

IHOP 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.

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Pancakes	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Pancake Combos									
Pancake Combo (w/Bacon or Sausage)		X		X					
<i>Accompanied by:</i> Your Choice of Pancake Flavors (see below; pancake allergens <u>not</u> included)									
Pancake Flavors									
Chocolate Chocolate Chip Pancakes (w/Buttermilk or Chocolate Pancakes)	X	X	X	X					X
Cinn-A-Stack® Pancakes	X	X	X	X					X
Cupcake Pancakes	X	X	X	X					X
Double Blueberry Pancakes	X	X	X	X					X
Harvest Grain 'N Nut® Pancakes (w/Butter or Fruit Topping)	X	X	X	X			X		X
New York Cheesecake Pancakes	X	X	X	X					X
Original Buttermilk Pancakes (w/Butter or Any Fruit Topping Option)	X	X	X	X					X
Red Velvet Pancakes	X	X	X	X					X
Rooty Tooty Fresh 'N Fruity® (w/Any Fruit Topping Option)	X	X	X	X					X
Strawberry Banana Pancakes	X	X	X	X					X
Top it Off									
Raspberry Topping									
Glazed Strawberries									
Fresh Banana Slices									
Peach Topping									
Vanilla Ice Cream	X	X		X					
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Griddle Faves	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
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									
Create Your Belgian Waffle Combo (w/Bacon or Sausage)		X		X					
<i>Accompanied by:</i> Your choice of waffle (see below; allergens <u>not</u> included)									
Belgian Waffle	X		X	X					X
Chicken & Waffles	X	X	X	X					X
Crepes									
Cheese Blintzes (w/Any Fruit Topping Option)	X	X	X	X					X
Chicken Florentine Crepes	X	X	X	X		X			X
Classic Breakfast Crepes	X	X	X	X					X
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Griddle Faves	Allergens								
	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Sweet Crepes									
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
Syrups									
Sugar Free Syrup									
Blueberry Syrup									
Boysenberry Syrup									
Butter Pecan Syrup	X								
Old Fashioned Maple Syrup									
Strawberry Syrup									
Top it Off									
Raspberry Topping									
Glazed Strawberries									
Fresh Banana Slices									
Peach Topping									
Vanilla Ice Cream	X	X		X					
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Compos	X - Denotes presence of an allergen								
	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
2 x 2 x 2 (w/Bacon or Sausage)	X	X	X	X					X
Big 3-Egg Breakfast (w/Bacon or Sausage)	X	X	X	X					X
Big 2-Egg Breakfast (w/Bacon or Sausage)	X	X	X	X					X
Biscuits & Gravy Combo (w/Country or Sausage Gravy)	X	X	X	X					X
Breakfast Sampler	X	X	X	X					X
Country/Chicken Fried Steak & Eggs (w/Country or Sausage Gravy)	X	X	X	X					X
Chicken Fried Chicken & Eggs (w/Country)	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	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	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
Create Your Omelette (w/Any Meat, Cheese or Vegetable Option)	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
Egg White Vegetable Omelette	X	X		X					
Sides included in allergen info									
Spinach & Mushroom Omelette	X	X	X	X		X			X
Spicy Poblano Omelette	X	X	X	X		X			X
Choice of Sides:									
Hash Browns		X							
Chocolate Chocolate Chip Pancakes (w/Buttermilk or Chocolate Pancakes)	X	X	X	X					X
Cinn-A-Stack® Pancakes	X	X	X	X					X
Cupcake Pancakes	X	X	X	X					X
Double Blueberry Pancakes	X	X	X	X					X
Harvest Grain 'N Nut® Pancakes (w/Butter or Fruit Topping)	X	X	X	X			X		X
New York Cheesecake Pancakes	X	X	X	X					X
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Omelettes	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Choice of Sides (continued):									
Original Buttermilk Pancakes (w/Butter or Fruit Topping)	X	X	X	X					X
Red Velvet Pancakes	X	X	X	X					X
Strawberry Banana Pancakes	X	X	X	X					X
Seasonal Mixed Fruit									
Toast	X	X	X	X					X
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Egg Specialties	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Californian Scramble	X	X		X					
<i>Accompanied By:</i> Your choice of buttermilk pancakes, flour tortilla or toast (see below; allergens <u>not</u> included)									
