OBTIONS AREHOLD

# IHOP

# Our chicken stacks up to our pancakes.



# 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 | 8.99

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 | 8.99

Panqueques Italianos Cannoli

#### **Mexican Tres Leches**

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

670 cal | 8.99

Panqueques Mexicanos a la Tres Leches

### Original Buttermilk

Five of our world famous buttermilk pancakes† topped with whipped real butter. 660 cal | 7.99 Available in a 3-stack. 430 cal | 6.99

Panqueques Originales de Buttermilk

### Harvest Grain 'N Nut®

Four pancakes filled with wholesome oats, almonds & walnuts topped with whipped real butter.

800 cal | 8.99

Panqueques Harvest Grain 'N Nut®

### **Cupcake Pancakes**

Four buttermilk pancakes filled with festive rainbow sprinkles. Topped with cupcake icing & more sprinkles. 790 cal | 8.99

Panqueques con Chispas Festivas y Glaseado de Azúcar

### **New York Cheesecake**

Four buttermilk pancakes filled with cheesecake bites & topped with glazed strawberries.

920 cal | 8.99

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

Panqueques de Chocolate con Chispas de Chocolate









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** Original Gluten-Friendly

Four fluffy, gluten-friendly pancakes<sup>†</sup> topped with whipped real butter. 540 cal | 6.99 Available in a 2-stack.

300 cal | 5.99 Panqueques Gluten-Friendly Originales

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# 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). 8.99

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 | 8.99

Panqueques con Fresas y Plátanos



### **Double Blueberry**

Four buttermilk pancakes filled with blueberries & topped with blueberry compote.
610 cal | 8.99

Panqueques con Arándanos

### — Create Your — Pancake Combo

Choice of any 2 same-flavored pancakes.  $730\text{-}1270 \; \text{cal} \; \big| \; 9.99$ 

@ Make it with Original Gluten-Friendly Pancakes!

720-920 cal | 9.99 Combo de Panqueques

Pick your pancakes

+

2 Eggs\* your way

+

2 Bacon or sausage

+

Hash browns



Original Buttermilk Pancake Combo

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### Sides

### Grilled Buttermilk Biscuit

450 cal | 2.99

**10 Hash Browns** 210 cal | 2.99

### **Buttered Toast**

220-350 cal | 2.99

### **Oatmeal**

with brown sugar, milk & bananas 260 cal | 3.99

# **Crispy Potato Pancakes**

(2) 370 cal | 3.99

Turkey Sausage Patties

(2) 120 cal | 3.99

**G** Slice of Ham 110 cal | 3.99

Cottage Cheese 45 cal | 1.99

### Fresh Fruit

Small bowl 50 cal | 3.99 Large bowl 100 cal | 5.99

Hickory-Smoked Bacon Strips

(4) 180 cal | 3.99

**Egg\* Any Style** 60-110 cal | 1.49

### **1 Turkey Bacon Strips**

(4) 120 cal | 3.99

### Pork Sausage Links

(4) 360 cal | 3.99

### **English Muffin**

160 cal | 2.99



Spicy

Simple & Fit Under 600 Calories



IHOP® Signature



2,000 calories a day is used for general nutrition advice, but calorie needs vary. †Calories for Buttermilk Pancakes excludes syrup.

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• 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 | 6.99

Nuestro Pan Francés Original



### New!

### **Chicken & Waffles**

Four buttermilk crispy chicken breast strips & our Belgian waffle<sup>†</sup>. Served with choice of buttermilk ranch, honey mustard or IHOP® Sauce. 1260-1310 cal | 9.99

Tiras de Pollo y Waffles



#### **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). 7.99

Pan Francés Relleno con Crema Dulce



### **Belgian Waffle**

Our traditional golden-brown Belgian waffle<sup>†</sup> topped with whipped real butter. 590 cal | 6.99

Waffle Belga



### **Strawberry Banana French Toast**

Our original French toast topped with glazed strawberries & fresh banana slices. 840 cal | 8.99

Pan Francés con Fresas y Plátanos



### New!

### **Gluten-Friendly Belgian Waffle**

A golden-brown, gluten-friendly Belgian waffle<sup>†</sup> topped with whipped real butter. 410 cal | 6.99 Waffle Belga Gluten-Friendly

