



NEW!  
GLUTEN-FRIENDLY  
OPTIONS ARE HERE

**Our chicken  
stacks up to  
our pancakes.**



FALL/WINTER  
ANYTIME MENU

# World Famous

## International Pancakes



### Mexican Churro

Four buttermilk pancakes layered with a fiesta of warm cinnamon spread, crunchy mini-churros & sweet cream cheese icing. Crowned with whipped topping. 1020 cal | 9.99

*Panqueques Mexicanos con Churros*



### Italian Cannoli

Three buttermilk pancakes rolled & filled with sweet Ricotta cream & chocolate pieces topped with crunchy cannoli pieces, chocolate chips & crowned with whipped topping. 970 cal | 9.99

*Panqueques Italianos Cannoli*



### Mexican Tres Leches

Four buttermilk pancakes layered with vanilla sauce & dulce de leche caramel sauce & crowned with whipped topping. 670 cal | 9.99

**G Make it Gluten-Friendly!**

660 cal | 9.99

*Panqueques Mexicanos a la Tres Leches*



### ★ Original Buttermilk

Five of our world famous buttermilk pancakes\* topped with whipped real butter. 660 cal | 8.99

Available in a 3-stack. 430 cal | 7.99

*Panqueques Originales de Buttermilk*



### Harvest Grain 'N Nut\*

Four pancakes filled with wholesome oats, almonds & walnuts topped with whipped real butter. 800 cal | 9.99

*Panqueques Harvest Grain 'N Nut®*



### Cupcake Pancakes

Four buttermilk pancakes filled with festive rainbow sprinkles. Topped with cupcake icing & more sprinkles. 790 cal | 9.99

**G Make it Gluten-Friendly!**

780 cal | 9.99

*Panqueques con Chispas Festivas y Glaseado de Azúcar*



### New York Cheesecake

Four buttermilk pancakes filled with cheesecake bites & topped with glazed strawberries. 920 cal | 9.99

*Panqueques con Trocitos de Pastel de Queso Nueva York*



### Chocolate Chocolate Chip

Four chocolate pancakes filled with chocolate chips, topped with a drizzle of chocolate syrup & more chocolate chips. Available in buttermilk. 690/670 cal | 9.99

**G Make it Gluten-Friendly!**

670 cal | 9.99

*Panqueques de Chocolate con Chispas de Chocolate*

Mexican Churro

Italian Cannoli

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. NOTICE: ITEMS MARKED WITH AN \* MAY CONTAIN RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. IHOP cannot ensure items do not contain ingredients that might cause an allergic reaction or impact other dietary restrictions. Allergen information is available upon request.

# Pancakes

**New!**



**G Gluten-Friendly Pancakes**

Four fluffy, gluten-friendly pancakes\* topped with whipped real butter.  
540 cal | 8.99  
Available in a 2-stack.  
300 cal | 4.99  
*Panqueques Gluten-Friendly*



**★ Rooty Tooty Fresh 'N Fruity\***

Four buttermilk pancakes (500 cal). Topped with choice of peach topping (adds 60 cal) or glazed strawberries (adds 50 cal). 9.99

**G Make it Gluten-Friendly!**

490 cal | 9.99  
*Panqueques Rooty Tooty Fresh 'N Fruity\**



**Strawberry Banana**

Four buttermilk pancakes filled with fresh banana slices. Topped with glazed strawberries & more banana slices.  
650 cal | 9.99

**G Make it Gluten-Friendly!**

650 cal | 9.99  
*Panqueques con Fresas y Plátanos*



**Double Blueberry**

Four buttermilk pancakes filled with blueberries & topped with blueberry compote.  
610 cal | 9.99

**G Make it Gluten-Friendly!**

610 cal | 9.99  
*Panqueques con Arándanos*

## Create Your Pancake Combo

Choice of any 2 same-flavored pancakes.  
730-1270 cal | 13.49  
*Combo de Panqueques*

**Make it Gluten-Friendly!**  
720-1100 cal | 13.49

**Pick your pancakes**

+

**2 Eggs\* your way**

+

**2 Bacon or sausage**

+

**Hash browns**



Original Buttermilk Pancake Combo

## Sides

**Grilled Buttermilk Biscuit**

450 cal | 2.49

**G Hash Browns**

210 cal | 3.99

**Buttered Toast**

220-350 cal | 1.99

**Egg\* Any Style**

60-110 cal | 1.89

**Crispy Potato Pancakes**

(2) 370 cal | 3.79

**G Turkey Sausage Patties**

(2) 120 cal | 3.79

**G Slice of Ham**

110 cal | 3.99

**English Muffin**

160 cal | 1.99

**G Fresh Fruit**

Small bowl  
50 cal | 3.99

Large bowl  
100 cal | 7.99

**G Hickory-Smoked Bacon Strips**

(4) 180 cal | 3.79

**Smoked Sausage Links**

(2) 510 cal | 4.79

**G Turkey Bacon Strips**

(4) 120 cal | 3.79

**G Pork Sausage Links**

(4) 360 cal | 3.79



Spicy



Simple & Fit  
Under 600 Calories



IHOP®  
Signature



Gluten-Friendly or  
made Gluten-Friendly  
upon request

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

\*Calories for Buttermilk Pancakes excludes syrup.

