



## Allergen Information

The health and safety of our guests are top priorities at IHOP. As part of our commitment to you, we provide the most current allergen information available from our food suppliers on eight common allergens plus gluten, so that our guests with food allergies can make informed food selections. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. **Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.**

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<b>Ultimate BreakFEASTS</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Classic BreakFEAST Sampler</b>	X	X	X	X					X
<b>Have it all BreakFEAST</b>	X	X	X	X					X
<b>Big Farmhouse BreakFEAST</b>	X	X	X	X					X
<b>A la Carte Pancakes</b>									
<b>Mexican Churro</b>	X	X	X	X					X
<b>Italian Cannoli</b>	X	X	X	X					X
<b>Mexican Tres Leches</b>	X	X	X	X					X
<b>Pick Your Combo</b>									
<b>Bacon &amp; Eggs Combo Plate</b>	X	X	X	X					X
<b>Egg Combo Plate</b>	X	X	X	X					X
<b>Ham &amp; Eggs Combo Plate</b>	X	X	X	X					X
<b>Regular Combo Plate (with Bacon or Sausage)</b>	X	X	X	X					X
<b>Sausage &amp; Eggs Combo Plate</b>	X	X	X	X					X
<b>Ultimate Bacon &amp; Sausage Combo Plate</b>	X	X	X	X					X
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<b>Pancakes</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Build Your Pancake Combo</b>									
Pancake Combo		X		X					
Your choice of pancakes (see below; pancake allergens not included)									
<b>Pancakes</b>									
Cannoli Pancakes	X	X	X	X					X
Churro Pancakes	X	X	X	X					X
Chocolate Chocolate Chip Pancakes	X	X	X	X					X
Chocolate Chip Pancakes (with Buttermilk)	X	X	X	X					X
Cinn-A-Stack® Pancakes	X	X	X	X					X
Cupcake Pancakes	X	X	X	X					X
Double Blueberry Pancakes	X	X	X	X					X
Harvest Grain 'N Nut® Pancakes (with butter or any fruit topping)	X	X	X	X			X		X
Mexican Tres Leches Pancakes	X	X	X	X					X
New York Cheesecake Pancakes	X	X	X	X					X
Original Buttermilk Pancakes (with butter or any fruit topping)	X	X	X	X					X
Rooty Tooty Fresh 'N Fruity® (with any fruit topping)	X	X	X	X					X
Strawberry Banana Pancakes	X	X	X	X					X
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Sides	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Bacon									
Banana & Brown Sugar Oatmeal	X								X
Buttered Toast	X	X	X	X					X
Cottage Cheese	X	X							
Crispy Potato Pancakes			X						X
Eggs (any style)		X		X					
English Muffin (with butter)	X	X	X						X
Grilled Buttermilk Biscuit	X		X						X
Grits									
Ham Steak									
Hash Browns		X							
Pork Sausage Links									
Pork Sausage Patties									
Red Potato Pepper & Onion Hash	X	X							
Scrapple			X						X
Seasonal Mixed Fruit									
Smoked Pork Sausage Links									
Spam									
Turkey Bacon Strips									
Turkey Sausage Links		X							
Turkey Sausage Patties									

