Allergen Information

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X - Denotes presence of an allergen

<table>
<thead>
<tr>
<th>All You Can Eat Pancakes</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bold &amp; Spicy BBQ Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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<tr>
<td>All You Can Eat Pancakes</td>
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</tr>
<tr>
<td>Buttermilk Pancakes</td>
<td>X</td>
<td>X</td>
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<table>
<thead>
<tr>
<th>Pancake Combos</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
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</thead>
<tbody>
<tr>
<td>OREO® Oh My Goodness Pancakes</td>
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<tr>
<td>Bacon &amp; Eggs Combo Plate</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
<td></td>
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<tr>
<td>Egg Combo Plate</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Eggs Combo Plate</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
<td></td>
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<tr>
<td>Regular Combo Plate (with Bacon or Sausage)</td>
<td>X</td>
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<td>Sausage &amp; Eggs Combo Plate</td>
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<tr>
<td>Ultimate Bacon &amp; Sausage Combo Plate</td>
<td>X</td>
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</table>

Please Note: All omelette allergen information does not include allergens for sides. All combo plate allergen information does not include allergens for pancakes. Allergen information available separately.

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IHOP Guest Relations 1-866-444-5144

This information applicable 2/25/2019 through 4/14/2019.

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<table>
<thead>
<tr>
<th>Pancakes</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
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<tbody>
<tr>
<td>Build Your Pancake Combo</td>
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Your choice of pancakes (see below; pancake allergens not included)

Pancakes

<table>
<thead>
<tr>
<th>Pancakes</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
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<tbody>
<tr>
<td>Belgian Chocolate Pancakes</td>
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<td>X</td>
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<tr>
<td>Cinn-A-Stack® Pancakes</td>
<td>X</td>
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<td>X</td>
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<tr>
<td>Cupcake Pancakes</td>
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<tr>
<td>Double Blueberry Pancakes</td>
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<tr>
<td>Harvest Grain ‘N Nut® Pancakes (with butter or any fruit topping)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>Mexican Tres Leches Pancakes</td>
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<tr>
<td>New York Cheesecake Pancakes</td>
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<tr>
<td>Original Buttermilk Pancakes (with butter or any fruit topping)</td>
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<td>Red Velvet Pancakes</td>
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<tr>
<td>Rooty Tooty Fresh ‘N Fruity® (with any fruit topping)</td>
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<td>X</td>
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<td>Strawberry Banana Pancakes</td>
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<td>Vanilla Spice Pancakes</td>
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</table>

Top it Off

<table>
<thead>
<tr>
<th>Top it Off</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Slices</td>
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<td>Glazed Strawberries</td>
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<tr>
<td>Peach Topping</td>
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<tr>
<td>Raspberry Topping</td>
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</tbody>
</table>

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**Sliders**

<table>
<thead>
<tr>
<th>Item</th>
<th>Milk</th>
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<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
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<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
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<tr>
<td>Banana &amp; Brown Sugar Oatmeal</td>
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<td>Buttered Toast</td>
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<tr>
<td>Corned Beef Hash</td>
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<td>Cottage Cheese</td>
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<tr>
<td>Crispy Potato Pancakes</td>
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<tr>
<td>Eggs (any style)</td>
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<td>Grilled Buttermilk Biscuit</td>
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<td>Ham Steak</td>
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<tr>
<td>Pork Sausage Links</td>
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<td>Pork Sausage Patties</td>
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<tr>
<td>Red Potato Pepper &amp; Onion Hash</td>
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<td>Scrapple</td>
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<td>Seasonal Mixed Fruit</td>
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<td>Smoked Pork Sausage Links</td>
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<td>Turkey Bacon Strips</td>
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<tr>
<td>Turkey Sausage Patties</td>
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</tbody>
</table>