# **Crepes**



### French Toast Combo 9.99

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 9.99

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



### **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 | 8.99

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 | 8.99

Crepas Clásicas de Desayuno



### **Strawberries & Cream Crepes**

Four delicate crepes topped with glazed strawberries & vanilla cream drizzle. 710 cal | 8.99

Crepas con Fresas y Crema de Vainilla



### Swedish Crepes

Four delicate crepes topped with sweet-tart lingonberries & lingonberry butter. 600 cal | 8.99

Crepas Suecas

### **Belgian Waffle Combo** 9.99

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

Make it a Gluten-Friendly Waffle!

620-820 cal | 10.49 Combo de Waffle Belga



# IHOP Creations

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



### **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 | 8.99

Tiras de Pollo y Panqueques



### New!

### Chicken & Bacon Cheddar Waffles

A Belgian waffle infused with Cheddar & Jack cheese, topped with 2 buttermilk crispy chicken breasts, crumbled hickory-smoked bacon, more cheese, and finished with a drizzle of sweet maple glaze. 1580 cal | 8.99

Pollo y Waffle de Tocino y Queso Cheddar



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 | 8.99

Envuelto de Monte Cristo



### Southwest Scramble

Scrambled eggs with Jack & Cheddar topped with our salsa & avocado (650 cal). Served with hash browns (adds 210 cal) & side choice of a tortilla, (adds 290 cal), toast (adds 220-350 cal) or 2 buttermilk pancakes (adds 310 cal). 8.99

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, hickorysmoked bacon & American, all topped with sweet maple glaze. 720 cal | 8.99

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), hickorysmoked bacon (adds 180 cal), or fireroasted Poblano peppers & onions (adds 25 cal). 8.99

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.

Bizcocho de Buttermilk con Salsa Gravy



Scrambled eggs with shredded beef, Jack & Cheddar, onions, jalapeños, tomatoes & tortilla strips. Served with hash browns, tortillas & our salsa. 1240/1400 cal | 9.99

**Migas** 

Machaca, but without beef. 1160/1320 cal | 8.99 Machaca / Migas



1260-1360 cal | 8.99

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). 7.99

Huevos Rancheros





# Combos



### Sirloin Tips & Eggs

Sirloin tips\* with grilled onions & mushrooms. Served with 2 eggs\* your way, hash browns & 2 buttermilk pancakes. 1070-1180 cal | 12.99

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 | 9.99

Desayuno Mixto



### **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 | 9.99

Desayuno Decisión Dividida



### **T-Bone Steak & Eggs**

12 oz. T-Bone steak\* grilled & served with 3 eggs\* your way & 3 buttermilk pancakes. 990-1150 cal | 14.99

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 | 9.99

Combo de Salchichas Ahumadas



### **Chicken 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 | 9.99

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 | 6.99

2 x 2 x 2



### **Big 2-Egg Breakfast**

Two eggs\* your way, hash browns,

### **Quick 2-Egg Breakfast**

Two eggs\* your way, hash browns, 2 bacon strips or 2 pork sausage links & toast. 640-970 cal | 6.99

Desayuno Rápido de 2 Huevos

4 bacon strips or 4 pork sausage links & 2 buttermilk pancakes.

820-1110 cal | 8.99

Gran Desayuno de 2 Huevos

**Pork Chops & Eggs** 

Two 4 oz. grilled center-cut pork chops served with 2 eggs\* your way, hash browns & 2 buttermilk pancakes. 950-1060 cal | 9.99

Chuletas de Puerco y 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 | 7.99 Simple & Fit Desayuno de 2 Huevos

### SIMPLE & FIT SUBSTITUTIONS

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



# 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

### Made with a splash of buttermilk & wheat pancake batter!

Served<sup>††</sup> with choice of 3 Buttermilk Pancakes (430 cal), Hash Browns (210 cal), Buttered Toast (220-350 cal), 3 Flavored Pancakes from Pancakes page\* add 1.99 (430-830 cal) or Fresh Fruit add 1.99 (50 cal)

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

Add avocado to any omelette! 80 cal | add 1.99



### 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 | 9.99

Omelette Picante de Chile Poblano



### **Big Steak Omelette**

Steak, hash browns, green peppers, onions, mushrooms, tomatoes & Cheddar. Served with our salsa. 1080 cal | 10.99

Omelette de Bistec



### **Chicken Faiita 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 I 9.99

Omelette de Fajitas de Pollo



### **Cage-Free Egg White Veggie Omelette**

Spicy Poblano Omelette

**Spinach & Mushroom** 

Fresh spinach, mushrooms,

hollandaise & tomatoes.

