◇		◇	◇
Jalapenos, Sliced									
Onions, Caramelized					■				
Pickled Cucumber Salad									
Pickles, Sliced									
Mushrooms, Sauteed					■				
Spinach, Sautéed					■				