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<table>
<thead>
<tr>
<th>Griddle Faves</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
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<tbody>
<tr>
<td>Crepes</td>
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<tr>
<td>Cheese Blintzes (with any fruit topping)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>X</td>
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<tr>
<td>Chicken Florentine Crepes</td>
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<tr>
<td>Classic Breakfast Crepes</td>
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<tr>
<td>Create Your Sweet Crepe Combo</td>
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<td></td>
<td></td>
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<tr>
<td>Your choice of sweet crepes (see below; allergens not included)</td>
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<tr>
<td>Strawberries &amp; Cream Crepes</td>
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<td>Sweet Cream Cheese Crepes (with any fruit topping)</td>
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<tr>
<td>Create Your French Toast Combo</td>
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<td>Your choice of french toast (see below; allergens not included)</td>
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<td>Bananas Foster Brioche French Toast</td>
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<td>X</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Brioche French Toast</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>Original French Toast</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Banana French Toast</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Stuffed French Toast (with any fruit topping)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Waffles</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Belgian Waffle</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>Chicken &amp; Waffles</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Create Your Belgian Waffle Combo</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Syrups</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar Free Syrup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberry Syrup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boysenberry Syrup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter Pecan Syrup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Old Fashioned Maple Syrup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Syrup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>IHOP Creations</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttermilk Biscuits &amp; Gravy (with country or sausage gravy)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Classic Skillets (with any meat &amp; gravy option)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Eggs Benedict</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Create Your Own Melt (with any meat &amp; veggie option)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Your choice of sides (see below; allergens not included)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Homestyle Corned Beef Hash</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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<td>X</td>
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</tr>
<tr>
<td>Huevos Rancheros</td>
<td>X</td>
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<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Your choice of tortillas or buttermilk pancakes (see below; allergens not included)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>IHOP® Signature Pancake Sliders</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Your choice of sides (see below; allergens not included)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Loco Moco</td>
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<td>X</td>
<td>X</td>
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<tr>
<td>Machaca</td>
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<td>X</td>
<td>X</td>
<td>X</td>
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<td>X</td>
<td></td>
</tr>
<tr>
<td>Your choice of tortillas (see below; allergens not included)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Migas</td>
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<td></td>
<td>X</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>South-of-the-Border Burrito</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Southwest Scramble</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Your choice of buttermilk pancakes, flour tortilla or toast (see below; allergens not included)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Ultimate Waffle Sandwich</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Your choice of sides (see below; allergens not included)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>Choice of Sides</td>
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<td></td>
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<td></td>
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<tr>
<td>Corn Tortilla</td>
<td>X</td>
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<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>Flour Tortilla</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Pancakes (see pancake section for allergens)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hash Browns</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>Seasonal Mixed Fruit</td>
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<td></td>
<td></td>
<td>X</td>
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<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Toast</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Combos</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 x 2 x 2</td>
<td>X</td>
<td>X</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Big 2-Egg Breakfast</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
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</tr>
<tr>
<td>Big 3-Egg Breakfast</td>
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<td>X</td>
<td>X</td>
<td></td>
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</tr>
<tr>
<td>Breakfast Sampler</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Fried Chicken &amp; Eggs with Country Gravy</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken/Country Fried Steak &amp; Eggs (with country or sausage gravy)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork Chops &amp; Eggs</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Quick 2-Egg Breakfast</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>Simple &amp; Fit 2-Egg Breakfast</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sirloin Tips &amp; Eggs</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>Smokehouse Combo</td>
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<td>X</td>
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<tr>
<td>Split Decision Breakfast</td>
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<td></td>
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</tr>
<tr>
<td>T-Bone Steak &amp; Eggs</td>
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<td>X</td>
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<td>X</td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>Weekday Breakfast Special: Eggs &amp; Buttermilk Pancakes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weekday Breakfast Special: Eggs, Hash Browns &amp; Toast</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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<td></td>
</tr>
<tr>
<td>Weekday Breakfast Special: Cheese Omelette with Buttermilk Pancakes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
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</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Omelettes</th>
<th>Milk</th>
<th>Egg</th>
<th>Fish</th>
<th>Shellfish</th>
<th>Tree Nuts</th>
<th>Peanut</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado, Bacon &amp; Cheese Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Bacon Temptation Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Big Steak Omelette</td>
<td>X</td>
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<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Cheeseburger Omelette</td>
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<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Chicken Fajita Omelette</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Colorado Omelette</td>
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<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Corned Beef Hash &amp; Cheese Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>Country Omelette</td>
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<td>X</td>
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</tr>
<tr>
<td>Egg White Vegetable Omelette</td>
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<td>X</td>
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<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Garden Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Hearty Ham &amp; Cheese Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>International Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Spicy Poblano Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Spinach &amp; Mushroom Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Build Your Omelette (with any meat, cheese or vegetable option)</td>
<td>X X X X X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Choice of Sides

- Pancakes (see pancake section for allergens)
- Hash Browns
- Seasonal Mixed Fruit
- Toast

Please note that all omelettes are listed without choice of side; allergen info for sides is available, separately, below.

