


Beverages

POURED FRESH


 = FREE REFILLS on these select beverages.




 **INTERNATIONAL HOUSE ROAST™ Coffee**

.....

IHOP® Colombian Blend
100% Arabica Beans

 **Never Empty Coffee Pot®**
Regular or Decaf
Café Regular o Descafeinado
3.19 per person (5 Calories per cup)

Flavored Coffee 3.99
Café de Sabor
French Vanilla (190 Calories)
Swiss Mocha (190 Calories)


 **Cold-Brew Iced Coffee 3.99**
Café Helado
Mocha (220 Calories)
Vanilla (230 Calories)
Original (180 Calories)


hot chocolate


Hot Chocolate
Chocolate Caliente
3.79 (140 Calories)




*Tea and Lemonade

 **Freshly Brewed Iced Tea**
Té Helado
3.19 (10 Calories)

 **Lemonade**
Limonada
3.19 (140 Calories)

New!  **Lemonade Iced Tea**
Limonada con Té Helado
3.19 (80 Calories)

 **Premium Loose-Leaf Hot Tea by Revolution®**
Ask your server for available varieties.
Té Caliente
3.19 (10 Calories)

New!  **Sweet Tea**
Té Dulce
3.19 (140 Calories)



fruit juices

Tropicana
PURE PREMIUM



Premium Pure-Squeezed Orange Juice
Jugo de Naranja Premium
Regular 3.19 (110 Calories)
Large 3.79 (200 Calories)



Apple *Jugo de Manzana*
Regular 3.19 (120 Calories)
Large 3.79 (210 Calories)

Cranberry *Jugo de Arándano Rojo*
Regular 3.19 (120 Calories)
Large 3.79 (210 Calories)

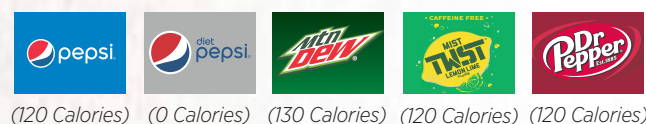


IHOP Splashers®

  **Splashberry**
A blend of glazed strawberries, lemon-lime soda & premium orange juice.
3.99 (150 Calories)

 **Tropical Island Twist**
A blend of lemonade, lemon-lime soda & tropical mango syrup. 
3.99 (200 Calories)

 **Fountain Drinks Refrescos 3.19**



Order your favorite beverage to make your meal
Refreshingly Delicious!

2% Milk
Leche al 2%
Regular 3.19 (120 Calories)
Large 3.79 (220 Calories)

Chocolate Milk
Leche con Chocolate
Regular 3.19 (180 Calories)
Large 3.79 (310 Calories)

Milk Shake 5.79
Malteada de Leche
(470-480 Calories)

The IHOP logo is rendered in white, with the letters 'I', 'H', and 'O' in a simple, blocky font, and 'P' in a similar font. The 'I' and 'H' are connected at the top, and the 'O' and 'P' are connected at the top. The 'I' and 'H' have a small smile-like curve at the bottom, and the 'O' and 'P' have a small smile-like curve at the bottom.

Made,
Fresh
*for
you

ANYTIME MENU

FALL / WINTER

WORLD FAMOUS,
FLIPPED FRESH

Pancakes



Red Velvet
Pancake Combo



BUILD YOUR BREAKFAST

PICK YOUR PANCAKES + 2 EGGS* YOUR WAY + 2 BACON OR 2 SAUSAGE + HASH BROWNS



Pancake Combo 11.29 (810-1250 Calories)
Choice of any 2 same-flavored pancakes.

Combo de Panqueques



Fresh
MADE TO
ORDER
WORLD
FAMOUS
BUTTERMILK
PANCAKES



Red Velvet

Four red velvet pancakes topped with cream cheese icing & dusted with powdered sugar.

Panqueques Red Velvet
9.99 (680 Calories)



New York Cheesecake

Four buttermilk pancakes filled with cheesecake bites. Topped with glazed strawberries & dusted with powdered sugar.

Panqueques de Pastel de Queso Nueva York
9.99 (940 Calories)



Strawberry Banana

Four buttermilk pancakes filled with fresh banana slices. Topped with glazed strawberries & more banana slices.