Omelette de Espinacas y

onions & Swiss. Topped with

**Omelette** 

890 cal | 9.99

Champiñones

Cage-free egg white omelette filled with fresh spinach, onions & Pepper Jack topped with fresh avocado & tomatoes. Served with fresh fruit. 370 cal | 9.99

Omelette de Claras de Huevo y



### **Colorado Omelette**

Bacon, shredded beef, pork sausage & ham with green peppers, onions & Cheddar. Served with our salsa. 1110 cal | 9.99

Omelette Colorado



### **Garden Omelette**

A fresh mix of broccoli, mushrooms, tomatoes & Cheddar. 840 cal | 9.99 Omelette de Vegetales



### **Bacon Temptation Omelette**

Chopped hickory-smoked bacon with Jack & Cheddar & a White Cheddar sauce. Topped with tomatoes & more bacon. 1080 cal | 9.99 Omelette de Tocino



### **Country Omelette**

Ham, hash browns, onions & Cheddar. Topped with sour cream. 1010 cal | 9.99 Omelette Campestre

**Avocado, Bacon & Cheese Omelette** 

Fresh avocado, bacon & Cheddar. 870 cal | 9.99

Omelette de Aguacate, Tocino y Queso

# **Build Your Omelette**

### **Create Your Omelette**

Served with choice of side. See sides above. 440 cal | 7.99 Crea 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

Fresh Tomatoes 10 cal Fresh Spinach 15 cal Fresh Green Peppers & Onions 10 cal

Fresh Avocado 80 cal | 1.99

# Sandwiches

Served with choice of G French Fries (320 cal), Onion Rings (400 cal), GFresh Fruit (50 cal), G Hash Browns (210 cal), 2 Buttermilk Pancakes (310 cal) or 6 2 Gluten-Friendly Pancakes (300) cal. Add Cup of Soup for 2.99 (120-290 cal) or Side Salad for 2.99 (60-300 cal).

Add avocado to any sandwich! 80 cal | add 1.99





### **Philly Cheese Steak Stacker**

Grilled sirloin steak & onions topped with melted American on a grilled roll. 820 cal | 9.99 Sándwich Philly de Bistec y Queso Derretido



### 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 | 8.99 Envuelto de Pavo, Tocino y Aguacate



### **Double BLT**

Double-decker with 6 strips of bacon, lettuce, tomato & mayonnaise on white toast. 670 cal | 7.99 Sándwich Doble de Tocino



### **Roasted Turkey Sandwich**

Carved roasted turkey breast with hickory-smoked bacon, Swiss, lettuce, tomato & mayonnaise on sourdough. 920 cal | 8.99

Sándwich de Pavo Asado

### 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 | 8.99

Gluten-Friendly with grilled chicken & gluten-friendly bun. 680 cal | 9.99 Sándwich de Pechuga de Pollo Asada o Frita con Tocino



### 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 | 8.99

Sándwich Picante de Pollo Búfalo

### **Chicken Clubhouse Super Stacker**

Grilled chicken breast, green peppers, onions, White Cheddar, hickory-smoked bacon, ranch, lettuce, tomatoes & mayonnaise on a grilled roll. 1120 cal | 9.99

Sándwich Stacker de Pollo Asado

# Salads Soups

### **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 | 9.99

Gluten-Friendly with grilled chicken only. Add avocado. 80 cal | 1.99 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 | 2.99 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 | 9.99

Ensalada de Pollo Asado y Verduras

### Soup of the Day

Cup 2.99 Bowl 3.99 Sopa del Día

Number and selection of soups vary by location. Roasted Chicken Noodle 120/150 cal Loaded Potato with Bacon 290/350 cal Rustic Cheesy Tomato 220/280 cal Clam Chowder 290/370 cal Minestrone 120/140 cal



### **Fresh Fruit Bowl**

100 cal | 5.99

### Chicken & **Spinach Salad**

Freshly grilled or buttermilk crispy chicken, hickory-smoked bacon, hard-boiled egg, tomatoes & Cheddar on a bed of spinach tossed in honey balsamic vinaigrette. 1140/1330 cal | 9.99

Ensalada de Espinacas con Pollo Asado o Crujiente

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# Now Available G Gluten-Friendly! Steakburgers

### 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), 🜀 Hash Browns (210 cal), 2 Buttermilk Pancakes (310 cal) or 🜀 2 Gluten-Friendly Pancakes (300 cal).