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<table>
<thead>
<tr>
<th>Sandwiches</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Clubhouse Super Stacker</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Double BLT</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Philly Cheese Steak Stacker</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Roasted Turkey Sandwich</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Spicy Chicken Ranch Sandwich</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Turkey, Bacon &amp; Avocado Wrap</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

**Choice of Sides**

<table>
<thead>
<tr>
<th>Choice of Sides</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original Buttermilk Pancakes</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>French Fries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hash Browns</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion Rings</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Seasonal Mixed Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please note that all sandwiches are listed without your choice of side; allergen information for sides available, separately, below.

**Soups (see soup section for allergens)**

**Salads (see salad section for allergens)**

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<table>
<thead>
<tr>
<th>Salads</th>
<th>Milk</th>
<th>Egg</th>
<th>Fish</th>
<th>Shellfish</th>
<th>Tree Nuts</th>
<th>Peanut</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caesar Salad with Crispy Chicken</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Caesar Salad with Grilled Chicken</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Cobb Salad with Crispy Chicken</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Cobb Salad with Grilled Chicken</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Spinach Salad with Crispy Chicken</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Spinach Salad with Grilled Chicken</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grilled Chicken &amp; Veggie Salad</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>House Salad (without dressing)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue Cheese Dressing</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Buttermilk Ranch Dressing</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Catalina Dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creamy Caesar Dressing</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creamy Italian Dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat Free Raspberry Vinaigrette</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>French Dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Balsamic Vinaigrette</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Honey Mustard Dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Raspberry Vinaigrette</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Reduced Fat Italian Dressing</td>
<td>X</td>
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<td></td>
</tr>
<tr>
<td>Thousand Island Dressing</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seasonal Mixed Fruit</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Side Caesar Salad</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

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X - Denotes presence of an allergen

<table>
<thead>
<tr>
<th>Soups</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Egg</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clam Chowder</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Loaded Potato with Bacon Soup</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Minestrone</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Roasted Chicken Noodle Soup</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Rustic Cheesy Tomato Soup</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crackers</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

Please note that all soups are listed without crackers; allergen information for crackers available, separately.

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<table>
<thead>
<tr>
<th>Burgers</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Brunch Burger</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cowboy BBQ Burger</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jalapeno Kick Burger</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mega Monster Cheeseburger</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushroom &amp; Swiss Burger</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Patty Melt</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>The Classic</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Classic with Bacon</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Double it Up (extra burger patty &amp; cheese)</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Choice of Sides</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original Buttermilk Pancakes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Fries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hash Browns</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion Rings</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seasonal Mixed Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Soups (see soup section for allergens)

Salads (see salad section for allergens)

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<table>
<thead>
<tr>
<th>Appetizer</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shrimp</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetizer Sampler</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Chicken &amp; Three Cheese Quesadilla</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Crispy Chicken Strips &amp; Fries (with honey mustard dressing)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crispy Chicken Strips &amp; Fries (with ranch dressing)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Fries</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Hot &amp; Spicy Wings</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Mozza Sticks</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Onion Rings</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

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IHOP Guest Relations 1-866-444-5144

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### X - Denotes presence of an allergen