Panqueques con Plátanos y Fresas
9.99 (670 Calories)



Rooty Tooty Fresh 'N Fruity® Pancakes

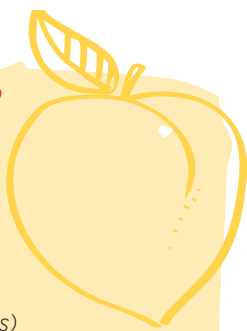
Four buttermilk pancakes (500 Calories). Topped with choice of peach topping (adds 60 Calories), raspberry topping (adds 70 Calories) or glazed strawberries (adds 70 Calories).

Panqueques Rooty Tooty Fresh 'N Fruity®
9.99

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.



Top it off!



Add fruit topping to any Pancake menu item for 1.79

- Raspberry Topping (adds 70 Calories)
- Glazed Strawberries (adds 70 Calories)
- Fresh Banana Slices (adds 20 Calories)
- Peach Topping (adds 60 Calories)



Add a scoop of ice cream to any Pancake menu item for .99 (adds 100 Calories)



Original Buttermilk

Five of our world famous buttermilk pancakes topped with whipped real butter.

Panqueques Originales de Buttermilk
8.59 (670 Calories)



Harvest Grain 'N Nut®

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

Panqueques Harvest Grain 'N Nut®
9.99 (990 Calories)



Chocolate Chocolate Chip

Four chocolate pancakes filled with chocolate chips & dusted with powdered sugar. Available in buttermilk version.

Panqueques de Chocolate con Chispas de Chocolate
9.99 (610/630 Calories)



Double Blueberry

Four buttermilk pancakes filled with blueberries & topped with blueberry compote.

Panqueques con Arándanos
9.99 (600 Calories)



Raspberry White Chocolate Chip

Four buttermilk pancakes filled with white chocolate chips. Topped with raspberry topping & cream cheese icing.

Panqueques con Frambuesas y Chispas de Chocolate Blanco
9.99 (850 Calories)



Start with a ☕ *coffee* to sip & savor!

International House Roast™ Coffee
IHOP® Colombian Blend
100% Arabica Beans

* Sides *

Hash Browns
3.79 (280 Calories)

Red Potato Pepper & Onion Hash
Seasoned red potatoes with grilled onions & green peppers
3.79 (480 Calories)

Seasonal Fruit small bowl
3.79 (60 Calories)

Buttered Toast
2.99 (250-440 Calories)

Biscuits
(2) 3.79 (490 Calories)

Hickory-Smoked Bacon Strips
(4) 4.59 (170 Calories)

Turkey Bacon Strips
(4) 4.59 (130 Calories)

Pork Sausage Links
(4) 4.59 (350 Calories)

English Muffin
2.79 (180 Calories)

Slice of Ham
4.59 (120 Calories)

Smoked Pork Sausage Links
(2) 4.59 (400 Calories)

GRIDDLED FRESH

Griddle Faves

WAFFLES



Belgian Waffle
Our traditional golden-brown Belgian waffle topped with whipped real butter.
Waffle Belga
8.99 (520 Calories)



Chicken & Waffles
Four all-white meat crispy chicken strips & our Belgian waffle. Served with honey mustard dipping sauce.
Pollo y Waffles
10.99 (1160 Calories)

FRENCH TOAST



Our Original French Toast
Six triangles topped with whipped real butter & dusted with powdered sugar.
Nuestro Pan Francés Original
9.79 (750 Calories)



New! Brioche French Toast
Three slices topped with whipped real butter & dusted with powdered sugar.
Pan Francés Brioche
9.79 (720 Calories)



Stuffed French Toast
Two cinnamon-raisin triangles with sweet cream filling (900 Calories). Topped with choice of strawberry vanilla (adds 190 Calories), peach vanilla (adds 180 Calories) or glazed strawberries (adds 130 Calories).
Pan Francés Relleno
10.79



Strawberry Banana French Toast
Our original French toast topped with glazed strawberries & fresh banana slices.
Pan Francés con Fresas y Plátanos
10.99 (880 Calories)



Bananas Foster Brioche French Toast
Three slices topped with fresh bananas caramelized in a classic buttery, brown sugar New Orleans Foster's sauce.
Pan Francés Brioche con Plátanos y Salsa Foster
10.99 (1010 Calories)

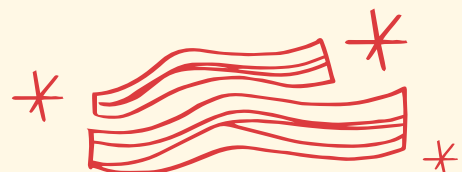
*** Top it off!**

Add fruit topping to any Griddle Fave menu item for 1.79
Raspberry Topping (adds 70 Calories)
Glazed Strawberries (adds 70 Calories)
Fresh Banana Slices (adds 20 Calories)
Peach Topping (adds 60 Calories)

Add a scoop of ice cream to any Griddle Fave menu item for .99 (adds 100 Calories)



We make it fresh
BECAUSE THAT'S WHAT
MAKES IT DELICIOUS!