Add Cup of Soup for 2.99 (120-290 cal) or Side Salad for 2.99 (60-300 cal). Add Avocado to any burger! 80 cal | add 1.99



### The Classic

Truly a classic burger. American, lettuce, tomato, red onion, pickles & our signature IHOP® Sauce. 670 cal | 8.99

Make it Gluten-Friendly! 700 cal | 9.49 Hamburguesa La Clásica



### **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 | 9.99

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 | 9.99

Make it Gluten-Friendly! 790 cal | 10.49 Double it up with an extra

patty & cheese! adds 360 cal | 1.99

Hamburguesa La Clásica con Queso y



### 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 | 10.99

Make it Gluten-Friendly! 1090 cal | 11.49 Hamburguesa Mega Grande con



### **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 | 9.99

Make it Gluten-Friendly! 850 cal | 10.49

> 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 | 10.99

Make it Gluten-Friendly! 990 cal | 11.49

Hamburguesa La Picante con



### **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 | 10.99

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 | 10.99

Make it Gluten-Friendly! 880 cal | 11.49

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 | 8.99

**New!** Also available tossed in Frank's RedHot® Buffalo sauce. 1190 cal | 9.99



Crujientes Tiras de Pollo Buttermilk y Papas Fritas

### **Mozza Sticks**

CO\_0919OOC\_N\_P\_DP\_S\_AO\_004

Six Mozzarella cheese sticks served with marinara. 630 cal | 5.99

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 | 8.99

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 | 8.99 Quesadilla de Pollo y Tres Quesos

Appetizer Sampler

**French Fries** 

640 cal | 3.99

Papas Fritas

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



Add to your entrée: Cup of Soup for 2.99 (120-290 cal), 2 Buttermilk Pancakes for 2.99 (310 cal) or Side Salad for 2.99 (60-300 cal).

Sirloin Steak Tips & Crispy Shrimp



Florentine

### Tilapia Florentine •

Two seasoned fillets grilled & served over a bed of creamy spinach. Served with your choice of 2 sides & buttery garlic bread. 650 cal | 10.99

Tilapia a la Florentina

### **Crispy Fish & Chips**

Three golden, hand-battered white fish fillets served with French fries, tartar sauce & buttery garlic bread. 1230 cal | 9.99

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 & buttery garlic bread. 600 cal | 11.99

Puntas de Bistec Sirloin

### T-Bone Steak +

12 oz. T-Bone steak\* grilled & served with your choice of 2 sides & buttery garlic bread. 550 cal | 15.99

Bistec T-Bone

### **Buttermilk Crispy Chicken** •

Two buttermilk crispy chicken breast fillets served with your choice of 2 sides & buttery garlic bread. 710 cal | 11.99

Available with country gravy. adds 80 cal

Crujiente Pollo Buttermilk

### Roasted Turkey & Stuffing •

Carved roasted turkey breast topped with turkey gravy, cornbread stuffing, lingonberries, your choice of 2 sides & buttery garlic bread. 800 cal | 11.99 Pavo Asado & Relleno

### Fisherman's Platter

Two golden, hand-battered white fish fillets & crispy breaded shrimp served with French fries, dipping sauces & buttery garlic bread. 1490 cal | 11.99

Pescado, Camarones y Papas Fritas

Buttermilk Crispy Chicken

### **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 & buttery garlic bread. 1020 cal | 13.99

Puntas de Bistec Sirloin y Camarones Crujientes

### Fried Chicken •

Four pieces of golden, fried chicken served with your choice of 2 sides & buttery garlic bread. 1140 cal | 11.99 Pollo Frito