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<b>Griddle Faves</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Crepes</b>									
Cheese Blintzes (with any fruit topping)	X	X	X	X					X
Chicken Florentine Crepes	X	X	X	X					X
Classic Breakfast Crepes	X	X	X	X					X
Create Your Sweet Crepe Combo		X		X					
Your choice of sweet crepes (see below; allergens not included)									
Banana Crepes with Nutella®	X	X	X	X			X		X
German Crepes	X	X	X	X					X
Strawberries & Cream Crepes	X	X	X	X					X
Swedish Crepes	X	X	X	X					X
<b>French Toast</b>									
Create Your French Toast Combo		X		X					
Your choice of french toast (see below; allergens not included)									
Original French Toast	X	X	X	X					X
Strawberry Banana French Toast	X	X	X	X					X
Stuffed French Toast (with any fruit topping)	X	X	X	X					X
<b>Waffles</b>									
Belgian Waffle	X		X	X					X
Chicken & Waffles	X	X	X	X					X
Create Your Belgian Waffle Combo	X	X	X	X					X
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<b>IHOP Creations</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Buttermilk Biscuits & Gravy (with country or sausage gravy)	X	X	X	X					X
Classic Avocado Toast	X		X						X
Plus it Up with Eggs & Bacon		X		X					
Your choice of fresh fruit or hash browns (see below; allergens not included)									
Classic Skillets (with any meat & gravy option)	X	X	X	X					X
Eggs Benedict	X	X	X	X		X			X
Create Your Own Melt (with any meat & veggie option)	X	X	X	X					X
Your choice of sides (see below; allergens not included)									
Huevos Rancheros	X	X	X	X					X
Your choice of tortillas or buttermilk pancakes (see below; allergens not included)									
IHOP® Signature Pancake Sliders	X	X	X	X					X
Your choice of sides (see below; allergens not included)									
Loco Moco	X	X	X	X					X
Machaca	X	X	X	X					X
Your choice of tortillas (see below; allergens not included)									
Migas	X	X		X					
Your choice of tortillas (see below; allergens not included)									
South-of-the-Border Burrito	X	X	X	X					X
Southwest Scramble	X	X		X					
Your choice of buttermilk pancakes, flour tortilla or toast (see below; allergens not included)									
The Wrap of Monte Cristo	X	X	X	X					X
<b>Choice of Sides</b>									
Corn Tortilla									
Flour Tortilla			X						X
Pancakes (see pancake section for allergens)									
Hash Browns		X							
Seasonal Mixed Fruit									
Toast	X	X	X	X					X
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<b>Combos</b>	<b>Milk</b>	<b>Soy</b>	<b>Wheat</b>	<b>Eggs</b>	<b>Shellfish</b>	<b>Fish</b>	<b>Tree Nuts</b>	<b>Peanuts</b>	<b>Gluten</b>
2 x 2 x 2	X	X	X	X					X
Big 2-Egg Breakfast	X	X	X	X					X
Big 3-Egg Breakfast	X	X	X	X					X
Breakfast Sampler	X	X	X	X					X
Chicken Fried Chicken & Eggs with Country Gravy	X	X	X	X					X
Chicken/Country Fried Steak & Eggs (with country or sausage gravy)	X	X	X	X					X
Pork Chops & Eggs	X	X	X	X					X
Quick 2-Egg Breakfast	X	X	X	X					X
Simple & Fit 2-Egg Breakfast	X	X	X	X					X
Sirloin Tips & Eggs	X	X	X	X					X
Smokehouse Combo	X	X	X	X					X
Split Decision Breakfast	X	X	X	X					X
T-Bone Steak & Eggs	X	X	X	X					X
Weekday Breakfast Special: Eggs & Buttermilk Pancakes	X	X	X	X					X
Weekday Breakfast Special: Eggs, Hash Browns & Toast	X	X	X	X					X
Weekday Breakfast Special: Cheese Omelette with Buttermilk Pancakes	X	X	X	X					X
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Omelettes	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Avocado, Bacon & Cheese Omelette	X	X	X	X					X
Bacon Temptation Omelette	X	X	X	X					X
Big Steak Omelette	X	X	X	X					X
Cage-Free Egg White Veggie Omelette	X	X		X					
Cheeseburger Omelette	X	X	X	X					X
Chicken Fajita Omelette	X	X	X	X					X
Colorado Omelette	X	X	X	X					X
Country Omelette	X	X	X	X					X
Garden Omelette	X	X	X	X					X
Hearty Ham & Cheese Omelette	X	X	X	X					X
International Omelette	X	X	X	X					X
Spicy Poblano Omelette	X	X	X	X		X			X
Spinach & Mushroom Omelette	X	X	X	X		X			X
Build Your Omelette (with any meat, cheese or vegetable option)	X	X	X	X					X
<b>Choice of Sides</b>									
Pancakes (see pancake section for allergens)									
Hash Browns		X							
Seasonal Mixed Fruit									
Toast	X	X	X	X					X
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<b>Sandwiches</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Chicken Clubhouse Super Stacker	X		X	X					X
Double BLT	X	X	X	X					X
Grilled Bacon Griller	X		X	X					X
Patty Melt	X	X	X	X					X
Philly Cheese Steak Stacker	X	X	X						X
Roasted Turkey Sandwich	X	X	X	X					X
Spicy Chicken Ranch Sandwich	X	X	X	X					X
Turkey, Bacon & Avocado Wrap	X		X	X					X
<b>Choice of Sides</b>									
Original Buttermilk Pancakes	X	X	X	X					X
French Fries									
Hash Browns		X							
Onion Rings	X		X						X
Seasonal Mixed Fruit									
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
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<b>Salads</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Caesar Salad with Crispy Chicken	X	X	X	X		X			X
Caesar Salad with Grilled Chicken	X	X	X	X		X			X
Cobb Salad with Crispy Chicken	X	X	X	X					X
Cobb Salad with Grilled Chicken	X			X					
Chicken & Spinach Salad with Crispy Chicken	X	X	X	X					X
Chicken & Spinach Salad with Grilled Chicken	X			X					X
Grilled Chicken & Veggie Salad	X								X
House Salad (without dressing)									
Blue Cheese Dressing	X			X					
Buttermilk Ranch Dressing	X			X					
Catalina Dressing									
Creamy Caesar Dressing	X			X		X			
Creamy Italian Dressing									
Fat Free Raspberry Vinaigrette									
French Dressing									
Honey Balsamic Vinaigrette	X								X
Honey Mustard Dressing				X					
Reduced Fat Italian Dressing	X								
Thousand Island Dressing				X					
Seasonal Mixed Fruit									
Side Caesar Salad	X	X	X	X		X			X