Everything's Better with Our Hickory-Smoked Bacon.





Banana Crepes with Nutella®



Strawberry Banana French Toast

Don't forget the coffee!

CREPES



Banana Crepes with Nutella®

Four delicate crepes topped with Nutella® The Original Hazelnut Spread® & freshly sliced bananas.

Crepas con Plátanos y Nutella®
9.99 (960 Calories)



Strawberries & Cream Crepes

Four delicate crepes topped with glazed strawberries & vanilla cream drizzle.

Crepas con Fresas y Crema
9.99 (800 Calories)



Swedish Crepes

Four delicate crepes topped with sweet-tart lingonberries & lingonberry butter.

Crepas Suecas
9.79 (660 Calories)



Sweet Cream Cheese Crepes

Two crepes with sweet cream cheese filling (670 Calories). Topped with choice of raspberry topping (adds 150 Calories) or peach topping (adds 120 Calories).

Crepas de Queso de Crema Dulce
9.99



Classic Breakfast Crepes

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

Crepas Clásicas de Desayuno
11.99 (1040 Calories)



New! 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 & fresh basil.

Crepas de Pollo a la Florentina
11.99 (840 Calories)

Home of *
Breakfast all Day!

* Your sweet & savory
breakfast favorites.
* All day. Every day.

* BUILD * YOUR BREAKFAST

FRENCH TOAST OR CREPES + 2 EGGS* YOUR WAY + 2 BACON OR 2 SAUSAGE + HASH BROWNS



French Toast Combo 10.99

Combo de Pan Francés

Choose your flavor:

Original 4 triangles (1020-1200 Calories)

Stuffed Flavors 1 triangle (1010-1230 Calories)

Strawberry Banana 4 triangles (1060-1250 Calories)

Brioche 2 slices (1000-1310 Calories)



Crepe Combo 10.99

Combo de Crepas Dulces

Choose your flavor:

Banana with Nutella® 2 crepes (990-1180 Calories)

Strawberries & Cream 2 crepes (910-1100 Calories)

Swedish 2 crepes (860-1050 Calories)

Sweet Cream Cheese 1 crepe (910-1110 Calories)

BELGIAN WAFFLE + 2 EGGS* YOUR WAY + 2 BACON OR 2 SAUSAGE



Belgian Waffle Combo 10.99 (730-920 Calories)

Combo de Waffle

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CRAFTED FRESH

Combos



Breakfast Sampler

Add OJ for a breakfast boost!



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 yolk.



Sirloin Tips & Eggs*

Sirloin tips with grilled onions & mushrooms. Served with 2 eggs, hash browns & 2 buttermilk pancakes.

Puntas de Bistec Sirloin y Huevos
14.79 (1170-1270 Calories)



Split Decision Breakfast*

Two eggs, 2 bacon strips, 2 pork sausage links, 2 triangles of French toast & 2 buttermilk pancakes.

Desayuno Decisión Dividida
10.99 (990-1080 Calories)



T-Bone Steak & Eggs*

10 oz. T-Bone steak grilled & served with 3 eggs & 3 buttermilk pancakes.

Bistec T-Bone y Huevos
16.99 (910-1060 Calories)



Breakfast Sampler*

Two eggs, 2 bacon strips, 2 pork sausage links, 2 pieces of ham, hash browns & 2 buttermilk pancakes.

Desayuno Sampler
11.99 (1040-1140 Calories)



Country Fried Steak & Eggs*

A golden-battered beef steak smothered in country gravy. Served with 2 eggs, hash browns & 2 buttermilk pancakes.

Bistec Campestre Frito y Huevos
11.99 (1550-1650 Calories)



Smokehouse Combo*

Two jumbo smoked pork sausage links served with 2 eggs, hash browns & 2 buttermilk pancakes.

Combo de Salchichas Ahumadas
11.79 (1120-1220 Calories)



2 x 2 x 2*

Two eggs, 2 bacon strips or 2 pork sausage links & 2 buttermilk pancakes.