Chorizo & Eggs	X	X	X	X					X
Classic Skillets (w/Any Meat & Gravy Option)	X	X	X	X					X
Corned Beef Hash & Eggs	X	X	X	X					X
Eggs Benedict	X	X	X	X		X			X
Huevos Rancheros	X	X		X					
<i>Accompanied By:</i> Buttermilk Pancakes or your choice of tortillas (see below; allergens <u>not</u> included)									
Loco Moco	X	X	X	X					X
Machaca	X	X	X	X					X
<i>Accompanied By:</i> Your choice of tortillas (see below; allergens <u>not</u> included)									
Migas	X	X		X					
<i>Accompanied By:</i> Your choice of tortillas (see below; allergens <u>not</u> included)									
South-of-the-Border Burrito	X	X	X	X					X
Tuscan Scramble	X	X		X					
<i>Accompanied By:</i> Your choice of sides (see below; allergens <u>not</u> included)									
Choice of Sides:									
Corn Tortillas									
Flour Tortilla			X						X
Buttermilk Pancakes	X	X	X	X					X
Toast	X	X	X	X					X
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55+	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Please note that all 55+ entrees are listed without garlic bread; allergen info for garlic bread is available, separately, below.									
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
Create Your 55+ Omelette (w/Any Meat, Cheese or Vegetable Option)	X	X	X	X					X
55+ Crispy Chicken Strips	X	X	X	X					X
55+ French Toast (w/Bacon or Sausage)	X	X	X	X					X
55+ Pork Chop	X	X							
55+ Pot Roast	X	X	X						X
55+ Rise 'N Shine (w/Bacon or Sausage)	X	X	X	X					X
55+ Roasted Turkey & Fixings	X	X	X						X
55+ Rooty (w/ Fruit Topping)	X	X	X	X					X
55+ Smoked Sausage	X	X							
55+ Smokehouse Combo	X	X	X	X					X
55+ Tilapia Florentine	X	X				X			
Garlic Bread (available in select markets)	X		X						X
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Soups	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Clam Chowder Soup (Without Crackers)	X	X	X		X				X
Loaded Potato & Bacon Soup (Without Crackers)	X	X	X						X
Minestrone (Without Crackers)		X	X						X
Roasted Chicken Noodle Soup (Without Crackers)	X	X	X	X					X
Rustic Cheesy Tomato Soup (Without Crackers)	X								
Crackers		X	X						X
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Salads	X - Denotes presence of an allergen								
	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Chicken & Spinach Salad (w/Grilled Chicken)	X			X					X
Chicken & Spinach Salad (w/Crispy Chicken)	X	X	X	X					X
Crispy Chicken Cobb Salad (w/Crispy Chicken)	X	X	X	X					X
Crispy Chicken Cobb Salad (w/Grilled Chicken)	X			X					
Grilled Chicken Caesar Salad	X	X	X	X		X			X
Grilled Chicken & Veggie Salad	X								X
Mixed Greens House Salad (Without Dressing)	X								X
<u>Accompanied by:</u> Your choice of dressing (see below; allergens <u>not</u> included)									
Blue Cheese Dressing	X			X					
Buttermilk Ranch Dressing	X			X					
Creamy Caesar Dressing	X	X		X		X			
Creamy Italian Dressing									
Fat Free Raspberry Vinaigrette									
French or Catalina Dressing									
Honey Balsamic Vinaigrette	X								X
Honey Mustard Dressing				X					
Raspberry Vinaigrette									
Reduced Fat Italian Dressing	X								
Thousand Island Dressing	X	X		X					
Side Caesar Salad	X	X	X	X		X			X
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Burgers & Sandwiches	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Burgers:								
Please note that all sandwiches & burgers are listed without your choice of side; allergen information for sides available, separately, below.									
Bacon Cheeseburger	X	X	X	X					X
Cheeseburger	X	X	X	X					X
Cheeseburger Sliders	X	X	X	X					X
Denver Omelette Burger	X	X	X	X					X
Hamburger	X		X	X					X
Mega Monster Cheeseburger	X	X	X	X					X
Patty Melt	X	X	X						X
Add to Any Burger:									
Burger Patty									
Hash Browns		X							
Fried Egg		X		X					
Bacon									
Avocado									
Sandwiches:									
Please note that all sandwiches & burgers 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
Ham & Egg Melt	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
Spinach, Roasted Red Pepper & Cheese Melt	X	X	X	X					X
Turkey, Bacon & Avocado Wrap	X		X	X					X
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Burgers & Sandwiches

