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<table>
<thead>
<tr>
<th>Crispy Chicken</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>Boneless Buffalo Chicken Strips &amp; Fries</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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<tr>
<td>Buttermilk Ranch</td>
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<tr>
<td>Chicken &amp; Bacon Cheddar Waffles</td>
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<tr>
<td>Crispy Chicken Breakfast Combo (with country or sausage gravy)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</tr>
<tr>
<td>Original Crispy Chicken Sandwich (excludes side)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>Signature Buttermilk Crispy Chicken &amp; Fries</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>Spicy Buffalo Chicken Sandwich (excludes side)</td>
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<tr>
<td>Original Buttermilk Pancakes (with butter or any fruit topping)</td>
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<td>X</td>
<td>X</td>
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<td>French Fries</td>
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<td>Seasonal Mixed Fruit</td>
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Please Note: Allergen information for sides listed separately.

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<table>
<thead>
<tr>
<th>Sides</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
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<tr>
<td>Clam Chowder</td>
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<td>Loaded Potato with Bacon Soup</td>
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<tr>
<td>Roasted Chicken Noodle Soup</td>
<td>X</td>
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<td>Rustic Cheesy Tomato Soup</td>
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<tr>
<td>House Salad (without dressing)</td>
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<td>Blue Cheese Dressing</td>
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<td>Catalina Dressing</td>
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<tr>
<td>Creamy Caesar Dressing</td>
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<td>Creamy Italian Dressing</td>
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<td>French Dressing</td>
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<td>Honey Balsamic Vinaigrette</td>
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<td>Honey Mustard Dressing</td>
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<td>Reduced Fat Italian Dressing</td>
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<tr>
<td>Thousand Island Dressing</td>
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</tbody>
</table>

**House-Made Milkshakes**

| Cold Brew Milkshake                        | X    |     |       |     |           |      |           |         |        |
| Hershey's Chocolate Milkshake              | X    |     |       |     |           |      |           |         |        |
| Oreo Milkshake                             | X    |     | X     |     |           | X    |           |         |        |
| Strawberry Milkshake                       | X    |     |       |     |           | X    |           |         |        |
| Vanilla Milkshake                          | X    |     |       |     |           |      |           |         |        |

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<table>
<thead>
<tr>
<th>Item</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>Crispy Chicken</td>
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<tr>
<td>A la Carte Pancakes &amp; Crepes</td>
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<tr>
<td>Mexican Churro Pancakes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Italian Cannoli Pancakes</td>
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<td>X</td>
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<td></td>
</tr>
<tr>
<td>Mexican Tres Leches Pancakes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>Strawberry Vanilla Spice Crepes</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>Pick Your Combo</td>
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<tr>
<td>Bacon &amp; Eggs Combo Plate</td>
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<tr>
<td>Egg Combo Plate</td>
<td></td>
<td>X</td>
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<tr>
<td>Ham &amp; Eggs Combo Plate</td>
<td>X</td>
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<tr>
<td>Regular Combo Plate (with Bacon or Sausage)</td>
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<tr>
<td>Sausage &amp; Eggs Combo Plate</td>
<td>X</td>
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<td>Ultimate Bacon &amp; Sausage Combo Plate</td>
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</tbody>
</table>

Please Note: Combo plate allergen information does not include allergens for pancakes (listed above).

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### X - Denotes presence of an allergen

#### Pancakes

<table>
<thead>
<tr>
<th>Build Your Pancake Combo</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>Pancake Combo</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Your choice of pancakes</td>
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</tr>
</tbody>
</table>