2 x 2 x 2
9.99 (520-710 Calories)



Quick 2-Egg Breakfast*

Two eggs, hash browns, 2 bacon strips or 2 pork sausage links & toast.

Desayuno Rápido de 2 Huevos
10.29 (750-1120 Calories)



Simple & Fit 2-Egg Breakfast

Scrambled egg whites served with 2 slices of turkey bacon, seasonal mixed fruit & whole wheat toast.

Simple & Fit Desayuno de 2 Huevos
10.79 (410 Calories)

Biscuits & Gravy Combo*

Two buttermilk biscuits covered in country gravy. Served with 4 pork sausage links, 2 eggs & hash browns.

Combo de Bisquetes con Salsa Gravy
10.99 (1280-1380 Calories)

SUBSTITUTE

Egg whites (subtracts 15-60 Calories per egg)

Turkey bacon (subtracts 10 Calories per piece)

Home of *
Breakfast all Day! *

* Because eggs taste just as delicious at dinner.

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WHISKED FRESH

Omelettes



Made with a splash of our famous buttermilk & wheat pancake batter!



Big Steak Omelette

Omelettes include[†] your choice of one side:

[†]Excludes Simple & Fit selection, which is served as described.

- 3 Buttermilk Pancakes (430 Calories)
 - Hash Browns (280 Calories)
 - Buttered Toast (250-440 Calories)
 - Seasonal Mixed Fruit (60 Calories)
 - 3 Flavored Pancakes** add 2.99 (440-790 Calories)
- **For flavors see pancakes page.

add avocado!
to any omelette for an additional 2.69 (70 Calories)



Chicken Fajita Omelette

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

Omelette de Fajitas de Pollo
13.79 (960 Calories)



Big Steak Omelette

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

Omelette de Bistec
13.79 (1160 Calories)



Country Omelette

Ham, hash browns, onions & Cheddar. Topped with sour cream.

Omelette Campestre
12.79 (1090 Calories)



Colorado Omelette

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

Omelette Colorado
13.59 (1150 Calories)



Spinach & Mushroom Omelette

Fresh spinach, mushrooms, onions & Swiss. Topped with hollandaise & tomatoes.

Omelette de Espinacas y Champiñones
12.79 (890 Calories)



Hearty Ham & Cheese Omelette

Stuffed with ham, Jack & Cheddar & a White Cheddar sauce.

Omelette de Jamón y Queso
12.79 (940 Calories)



Bacon Temptation Omelette

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

Omelette de Tocino
12.79 (1080 Calories)



Garden Omelette

A fresh mix of broccoli, mushrooms & tomatoes with Cheddar.

Omelette de Vegetales
11.79 (840 Calories)

New!



Egg White Vegetable Omelette

Egg white omelette filled with fresh spinach, onions & Pepper Jack topped with fresh avocado & tomatoes. Served with seasonal mixed fruit.

Omelette de Claras de Huevo y Vegetales
11.99 (330 Calories)



BUILD YOUR BREAKFAST

CREATE YOUR PERFECT OMELETTE

An omelette with choice of cheese: Cheddar, White Cheddar, American, Jack & Cheddar blend, Swiss or Pepper Jack. Served with your choice of omelette side.

Crea tu Perfecto Omelette
10.79 (580-660 Calories)

Additional ingredients 1.99 each (except avocado)

- Bacon (adds 130 Calories)
- Pork Sausage (adds 180 Calories)
- Ham (adds 30 Calories)
- Extra Cheese (adds 150-230 Calories)
- Fresh Mushrooms (adds 10 Calories)
- Fresh Tomatoes (adds 10 Calories)
- Fresh Spinach (adds 15 Calories)
- Fresh Green Peppers & Onions (adds 10 Calories)
- Fresh Avocado 2.69 (adds 70 Calories)

Key:



Spicy



Simple & Fit Under 600 Calories

Egg Specialties

WHIPPED UP FRESH



Californian Scramble

Scrambled eggs with Jack & Cheddar, topped with our salsa & avocado. Served with red potato pepper & onion hash or hash browns, & side choice of a tortilla, toast or 2 buttermilk pancakes.

Huevos Revueltos Estilo Californiano
10.79 (1180-1560 Calories)



Turkey & Avocado Bennie

Two slices of grilled Brioche bread topped with roasted turkey, scrambled eggs, tomato, White Cheddar sauce & avocado.

