

IHOP Allergen Information

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Pancakes	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Pancake Combos								
Build Your Pancake Combo		X		X					
<u>Accompanied by:</u> Your Choice of Pancake Flavors (see below; pancake allergens <u>not</u> included)									
Pancake Flavors									
Belgian Chocolate Pancakes	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
English Sticky Toffee Pancakes	X	X	X	X					X
Harvest Grain 'N Nut® Pancakes (w/Butter or 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 (w/Butter or Any Fruit Topping Option)	X	X	X	X					X
Red Velvet 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
Top it Off									
Banana Slices									
Glazed Strawberries									
Vanilla Ice Cream	X	X	X	X					X
Peach Topping									
Raspberry Topping									
<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.</p> <p>Due to the individualized nature of allergies and food sensitivities, IHOP cannot make recommendations that are suitable for your dietary needs. Please consult your physician.</p> <p style="text-align: center;">Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.</p> <p style="text-align: center;">IHOP Guest Relations 1-866-444-5144</p>									
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Griddle Faves	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Crepes								
Cheese Blintzes (w/Any Fruit Topping Option)	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					
<i>Accompanied by:</i> Your choice of Sweet Crepe (see below; allergens <u>not</u> 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
Sweet Cream Cheese Crepes (Peach or Raspberry Topping)	X	X	X	X					X
Swedish Crepes	X	X	X	X					X
French Toast									
Create Your French Toast Combo (w/Bacon or Sausage)		X		X					
<i>Accompanied by:</i> Your choice of French Toast (see below; allergens <u>not</u> included)									
Bananas Foster Brioche French Toast	X	X	X	X					X
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
Stuffed French Toast (w/ Any Fruit Topping Option)	X	X	X	X					X
Waffles									
Chicken & Waffles	X	X	X	X					X
Create Your Belgian Waffle Combo (w/Bacon or Sausage)	X	X	X	X					X
Belgian Waffle	X		X	X					X
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Griddle Faves	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Syrups								
Sugar Free Syrup									
Blueberry Syrup									
Boysenberry Syrup									
Butter Pecan Syrup		X							
Old Fashioned Maple Syrup									
Strawberry Syrup									
Top it Off									
Banana Slices									
Glazed Strawberries									
Vanilla Ice Cream									
Peach Topping									
Raspberry Topping									
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IHOP Creations	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	IHOP Creations								
Please note that some IHOP Creations are listed without sides; allergen information for all side options is available, separately, below.									
Buttermilk Biscuits & Gravy (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
Eggs Benedict	X	X	X	X		X			X
Create Your Own Melt (w/Any Meat & Veggie Option)	X	X	X	X					X
Homestyle Corned Beef Hash	X	X		X					
Huevos Rancheros	X	X	X	X					X
<i>Accompanied By:</i> Buttermilk Pancakes or your choice of tortillas (see below; allergens <u>not</u> included)									
IHOP® Signature Pancake Sliders	X	X	X	X					X
<i>Accompanied by:</i> Your choice of sides (see below; allergens <u>not</u> included)									
Loco Moco	X	X	X	X					X
Machaca	X	X	X	X					X
<i>Accompanied By:</i> Your choice of tortillas (see below; allergens <u>not</u> included)									
Migas	X	X		X					
<i>Accompanied By:</i> Your choice of tortillas (see below; allergens <u>not</u> included)									
South-of-the-Border Burrito	X	X	X	X					X
Southwest Scramble	X	X		X					
<i>Accompanied By:</i> Your choice of buttermilk pancakes, flour tortilla or toast (see below; allergens <u>not</u> included)									
Ultimate Waffle Sandwich	X	X	X	X					X
<i>Accompanied by:</i> Your choice of sides (see below; allergens <u>not</u> included)									
Choice of Sides									
Corn Tortilla									
Flour Tortilla			X						X
Flavored Pancakes (see pancake section for allergens)									
Original Buttermilk Pancakes	X	X	X	X					X
Hash Browns		X							
Seasonal Mixed Fruit									
Toast	X	X	X	X					X
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Compos	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Compos								
2 x 2 x 2 (w/Bacon or Sausage)	X	X	X	X					X
Big 3-Egg Breakfast (w/Bacon or Sausage)	X	X	X	X					X
Big 2-Egg Breakfast (w/Bacon or Sausage)	X	X	X	X					X
Breakfast Sampler	X	X	X	X					X
Chicken Fried Chicken & Eggs (w/Country Gravy)	X	X	X	X					X
Chicken/Country Fried Steak & Eggs (w/Country or Sausage Gravy)	X	X	X	X					X
Pork Chops & Eggs	X	X	X	X					X
Quick 2-Egg Breakfast (w/Bacon or Sausage)	X	X	X	X					X
Simple & Fit 2-Egg Breakfast	X	X	X	X					X
Sirloin Steak & Eggs	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 & 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

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Omelettes	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Omelettes								
Please note that all omelettes are listed without choice of side; allergen info for sides is available, separately, below.									
