



Allergen Information

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.

X - Denotes presence of an allergen

Crispy Chicken	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Boneless Buffalo Chicken Strips & Fries	X	X	X	X				
Buttermilk Ranch	X			X					
Chicken & Bacon Cheddar Waffles	X		X	X					X
Chicken & Pancakes	X	X	X	X					X
Choice of Sauce									
Buttermilk Ranch	X			X					
Honey Mustard Sauce				X					
IHOP Sauce				X					
Chicken & Waffles	X	X	X	X					X
Choice of Sauce									
Buttermilk Ranch	X			X					
Honey Mustard Sauce				X					
IHOP Sauce				X					
Crispy Chicken Breakfast Combo (with country or sausage gravy)	X	X	X	X					X
Original Crispy Chicken Sandwich (excludes side)	X		X	X					X
Signature Buttermilk Crispy Chicken & Fries	X	X	X	X					X
Choice of Sauce									
Buttermilk Ranch	X			X					
Honey Mustard Sauce				X					
IHOP Sauce				X					
Spicy Buffalo Chicken Sandwich (excludes side)	X		X	X					X
Sides									
Original Buttermilk Pancakes (with butter or any fruit topping)	X	X	X	X					X
French Fries									
Hash Browns		X							
Onion Rings	X		X						X
Seasonal Mixed Fruit									
<p>Please Note: Allergen information for sides listed separately.</p> <p>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.</p> <p>Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.</p> <p>IHOP Guest Relations 1-866-444-5144</p> <p>This information applicable 7/22/2019 through 9/15/2019.</p> <p>©2019 IHOP Restaurants LLC. All Rights Reserved</p>									



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Crispy Chicken	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Sides								
Clam Chowder	X	X	X		X				X
Loaded Potato with Bacon Soup	X	X	X						X
Minestrone		X	X						X
Roasted Chicken Noodle Soup	X	X	X	X					X
Rustic Cheesy Tomato Soup	X								
House Salad (without dressing)									
Blue Cheese Dressing	X			X					
Buttermilk Ranch Dressing	X			X					
Catalina Dressing									
Creamy Caesar Dressing	X			X		X			
Creamy Italian Dressing									
Fat Free Raspberry Vinaigrette									
French Dressing									
Honey Balsamic Vinaigrette	X								X
Honey Mustard Dressing				X					
Reduced Fat Italian Dressing	X								
Thousand Island Dressing				X					
House-Made Milkshakes									
Cold Brew Milkshake	X								
Hershey's Chocolate Milkshake	X								
Oreo Milkshake	X	X	X						X
Strawberry Milkshake	X								
Vanilla Milkshake	X								
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Crispy Chicken	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
A la Carte Pancakes & Crepes									
Mexican Churro Pancakes	X	X	X	X					X
Italian Cannoli Pancakes	X	X	X	X					X
Mexican Tres Leches Pancakes	X	X	X	X					X
Strawberry Vanilla Spice Crepes	X	X	X	X					X
Pick Your Combo									
Bacon & Eggs Combo Plate		X		X					
Egg Combo Plate		X		X					
Ham & Eggs Combo Plate		X		X					
Regular Combo Plate (with Bacon or Sausage)		X		X					
Sausage & Eggs Combo Plate		X		X					
Ultimate Bacon & Sausage Combo Plate		X		X					
<p>Please Note: Combo plate allergen information does not include allergens for pancakes (listed above).</p> <p>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.</p> <p>Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.</p> <p>IHOP Guest Relations 1-866-444-5144</p>									