Dairy
Soy
Wheat
Eggs
Shellfish
Fish
Tree Nuts
Peanuts
Gluten

Choice of Sides:

	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Hash Browns		X							
Onion Rings	X		X						X
French Fries									
Seasonal Mixed Fruit (versions available vary by restaurant)									
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									

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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.

X - Denotes presence of an allergen

Apps	X - Denotes presence of an allergen								
	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Appetizer Sampler	X	X	X	X					X
Chicken & Three Cheese Quesadilla	X		X						X
Cheeseburger Slider Trio	X	X	X	X					X
Crispy Chicken Strips & Fries (w/Honey Mustard Dressing)		X	X	X					X
Crispy Chicken Strips & Fries (w/Ranch Dressing)	X	X	X	X					X
Monster Mozza Sticks	X		X						X
Onion Rings	X		X						X
French Fries									
Wings (w/Ranch or Blue Cheese Dressing)	X	X	X	X					X
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Entrees	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
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)	X	X	X						X
Country/Chicken Fried Steak (w/ Country or Sausage Gravy)	X	X	X						X
Fried Chicken Dinner	X	X	X	X					X
Pot Roast	X	X	X						X
Roasted Turkey & Fixings	X	X	X						X
Savory Pork Chops	X	X							
Sirloin Steak Dinner	X	X							
Sirloin Steak Tips	X	X							
Smoked Sausage	X	X							
T-Bone Steak	X	X							
Tilapia Florentine	X	X				X			
Choice of Sides:									
Baked Potato (Plain)									
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
Garlic Bread (available in select markets)	X		X						X
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Desserts	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Fruit Crepe (w/Any Fruit Topping)	X	X	X	X					X
Ice Cream Sundae (w/Chocolate Syrup or Strawberry Topping)	X	X		X					
Kids Jr. Sundae (w/Chocolate Syrup or Strawberry Topping)	X	X		X					
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Made For Kids	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Anytime Breakfast:								
Create-A-Face Pancake®	X	X	X	X					X
Breakfast Sammy	X	X	X	X					X
Jr. Cupcake Pancake Combo	X	X	X	X					X
Funny Face®	X	X	X	X					X
French Toast with Nutella®	X	X	X	X			X		X
Silver 5	X	X	X	X					X
Create Your Rooty Jr.® (All Versions)	X	X	X	X					X
Anytime Lunch & Dinner:									
Chicken Nuggets with Applesauce		X	X						X
Grilled Cheese Sandwich with Applesauce	X	X	X						X
Jr. Cheeseburger Sliders with Applesauce	X	X	X	X					X
Jr. Chicken & Waffles	X	X	X	X					X
KRAFT® Macaroni & Cheese (w/ Applesauce)	X		X						X
Choice of Sides:									
Cheesy Eggs	X	X		X					
Sausage									
Sliced Banana									
Bacon									
Turkey Bacon									
Yogurt Tube	X								
Seasonal Mixed Fruit (versions available vary by restaurant)									
Motts Applesauce									
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Sides	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Avocado								
Hickory-Smoked Bacon Strips									
Banana & Brown Sugar Oatmeal	X								X
Biscuits	X	X	X						X
Cottage Cheese	X	X							
Egg (Any Style)			X		X				
English Muffin (w/Butter)	X		X						X
Grits									
Ham									
Hash Browns			X						
Pork Sausage Links									
Pork Sausage Patty									
Red Potato Hash	X	X							
Scrapple				X					X
Seasonal Mixed Fruit									
Smoked Pork Sausage Links									
Spam									
Buttered Toast	X	X	X	X					X
Turkey Bacon Strips									
Turkey Sausage Link									
Turkey Sausage Patty									

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Beverages	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
	Coffee & Hot Chocolate:								
Coffee (Regular or Decaf)									
Flavored Coffee (French Vanilla or Swiss Mocha)	X								
Iced Coffee (Mocha, Vanilla or Original)	X								
Hot Chocolate	X	X							
French Toast Hot Chocolate	X	X							
Tea & Lemonade:									
Iced Tea									
Lemonade									
Lemonade Ice Tea									
Hot Tea									
Sweet Tea									
Fruit Juices:									
Premium Orange Juice									
Apple Juice									
Tomato Juice									
Grapefruit Juice									
Cranberry Juice									
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Beverages	Dairy	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
IHOP Splashers®:									
Splashberry									
Tropical Island Twist									
Milk, Milk Shakes & Water:									
Milk	X								
Chocolate Milk	X								
Milk Shake (Chocolate, Vanilla or Strawberry)	X	X		X					
Water									
Fountain Drinks:									
Soft Drinks									
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