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
Cheeseburger Omelette	X	X	X	X					X
Chicken Fajita Omelette	X	X	X	X					X
Colorado Omelette	X	X	X	X					X
Corned Beef Hash & Cheese Omelette	X	X	X	X					X
Country Omelette	X	X	X	X					X
Egg White Vegetable Omelette	X	X		X					
Sides included in allergen info									
Garden Omelette	X	X	X	X					X
Hearty Ham & Cheese Omelette	X	X	X	X					X
International Omelette	X	X	X	X					X
Ultimate Corned Beef 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 (w/Any Meat, Cheese or Vegetable Option)	X	X	X	X					X
Omelette Side Choices									
Original Buttermilk Pancakes	X	X	X	X					X
Flavored Pancakes (see pancake section for allergens)									
Hash Browns		X							
Seasonal Mixed Fruit									
Toast	X	X	X	X					X
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Sandwiches	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Sandwiches									
Please note that all sandwiches are listed without your choice of side; allergen information for sides available, separately, below.									
Chicken Clubhouse Super Stacker	X		X	X					X
Double BLT	X	X	X	X					X
Philly Cheese Steak Stacker	X	X	X						X
Roasted Turkey Sandwich	X		X	X					X
Spicy Chicken Ranch Sandwich	X	X	X	X					X
Turkey, Bacon & Avocado Wrap	X		X	X					X
Choice of Sides									
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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Salads	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Salads								
Caesar Salad w/ Crispy Chicken	X	X	X	X		X			X
Caesar Salad w/ Grilled Chicken	X	X	X	X		X			X
Cobb Salad w/ Crispy Chicken	X	X	X	X					X
Cobb Salad w/ Grilled Chicken	X			X					
Chicken & Spinach Salad (w/ Crispy Chicken)	X	X	X	X					X
Chicken & Spinach Salad (w/ Grilled Chicken)	X			X					X
Grilled Chicken & Veggie Salad	X								X
House Salad (Without Dressing)									
Accompanied by: Your choice of dressing									
Blue Cheese Dressing	X			X					
Buttermilk Ranch Dressing	X			X					
Creamy Caesar Dressing	X	X		X		X			
Creamy Italian Dressing									
Fat Free Raspberry Vinaigrette									
French or Catalina Dressing									
Honey Balsamic Vinaigrette	X								X
Honey Mustard Dressing				X					
Raspberry Vinaigrette									
Reduced Fat Italian Dressing	X								
Thousand Island Dressing	X	X		X					
Side Caesar Salad	X	X	X	X		X			X
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Soups	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Soups								
Please note that all soups are listed without crackers; allergen information for crackers available, separately, below.									
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
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Burgers	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Burgers								
Please note that all burgers are listed without your choice of side; allergen information for sides available, separately, below.									
Bacon Cheeseburger	X	X	X	X					X
Cheeseburger	X	X	X	X					X
Cheeseburger Sliders	X	X	X	X					X
Denver Omelette Burger	X	X	X	X					X
Hamburger	X		X	X					X
Mega Monster Cheeseburger	X	X	X	X					X
Patty Melt	X	X	X						X
Add Your Extras									
Burger Patty									
Hash Browns		X							
Fried Egg		X		X					
Bacon									
Avocado									
Choice of Sides									
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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Appetizers	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Apps								
Appetizer Sampler	X	X	X	X					X
Chicken & Three Cheese Quesadilla	X		X						X
Crispy Chicken Strips & Fries (w/Honey Mustard Dressing)		X	X	X					X
Crispy Chicken Strips & Fries (w/Ranch Dressing)	X	X	X	X					X
Monster Mozza Sticks	X		X						X
Onion Rings	X		X						X
French Fries									
Slider Trio	X	X	X	X					X
Hot & Spicy Wings (w/Ranch or Blue Cheese Dressing)	X	X	X	X					X
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Entrées	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Entrées								
Please note that all entrees are listed without garlic bread or choice of side; allergen info for sides and garlic bread is available, separately, below.									