Huevos Estilo Benedictos con Pavo y Aguacate
10.79 (790 Calories)



Tuscan Scramble

Scrambled eggs with roasted red peppers, Parmesan, diced tomatoes, fresh spinach & sweet basil. Served with red potato pepper & onion hash or hash browns, & side choice of a tortilla, toast or 2 buttermilk pancakes.

Huevos Revueltos Estilo Toscano
10.79 (960-1340 Calories)

Don't forget  the coffee!

Add a mug of our International House Roast™ for a fresh-brewed boost.



Salads and Soups



Chicken Cobb Salad

pairs great with Roasted Chicken Noodle Soup



Chicken Cobb Salad

Grilled or crispy chicken, hickory-smoked bacon, hard-boiled egg, tomatoes & crumbled Blue cheese on a bed of mixed greens tossed in buttermilk ranch.

Ensalada Cobb con Pollo Asado o Crujiente
10.79 (1070/1250 Calories)
Add avocado.
2.69 (70 Calories)



House Salad

Tomato & red onions on mixed greens with choice of dressing.

Ensalada de la Casa
4.79 (40-320 Calories)

Grilled Chicken Caesar Salad

Grilled chicken on a bed of romaine tossed in Caesar dressing topped with croutons & Parmesan.

Ensalada César con Pollo Asado
10.79 (780 Calories)

SOUP OF THE DAY

Ask your server for today's selection from the list.



Soup of the Day 4.79
Sopa del Día

Number and selection of soups vary by location.
Roasted Chicken Noodle (170 Calories)
Loaded Potato with Bacon (370 Calories)
Minestrone (150 Calories)

Burgers

100% USDA choice beef * hand-seasoned * brioche bun



Bacon Cheeseburger

New!

All burgers & sandwiches are served with choice of one side:

French Fries (460 Calories)
Onion Rings (500 Calories)
Soup (150-370 Calories)

Seasonal Mixed Fruit (60 Calories)
Hash Browns (280 Calories)
Side Salad (40-380 Calories)

ADD TO ANY BURGER:

- + an extra 100% USDA Choice Patty 2.99 (adds 360 Calories)
- + Hickory-Smoked Bacon 2.99 (adds 80 Calories)
- + Fried Egg* 1.99 (adds 80 Calories)
- + Hash Browns 1.99 (adds 280 Calories)
- + Avocado 2.69 (adds 70 Calories)



Bacon Cheeseburger

Hickory-smoked bacon, American, lettuce, tomato & red onion.

Hamburguesa con Queso y Tocino
10.99 (830 Calories)



Blue Cheese & Bacon Burger

Blue cheese crumbles, hickory-smoked bacon & lettuce.

Hamburguesa con Queso Roquefort y Tocino
10.99 (840 Calories)



Mega Monster Cheeseburger

Two 100% USDA Choice beef patties, American, White Cheddar, lettuce, tomato & red onion.

Hamburguesa Mega Grande con Queso
11.99 (1190 Calories)



Denver Omelette Burger

White Cheddar, sliced ham & an omelette made with green peppers & onions.

Hamburguesa Denver con Omelette de Jamón, Cebolla y Pimientos
10.99 (1030 Calories)



Cheeseburger

American, lettuce, tomato & red onion.

Hamburguesa con Queso
10.59 (740 Calories)

Available without cheese.
9.99 (subtracts 70 Calories)



Roasted Turkey Sandwich
goes great with IHOP Splashers®

Sandwiches

Sandwiches are served with choice of one side from above. Add avocado to any sandwich for an additional 2.69 (70 Calories)



Roasted Turkey Sandwich

Carved roasted turkey breast with bacon, Swiss, lettuce, tomato & mayonnaise on marbled rye.

Sándwich de Pavo Asado
10.99 (840 Calories)



Philly Cheese Steak Stacker

Grilled sirloin steak & onions topped with melted American on a grilled roll.

Sándwich Philly de Bistec y Queso Derretido
11.29 (820 Calories)



Grilled Chicken, Ranch & Avocado Club

Grilled chicken breast with bacon, avocado, lettuce, tomato & buttermilk ranch on our grilled Brioche bun.

Club Sándwich de Pollo Asado, Aderezo Ranch y Aguacate
11.29 (690 Calories)



Double BLT

Double-decker with 6 strips of bacon, lettuce, tomato & mayonnaise on white toast.