### ♦ Calories for Entrées exclude sides

Real Buttered Corn (180 cal)

Sautéed Spinach (100 cal)

Red Skin Mashed Potatoes (240 cal)

Cornbread Stuffing (340 cal)

Two Crispy Potato Pancakes (370 cal)

French Fries (320 cal)

Onion Rings (400 cal)

Hash Browns (210 cal)

Steamed Fresh Broccoli (25 cal)

**6** Ice Cream Sundae

Three scoops of vanilla ice cream with choice of chocolate sauce or glazed strawberries. 410/360 cal | 3.99

Helado de Vainilla con Chocolate o Fresas Glaseadas

Sides

### **Fruit Crepe**

One crepe filled with choice of blueberry compote or glazed strawberries. Topped with vanilla ice cream & more fruit topping. 440/370 cal | 3.99

Crepa con Fruta

### Jr. Ice Cream **Sundae**

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

Helado de Niños de Vainilla con

### Jr. Milkshakes

12 & under, 2,99 Vanilla 400 cal **HERSHEY'S** Chocolate 440 cal Strawberry 390 cal made with real fruit

480 cal

Malteada de Leche Jr.

220/170 cal | 1.99

Chocolate o Fresas Glaseadas

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. The HERSHEY'S trademark is used under license from The Hershev Company

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.



special values for guests ages 55+

### **Breakfast**

**STARTING AT \$3.99** 

### 🗘 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 | 5.99 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 | 5.99

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 | 5.99

Lunch

**STARTING AT \$5.99** 

Served with choice of French Fries

Cup of Soup (120-290 cal) or Side

American & Swiss on grilled sourdough.

Hickory-smoked bacon, lettuce, tomato

(320 cal), Onion Rings (400 cal),

2 Buttermilk Pancakes (310 cal),

**55+ Grilled Cheese** 

55+ Sándwich de Queso a la Plancha

& mayo on toasted white bread.

55+ Sándwich de Tocino, Lechuga y Tomate

55+ Omelette de Queso

Salad (60-300 cal).

680 cal | 5.99

55+ BLT

400 cal | 7.99

### 55+ 2 x 2 x 2

Two buttermilk pancakes, 2 eggs\* your way & 2 bacon strips or 2 pork sausage links. 510-710 cal | 5.99

### 55+ Buttermilk Pancakes

Three world famous buttermilk pancakes with whipped real butter. 430 cal | 3.99

### 55+ French Toast

Four triangles served with 2 bacon strips or 2 pork sausage links. 610/700 cal | 5.99 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.

### **Dinner** STARTING AT \$8.99

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 & buttery garlic bread.

510 cal | 8.99

55+ Cena de Crujientes Tiras de Pollo

### 55+ Grilled Chicken Dinner •

Grilled chicken breast served with your choice of 2 sides & buttery garlic bread. 320 cal | 8.99

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 & buttery garlic bread. 560 cal | 8.99

55+ Cena de Pavo Asado

### 55+ Grilled Tilapia Dinner •

One seasoned fillet, grilled & served with your choice of 2 sides & buttery garlic bread. 280 cal | 8.99

55+ Cena de Tilapia Asada a la Florentina

### 55+ Turkey & Swiss Sandwich

Turkey breast, Swiss, lettuce, tomato & mayo on wheat bread. 570 cal | 7.99

55+ Sándwich de Pavo y Queso Suizo

# Kids Menu 12 & Under



### New!

### Funny Face Pancake Combo

Served with 1 scrambled egg, 1 bacon strip & 1 pork sausage link. 540 cal | 4.99

Funny Face® Combo de Panqueque

### Jr. Churro Pancake Combo

Served with 1 scrambled egg, 1 bacon strip & 1 pork sausage link. 650 cal | 4.99

Jr. Combo de Panqueque con Churro

### New!

### Jr. French Toast Combo

Served with 1 scrambled egg, 1 bacon strip & 1 pork sausage link. 530 cal | 4.99

Jr. Combo de Pan Francés

### New!

### Jr. Chicken & Waffles

Two buttermilk crispy chicken breast strips & 2 Belgian waffle quarters. 560 cal | 4.99 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 | 4.99 Panqueques 5 de Plata

### Jr. Cupcake Pancake Combo

Served with 1 scrambled egg, 1 bacon strip & 1 pork sausage link. 560 cal | 4.99

Jr. Combo de Panqueque Festivo

Kids drinks All kids meals include a beverage (free refills). 2% Milk (150 cal), Chocolate Milk (220 cal), Hot Chocolate (140 cal), Juice (60-140 cal) add 1.99 Kids Bebidas

Sorry, no coupons or discounts on Kids items.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
IHOP cannot ensure menu items do not contain ingredients that might cause an allergic reaction or impact other dietary restrictions. Allergen information is available upon request.