#### Pancakes

| Cannoli Pancakes         | X    | X   | X     | X     |           | X    |
| Churro Pancakes          | X    | X   | X     | X     |           | X    |
| Chocolate Chocolate Chip Pancakes | X | X | X | X | X | X |
| Chocolate Chip Pancakes (with Buttermilk) | X | X | X | X | X | X |
| Cinn-A-Stack® Pancakes   | X    | X   | X     | X     |           | X    |
| Cupcake Pancakes         | X    | X   | X     | X     |           | X    |
| Double Blueberry Pancakes| X    | X   | X     | X     |           | X    |
| Harvest Grain 'N Nut® Pancakes (with butter or any fruit topping) | X | X | X | X | X | X |
| Mexican Tres Leches Pancakes | X | X | X | X | X | X |
| New York Cheesecake Pancakes | X | X | X | X | X |
| Original Buttermilk Pancakes (with butter or any fruit topping) | X | X | X | X | X | X |
| Rooty Tooty Fresh 'N Fruity® (with any fruit topping) | X | X | X | X | X |
| Strawberry Banana Pancakes | X | X | X | X | X | X |

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.

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X - Denotes presence of an allergen

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<th>Milk</th>
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<th>Shellfish</th>
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<th>Peanuts</th>
<th>Gluten</th>
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</thead>
<tbody>
<tr>
<td>Bacon</td>
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<tr>
<td>Banana &amp; Brown Sugar Oatmeal</td>
<td></td>
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<tr>
<td>Buttered Toast</td>
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<tr>
<td>Cottage Cheese</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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<td>Eggs (any style)</td>
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<tr>
<td>English Muffin (with butter)</td>
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<td>Grits</td>
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<tr>
<td>Ham Steak</td>
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<td>Hash Browns</td>
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</tr>
<tr>
<td>Pork Sausage Links</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Pork Sausage Patties</td>
<td></td>
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<tr>
<td>Red Potato Pepper &amp; Onion Hash</td>
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<td>Scrapepe</td>
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<td>Seasonal Mixed Fruit</td>
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<tr>
<td>Smoked Pork Sausage Links</td>
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<tr>
<td>Turkey Bacon Strips</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
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</tr>
<tr>
<td>Turkey Sausage Links</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Turkey Sausage Patties</td>
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IHOP Guest Relations 1-866-444-5144

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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>
</tr>
</thead>
<tbody>
<tr>
<td>Crepes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Cheese Blintzes (with any fruit topping)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Chicken Florentine Crepes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</tr>
<tr>
<td>Classic Breakfast Crepes</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>
<td>Create Your Sweet Crepe Combo</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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</tbody>
</table>

Your choice of sweet crepes (see below; allergens not included)

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Crepes with Nutella®</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>
<tr>
<td>German Crepes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
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<td></td>
<td>X</td>
</tr>
<tr>
<td>Strawberries &amp; Cream Crepes</td>
<td>X</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>Swedish Crepes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

French Toast

<table>
<thead>
<tr>
<th>French Toast</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>Create Your French Toast Combo</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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</tbody>
</table>

Your choice of french toast (see below; allergens not included)

<table>
<thead>
<tr>
<th>French Toast</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 French Toast</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>Strawberry Banana French Toast</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>Stuffed French Toast (with any fruit topping)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

Waffles

<table>
<thead>
<tr>
<th>Waffles</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>Belgian Waffle</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>Chicken &amp; Waffles</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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<tr>
<td>Create Your Belgian Waffle Combo</td>
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</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></td>
<td>X</td>
<td></td>
<td>X</td>
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<td></td>
<td>X</td>
</tr>
<tr>
<td>Classic Avocado Toast</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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<td>X</td>
<td></td>
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<tr>
<td>Plus it Up with Eggs &amp; Bacon</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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<td>X</td>
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<tr>
<td>Your choice of fresh fruit or hash browns (see below; allergens not included)</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>Classic Skillets (with any meat &amp; gravy option)</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs Benedict</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Create Your Own Melt (with any meat &amp; veggie option)</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>Your choice of sides (see below; allergens not included)</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>Huevos Rancheros</td>
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<tr>
<td>Your choice of tortillas or buttermilk pancakes (see below; allergens not included)</td>
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<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>IHOP® Signature Pancake Sliders</td>
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<td>X</td>
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<tr>
<td>Your choice of sides (see below; allergens not included)</td>
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<td>X</td>
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<td>X</td>
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<tr>
<td>Loco Moco</td>
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<td>Machaca</td>
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<tr>
<td>Your choice of tortillas (see below; allergens not included)</td>
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<td>X</td>
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<td>Migas</td>
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<tr>
<td>Your choice of tortillas (see below; allergens not included)</td>
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<td>X</td>
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<td>X</td>
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</tr>
<tr>
<td>South-of-the-Border Burrito</td>
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<td>X</td>
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<tr>
<td>Southwest Scramble</td>
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<tr>
<td>Your choice of buttermilk pancakes, flour tortilla or toast (see below; allergens not included)</td>
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<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>The Wrap of Monte Cristo</td>
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</table>