**G** IHOP defines gluten-friendly as menu items prepared without gluten-containing ingredients based on information from our approved suppliers. We do not claim that items marked as gluten-friendly are "gluten free" because we cannot confirm that they meet the FDA's definition of "gluten free" (< 20 parts per million of gluten). Because we have multiple sources of gluten in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item can be completely free of gluten or allergens.

# Griddle Faves

## French Toast



### Our Original French Toast

Six triangles topped with whipped real butter & dusted with powdered sugar.  
740 cal | 10.99

*Nuestro Pan Francés Original*



### Stuffed French Toast

Two cinnamon-raisin triangles with sweet cream filling (890 cal). Topped with choice of strawberry vanilla (adds 170 cal), peach vanilla (adds 180 cal) or glazed strawberries (adds 100 cal). 11.99

*Pan Francés Relleno con Crema Dulce*



### Strawberry Banana French Toast

Our original French toast topped with glazed strawberries & fresh banana slices.  
840 cal | 11.99

*Pan Francés con Fresas y Plátanos*

## Create Your Griddle Combo

### French Toast Combo 13.49

Choose your flavor + 2 eggs\* your way + 2 bacon or 2 sausage + hash browns

*Combo de Pan Francés*

**Original** 4 triangles 940-1140 cal

**Stuffed French Toast** 1 triangle 870-1150 cal

**Strawberry Banana** 4 triangles 970-1160 cal

### Crepe Combo 13.49

Choose your flavor + 2 eggs\* your way + 2 bacon or 2 sausage + hash browns

*Combo de Crepas Dulces*

**Strawberries & Cream** 790-980 cal

**Swedish** 760-960 cal

### Belgian Waffle Combo 13.49

Waffle + 2 eggs\* your way + 2 bacon or 2 sausage (790-990 cal)

*Combo de Waffle Belga*

**G Make it Gluten-Friendly!**

620-820 cal | 13.49

## Waffles

**New!**

### Chicken & Waffles

Four buttermilk crispy chicken breast strips & our Belgian waffle\*. Served with choice of buttermilk ranch, honey mustard or IHOP® Sauce.  
1260-1310 cal | 13.99

*Pollo y Waffles*



### Belgian Waffle

Our traditional golden-brown Belgian waffle\* topped with whipped real butter.  
590 cal | 10.99

*Waffle Belga*



**New!**

### G Gluten-Friendly Belgian Waffle

A golden-brown, gluten-friendly Belgian waffle\* topped with whipped real butter.

410 cal | 10.99

*Waffle Belga Gluten-Friendly*



## Crepes

### Chicken Florentine Crepes

Two crepes filled with grilled chicken breast, mushrooms, onions & Swiss on a bed of spinach. Topped with White Cheddar sauce & fresh tomatoes.  
860 cal | 13.49

*Crepas de Pollo a la Florentina*



### Classic Breakfast Crepes

Two crepes stuffed with scrambled eggs, bacon, ham & White Cheddar. Topped with a creamy White Cheddar sauce. 1000 cal | 12.49

*Crepas Clásicas de Desayuno*



### Strawberries & Cream Crepes

Four delicate crepes topped with glazed strawberries & vanilla cream drizzle.  
710 cal | 10.99

*Crepas con Fresas y Crema de Vainilla*



### ★ Swedish Crepes

Four delicate crepes topped with sweet-tart lingonberries & lingonberry butter.  
600 cal | 10.99

*Crepas Suecas*



Strawberry Banana French Toast

\*Calories for Waffles excludes syrup. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.



**New!**

# Chicken & Waffles

Made with all-natural  
chicken breast and  
signature seasoning.





**New!**

# Gluten-Friendly Pancakes

Look for **G** to find more Gluten-Friendly options.

# IHOP Creations

**Breakfast Sandwiches Only:** Served with choice of Hash Browns (210 cal), 2 Buttermilk Pancakes (310 cal), 2 Flavored Pancakes from Pancakes page add 2.29 (310-660 cal) or Fresh Fruit add 1.29 (50 cal).



**New!**

## Chicken & Pancakes

Four buttermilk crispy chicken breast strips & 3 fluffy buttermilk pancakes. Served with choice of buttermilk ranch, honey mustard or IHOP® Sauce.  
1100-1150 cal | 13.99  
*Pollo y Panqueques*



**New!**

## Chicken & Bacon Cheddar Waffles

Cheddar-infused Belgian waffle & 2 buttermilk crispy chicken breasts topped with hickory-smoked bacon & Cheddar all drizzled with maple glaze.  
1580 cal | 13.99  
*Pollo y Waffle de Tocino y Queso Cheddar*



## The Wrap of Monte Cristo

A French-toasted wrap, griddled to perfection and filled with ham, carved roasted turkey breast, Swiss, White Cheddar & a side of lingonberry jam.  
1190 cal | 12.99  
*Envuelto de Monte Cristo*



