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Egg Combos	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Bacon & Eggs Breakfast (w/Any Meat Option & w/ or w/o Hash Browns)	X	X	X	X					X
Big 2-Egg Breakfast (w/Bacon or Sausage)	X	X	X	X					X
Biscuits & Gravy Combo (w/Country or Sausage Gravy)	X	X	X	X					X
Breakfast Sampler	X	X	X	X					X
Californian Scramble	X	X		X					
Accompanied By: Your choice of side (see below; allergens not included)									
Country/Chicken Fried Steak & Eggs (w/Country or Sausage Gravy)	X	X	X	X					X
Chicken Fried Chicken & Eggs (w/Country or Sausage Gravy)	X	X	X	X					X
Chorizo & Eggs	X	X	X	X					X
Classic Skillets (w/Any Meat & Gravy Option)	X	X	X	X					X
Corned Beef Hash & Eggs	X	X	X	X					X
Eggs Benedict	X	X	X	X		X			X
Huevos Rancheros	X	X		X					
Accompanied By: Buttermilk Pancakes or your choice of tortillas (see below; allergens not included)									
Loco Moco	X	X	X	X					X
Machaca	X	X	X	X					X
Accompanied By: Your choice of tortillas (see below; allergens not included)									
Migas	X	X		X					
Accompanied By: Your choice of tortillas (see below; allergens not included)									
Pigs in Blankets	X	X	X	X					X
Pork Chops & Eggs	X	X	X	X					X

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Egg Combos	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Quick 2-Egg Breakfast (w/Bacon or Sausage)	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
South-of-the-Border Burrito	X	X	X	X					X
Split Decision Breakfast	X	X	X	X					X
T-Bone Steak & Eggs	X	X	X	X					X
Sirloin Steak & Eggs	X	X	X	X					X
Turkey & Avocado Bennie	X	X	X	X					X
Tuscan Scramble	X	X		X					
Accompanied By: Your choice of side (see below; allergens not included)									
Weekday Breakfast Special (Eggs & Pancakes w/Bacon or Sausage)	X	X	X	X					X
Weekday Breakfast Special (Eggs, Hash Browns & Toast w/Bacon or Sausage)	X	X	X	X					X
Weekday Breakfast Special (Cheese Omelette & Pancakes)	X	X	X	X					X
Weekday Breakfast Special (French Toast w/Bacon or Sausage)	X	X	X	X					X
2 x 2 x 2 (w/Bacon or Sausage)	X	X	X	X					X
CHOICE OF SIDES:									
Corn Tortillas									
Flour Tortilla			X						X
Buttermilk Pancakes	X	X	X	X					X
Toast	X	X	X	X					X

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Side Items	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Avocado									
Bacon Strips									
Bagel	X	X	X	X					X
Banana & Brown Sugar Oatmeal	X								X
Biscuit	X	X	X						X
Cottage Cheese	X								
Egg (Cooked Your Way)		X		X					
English Muffin			X						X
Grits									
Ham									
Hash Browns		X							
Pork Sausage Link									
Pork Sausage Patty									
Scrapple			X						X
Seasonal Mixed Fruit									
Seasoned Red Skin Potatoes	X	X							
Smashed Red Potatoes	X								
Smoked Pork Sausage Links									
Spam									
Toast	X	X	X	X					X
Turkey Bacon Strip									
Turkey Sausage Link									
Turkey Sausage Patty									
Yogurt Tube	X								

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Hearty Omelettes	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Please note: sides are not included in the omelette allergens (see below for side allergen information)									
Avocado, Bacon & Cheese Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Bacon Temptation Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Big Steak Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Chicken Fajita Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Chorizo Fiesta Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Colorado Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Corned Beef Hash & Cheese Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Country Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Create Your Own Omelette (w/Any Meat, Cheese or Vegetable Option)	X	X	X	X					X
Accompanied By: Your choice of side									
Garden Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Hearty Ham & Cheese Omelette	X	X	X	X					X
Accompanied By: Your choice of side									