### New!

### Jr. Chicken Strip Dinner

Two buttermilk crispy chicken breast strips served with real buttered corn & a side of ranch. 680 cal | 4.99

Jr. Cena de Tiras de Pollo

### All-Natural Black Angus Jr. Cheeseburger

Served with Motts® Applesauce. 500 cal | 4.99 *Jr. Hamburguesa con Queso* 



### **Macaroni & Cheese**

Served with Motts® Applesauce. 370 cal | 4.99 Macarrones con Queso

### Chicken Nuggets

Five chicken nuggets served with Motts®
Applesauce, real buttered corn & a side of ranch.
720 cal | 4.99
Nuggets de Pollo

### **Grilled Cheese Sandwich**

Served with Motts® Applesauce. 370 cal | 4.99 Sándwich de Queso a la Plancha

# Beverag

G All beverages are Gluten-Friendly except OREO® Cookie Milkshake.



IHOP® Colombian Blend 100% Arabica Beans

### Never Empty Coffee Pot®

Free refills. Regular or Decaf 0 cal per cup | 2.49 per person Café Regular o Descafeinado

#### **Flavored Coffee**

2.99 each French Vanilla 180 cal Swiss Mocha 180 cal Café de Sabor

### **Cold-Brew Iced Coffee**

Free refills, 2.99 Mocha 220 cal Vanilla 220 cal Original 160 cal Café Helado

### Hot Chocolate

### **Hot Chocolate**

140 cal | 2.49 each Chocolate Caliente

### **French Toast** Hot Chocolate - 16 oz.

380 cal | 2.99 each Chocolate Caliente de Sabor a Pan Francés

### 2% Milk

Regular 120 cal | 2.49 each Large 220 cal | 2.99 each Leche al 2%

### **Chocolate Milk**

Regular 190 cal | 2.49 each Large 320 cal | 2.99 each Leche con Chocolate

# House-Made Milkshakes

3.99 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

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### Fruit Juices

### **100% Premium Orange Juice**

Jugo de Naranja

### **Apple Juice**

Jugo de Manzana

### Cranberry Juice

Jugo de Arándanos Rojo

### **Grapefruit Juice**

Jugo de Toronja

### **Tomato Juice**

Jugo de Tomate

Regular Large 110 cal 190 cal 2.99 each 3.99 each 120 cal 200 cal 2.49 each 2.99 each 110 cal 200 cal 2.49 each 2.99 each 90 cal 160 cal 2.99 each 2.49 each

50 cal 80 cal 2.49 each 2.99 each

### Tropicana® Lemonade

Free refills 140 cal | 3.99 Limonada

### Freshly Brewed Iced Tea

Free refills 10 cal | 2.49 Té Helado

### **Sweet Tea**

Free refills 140 cal | 2.49 Té Dulce

### Lemonade Iced Tea

Free refills 80 cal | 2.49 Limonada con Té Helado

### **Revolution® Premium Loose-Leaf Hot Tea**

Ask your server for available varieties. Free refills 0 cal | 2.49 Té Caliente

# IHOP Splashers

Tea & Lemona

#### **Splashberry**

Free refills. A blend of glazed strawberries, lemon-lime soda & premium orange juice. 140 cal | 2.99

### 🔀 Tropical Island Twist

Free refills. A blend of lemonade, lemon-lime soda & tropical mango syrup. 180 cal | 2.99

### Fountain Drinks

Refrescos Free refills 2.49



120 cal

130 cal





120 cal

Tropicana® Fruit Punch 130 cal

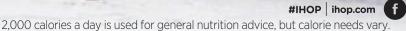




**Bottled Water** Botella de Agua

0 cal | 1.99 each











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