## ★ Southwest Scramble

Scrambled eggs with Jack & Cheddar topped with our salsa & avocado (1080-1330 cal). Served with hash browns (adds 210 cal) or red potato & onion hash (adds 330 cal) & side choice of a tortilla (adds 290 cal), toast (adds 220-350 cal) or 2 buttermilk pancakes (adds 310 cal). 12.49  
*Huevos Revueltos Estilo Suroeste*



## IHOP® Signature Pancake Sliders

Two silver dollar sliders made with original buttermilk pancakes & filled with a scrambled egg omelette (made with a splash of buttermilk & wheat pancake batter), turkey sausage, hickory-smoked bacon & American, all topped with sweet maple glaze.  
720 cal | 13.49  
*Exclusivos Panqueque Sliders IHOP®*



## Create Your Own Melt

Grilled artisan sourdough filled with scrambled eggs, Swiss & American cheese (900 cal) & your choice of sliced ham (adds 110 cal), hickory-smoked bacon (adds 180 cal), or fire-roasted Poblano peppers & onions (adds 25 cal). 13.99  
*Crea tu Propio Sándwich a la Parilla*



## Buttermilk Biscuit & Gravy

A giant flakey buttermilk biscuit smothered with hearty country gravy. Served with 2 eggs\* your way, 4 pork sausage links & hash browns.  
1260-1360 cal | 14.99  
*Bizcocho de Buttermilk con Salsa Gravy*

## Huevos Rancheros

Corn tortillas topped with 3 eggs\* your way, our salsa & cheese. Served with beans, hash browns (840-1000 cal) & includes your choice of 3 buttermilk pancakes (adds 430 cal), corn tortillas (adds 120 cal) or flour tortilla (adds 290 cal). 13.99  
*Huevos Rancheros*

## Eggs Benedict

Canadian-style bacon on an English muffin, topped with 2 poached eggs\* & hollandaise. Served with hash browns.  
850 cal | 13.99  
*Huevos Benedictos*

The Wrap of Monte Cristo



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# Combos



## ★ Sirloin Tips & Eggs

Sirloin tips\* with grilled onions & mushrooms. Served with 2 eggs\* your way, hash browns & 2 buttermilk pancakes. 1070-1180 cal | 16.49

*Puntas de Bistec Sirloin y Huevos*



## ★ Breakfast Sampler

Two eggs\* your way, 2 bacon strips, 2 pork sausage links, 2 thick-cut pieces of ham, hash browns & 2 buttermilk pancakes. 970-1070 cal | 14.49

*Desayuno Sampler*



## Split Decision Breakfast

Two eggs\* your way, 2 bacon strips, 2 pork sausage links, 2 triangles of French toast & 2 buttermilk pancakes. 990-1100 cal | 14.49

*Desayuno Decisión Dividida*



## T-Bone Steak & Eggs

10 oz. T-Bone steak\* grilled & served with 3 eggs\* your way & 3 buttermilk pancakes. 900-1050 cal | 16.49

*Bistec T-Bone y Huevos*



## Smokehouse Combo

Two jumbo smoked sausage links served with 2 eggs\* your way, hash browns & 2 buttermilk pancakes. 1150-1250 cal | 14.49

*Combo de Salchichas Ahumadas*



## Country Fried Steak & Eggs

A golden-battered beef steak smothered in country gravy. Served with 2 eggs\* your way, hash browns & 2 buttermilk pancakes. 1480-1580 cal | 15.49

*Bistec Campestre Frito y Huevos*



## 2 x 2 x 2

Two eggs\* your way, 2 bacon strips or 2 pork sausage links & 2 buttermilk pancakes. 510-710 cal | 11.49

*2 x 2 x 2*



## Quick 2-Egg Breakfast

Two eggs\* your way, hash browns, 2 bacon strips or 2 pork sausage links & toast. 640-970 cal | 11.49

*Desayuno Rápido de 2 Huevos*



## 🌿 Simple & Fit 2-Egg Breakfast

Scrambled cage-free egg whites served with 2 slices of turkey bacon, fresh fruit & whole wheat toast. 380 cal | 11.49

*Simple & Fit Desayuno de 2 Huevos*



## ONLINE ORDERING NOW AVAILABLE!

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Go to [ihop.com](http://ihop.com) or download our mobile app.

## 🌿 SIMPLE & FIT SUBSTITUTIONS

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**Cage-Free Egg Whites:** subtracts 25-80 cal per egg

**Turkey Bacon:** subtracts 15 cal per piece

Breakfast Sampler



## Eggs 101

Get your eggs exactly how you like them.

### Scrambled

Whites and yolks mixed together.

### Over Easy

Soft whites with a runny yolk.

### Over Medium

Firm whites with a semi-firm yolk.

### Over Hard

Firm whites with a firm, broken yolk.



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# Omelettes

Now Available  
G Gluten-Friendly!

Made with a splash of buttermilk & wheat pancake batter!