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Hearty Omelettes	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
International Omelette	X	X	X	X					X
Accompanied By: Your choice of side									
Simple & Fit Vegetable Omelette	X	X		X					
Accompanied By: Seasonal mixed fruit									
Spinach & Mushroom Omelette	X	X	X	X		X			X
Accompanied By: Your choice of side									
Choice of Sides:									
Hash Browns		X							
Chocolate Chocolate Chip Pancakes (w/buttermilk or chocolate pancakes)	X	X	X	X					X
Cinn-A-Stack ® Pancakes	X	X	X	X					X
Double Blueberry Pancakes	X	X	X	X					X
Harvest Grain 'N Nut Pancakes (w/butter or any fruit topping)	X	X	X	X			X		X
New York Cheesecake Pancakes	X	X	X	X					X
Original Buttermilk Pancakes (w/butter or any fruit topping)	X	X	X	X					X
Raspberry & Peach Pancakes	X	X	X	X					X
Raspberry White Chocolate Chip Pancakes	X	X	X	X					X
Strawberry Banana Pancakes	X	X	X	X					X
Seasonal Mixed Fruit									
Toast	X	X	X	X					X

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Our World Famous Pancakes	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Pancake Combos									
Pick-A-Pancake Combo (w/Bacon or Sausage)		X		X					
Accompanied by: Your Choice of Pancake Flavors (see below; pancake allergens **not** included)									
Simple & Fit Under 600 Calories Pancake Combo: Bluberry Harvest Grain 'N Nut	X	X	X	X			X		X
Pancake Flavors									
Chocolate Chocolate Chip Pancakes (w/Buttermilk or Chocolate Pancakes)	X	X	X	X					X
Cinn-A-Stack ® Pancakes	X	X	X	X					X
Double Blueberry Pancakes	X	X	X	X					X
Harvest Grain 'N Nut Pancake (w/butter or fruit topping option)	X	X	X	X			X		X
New York Cheesecake Pancakes	X	X	X	X					X
Original Buttermilk Pancakes (w/butter or any fruit topping option)	X	X	X	X					X
Raspberry & Peach Pancakes	X	X	X	X					X
Raspberry White Chocolate Chip Pancakes	X	X	X	X					X
Rooty Tooty Fresh 'N Fruity® (w/ any fruit topping option)	X	X	X	X					X
Strawberry Banana Pancakes	X	X	X	X					X

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French Toast & Waffles	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
French Toast									
Create Your Own French Toast Combo (w/ bacon or sausage)		X		X					
Accompanied by: Your Choice of French Toast Flavors (see below; allergens **not** included)									
Bananas Foster Brioche French Toast	X	X	X	X					X
Berry Berry Brioche French Toast	X	X	X	X					X
Cinnamon Swirl Brioche French Toast	X	X	X	X					X
Our Original French Toast	X	X	X	X					X
Strawberry Banana French Toast	X	X	X	X					X
Peach Vanilla Stuffed French Toast	X	X	X	X					X
Strawberry Vanilla Stuffed French Toast	X	X	X	X					X
Original Stuffed French Toast (w/ any fruit topping option)	X	X	X	X					X
Waffles									
Belgian Waffle Combo (w/ bacon or sausage)	X	X	X	X					X
Accompanied by: Your Choice of Waffle Flavor (see below; allergens not included)									
Bananas & Cream Topped Waffle	X	X	X	X			X		X
Belgian Waffle	X	X	X	X					X
Berries & Cream Topped Waffle	X	X	X	X					X
Chicken & Waffles	X	X	X	X					X
Syrups									
Sugar Free Syrup									
Blueberry Syrup									
Boysenberry Syrup									
Butter Pecan Syrup	X								
Old Fashioned Maple Syrup									
Strawberry Syrup									

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Sweet & Savory Crepes	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Create Your Own Sweet Crepe Combo		X		X					
Accompanied by Your Choice of Crepes (see below; allergens **not** included):									
Banana Crepes with Nutella®	X	X	X	X			X		X
German	X	X	X	X					X
Strawberries & Cream	X	X	X	X					X
Swedish	X	X	X	X					X
Sweet Cream Cheese Crepes (Peach OR Raspberry Topping)	X	X	X	X					X
Banana Crepes with Nutella®	X	X	X	X			X		X
Chicken Florentine Crepes	X	X	X	X		X			X
Classic Breakfast Crepes	X	X	X	X					X
German Crepes	X	X	X	X					X
Strawberries & Cream Crepes	X	X	X	X					X
Sweet Cream Cheese Crepes (Peach OR Raspberry Topping)	X	X	X	X					X
Swedish Crepes	X	X	X	X					X
Cheese Blintzes (w/ any fruit topping option)	X	X	X	X					X