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<b>Soups</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Clam Chowder	X	X	X		X				X
Loaded Potato with Bacon Soup	X	X	X						X
Minestrone		X	X						X
Roasted Chicken Noodle Soup	X	X	X	X					X
Rustic Cheesy Tomato Soup	X								
Crackers		X	X						X
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<b>Burgers</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Big Brunch Burger	X	X	X	X					X
Cali Garlic Butter Burger	X		X	X					X
Cowboy BBQ Burger	X	X	X	X					X
Jalapeno Kick Burger	X		X	X					X
Mega Monster Cheeseburger	X	X	X	X					X
Philly Cheeseburger	X		X	X					X
The Classic	X	X	X	X					X
The Classic with Bacon	X	X	X	X					X
Double it Up (extra burger patty & cheese)	X	X							
<b>Choice of Sides</b>									
Original Buttermilk Pancakes	X	X	X	X					X
French Fries									
Hash Browns		X							
Onion Rings	X		X						X
Seasonal Mixed Fruit									
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
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<b>Appetizers</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Appetizer Sampler	X	X	X	X					X
Chicken & Three Cheese Quesadilla	X		X						X
Crispy Chicken Strips & Fries (with honey mustard or ranch dressing)	X	X	X	X					X
French Fries									
Hot & Spicy Wings	X	X	X	X					X
Moza Sticks	X		X	X					X
Onion Rings	X		X						X
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The health and safety of our guests are top priorities at IHOP. As part of our commitment to you, we provide the most current allergen information available from our food suppliers on eight common allergens plus gluten, so that our guests with food allergies can make informed food selections. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. **Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.**

X - Denotes presence of an allergen

<b>Entrées</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Boneless Fried Chicken	X		X	X					X
Chicken Fried Chicken Dinner with Country Gravy	X		X	X					X
Chicken Parmesan (sides included)	X		X	X					X
Country Fried Steak Dinner (with country or sausage gravy)	X	X	X						X
Crispy Fish & Chips (sides included)			X	X		X			X
Fisherman's Platter (sides included)		X	X	X	X	X			X
Fried Chicken		X	X	X					X
Pasta with Meat Sauce (sides included)	X		X						X
Pot Roast	X	X	X						X
Roasted Turkey & Stuffing	X	X	X						X
Savory Pork Chops		X							
Sirloin Steak Tips	X	X							
Sirloin Steak Tips & Crispy Shrimp	X	X	X	X	X				X
Smoked Sausage	X	X							
T-Bone Steak	X	X							
Tilapia Florentine	X					X			
Garlic Bread (available in select markets)	X		X						X
Original Buttermilk Pancakes	X	X	X	X					X
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
<p>Please note that entrees are listed without garlic bread or choice of side, unless otherwise noted; allergen info for sides and garlic bread is available, separately.</p> <p>This information pertains to the main menu and does not include limited time offers, test products, and regional items. While we strive to keep this information current, please note that ingredient changes and substitutions may occur due to differences in regional suppliers, recipe changes, product changes, preparation techniques, and the season. <b>Due to the individualized nature of allergies and food sensitivities, IHOP cannot make recommendations that are suitable for your dietary needs.</b></p> <p><b>Please consult your physician.</b></p> <p><b>Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.</b></p> <p><b>IHOP Guest Relations 1-866-444-5144</b></p> <p><b>This information applicable 4/15/19 through 9/15/19.</b></p>									