Served\*\* with choice of 3 Buttermilk Pancakes (430 cal), G Hash Browns (210 cal), Buttered Toast (220-350 cal), 3 Flavored Pancakes from Pancakes page\* add 2.29 (430-830 cal).  
G 3 Gluten-Friendly Pancakes (420 cal) or G Fresh Fruit add 1.29 (50 cal).

\*\*Excludes Simple & Fit selection, which is served as described. \*Italian Cannoli served with 2.

Add avocado to any omelette! 80 cal | add 1.49



## 🔥 Spicy Poblano Omelette

Fire-roasted Poblano peppers, red bell peppers & onions, shredded beef, Jack & Cheddar blend, fresh avocado, Poblano cream & chopped Serrano peppers. 1060 cal | 14.99

Omelette Picante de Chile Poblano



## ★ Big Steak Omelette

Steak, hash browns, green peppers, onions, mushrooms, tomatoes & Cheddar. Served with our salsa. 1080 cal | 16.49

Omelette de Bistec



## Chicken Fajita Omelette

Grilled chicken breast with Poblano & red bell peppers, roasted onions, Jack & Cheddar & our salsa topped with sour cream. Served with a fresh grilled Serrano pepper. 950 cal | 14.99

G Make it Gluten-Friendly!

880 cal | 14.99

Omelette de Fajitas de Pollo



## Colorado Omelette

Bacon, shredded beef, pork sausage & ham with green peppers, onions & Cheddar. Served with our salsa. 1110 cal | 16.49

Omelette Colorado



## Bacon Temptation Omelette

Chopped hickory-smoked bacon with Jack & Cheddar & a White Cheddar sauce. Topped with tomatoes & more bacon. 1080 cal | 14.49

G Make it Gluten-Friendly!

1010 cal | 14.49

Omelette de Tocino



## Country Omelette

Ham, hash browns, onions & Cheddar. Topped with sour cream. 1010 cal | 14.99

G Make it Gluten-Friendly!

940 cal | 14.99

Omelette Campestre

## Avocado, Bacon & Cheese Omelette

Fresh avocado, bacon & Cheddar. 870 cal | 14.49

Omelette de Aguacate, Tocino y Queso



Spicy Poblano Omelette

## Veggie



## Spinach & Mushroom Omelette

Fresh spinach, mushrooms, onions & Swiss. Topped with hollandaise & tomatoes. 90 cal | 14.49

G Make it Gluten-Friendly!

820 cal | 14.49

Omelette de Espinacas y Champiñones



## G Cage-Free Egg White Veggie Omelette

Cage-free egg white omelette filled with fresh spinach, onions & Pepper Jack topped with fresh avocado & tomatoes. Served with fresh fruit. 370 cal | 13.99

Omelette de Claras de Huevo y Vegetales



## Garden Omelette

A fresh mix of broccoli, mushrooms, tomatoes & Cheddar. 840 cal | 14.49

G Make it Gluten-Friendly!

770 cal | 14.49

Omelette de Vegetales

## Build Your Omelette

### Create Your Omelette

Served with choice of side. See sides above. 440 cal | 12.49

G Make it Gluten-Friendly! 370 cal | 12.49

Cre tu Omelette

#### Choose your cheese:

Cheddar 230 cal  
White Cheddar 170 cal  
American 100 cal  
Jack & Cheddar blend 220 cal  
Swiss 160 cal  
Pepper Jack 160 cal

#### Choose your add-ins:

.99 each (except avocado)  
Bacon 60 cal  
Pork Sausage 180 cal  
Ham 30 cal  
Extra Cheese 100-230 cal  
Fresh Mushrooms 10 cal  
Fresh Tomatoes 10 cal  
Fresh Spinach 15 cal  
Fresh Green Peppers & Onions 10 cal  
Fresh Avocado 80 cal | 1.49

# Sandwiches

Served with choice of **G** French Fries (320 cal), Onion Rings (400 cal)  
**G** Fresh Fruit (50 cal), **G** Hash Browns (210 cal), 2 Buttermilk Pancakes (310 cal),  
**G** 2 Gluten-Friendly Pancakes (300) cal. Add Cup of Soup for 1.99 (120-290 cal)  
 or Side Salad for 1.99 (60-300 cal).

Pancakes now available as a side!



**Add avocado to any sandwich!** 80 cal | add 1.49



## Philly Cheese Steak Stacker

Grilled sirloin steak & onions topped with melted American on a grilled roll. 820 cal | 12.49  
*Sándwich Philly de Bistec y Queso Derretido*



## Double BLT

Double-decker with 6 strips of bacon, lettuce, tomato & mayonnaise on white toast. 670 cal | 11.49  
*Sándwich Doble de Tocino*



## Turkey, Bacon & Avocado Wrap

Carved roasted turkey breast, avocado, hickory-smoked bacon, tomatoes, mixed greens, red onions & ranch in a flour tortilla wrap. 750 cal | 12.49  
*Envuelto de Pavo, Tocino y Aguacate*