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Soup & Fresh Salads	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Chicken & Spinach Salad (w/ grilled chicken)	X			X					X
Chicken & Spinach Salad (w/ fried chicken)	X	X	X	X					X
Citrus Chicken Pecan Salad	X		X				X		X
Crispy Chicken Cobb Salad (w/fried chicken)	X	X	X	X					X
Crispy Chicken Cobb Salad (w/ grilled chicken)	X			X					
Grilled Chicken Caesar Salad	X	X	X	X		X			X
Mixed Greens House Salad (w/o dressing)									
Accompanied by Your Choice of Salad Dressing (see below; allergens not included)									
Blue Cheese Dressing	X			X					
Creamy Caesar Dressing	X	X		X		X			
Fat Free Raspberry Vinaigrette									
French or Catalina Dressing									
Honey Balsamic Vinaigrette	X								X
Honey Mustard Dressing				X					
Italian Dressing									
Light Done Right Reduced Fat Italian Dressing	X								
Orange Vinaigrette									
Ranch	X			X					
Raspberry Vinaigrette									
Thousand Island Dressing	X	X		X					
Simple & Fit Mixed Greens House Salad	X								
Side Caesar Salad	X	X	X	X		X			X
SOUP OF THE DAY									
Loaded Potato & Bacon Soup (w/o crackers)	X	X	X						X
Roasted Chicken Noodle Soup (w/o crackers)	X	X	X	X					X
Rustic Cheesy Tomato Soup (w/o crackers)	X								
Minestrone (w/o crackers)		X	X						X
Crackers		X	X						X

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Sandwiches & Burgers	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Sandwiches:									
Please note: sides are not included in the sandwich & burger allergens (see below for side allergen information)									
Chicken Clubhouse Super Stacker	X		X	X					X
Accompanied by: Your choice of side									
Double BLT	X	X	X	X					X
Accompanied by: Your choice of side									
Ham & Egg Melt	X	X	X	X					X
Accompanied by: Your choice of side									
Philly Cheese Steak Stacker	X	X	X						X
Accompanied by: Your choice of side									
Southwestern Club	X		X	X					X
Accompanied by: Your choice of side									
Spicy Chicken Ranch Sandwich	X	X	X	X					X
Accompanied by: Your choice of side									
Turkey Berry Melt	X		X						X
Accompanied by: Your choice of side									
Burgers:									
Bacon Cheeseburger	X	X	X	X					X
Accompanied by: Your choice of side									
Blue Cheese & Bacon Burger	X	X	X	X					X
Accompanied by: Your choice of side									
Cheeseburger	X	X	X	X					X
Accompanied by: Your choice of side									
Hamburger	X	X	X	X					X
Accompanied by: Your choice of side									
Mega Monster Cheeseburger	X	X	X	X					X
Accompanied by: Your choice of side									
Mushroom Spinach Burger	X	X	X	X					X
Accompanied by: Your choice of side									
Patty Melt	X	X	X	X					X
Accompanied by: Your choice of side									
Choice of Sides:									
Hash Browns		X							
Onion Rings	X		X						X
Seasoned Fries									
Seasonal Mixed Fruit (versions available vary by restaurant)									
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									

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Grabbable Favorites	Dairy	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		X	X	X					X
Monster Mozza Sticks	X		X						X
Onion Rings	X		X						X
Seasoned Fries									
Wings (w/ranch or blue cheese dressing)	X	X	X	X					X

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IHOP Guest Relations 1-866-444-5144

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Dinner Classics	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Please note: sides are not included in the dinner allergens (see below for side allergen information)									
Blue Cheese & Bacon Sirloin	X	X	X						X
Accompanied by: Your choice of side (see below)									
Chicken Fried Chicken (w/ country or sausage gravy)	X	X	X						X
Accompanied by: Your choice of side (see below)									
Chicken Parmesan	X		X						X
Accompanied by: Your choice of side (see below)									
Country/Chicken Fried Steak (w/ country or sausage gravy)	X	X	X						X
Accompanied by: Your choice of side (see below)									
Fried Chicken	X	X	X						X
Accompanied by: Your choice of side (see below)									
Grilled Liver	X	X	X						X
Accompanied by: Your choice of side (see below)									
Italian Chicken Pasta	X	X	X						X
Accompanied by: Your choice of side (see below)									
Pot Roast	X	X	X	X					X
Accompanied by: Your choice of side (see below)									
Roasted Turkey	X	X	X						X
Accompanied by: Your choice of side (see below)									
Savory Pork Chops	X	X	X						X
Accompanied by: Your choice of side (see below)									
Sirloin Steak Tips	X	X	X						X
Accompanied by: Your choice of side (see below)									
Smoked Sausage	X	X	X						X
Accompanied by: Your choice of side (see below)									
T-Bone Steak	X	X	X						X
Accompanied by: Your choice of side (see below)									
Tilapia Florentine	X	X	X			X			X
Accompanied by: Your choice of side (see below)									
Sirloin Steak	X	X	X						X
Accompanied by: Your choice of side (see below)									
Choice of Sides:									
Baked Potato (Plain)									
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									