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X - Denotes presence of an allergen

<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>
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<tbody>
<tr>
<td>2 x 2 x 2</td>
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<td>X</td>
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<td>Big 2-Egg Breakfast</td>
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<tr>
<td>Breakfast Sampler</td>
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</tr>
<tr>
<td>Chicken Fried Chicken &amp; Eggs with Country Gravy</td>
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<td>X</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>X</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></td>
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<td>X</td>
</tr>
<tr>
<td>Pork Chops &amp; Eggs</td>
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<td>X</td>
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<tr>
<td>Quick 2-Egg Breakfast</td>
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<tr>
<td>Simple &amp; Fit 2-Egg Breakfast</td>
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<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
<td>X</td>
</tr>
<tr>
<td>Sirloin Tips &amp; Eggs</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</tr>
<tr>
<td>Smokehouse Combo</td>
<td>X</td>
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<td>X</td>
<td>X</td>
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<tr>
<td>Split Decision Breakfast</td>
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<tr>
<td>T-Bone Steak &amp; Eggs</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>
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<tr>
<td>Weekday Breakfast Special: Eggs, Hash Browns &amp; Toast</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Weekday Breakfast Special: Cheese Omelette with Buttermilk Pancakes</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
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</tr>
</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>Omelettes</th>
<th>Milk</th>
<th>Egg</th>
<th>Soy</th>
<th>Wheat</th>
<th>Fish</th>
<th>Shellfish</th>
<th>Tree Nuts</th>
<th>Peanuts</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></td>
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<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></td>
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<tr>
<td>Big Steak Omelette</td>
<td>X</td>
<td>X</td>
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<td>X</td>
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<td></td>
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<td>X</td>
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<tr>
<td>Cage-Free Egg White Veggie Omelette</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Cheeseburger Omelette</td>
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<td>X</td>
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<td></td>
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<td></td>
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</tr>
<tr>
<td>Chicken Fajita Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
</tr>
<tr>
<td>Colorado Omelette</td>
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<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Country Omelette</td>
<td>X</td>
<td>X</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Garden Omelette</td>
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<td>X</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Hearty Ham &amp; Cheese Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>X</td>
</tr>
<tr>
<td>International Omelette</td>
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<td>X</td>
<td>X</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Spicy Poblano Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Spinach &amp; Mushroom Omelette</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Build Your Omelette (with any meat, cheese or vegetable option)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</tbody>
</table>

**Choice of Sides**

<table>
<thead>
<tr>
<th>Side</th>
<th>Milk</th>
<th>Egg</th>
<th>Soy</th>
<th>Wheat</th>
<th>Fish</th>
<th>Shellfish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes (see pancake section for allergens)</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Hash Browns</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Seasonal Mixed Fruit</td>
<td>X</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast</td>
<td>X</td>
<td>X</td>
<td>X</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>Sandwiches</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>Chicken Clubhouse Super Stacker</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>Double BLT</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>Grilled Bacon Griller</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Patty Melt</td>
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<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Philly Cheese Steak Stacker</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>Roasted Turkey Sandwich</td>
<td>X</td>
<td>X</td>
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<td></td>
<td></td>
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<tr>
<td>Spicy Chicken Ranch Sandwich</td>
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<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turkey, Bacon &amp; Avocado Wrap</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Choice of Sides

| Original Buttermilk Pancakes            | X    | X   | X     | X    |           |       |           |         |        |
| French Fries                           | X    |     |       |       |           |       |           |         |        |
| Hash Browns                            | X    |     |       |       |           |       |           |         |        |
| Onion Rings                            | X    | X   |       |       |           |       |           |         |        |
| Seasonal Mixed Fruit                   | X    |     |       |       |           |       |           |         |        |