**New!**

## Original Chicken Sandwich

Freshly grilled or buttermilk crispy chicken breast, White Cheddar, custom-cured hickory-smoked bacon, lettuce, tomato, red onion, pickles & our signature IHOP® Sauce on a Brioche bun. 650/770 cal | 12.49

**G** **Gluten-Friendly with grilled chicken only.** 680 cal | 12.49

*Sándwich de Pechuga de Pollo Asada o Frita con Tocino*



## Roasted Turkey Sandwich

Carved roasted turkey breast with hickory-smoked bacon, Swiss, lettuce, tomato & mayonnaise on sourdough. 920 cal | 12.49  
*Sándwich de Pavo Asado*



**New!**

**FRANK'S RedHot**

## Spicy Buffalo Chicken Sandwich

Buttermilk crispy chicken breast tossed in Frank's RedHot® Buffalo sauce, lettuce, tomato, red onion, pickles & buttermilk ranch on a Brioche bun. 620 cal | 12.49  
*Sándwich Picante de Pollo Búfalo*

## Patty Melt

All-natural, Black Angus steakburger topped with sautéed onions & American served on grilled Texas toast. 840 cal | 11.49

*Hamburguesa con Queso Derretido*

## Salads

### Chicken Cobb Salad

Freshly grilled or buttermilk crispy chicken breast, hickory-smoked bacon, Jack & Cheddar cheeses, hard-boiled egg & fresh tomatoes on a bed of mixed greens & crisp romaine tossed in buttermilk ranch. 1080/1270 cal | 12.49

**G** **Gluten-Friendly with grilled chicken only.** Add avocado. 80 cal | 1.49

*Ensalada Cobb con Pollo Asado o Crujiente*

### House Salad

Fresh sliced tomatoes & red onions on mixed greens & crisp romaine tossed in choice of dressing. 60-300 cal | 5.29  
*Ensalada de la Casa*

### Grilled Chicken & Veggie Salad

Freshly grilled chicken breast, fresh sliced tomato, red onions, avocado, mushrooms & a grilled lemon on mixed greens & crisp romaine tossed in honey balsamic vinaigrette. 700 cal | 12.49

*Ensalada de Pollo Asado y Verduras*

### **G** Fresh Fruit Bowl

100 cal | 7.99  
*Fruta Fresca*

### Chicken Caesar Salad

Grilled or buttermilk crispy chicken, croutons & Parmesan on a bed of crisp romaine tossed in Caesar. 820/1010 cal | 12.49

*Ensalada César con Pollo Asado o Crujiente*

## Soups

### Soup of the Day

Cup 2.99 Bowl 4.99

*Sopa del Día*

*Number and selection of soups vary by location.*

Roasted Chicken Noodle 120/150 cal

Loaded Potato with Bacon 290/350 cal

Minestrone 120/140 cal

Grilled Chicken & Veggie Salad



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 Frank's RedHot is a registered trademark of McCormick & Co. and used under license by IHOP.  
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**New!**

# **House-Made Milkshakes**

- Premium Ice Cream**
- Natural Vanilla**
- Real Strawberries**
- Whipped Topping**

# Spice It Up

**New!**

## Spicy Buffalo Chicken Sandwich

Made with all-natural  
chicken breast and tossed  
in Frank's Red Hot®  
Buffalo Sauce.

FRANK'S  
SINCE 1880  
**RedHot**



# Ultimate Steakburgers

Now Available  
G Gluten-Friendly!

**All-Natural • 100% USDA Choice • Black Angus Beef**

Served with choice of G French Fries (320 cal), Onion Rings (400 cal), G Fresh Fruit (50 cal),  
G Hash Browns (210 cal), 2 Buttermilk Pancakes (310 cal), G 2 Gluten-Friendly Pancakes (300 cal). Add Cup of Soup for 1.99 (120-290 cal) or Side Salad for 1.99 (60-300 cal). **Add avocado to any burger!** 80 cal | add 1.49



## The Classic

Truly a classic burger. American, lettuce, tomato, red onion, pickles & our signature IHOP® Sauce. 670 cal | 11.49

G **Make it gluten-Friendly!**

700 cal | 11.49

Hamburguesa La Clásica con Queso



## Cowboy BBQ

This may be how the West was won. Two crispy onion rings, our custom-cured hickory-smoked bacon, American, lettuce, tomato & tangy BBQ sauce. 900 cal | 12.49

Hamburguesa La Vaquera con Salsa BBQ



## The Classic with Bacon

Only bacon can improve upon a Classic. Our custom-cured hickory-smoked bacon, American, lettuce, tomato, red onion, pickles & our signature IHOP® Sauce. 760 cal | 12.49

G **Make it Gluten-Friendly!**

790 cal | 12.49

**Double it up with an extra patty & cheese!** adds 360 cal | 2.99

Hamburguesa La Clásica con Queso y Tocino



## Mega Monster Cheeseburger

No need to fear this Monster. Two premium steakburger patties, American and White Cheddar cheeses, lettuce, tomato, red onion, pickles & our signature IHOP® Sauce. 1060 cal | 14.49