Sándwich Doble de Tocino
10.29 (660 Calories)



Spicy Chicken Ranch Sandwich

Crispy chicken breast tossed in our citrus chili sauce with melted Pepper Jack, a mix of roasted onions, Poblano & red bell peppers, buttermilk ranch & lettuce on our grilled Brioche bun.

Sándwich Picante de Pollo Crujiente
10.99 (810 Calories)



Ham & Egg Melt

Scrambled eggs topped with ham, Swiss & American on grilled artisan sourdough.

Sándwich de Jamón, Huevo y Queso Derretido
10.99 (1230 Calories)



Appetizer Sampler

Apps



A delicious way to start your meal.



Appetizer Sampler

Monster Mozza Sticks, Onion Rings & Crispy Chicken Strips served with honey mustard & marinara dipping sauces.

Aperitivos Sampler
11.29 (1640 Calories)



Monster Mozza Sticks

Five thick Mozzarella cheese sticks served with marinara dipping sauce.
Palitos de Queso Mozzarella
8.59 (770 Calories)



Crispy Chicken Strips & Fries

Five all-white meat crispy chicken strips. Served with honey mustard dipping sauce & French fries.
Crujientes Tiras de Pollo y Papas Fritas
10.99 (1240 Calories)



Chicken & Three-Cheese Quesadilla

Grilled chicken breast, roasted red pepper, fresh spinach, Pepper Jack, Monterey & Cheddar in a flour tortilla with salsa, sour cream & a fresh grilled Serrano pepper.

Quesadilla de Pollo y Tres Quesos
10.99 (980 Calories)

SERVED FRESH

Entrées



Bacon Crusted Chicken

All entrées are served with choice of one: **Side Salad (40-380 Calories)** **Soup (150-370 Calories)**



Sirloin Steak Tips*

Tender sirloin tips with grilled onions & mushrooms. Served with mashed potatoes & whole kernel buttered corn.

Puntas de Bistec Sirloin
14.79 (780 Calories)



Bacon Crusted Chicken Breast with Potato Hash

Bacon crusted grilled chicken breast with Pepper Jack over red potato pepper & onion hash & hollandaise.

Pechuga de Pollo Capeada con Tocino sobre Papas Sazonadas
11.99 (920 Calories)



Country Fried Steak

A golden-battered beef steak smothered in country gravy. Served with mashed potatoes & steamed fresh broccoli.

Bistec Campestre Frito
11.99 (1050 Calories)



Chicken Cordon Bleu

Crispy chicken breast with fresh spinach, ham, melted Swiss & White Cheddar sauce. Served with red potato pepper & onion hash.

Pechuga de Pollo Cordon Bleu
11.99 (1200 Calories)



Roasted Turkey & Fixings

Carved roasted turkey breast topped with warm gravy. Served with cornbread stuffing, mashed potatoes, steamed fresh broccoli & a side of lingonberries.

Pavo Asado y Guarniciones
11.99 (970 Calories)



Tilapia Florentine

Two fillets over fresh spinach tossed in Alfredo sauce. Served with mashed potatoes.

Tilapia a la Florentina
11.99 (670 Calories)



Freshly brewed. Incredibly refreshing.

Desserts



Fruit Crepe

One crepe filled with choice of raspberry topping, blueberry compote or glazed strawberries. Topped with vanilla ice cream & more fruit topping.

Crepa con Fruta
4.99 (430-450 Calories)



Ice Cream Sundae

Two scoops of vanilla ice cream (310 Calories) with choice of chocolate sauce (adds 100 Calories) or glazed strawberries (adds 70 Calories).

Helado de Vainilla con Chocolate o Fresas Glaseadas
4.99

Kids Jr. Sundae (1 scoop)
2.99 (240/200 Calories)

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YOUR FAVORITES, FRESH **55+**



55+ Breakfast Sampler*
One egg, 1 strip of bacon, 1 pork sausage link, 1 piece of ham, hash browns & 1 buttermilk pancake.

55+ Desayuno Sampler
7.59 (700-750 Calories)



55+ Rise 'N Shine*
Two eggs, hash browns, 2 bacon strips or 2 pork sausage links & toast.

55+ Desayuno Levantate y Brilla
7.59 (750-1120 Calories)



55+ 2 x 2 x 2*
Two buttermilk pancakes, 2 eggs & 2 bacon strips or 2 pork sausage links.