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Pancakes	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Build Your Pancake Combo									
Pancake Combo		X		X					
Your choice of pancakes (see below; pancake allergens not included)									
Pancakes									
Cannoli Pancakes	X	X	X	X					X
Churro Pancakes	X	X	X	X					X
Chocolate Chocolate Chip Pancakes	X	X	X	X					X
Chocolate Chip Pancakes (with Buttermilk)	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
New York Cheesecake Pancakes	X	X	X	X					X
Original Buttermilk Pancakes (with butter or any fruit topping)	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
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Sides	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Bacon									
Banana & Brown Sugar Oatmeal	X								X
Buttered Toast	X	X	X	X					X
Cottage Cheese	X	X							
Crispy Potato Pancakes			X						X
Eggs (any style)		X		X					
English Muffin (with butter)	X	X	X						X
Grilled Buttermilk Biscuit	X		X						X
Grits									
Ham Steak									
Hash Browns		X							
Pork Sausage Links									
Pork Sausage Patties									
Red Potato Pepper & Onion Hash	X	X							
Scrapple			X						X
Seasonal Mixed Fruit									
Smoked Pork Sausage Links									
Spam									
Turkey Bacon Strips									
Turkey Sausage Links		X							
Turkey Sausage Patties									
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Griddle Faves	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Crepes									
Cheese Blintzes (with any fruit topping)	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					
Your choice of sweet crepes (see below; allergens not 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
Swedish Crepes	X	X	X	X					X
French Toast									
Create Your French Toast Combo		X		X					
Your choice of french toast (see below; allergens not included)									
Original French Toast	X	X	X	X					X
Strawberry Banana French Toast	X	X	X	X					X
Stuffed French Toast (with any fruit topping)	X	X	X	X					X
Waffles									
Belgian Waffle	X		X	X					X
Chicken & Waffles	X	X	X	X					X
Create Your Belgian Waffle Combo	X	X	X	X					X
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IHOP Creations	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Buttermilk Biscuits & Gravy (with country or sausage gravy)	X	X	X	X				
Classic Avocado Toast	X		X						X
Plus it Up with Eggs & Bacon		X		X					
Your choice of fresh fruit or hash browns (see below; allergens not included)									
Classic Skillet (with any meat & gravy option)	X	X	X	X					X
Eggs Benedict	X	X	X	X		X			X
Create Your Own Melt (with any meat & veggie option)	X	X	X	X					X
Your choice of sides (see below; allergens not included)									
Huevos Rancheros	X	X	X	X					X
Your choice of tortillas or buttermilk pancakes (see below; allergens not included)									
IHOP® Signature Pancake Sliders	X	X	X	X					X
Your choice of sides (see below; allergens not included)									
Loco Moco	X	X	X	X					X
Machaca	X	X	X	X					X
Your choice of tortillas (see below; allergens not included)									
Migas	X	X		X					
Your choice of tortillas (see below; allergens not included)									
South-of-the-Border Burrito	X	X	X	X					X
Southwest Scramble	X	X		X					
Your choice of buttermilk pancakes, flour tortilla or toast (see below; allergens not included)									
The Wrap of Monte Cristo	X	X	X	X					X
Choice of Sides									
Corn Tortilla									
Flour Tortilla			X						X
Pancakes (see pancake section for allergens)									
Hash Browns		X							
Seasonal Mixed Fruit									
Toast	X	X	X	X					X
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Combos	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
2 x 2 x 2	X	X	X	X					X
Big 2-Egg Breakfast	X	X	X	X					X
Big 3-Egg Breakfast	X	X	X	X					X
Breakfast Sampler	X	X	X	X					X
Chicken Fried Chicken & Eggs with Country Gravy	X	X	X	X					X
Chicken/Country Fried Steak & Eggs (with country or sausage gravy)	X	X	X	X					X
Pork Chops & Eggs	X	X	X	X					X
Quick 2-Egg Breakfast	X	X	X	X					X
Simple & Fit 2-Egg Breakfast	X	X	X	X					X
Sirloin Tips & Eggs	X	X	X	X					X
Smokehouse Combo	X	X	X	X					X
Split Decision Breakfast	X	X	X	X					X
T-Bone Steak & Eggs	X	X	X	X					X
Weekday Breakfast Special: Eggs & Buttermilk Pancakes	X	X	X	X					X
Weekday Breakfast Special: Eggs, Hash Browns & Toast	X	X	X	X					X
Weekday Breakfast Special: Cheese Omelette with Buttermilk Pancakes	X	X	X	X					X
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Omelettes	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
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
Cage-Free Egg White Veggie Omelette	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
Country Omelette	X	X	X	X					X
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 (with any meat, cheese or vegetable option)	X	X	X	X					X
Choice of Sides									
Pancakes (see pancake section for allergens)									
Hash Browns		X							
Seasonal Mixed Fruit									
Toast	X	X	X	X					X
<p>Please note that all omelettes are listed without choice of side; allergen info for sides is available, separately, below.</p> <p>This information pertains to the main menu and does not include limited time offers, test products, and regional items. While we strive to keep this information current, please note that ingredient changes and substitutions may occur due to differences in regional suppliers, recipe changes, product changes, preparation techniques, and the season. Due to the individualized nature of allergies and food sensitivities, IHOP cannot make recommendations that are suitable for your dietary needs. Please consult your physician.</p> <p>Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.</p> <p>IHOP Guest Relations 1-866-444-5144</p> <p>This information applicable 4/15/19 through 9/15/19.</p>									