G **Make it Gluten-Friendly!**

1090 cal | 14.49

Hamburguesa Mega Grande con Queso



## Loaded Philly

A two-hand, five-napkin kind of burger. Piled high with sautéed onions and peppers and smothered with melted White Cheddar and a dousing of Cheddar cheese sauce. 820 cal | 12.49

G **Make it Gluten-Friendly!**

850 cal | 12.49

Hamburguesa Philly Cargada con Pimientos y Cebolla



## Jalapeño Kick

This one will kick you back. Spicy blend of sautéed jalapeños, Serranos and onion, our custom-cured hickory-smoked bacon, Pepper Jack, lettuce, tomato & jalapeño mayo. 950 cal | 12.49

G **Make it Gluten-Friendly!**

990 cal | 12.49

Hamburguesa La Picante con Jalapeños



## Big Brunch

We know how to put breakfast on a burger. Hickory-smoked bacon, fried egg\*, crispy browned potato, American & signature IHOP® Sauce. 990 cal | 12.49

Hamburguesa La Gran

Desayuno con Huevo y Tocino



## Cali Garlic Butter

Take a bite out of garlic buttery goodness. Topped with savory house-made garlic butter, custom-cured hickory-smoked bacon, White Cheddar cheese, lettuce, tomato, onion & mayo. 850 cal | 12.49

G **Make it Gluten-Friendly!**

880 cal | 12.49

Hamburguesa con Mantequilla de Ajo

## Apps

### Buttermilk Crispy Chicken & Fries

Five buttermilk crispy chicken breast strips & French fries. Served with choice of buttermilk ranch, honey mustard or IHOP® Sauce. 1110-1160 cal | 12.99

**New!** Also available tossed in Frank's RedHot® Buffalo sauce.

1190 cal | 12.99

### Mozza Sticks

Six Mozzarella cheese sticks served with marinara. 630 cal | 8.99

Palitos de Queso Mozzarella

### Appetizer Sampler

Mozza Sticks, Onion Rings & Buttermilk Crispy Chicken Strips served with marinara & choice of honey mustard, ranch or IHOP® Sauce. 1510-1550 cal | 12.49

Aperitivos Sampler

### Chicken & Three-Cheese Quesadilla

Grilled chicken breast, fire-roasted Poblano peppers & onions, Pepper Jack, Monterey & Cheddar in a flour tortilla. Served with salsa, sour cream & a fresh grilled Serrano pepper. 1060 cal | 12.99

Quesadilla de Pollo y Tres Quesos

### Onion Rings

810 cal | 4.99

Aros de Cebolla



Appetizer Sampler

All steakburgers are perfectly cooked to a minimum of 158° F. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Frank's RedHot is a registered trademark of McCormick & Co. and used under license by IHOP.

# Entrées

Pancakes now available as a side!



Served with choice of Cup of Soup (120-290 cal), 2 Buttermilk Pancakes (310 cal) or Side Salad (60-300 cal).



Roasted Turkey & Stuffing



Sirloin Steak Tips & Crispy Shrimp



Tilapia Florentine



Buttermilk Crispy Chicken

## Tilapia Florentine ♦

Two seasoned fillets grilled & served over a bed of creamy spinach. Served with your choice of 2 sides. 490 cal | 13.99

*Tilapia a la Florentina*

## Crispy Fish & Chips

Three golden, hand-battered white fish fillets served with French fries & tartar sauce. 1070 cal | 12.99

*Crujiente Pescado y Papas Fritas*

## Sirloin Steak Tips ♦

A hearty portion of tender sirloin steak tips\* sautéed with grilled onions & mushrooms. Served with your choice of 2 sides. 430 cal | 16.49

*Puntas de Bistec Sirloin*

## Buttermilk Crispy Chicken ♦

Two buttermilk crispy chicken breast fillets served with your choice of 2 sides. 550 cal | 12.99

Available with country gravy. adds 80 cal | adds .50

*Crujiente Pechugas de Pollo Deshuesadas*

## Roasted Turkey & Stuffing ♦

Carved roasted turkey breast topped with turkey gravy, cornbread stuffing, lingonberries & your choice of 2 sides. 640 cal | 12.99

*Pavo Asado y Relleno*

## Fisherman's Platter

Two golden, hand-battered white fish fillets & crispy breaded shrimp served with French fries, & dipping sauces. 1330 cal | 13.99

*Pescado, Camarones y Papas Fritas*

## Sirloin Steak Tips & Crispy Shrimp ♦

A generous portion of tender sirloin steak tips\* sautéed with grilled onions & mushrooms & crispy breaded shrimp, with dipping sauce. Served with your choice of 2 sides. 860 cal | 16.99

*Puntas de Bistec Sirloin y Camarones Crujientes*

## T-Bone Steak ♦

10 oz. T-Bone steak\* grilled & served with your choice of 2 sides. 290 cal | 16.49

*Bistec T-Bone*

♦ Calories for Entrées exclude sides

## Sides

Real Buttered Corn (180 cal)	Sautéed Spinach (100 cal)	Cornbread Stuffing (340 cal)	French Fries (320 cal)	Onion Rings (400 cal)	Hash Browns (210 cal)
Steamed Fresh Broccoli (25 cal)	Red Skin Mashed Potatoes (240 cal)	Two Crispy Potato Pancakes (370 cal)			

## Desserts



### G Ice Cream Sundae

Three scoops of vanilla ice cream with choice of chocolate sauce or glazed strawberries.