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<b>Entrée Sides</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
(2) Crispy Potato Pancakes			X						X
Baked Potato									
Buttered Corn	X								
Cornbread Stuffing	X	X	X						X
French Fries									
Hash Browns		X							
Onion Rings	X		X						X
Penne Pasta with Marinara Sauce	X		X						X
Red Potato Pepper & Onion Hash	X	X							
Red Skin Mashed Potatoes	X	X							
Sauteed Spinach									
Steamed Fresh Broccoli									
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<b>Desserts</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Fruit Crepe (with any fruit topping)	X	X	X	X					X
Ice Cream Sundae (with chocolate sauce or strawberry topping)	X								
Kids Jr. Sundae (with chocolate sauce or strawberry topping)	X								
Kids Jr. Hershey's Chocolate Milkshake	X								
Kids Jr. OREO Cookie Milkshake	X	X	X						X
Kids Jr. Strawberry Milkshake	X								
Kids Jr. Vanilla Milkshake	X								
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<b>55+ Menu</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Breakfast</b>									
55+ 2 x 2 x 2	X	X	X	X					X
55+ Breakfast Sampler	X	X	X	X					X
55+ Buttermilk Pancakes	X	X	X	X					X
55+ Cheese Omelette	X	X	X	X					X
55+ French Toast	X	X	X	X					X
55+ Rise 'N Shine	X	X	X	X					X
<b>Lunch</b>									
55+ BLT	X	X	X	X					X
55+ Grilled Cheese	X	X	X						X
55+ Turkey & Swiss Sandwich	X	X	X	X					X
<b>Dinner</b>									
55+ Crispy Chicken Strips	X	X	X	X					X
55+ Country Chicken Fried Steak Dinner (with country or sausage gravy)	X	X	X						X
55+ Grilled Chicken Dinner	X								
55+ Roasted Turkey Dinner	X	X	X						X
55+ Grilled Tilapia Dinner	X					X			
Garlic Bread (available in select markets)	X		X						X
<b>Choice of Sides</b>									
Original Buttermilk Pancakes	X	X	X	X					X
French Fries									
Onion Rings	X		X						X
<b>Soups (see soup section for allergens)</b>									
<b>Salads (see salad section for allergens)</b>									
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<b>Kid's Menu</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
All-Natural Black Angus Cheeseburger with Applesauce	X	X	X	X					X
Chicken Nuggets Combo	X	X	X	X					X
Create-A-Face Pancake®	X	X	X	X					X
Funny Face®	X	X	X	X					X
French Toast with Nutella®	X	X	X	X			X		X
Grilled Cheese Sandwich with Applesauce	X	X	X	X					X
Jr. Chicken & Waffles	X	X	X	X					X
Jr. Churro Pancake Combo	X	X	X	X					X
Jr. Cupcake Pancake Combo	X	X	X	X					X
Macaroni & Cheese with Applesauce	X		X						X
Silver 5	X	X	X	X					X
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<b>Beverages</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Coffee &amp; Hot Chocolate</b>									
Coffee (regular or decaf)									
Flavored Coffee (all flavors)	X								
Cold-Brew Iced Coffee (all flavors)	X								
Hot Chocolate	X	X							
French Toast Hot Chocolate	X	X							
<b>Tea &amp; Lemonade</b>									
Hot/Iced Tea									
Lemonade									
Lemonade Iced Tea									
Sweet Tea									
<b>Juice</b>									
Apple Juice									
Cranberry Juice									
Grapefruit Juice									
Premium Orange Juice									
Tomato Juice									
<b>IHOP Splashers®</b>									
Splashberry									
Tropical Island Twist									
<b>Milk &amp; Fountain Drinks</b>									
Chocolate Milk	X								
Milk	X								
Soft Drinks									
<b>Milkshakes</b>									
Cold-Brew Coffee Milkshake	X								
Hershey's Chocolate Milkshake	X								
OREO Cookie Milkshake	X	X	X						X
Strawberry Milkshake	X								
Vanilla Milk Shake	X								
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