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55+ Specialty Entrees	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
55+ Breakfast Sampler	X	X	X	X					X
55+ Buttermilk Pancakes	X	X	X	X					X
Create Your Own 55+ Omelette (w/ any meat, cheese or vegetable option)	X	X	X	X					X
55+ Crispy Chicken Strips	X	X	X	X					X
55+ French Toast (w/ bacon or sausage)	X	X	X	X					X
55+ Grilled Liver	X	X	X						X
55+ Pork Chop	X	X	X						X
55+ Pot Roast	X	X	X	X					X
55+ Rise 'N Shine (w/ bacon or sausage)	X	X	X	X					X
55+ Roasted Turkey	X	X	X						X
55+ Rooty (w/ any fruit topping option)	X	X	X	X					X
55+ Smoked Sausage	X	X	X						X
55+ Smokehouse Combo	X	X	X	X					X
55+ Tilapia Florentine	X	X	X			X			X
55+ 2 x 2 x 2 (w/ bacon or sausage)	X	X	X	X					X

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Just for Kids	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Jr. Banana Crepe with Nutella®	X	X	X	X			X		X
Jr. Cheeseburger	X	X	X						X
Create-A-Face Pancake ®	X	X	X	X					X
Funny Face® (w/ buttermilk or chocolate pancakes)	X	X	X	X					X
Grilled Cheese Sandwich	X	X	X						X
Jr. Chicken & Waffles	X	X	X	X					X
Jr. Ham & Egg Melt	X	X	X	X					X
Kid's Ice Cream Sundae (w/ hot fudge or strawberry topping)	X	X		X					
KRAFT® Macaroni & Cheese	X		X						X
Create Your Own Rooty Jr.®	X	X	X	X					X
Silver 5 (w/bacon or sausage)	X	X	X	X					X

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Delicious Desserts	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Fruit Crepe (w/ any fruit topping option)	X	X	X	X					X
Ice Cream Sundae (w/ hot fudge or strawberry topping)	X	X		X					

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Beverages	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Coffee (Regular or decaf)									
Iced Coffee (Mocha, vanilla or original)	X								
IHOP Splashers, Splashberry									
IHOP Splashers, Tropical Island Twist									
Iced Tea									
Lemonade									
Soft Drinks									
Flavored Coffee (French vanilla or Swiss mocha)	X								
Premium Orange Juice									
Apple Juice									
Tomato Juice									
Grapefruit Juice									
Cranberry Juice									
Milk	X								
Chocolate Milk	X								
Hot Chocolate	X	X							
Hot Tea									
Milk Shake (Chocolate, vanilla or strawberry)	X			X					
Malted Milk Shake (chocolate, vanilla or strawberry)	X	X	X	X					X
Sweet Tea									
Herbal Tea		X							
Water									

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W3 2015: Brioche French Toast	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Brioche French Toast									
Classic Bananas Foster Brioche French Toast	X	X	X	X					X
Accompanied by:									
Your Choice of Combo Plate	See Combo Plates Below								
Caramel Apple Brioche French Toast	X	X	X	X					X
Accompanied by:									
Your Choice of Combo Plate	See Combo Plates Below								
Strawberry Crème Brioche French Toast	X	X	X	X					X
Accompanied by:									
Your Choice of Combo Plate	See Combo Plates Below								
Choice of Combo Plates:									
Please note that combo plate allergen information does NOT include allergens for Brioche French Toast (above)									
Egg Combo Plate		X		X					
Regular Combo Plate (w/bacon or sausage)		X		X					
Sausage & Eggs Combo Plate		X		X					
Bacon & Eggs Combo Plate		X		X					
Ham & Eggs Combo Plate		X		X					
Ultimate Bacon & Sausage Combo Plate		X		X					
Dessert									
Strawberry Banana Crepe	X	X	X	X					X

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