55+ 2 x 2 x 2
7.29 (520-710 Calories)



55+ Buttermilk Pancakes
Three of our world famous buttermilk pancakes. Topped with whipped real butter.

55+ Panqueques de Buttermilk
7.29 (430 Calories)



55+ French Toast
Four triangles served with 2 bacon strips or 2 pork sausage links.

55+ Pan Francés
7.29 (590/680 Calories)

SUBSTITUTE

Egg whites (subtracts 15-60 Calories per egg)

Turkey bacon (subtracts 10 Calories per piece)

* Kids

12 & Under

Kids entrées are under 600 calories, excluding Rooty Jr.® which is customized.

Kids drinks. 2.49

2% Milk (150 Calories) • Chocolate Milk (220 Calories)
Hot Chocolate (140 Calories) • Juice (60-150 Calories)

Kids Bebidas



Funny Face®
A chocolate chocolate chip pancake with powdered sugar, maraschino cherry eyes & a whipped topping smile.

Funny Face®
5.49 (500 Calories)



Jr. Chicken & Waffles
Two crispy fried chicken tenders & 2 Belgian waffle quarters.

Pollo y Waffles Jr.
5.49 (520 Calories)



Silver 5
Five silver dollar buttermilk pancakes. Served with 1 scrambled egg & 1 bacon strip.

Panqueques 5 de Plata
5.49 (460 Calories)



Create-A-Face Pancake®
A buttermilk pancake with strawberry eyes, a whipped topping nose & a fresh banana smile. Served with a tube of strawberry low-fat yogurt.

Create-A-Face Pancake®
5.49 (450 Calories)



BUILD YOUR BREAKFAST

CREATE YOUR 55+ OMELETTE

An omelette made with a splash of our famous buttermilk & wheat pancake batter with choice of cheese: Cheddar, White Cheddar, American, Jack & Cheddar blend, Swiss or Pepper Jack. Served with two buttermilk pancakes.

Crea tu 55+ Omelette
7.99 (680-760 Calories)

Additional ingredients 1.99 each (except avocado)

- Bacon (adds 130 Calories)
- Pork Sausage (adds 180 Calories)
- Ham (adds 30 Calories)
- Extra Cheese (adds 150-230 Calories)
- Fresh Mushrooms (adds 10 Calories)
- Fresh Tomatoes (adds 10 Calories)
- Fresh Spinach (adds 15 Calories)
- Fresh Green Peppers & Onions (adds 10 Calories)
- Fresh Avocado 2.69 (adds 70 Calories)

55+ Roasted Turkey & Fixings Carved roasted turkey breast topped with warm gravy. Served with cornbread stuffing, mashed potatoes, steamed fresh broccoli & side of lingonberries.

55+ Cena de Pavo Asado
9.79 (880 Calories)

55+ Tilapia Florentine One fillet over fresh spinach tossed in Alfredo sauce. Served with mashed potatoes.

55+ Tilapia a la Florentina
8.99 (560 Calories)

Soup 2.69 (150-370 Calories)
Sopa

Side Salad 2.69 (40-380 Calories)
Ensalada

* BUILD YOUR BREAKFAST ROOTY JR.®

Start with 1 scrambled egg, 1 bacon strip & 1 pork sausage link. Then choose one item from each step below.

Construye tu Rooty Jr.®
5.49 (350-460 Calories)

STEP 1: Buttermilk Pancake • Belgian Waffle • Brioche French Toast

STEP 2:

- | | |
|--|--|
| Blueberries (adds 100 Calories) | Banana Slices (adds 50 Calories) |
| Glazed Strawberries (adds 90 Calories) | Raspberry Topping (adds 100 Calories) |
| Peach Topping (adds 90 Calories) | Strawberry Low-Fat Yogurt (adds 70 Calories) |



Jr. Ham & Egg Melt
Scrambled eggs, grilled ham & American cheese. Served with Mott's® Applesauce.
Sándwich de Jamón, Huevo y Queso Derretido Jr.
5.49 (360 Calories)



KRAFT® Macaroni & Cheese
Served with Mott's® Applesauce.
Macarrones con Queso
4.99 (350 Calories)



Grilled Cheese Sandwich
Made with American cheese. Served with Mott's® Applesauce.
Sándwich de Queso a la Plancha
4.99 (420 Calories)

Substitute Seasonal Mixed Fruit (adds 25 Calories) or French fries (adds 420 Calories) instead of Mott's® Applesauce.

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.

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