<table>
<thead>
<tr>
<th>Entrées</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Egg</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
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<tr>
<td>Boneless Fried Chicken</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Chicken Fried Chicken Dinner with Country Gravy</td>
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<tr>
<td>Chicken Parmesan (sides included)</td>
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<td>X</td>
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<tr>
<td>Country Fried Steak Dinner (with country or sausage gravy)</td>
<td>X</td>
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<td>X</td>
<td></td>
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<tr>
<td>Crispy Fish &amp; Chips (sides included)</td>
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<tr>
<td>Fisherman’s Platter (sides included)</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Fried Chicken</td>
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<td>Pasta with Meat Sauce (sides included)</td>
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<tr>
<td>Pot Roast</td>
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<td>X</td>
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<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasted Turkey &amp; Stuffing</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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<td>Savory Pork Chops</td>
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<td>Sirloin Steak Tips</td>
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<td>Sirloin Steak Tips &amp; Crispy Shrimp</td>
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<tr>
<td>Smoked Sausage</td>
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<tr>
<td>T-Bone Steak</td>
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<tr>
<td>Tilapia Florentine</td>
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<td>X</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Garlic Bread (available in select markets)</td>
<td>X</td>
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<td></td>
<td></td>
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<td></td>
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<tr>
<td>Original Buttermilk Pancakes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>X</td>
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<tr>
<td>Soups (see soup section for allergens)</td>
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<td>Salads (see salad section for allergens)</td>
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</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Entée Sides</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>(2) Crispy Potato Pancakes</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>Baked Potato</td>
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<td></td>
</tr>
<tr>
<td>Cornbread Stuffing</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>French Fries</td>
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<tr>
<td>Hash Browns</td>
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<td>Mashed Potatoes</td>
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<tr>
<td>Onion Rings</td>
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<td>X</td>
<td></td>
<td></td>
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<tr>
<td>Penne Pasta with Marinara Sauce</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Red Potato Pepper &amp; Onion Hash</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Sauteed Spinach</td>
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<tr>
<td>Steamed Fresh Broccoli</td>
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</tbody>
</table>

X - Denotes presence of an allergen

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<table>
<thead>
<tr>
<th>Desserts</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Egg</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Crepe (with any fruit topping)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
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<td>X</td>
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<tr>
<td>Ice Cream Sundae (with chocolate sauce or strawberry topping)</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</tr>
<tr>
<td>Kids Jr. Sundae (with chocolate sauce or strawberry topping)</td>
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<td>X</td>
<td>X</td>
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<td></td>
<td></td>
<td></td>
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</tbody>
</table>

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<table>
<thead>
<tr>
<th>55+ Menu</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>55+ 2 x 2 x 2</td>
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<td>X</td>
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<td>X</td>
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<td>55+ Breakfast Sampler</td>
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</tr>
<tr>
<td>55+ Buttermilk Pancakes</td>
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<td>55+ French Toast</td>
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<td>55+ Rise 'N Shine</td>
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<td><strong>Lunch</strong></td>
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<tr>
<td>55+ Grilled Cheese</td>
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<tr>
<td>55+ Turkey &amp; Swiss Sandwich</td>
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<td>X</td>
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<tr>
<td><strong>Dinner</strong></td>
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<td>55+ Crispy Chicken Strips</td>
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<td>X</td>
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<tr>
<td>55+ Country Chicken Fried Steak Dinner (with country or sausage gravy)</td>
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<td>X</td>
<td>X</td>
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<tr>
<td>55+ Grilled Chicken Dinner</td>
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</tr>
<tr>
<td>Garlic Bread (available in select markets)</td>
<td></td>
<td>X</td>
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<td></td>
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<tr>
<td><strong>Choice of Sides</strong></td>
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<tr>
<td>French Fries</td>
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</tr>
</tbody>
</table>

Soups (see soup section for allergens)

Salads (see salad section for allergens)

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<table>
<thead>
<tr>
<th>Kid’s Menu</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Egg</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanut</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Nuggets with Applesauce</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Create-A-Face Pancake®</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Funny Face®</td>
<td>X</td>
<td>X</td>
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<td></td>
</tr>
<tr>
<td>French Toast with Nutella®</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Grilled Cheese Sandwich with Applesauce</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
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<td>X</td>
</tr>
<tr>
<td>Jr. Cheeseburger with Applesauce</td>
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<td>X</td>
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<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Jr. Chicken &amp; Waffles</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Jr. Cupcake Pancake Combo</td>
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<tr>
<td>Macaroni &amp; Cheese with Applesauce</td>
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<td>Silver 5</td>
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<td>Build Your Rooty Jr.®</td>
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</tbody>
</table>

X - Denotes presence of an allergen

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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.

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Egg</th>
<th>Shellfish</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
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</thead>
<tbody>
<tr>
<td>Coffee &amp; Hot Chocolate</td>
<td></td>
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<td></td>
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<tr>
<td>Coffee (regular or decaf)</td>
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<td>Tea &amp; Lemonade</td>
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</table>

X - Denotes presence of an allergen

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. 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.

Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.

IHOP Guest Relations 1-866-444-5144

This information applicable 10/22/18 through 4/22/19.

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