410/360 cal | 5.99

*Helado de Vainilla con Chocolate o Fresas Glaseadas*

### Fruit Crepe

One crepe filled with choice of blueberry compote or glazed strawberries.

Topped with vanilla ice cream & more fruit topping. 440/370 cal | 6.29

*Crepa con Fruta*

### G Jr. Ice Cream Sundae

12 & under. One scoop of vanilla ice cream with choice of chocolate sauce or glazed strawberries.

220/170 cal | 3.49

*Helado de Niños de Vainilla con Chocolate o Fresas Glaseadas*

### Jr. Milkshakes

12 & under. 3.99

Vanilla 400 cal

**HERSHEY'S** Chocolate 440 cal

Strawberry 390 cal  
*made with real fruit*

**OREO** 480 cal

*Malteada de Leche Jr.*

2,000 calories a day is used for general nutrition advice, but calorie needs vary. OREO® and the OREO® Wafer Design are trademarks of Mondelēz International group, used under license.

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NOTICE: ITEMS MARKED WITH AN \* MAY CONTAIN RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

# 55+ Menu

Sorry, no coupons or discounts on 55+ items.

special values for guests ages 55+

## Breakfast

STARTING AT \$6.49

### ★ 55+ Breakfast Sampler

One egg\* your way, 1 bacon strip, 1 pork sausage link, 1 thick-cut piece of ham, hash browns & 1 buttermilk pancake. 630-680 cal | 8.99

55+ Desayuno Sampler

### 55+ Rise 'N Shine

Two eggs\* your way, hash browns, 2 bacon strips or 2 pork sausage links & toast. 640-970 cal | 8.99

55+ Desayuno Levantate y Brilla

### 55+ Cheese Omelette

Made with Cheddar & a splash of buttermilk & wheat pancake batter. Served with 2 buttermilk pancakes. 760 cal | 8.99

55+ Omelette de Queso

### 55+ 2 x 2 x 2

Two buttermilk pancakes, 2 eggs\* your way & 2 bacon strips or 2 pork sausage links. 510-710 cal | 8.99

55+ 2 x 2 x 2

### ★ 55+ Buttermilk Pancakes

Three world famous buttermilk pancakes with whipped real butter. 430 cal | 6.49

55+ Panqueques de Buttermilk

### 55+ French Toast

Four triangles served with 2 bacon strips or 2 pork sausage links. 610/700 cal | 8.29

55+ Pan Francés



### SIMPLE & FIT SUBSTITUTIONS

**Cage-Free Egg Whites:** subtracts 25-80 cal per egg  
**Turkey Bacon:** subtracts 15 cal per piece

55+ Breakfast Sampler

See full list of sides on the Entrées page.

## Lunch

STARTING AT \$8.99

Served with choice of French Fries (320 cal), Onion Rings (400 cal), 2 Buttermilk Pancakes (310 cal), Cup of Soup (120-290 cal) or Side Salad (60-300 cal).

### 55+ Grilled Cheese

American & Swiss on grilled sourdough. 680 cal | 8.99

55+ Sándwich de Queso a la Plancha

### 55+ BLT

Hickory-smoked bacon, lettuce, tomato & mayo on toasted white bread. 400 cal | 9.49

55+ Sándwich de Tocino, Lechuga y Tomate

### 55+ Turkey & Swiss Sandwich

Turkey breast, Swiss, lettuce, tomato & mayo on wheat bread. 570 cal | 9.49

55+ Sándwich de Pavo y Queso Suizo

## Dinner

STARTING AT \$9.79

Add to your dinner: Cup of Soup for 1.99 (120-290 cal), 2 Buttermilk Pancakes for 1.99 (310 cal) or Side Salad for 1.99 (60-300 cal).

### 55+ Crispy Chicken Strips Dinner ♦

Three buttermilk crispy chicken breast strips served with your choice of 2 sides. 340 cal | 9.79

55+ Crujientes Tiras de Pollo

### 55+ Grilled Chicken Dinner ♦

Grilled chicken breast served with your choice of 2 sides. 150 cal | 9.79

55+ Cena de Pechuga de Pollo Asada

♦ Calories for dinner exclude sides

### 55+ Roasted Turkey Dinner ♦

Carved roasted turkey breast topped with turkey gravy. Served with your choice of 2 sides. 390 cal | 10.79

55+ Cena de Pavo Asado

### 55+ Grilled Tilapia Dinner ♦

One seasoned fillet, grilled & served with your choice of 2 sides. 120 cal | 9.79