Bacon Crusted Chicken with Red Potato Hash	X	X		X		X			
Chicken Fried Chicken (w/ Country Gravy)	X	X	X						X
Country/Chicken Fried Steak (w/ Country or Sausage Gravy)	X	X	X						X
Fried Chicken Dinner	X	X	X	X					X
Pot Roast	X	X	X						X
Roasted Turkey & Fixings	X	X	X						X
Savory Pork Chops	X	X							
Sirloin Steak	X	X							
Sirloin Steak Tips	X	X							
Smoked Sausage	X	X							
T-Bone Steak	X	X							
Tilapia Florentine	X	X				X			
Garlic Bread (available in select markets)	X		X						X
Choice of Sides									
Baked Potato (Plain)									
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
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Desserts	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Desserts								
Fruit Crepe (w/Any Fruit Topping)	X	X	X	X					X
Ice Cream Sundae (w/Chocolate Sauce or Strawberry Topping)	X	X	X	X					X
Kids Jr. Sundae (w/Chocolate Sauce or Strawberry Topping)	X	X	X	X					X
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55+ Menu	Allergens								
	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Breakfast									
55+ 2 x 2 x 2 (w/Bacon or Sausage)	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 (w/Bacon or Sausage)	X	X	X	X					X
55+ Rise 'N Shine	X	X	X	X					X
Lunch									
55+ BLT	X	X	X	X					X
55+ Grilled Cheese	X	X	X	X					X
55+ Turkey & Swiss Sandwich	X	X	X	X					X
Choice of Sides									
Original Buttermilk Pancakes	X	X	X	X					X
French Fries									
Onion Rings	X		X						X
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
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55+ Menu	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Dinner								
Please note that all 55+ entrees are listed without garlic bread; allergen info for garlic bread is available, separately, below.									
55+ Crispy Chicken Strips	X	X	X	X					X
55+ Country Chicken Fried Steak Dinner (w/Country or Sausage Gravy)	X	X	X						X
55+ Grilled Chicken Dinner	X	X							
55+ Roasted Turkey Dinner	X	X	X						X
55+ Grilled Tilapia Dinner	X					X			
Garlic Bread (available in select markets)	X		X						X
Choice of Sides									
Original Buttermilk Pancakes	X	X	X	X					X
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
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Kid's Menu	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Kid's Menu								
Breakfast Sammy	X	X	X	X					X
Chicken Nuggets with Applesauce		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. Cheeseburger Sliders with Applesauce	X	X	X	X					X
Jr. Chicken & Waffles	X	X	X	X					X
Jr. Cupcake Pancake Combo	X	X	X	X					X
KRAFT® Macaroni & Cheese (w/ Applesauce)	X		X						X
Silver 5	X	X	X	X					X
Build Your Rooty Jr.® (All Versions)	X	X	X	X					X
Sides									
Cheesy Eggs	X	X		X					
Sausage									
Sliced Banana									
Bacon									
Turkey Bacon									
Yogurt Tube	X								
Seasonal Mixed Fruit									
Motts Applesauce									
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Sides	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Sides								
Avocado									
Bacon Strips									
Banana & Brown Sugar Oatmeal	X								X
Buttered Toast	X	X	X	X					X
Corned Beef Hash		X							
Cottage Cheese	X	X							
Egg (Any Style)		X		X					
English Muffin (w/Butter)	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									
Turkey Sausage Patties									
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Beverages	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Coffee & Hot Chocolate								
Coffee (Regular or Decaf)									
Flavored Coffee (French Vanilla or Swiss Mocha)	X								
Cold-Brew Iced Coffee (Mocha, Vanilla or Original)	X								
Hot Chocolate	X	X							
French Toast Hot Chocolate	X	X							
Tea & Lemonade									
Iced Tea									
Lemonade									
Lemonade Ice Tea									
Hot Tea									
Sweet Tea									
Juice									
Apple Juice									
Cranberry Juice									
Grapefruit Juice									
Premium Orange Juice									
Tomato Juice									
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Beverages	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
IHOP Splashes®									
Splashberry									
Tropical Island Twist									
Milk, Milk Shakes & Water									
Chocolate Milk	X								
Milk	X								
Milk Shake (Chocolate, Vanilla or Strawberry)	X	X	X	X					X
Water									
Fountain Drinks									
Soft Drinks									
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