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Sandwiches	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Chicken Clubhouse Super Stacker	X		X	X					X
Double BLT	X	X	X	X					X
Grilled Bacon Griller	X		X	X					X
Patty Melt	X	X	X	X					X
Philly Cheese Steak Stacker	X	X	X						X
Roasted Turkey Sandwich	X	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
	Caesar Salad with Crispy Chicken	X	X	X	X		X		
Caesar Salad with Grilled Chicken	X	X	X	X		X			X
Cobb Salad with Crispy Chicken	X	X	X	X					X
Cobb Salad with Grilled Chicken	X			X					
Chicken & Spinach Salad with Crispy Chicken	X	X	X	X					X
Chicken & Spinach Salad with Grilled Chicken	X			X					X
Grilled Chicken & Veggie Salad	X								X
House Salad (without dressing)									
Blue Cheese Dressing	X			X					
Buttermilk Ranch Dressing	X			X					
Catalina Dressing									
Creamy Caesar Dressing	X			X		X			
Creamy Italian Dressing									
Fat Free Raspberry Vinaigrette									
French Dressing									
Honey Balsamic Vinaigrette	X								X
Honey Mustard Dressing				X					
Reduced Fat Italian Dressing	X								
Thousand Island Dressing				X					
Seasonal Mixed Fruit									
Side Caesar Salad	X	X	X	X		X			X
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Soups	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Clam Chowder	X	X	X		X				X
Loaded Potato with Bacon Soup	X	X	X						X
Minestrone		X	X						X
Roasted Chicken Noodle Soup	X	X	X	X					X
Rustic Cheesy Tomato Soup	X								
Crackers		X	X						X
<p>Please note that all soups are listed without crackers; allergen information for crackers available, separately.</p> <p>This information pertains to the main menu and does not include limited time offers, test products, and regional items. While we strive to keep this information current, please note that ingredient changes and substitutions may occur due to differences in regional suppliers, recipe changes, product changes, preparation techniques, and the season. Due to the individualized nature of allergies and food sensitivities, IHOP cannot make recommendations that are suitable for your dietary needs. Please consult your physician.</p> <p>Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.</p> <p>IHOP Guest Relations 1-866-444-5144</p> <p>This information applicable 4/15/19 through 9/15/19.</p>									

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Burgers	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Big Brunch Burger	X	X	X	X					X
Cali Garlic Butter Burger	X		X	X					X
Cowboy BBQ Burger	X	X	X	X					X
Jalapeno Kick Burger	X		X	X					X
Mega Monster Cheeseburger	X	X	X	X					X
Philly Cheeseburger	X		X	X					X
The Classic	X	X	X	X					X
The Classic with Bacon	X	X	X	X					X
Double it Up (extra burger patty & cheese)	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)									
<p>Please note that all burgers are listed without your choice of side; allergen information for sides available, separately, below.</p> <p>This information pertains to the main menu and does not include limited time offers, test products, and regional items. While we strive to keep this information current, please note that ingredient changes and substitutions may occur due to differences in regional suppliers, recipe changes, product changes, preparation techniques, and the season. Due to the individualized nature of allergies and food sensitivities, IHOP cannot make recommendations that are suitable for your dietary needs. Please consult your physician.</p> <p>Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.</p> <p>IHOP Guest Relations 1-866-444-5144</p> <p>This information applicable 4/15/19 through 9/15/19.</p>									

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Appetizers	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Appetizer Sampler	X	X	X	X					X
Chicken & Three Cheese Quesadilla	X		X						X
Crispy Chicken Strips & Fries (with honey mustard or ranch dressing)	X	X	X	X					X
French Fries									
Hot & Spicy Wings	X	X	X	X					X
Mozza Sticks	X		X	X					X
Onion Rings	X		X						X
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Entrées	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Boneless Fried Chicken	X		X	X				
Chicken Fried Chicken Dinner with Country Gravy	X		X	X					X
Chicken Parmesan (sides included)	X		X	X					X
Country Fried Steak Dinner (with country or sausage gravy)	X	X	X						X
Crispy Fish & Chips (sides included)			X	X		X			X
Fisherman's Platter (sides included)		X	X	X	X	X			X
Fried Chicken		X	X	X					X
Pasta with Meat Sauce (sides included)	X		X						X
Pot Roast	X	X	X						X
Roasted Turkey & Stuffing	X	X	X						X
Savory Pork Chops		X							
Sirloin Steak Tips	X	X							
Sirloin Steak Tips & Crispy Shrimp	X	X	X	X	X				X
Smoked Sausage	X	X							
T-Bone Steak	X	X							
Tilapia Florentine	X					X			
Garlic Bread (available in select markets)	X		X						X
Original Buttermilk Pancakes	X	X	X	X					X
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
<p>Please note that entrees are listed without garlic bread or choice of side, unless otherwise noted; allergen info for sides and garlic bread is available, separately.</p> <p>This information pertains to the main menu and does not include limited time offers, test products, and regional items. While we strive to keep this information current, please note that ingredient changes and substitutions may occur due to differences in regional suppliers, recipe changes, product changes, preparation techniques, and the season. Due to the individualized nature of allergies and food sensitivities, IHOP cannot make recommendations that are suitable for your dietary needs.</p> <p style="text-align: center;">Please consult your physician.</p> <p style="text-align: center;">Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.</p> <p style="text-align: center;">IHOP Guest Relations 1-866-444-5144</p> <p style="text-align: center;">This information applicable 4/15/19 through 9/15/19.</p>									

