

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 Dark Chocolate Mousse 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
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
Vanilla Spice 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									
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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									
Belgian Waffle	X		X	X					X
Chicken & Waffles	X	X	X	X					X
Create Your Belgian Waffle Combo (w/Bacon or Sausage)	X	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									
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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 Biscuit & Gravy (w/ Country or Sausage Gravy)	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
<u>Accompanied By:</u> Buttermilk Pancakes or your choice of tortillas (see below; allergens <u>not</u> included)									
IHOP® Signature Pancake Sliders	X	X	X	X					X
<u>Accompanied by:</u> Your choice of sides (see below; allergens <u>not</u> included)									
Loco Moco	X	X	X	X					X
Machaca	X	X	X	X					X
<u>Accompanied By:</u> Your choice of tortillas (see below; allergens <u>not</u> included)									
Migas	X	X		X					
<u>Accompanied By:</u> 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					
<u>Accompanied By:</u> Your choice of buttermilk pancakes, flour tortilla or toast (see below; allergens <u>not</u> included)									
Ultimate Waffle Stack	X	X	X	X					X
<u>Accompanied by:</u> 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/Any Meat Option)	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
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									
Buttered 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
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			
Fat Free Raspberry Vinaigrette									
French or Catalina Dressing									
Honey Balsamic Vinaigrette	X								X
Honey Mustard Dressing				X					
Italian Dressing									
Reduced Fat Italian Dressing	X								
Raspberry Vinaigrette									
Thousand Island Dressing	X	X		X					
Seasonal Mixed Fruit Bowl									
Side Caesar Salad	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	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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Ultimate Steakburgers	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.									
The Classic with Bacon	X	X	X	X					X
Double Cheeseburger with Bacon	X	X	X	X					X
The Classic	X	X	X	X					X
Big Brunch	X	X	X	X					X
Cowboy BBQ	X	X	X	X					X
Jalapeno Kick	X		X	X					X
Mega Monster Cheeseburger	X	X	X	X					X
Mushroom and Swiss	X	X	X	X					X
Patty Melt	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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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
Mozza Sticks	X		X	X					X
Onion Rings	X		X						X
French Fries									
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
Crispy Fish & Chips			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									
Original Buttermilk Pancakes	X	X	X	X					X
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	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								
Chicken Nuggets with Applesauce		X	X						X
Create-A-Face Pancake®	X	X	X	X					X
Funny Face® Pancake	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 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 with Applesauce	X		X						X
Silver 5	X	X	X	X					X
Build Your Rooty Jr.® (All Versions)	X	X	X	X					X
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Sides	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Sides								
Bacon Strips									
Banana & Brown Sugar Oatmeal	X								X
Buttered Toast	X	X	X	X					X
Corned Beef Hash		X							
Cottage Cheese	X	X							
Crispy Potato Pancakes			X						X
Egg (Any Style)		X		X					
English Muffin (w/Butter)	X		X						X
Grilled Buttermilk Biscuit	X		X						X
Grits									
Hash Browns		X							
Pork Sausage Links									
Pork Sausage Patties									
Red Potato Pepper & Onion Hash	X	X							
Scrapple			X						X
Seasonal Mixed Fruit									
Slice of Ham									
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 Iced 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 Splashers®								
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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