Soups (see soup section for allergens)

Salads (see salad section for allergens)

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

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<table>
<thead>
<tr>
<th>Salads</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>Caesar Salad with Crispy Chicken</td>
<td>X</td>
<td>X</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>
<tr>
<td>Caesar Salad with Grilled Chicken</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>Cobb Salad with Crispy Chicken</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>Cobb Salad with Grilled Chicken</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>X</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>X</td>
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<td>X</td>
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<tr>
<td>Chicken &amp; Spinach Salad with Grilled Chicken</td>
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<td></td>
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<td>X</td>
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<tr>
<td>Grilled Chicken &amp; Veggie Salad</td>
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<tr>
<td>House Salad (without dressing)</td>
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<tr>
<td>Blue Cheese Dressing</td>
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<tr>
<td>Buttermilk Ranch Dressing</td>
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<tr>
<td>Catalina Dressing</td>
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<tr>
<td>Creamy Caesar Dressing</td>
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<tr>
<td>Creamy Italian Dressing</td>
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<td>Fat Free Raspberry Vinaigrette</td>
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<td>Honey Balsamic Vinaigrette</td>
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<td>Thousand Island Dressing</td>
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<tr>
<td>Seasonal Mixed Fruit</td>
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<td>X</td>
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</tr>
</tbody>
</table>

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<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>X</td>
<td>X</td>
<td>X</td>
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<td></td>
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<tr>
<td>Loaded Potato with Bacon Soup</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>X</td>
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<td></td>
</tr>
<tr>
<td>Minestrone</td>
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<td>X</td>
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<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasted Chicken Noodle Soup</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>Rustic Cheesy Tomato Soup</td>
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<td></td>
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<tr>
<td>Crackers</td>
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<td></td>
<td></td>
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<td></td>
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</tbody>
</table>

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### X - Denotes presence of an allergen

<table>
<thead>
<tr>
<th>Burgers</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>Big Brunch Burger</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Cali Garlic Butter Burger</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>Cowboy BBQ Burger</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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</tr>
<tr>
<td>Jalapeno Kick Burger</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
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</tr>
<tr>
<td>Mega Monster Cheeseburger</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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</tr>
<tr>
<td>Philly Cheeseburger</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></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>X</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>X</td>
<td></td>
</tr>
<tr>
<td>Double it Up (extra burger patty &amp; cheese)</td>
<td>X</td>
<td>X</td>
<td></td>
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<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### Choice of Sides

- Original Buttermilk Pancakes | X | X | X | X | |
- French Fries | | | | | X |
- Hash Browns | | | | | X |
- Onion Rings | X | X | | | |
- Seasonal Mixed Fruit | | | | | |

### Soups (see soup section for allergens)

### Salads (see salad section for allergens)

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

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<table>
<thead>
<tr>
<th>Appetizers</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>
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<tr>
<td>Appetizer Sampler</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Three Cheese Quesadilla</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crispy Chicken Strips &amp; Fries (with honey mustard or ranch dressing)</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>French Fries</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>Hot &amp; Spicy Wings</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Mozza Sticks</td>
<td>X</td>
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<tr>
<td>Onion Rings</td>
<td>X</td>
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</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Entrées</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>Boneless Fried Chicken</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Chicken Fried Chicken Dinner with Country Gravy</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Chicken Parmesan (sides included)</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Country Fried Steak Dinner (with country or sausage gravy)</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Crispy Fish &amp; Chips (sides included)</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Fisherman's Platter (sides included)</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Fried Chicken</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
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<tr>
<td>Pasta with Meat Sauce (sides included)</td>
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<td>X</td>
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<tr>
<td>Pot Roast</td>
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<td></td>
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</tr>
<tr>
<td>Roasted Turkey &amp; Stuffing</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Savory Pork Chops</td>
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<tr>
<td>Sirloin Steak Tips</td>
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<tr>
<td>Sirloin Steak Tips &amp; Crispy Shrimp</td>
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<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
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<tr>
<td>Smoked Sausage</td>
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<tr>
<td>T-Bone Steak</td>
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<td>Tilapia Florentine</td>
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<td></td>
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</tr>
<tr>
<td>Garlic Bread (available in select markets)</td>
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<td></td>
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<tr>
<td>Original Buttermilk Pancakes</td>
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<td>X</td>
<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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</tbody>
</table>