55+ Cena de Tilapia Asada a la Florentina

## Kids Menu

12 & Under



**New!**

### Funny Face® Pancake Combo

Served with 1 scrambled egg, 1 bacon strip & 1 pork sausage link. 540 cal | 6.29

Funny Face® Combo de Panqueque

### Jr. Churro Pancake Combo

Served with 1 scrambled egg, 1 bacon strip & 1 pork sausage link. 650 cal | 6.29

Jr. Combo de Panqueque con Churro

### Kids drinks 1.99 1% Milk (100 cal)

Kids Bebidas

**New!**

### Jr. French Toast Combo

Served with 1 scrambled egg, 1 bacon strip & 1 pork sausage link. 530 cal | 6.29

Jr. Combo de Pan Francés

**New!**

### Jr. Chicken & Waffles

Two buttermilk crispy chicken breast strips & 2 Belgian waffle quarters. 560 cal | 6.29  
Substitute French fries for Belgian waffle quarters. subtracts 10 cal  
Jr. Pollo y Waffles

### Silver 5

Five silver dollar buttermilk pancakes, 1 scrambled egg & 1 bacon strip. 460 cal | 6.29

Panqueques 5 de Plata

### Jr. Cupcake Pancake Combo

Served with 1 scrambled egg, 1 bacon strip & 1 pork sausage link. 560 cal | 6.29

Jr. Combo de Panqueque Festivo

**New!**

### Jr. Chicken Strips

Two buttermilk crispy chicken breast strips served with real buttered corn & a side of ranch. 680 cal | 6.29

Substitute French fries for real buttered corn adds 140 cal

Jr. Tiras de Pollo

### All-Natural Black Angus Jr. Cheeseburger

Served with Motts® Applesauce. 500 cal | 6.29

Jr. Hamburguesa con Queso

### Macaroni & Cheese

Served with Motts® Applesauce. 370 cal | 6.29

Macarrones con Queso

### Chicken Nuggets

Five chicken nuggets served with Motts® Applesauce, real buttered corn & a side of ranch. 720 cal | 6.29

Nuggets de Pollo

### Grilled Cheese Sandwich

Served with Motts® Applesauce. 370 cal | 6.29

Sándwich de Queso a la Plancha


Sorry, no coupons or discounts on Kids items.

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# Beverages

 All beverages are Gluten-Friendly except OREO® Milkshake.

## Coffee



**IHOP**  
INTERNATIONAL  
**HOUSE**  
ROAST  
ORIGINAL

**IHOP® Colombian Blend**  
100% Arabica Beans

### Never Empty Coffee Pot®

Free refills. Regular or Decaf  
0 cal per cup | 3.39 per person  
*Café Regular o Descafeinado*

### Flavored Coffee

4.39 each  
French Vanilla 180 cal  
Swiss Mocha 180 cal  
*Café de Sabor*

### Cold-Brew Iced Coffee

Free refills. 4.39  
Mocha 220 cal  
Vanilla 220 cal  
Original 160 cal  
*Café Helado*

## Hot Chocolate

### Hot Chocolate

Free refills. 140 cal | 3.39  
*Chocolate Caliente*

### French Toast Hot Chocolate - 16 oz.

380 cal | 3.99 each  
*Chocolate Caliente de  
Sabor a Pan Francés*

### 2% Milk

Free refills.  
120 cal | 3.99  
*Leche al 2%*

### Chocolate Milk

Free refills.  
190 cal | 3.99  
*Leche con Chocolate*

## Fruit Juices

### Tropicana

#### 100% Premium Orange Juice | Free refills.

*Jugo de Naranja*

Regular  
100 cal  
3.99

#### Apple Juice | Free refills.

*Jugo de Manzana*

120 cal  
3.99

## Tea & Lemonade

### Tropicana® Lemonade

Free refills 140 cal | 3.49  
*Limonada*

### Freshly Brewed Iced Tea

Free refills 10 cal | 3.39  
*Té Helado*

### Sweet Tea

Free refills 140 cal | 3.39  
*Té Dulce*

### Lemonade Iced Tea

Free refills 80 cal | 3.49  
*Limonada con Té Helado*

### Revolution® Premium Loose-Leaf Hot Tea

Ask your server for available varieties.

Free refills  
0 cal | 3.39

*Té Caliente*

## IHOP Splashers®

### Splashberry

Free refills. A blend of glazed strawberries, lemon-lime soda & premium orange juice.  
140 cal | 4.49

### Tropical Island Twist

Free refills. A blend of lemonade, lemon-lime soda & tropical mango syrup.  
180 cal | 4.49

## Fountain Drinks

*Refrescos*

Free refills 3.39



120 cal



0 cal



120 cal



130 cal



120 cal

### Brisk® Raspberry Iced Tea 90 cal

## House-Made Milkshakes

6.29 each

Vanilla 590 cal

**HERSHEY'S** Chocolate 660 cal

Strawberry made with real fruit 580 cal

Cold-Brew Coffee 590 cal

 740 cal

*Malteadas de Leche*

**HERSHEY'S**  
Chocolate

Strawberry  
made with  
real fruit

**OREO**  
made with  
real fruit

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Not responsible for personal belongings.

State and local taxes will be added to the price of all items.

Substitutions available for an additional charge.

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