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Entrée Sides	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
(2) Crispy Potato Pancakes			X						X
Baked Potato									
Buttered Corn	X								
Cornbread Stuffing	X	X	X						X
French Fries									
Hash Browns		X							
Onion Rings	X		X						X
Penne Pasta with Marinara Sauce	X		X						X
Red Potato Pepper & Onion Hash	X	X							
Red Skin Mashed Potatoes	X	X							
Sauteed Spinach									
Steamed Fresh Broccoli									
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Desserts	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Fruit Crepe (with any fruit topping)	X	X	X	X				
Ice Cream Sundae (with chocolate sauce or strawberry topping)	X								
Kids Jr. Sundae (with chocolate sauce or strawberry topping)	X								
Kids Jr. Hershey's Chocolate Milkshake	X								
Kids Jr. OREO Cookie Milkshake	X	X	X						X
Kids Jr. Strawberry Milkshake	X								
Kids Jr. Vanilla Milkshake	X								
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55+ Menu	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Breakfast									
55+ 2 x 2 x 2	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	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
55+ Turkey & Swiss Sandwich	X	X	X	X					X
Dinner									
55+ Crispy Chicken Strips	X	X	X	X					X
55+ Country Chicken Fried Steak Dinner (with country or sausage gravy)	X	X	X						X
55+ Grilled Chicken Dinner	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
French Fries									
Onion Rings	X		X						X
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
<p>Please note that dinner entrees are listed without garlic bread or choice of side; allergen info for sides and garlic bread is available, separately.</p> <p>This information pertains to the main menu and does not include limited time offers, test products, and regional items. While we strive to keep this information current, please note that ingredient changes and substitutions may occur due to differences in regional suppliers, recipe changes, product changes, preparation techniques, and the season. Due to the individualized nature of allergies and food sensitivities, IHOP cannot make recommendations that are suitable for your dietary needs.</p> <p style="text-align: center;">Please consult your physician.</p> <p style="text-align: center;">Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.</p> <p style="text-align: center;">IHOP Guest Relations 1-866-444-5144</p> <p style="text-align: center;">This information applicable 4/15/19 through 9/15/19.</p>									

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Kid's Menu	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
All-Natural Black Angus Cheeseburger with Applesauce	X	X	X	X					X
Chicken Nuggets Combo	X	X	X	X					X
Create-A-Face Pancake ®	X	X	X	X					X
Funny Face®	X	X	X	X					X
French Toast with Nutella®	X	X	X	X			X		X
Grilled Cheese Sandwich with Applesauce	X	X	X	X					X
Jr. Chicken & Waffles	X	X	X	X					X
Jr. Churro Pancake Combo	X	X	X	X					X
Jr. Cupcake Pancake Combo	X	X	X	X					X
Macaroni & Cheese with Applesauce	X		X						X
Silver 5	X	X	X	X					X
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Beverages	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Coffee & Hot Chocolate									
Coffee (regular or decaf)									
Flavored Coffee (all flavors)	X								
Cold-Brew Iced Coffee (all flavors)	X								
Hot Chocolate	X	X							
French Toast Hot Chocolate	X	X							
Tea & Lemonade									
Hot/Iced Tea									
Lemonade									
Lemonade Iced Tea									
Sweet Tea									
Juice									
Apple Juice									
Cranberry Juice									
Grapefruit Juice									
Premium Orange Juice									
Tomato Juice									
IHOP Splashers®									
Splashberry									
Tropical Island Twist									
Milk & Fountain Drinks									
Chocolate Milk	X								
Milk	X								
Soft Drinks									
Milkshakes									
Cold-Brew Coffee Milkshake	X								
Hershey's Chocolate Milkshake	X								
OREO Cookie Milkshake	X	X	X						X
Strawberry Milkshake	X								
Vanilla Milk Shake	X								
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