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<table>
<thead>
<tr>
<th>Entrée 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>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Potato</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Buttered Corn</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornbread Stuffing</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>French Fries</td>
<td></td>
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<tr>
<td>Hash Browns</td>
<td>X</td>
<td></td>
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<td></td>
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<tr>
<td>Onion Rings</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Penne Pasta with Marinara Sauce</td>
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<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Red Potato Pepper &amp; Onion Hash</td>
<td>X</td>
<td>X</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red Skin Mashed Potatoes</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sauteed Spinach</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Steamed Fresh Broccoli</td>
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</tr>
</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>
<td></td>
<td></td>
<td></td>
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<td>X</td>
</tr>
<tr>
<td>Ice Cream Sundae (with chocolate sauce or strawberry topping)</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Kids Jr. Sundae (with chocolate sauce or strawberry topping)</td>
<td>X</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Kids Jr. Hershey's Chocolate Milkshake</td>
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<tr>
<td>Kids Jr. OREO Cookie Milkshake</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Kids Jr. Strawberry Milkshake</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Kids Jr. Vanilla Milkshake</td>
<td>X</td>
<td></td>
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<td></td>
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</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>Breakfast</td>
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<tr>
<td>55+ 2 x 2 x 2</td>
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<td>55+ Breakfast Sampler</td>
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</tr>
<tr>
<td>55+ Buttermilk Pancakes</td>
<td>X</td>
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<td>X</td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>55+ Cheese Omelette</td>
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<td>X</td>
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<td>X</td>
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</tr>
<tr>
<td>55+ French Toast</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>55+ Rise 'N Shine</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Lunch</td>
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<tr>
<td>55+ Grilled Cheese</td>
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<td>X</td>
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</tr>
<tr>
<td>55+ Turkey &amp; Swiss Sandwich</td>
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<td>55+ Crispy Chicken Strips</td>
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<td>55+ Country Chicken Fried Steak Dinner (with country or sausage gravy)</td>
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<td>55+ Grilled Tilapia Dinner</td>
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<td>Garlic Bread (available in select markets)</td>
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<td>Choice of Sides</td>
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<td>Onion Rings</td>
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</tbody>
</table>

**X** - Denotes presence of an allergen

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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>Peanuts</th>
<th>Gluten</th>
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<tbody>
<tr>
<td>All-Natural Black Angus Cheeseburger with Applesauce</td>
<td>X</td>
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</tr>
<tr>
<td>Chicken Nuggets Combo</td>
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<td>Create-A-Face Pancake ®</td>
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<td>Funny Face®</td>
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<td>French Toast with Nutella®</td>
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<td>Grilled Cheese Sandwich with Applesauce</td>
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<tr>
<td>Jr. Chicken &amp; Waffles</td>
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<td>Jr. Churro Pancake Combo</td>
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<td>Jr. Cupcake Pancake Combo</td>
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<td>Macaroni &amp; Cheese with Applesauce</td>
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</tbody>
</table>

X - Denotes presence of an allergen

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IHOP Guest Relations 1-866-444-5144

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**Allergen Information**

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Milk</th>
<th>Soy</th>
<th>Wheat</th>
<th>Eggs</th>
<th>Sulphites</th>
<th>Fish</th>
<th>Tree Nuts</th>
<th>Peanuts</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee &amp; Hot Chocolate</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Coffee (regular or decaf)</td>
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<tr>
<td>Flavored Coffee (all flavors)</td>
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<td>Cold-Brew Iced Coffee (all flavors)</td>
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<td>Hot Chocolate</td>
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<td>Tea &amp; Lemonade</td>
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