



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	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Pancake Combos									
Build Your Pancake Combo		X		X					
Your Choice of Pancake Flavors (see below; pancake allergens not included)									
Pancake Flavors									
Belgian 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
English Sticky Toffee Pancakes	X	X	X	X					X
Harvest Grain 'N Nut® Pancakes (with 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 (with Butter or Any Fruit Topping Option)	X	X	X	X					X
Red Velvet Pancakes	X	X	X	X					X
Rooty Tooty Fresh 'N Fruity® (with Any Fruit Topping Option)	X	X	X	X					X
Strawberry Banana 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									
Please note that some IHOP Creations are listed without sides; allergen information for all side options is available, separately, below.									
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Griddle Faves	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Crepes									
Cheese Blintzes (with 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					
Your choice of Sweet Crepe (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
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 (with Bacon or Sausage)		X		X					
Your choice of French Toast (see below; allergens not 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 (with Any Fruit Topping Option)	X	X	X	X					X
Waffles									
Chicken & Waffles	X	X	X	X					X
Create Your Belgian Waffle Combo (with Bacon or Sausage)	X	X	X	X					X
Belgian Waffle	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									
Top If Off									
Banana Slices									
Glazed Strawberries									
Vanilla Ice Cream									
Peach Topping									
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IHOP Creations	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
IHOP Creations									
Buttermilk Biscuits & Gravy (with Country or Sausage Gravy)	X	X	X	X					X
Chorizo & Eggs	X	X	X	X					X
Classic Skillets (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
Homestyle Corned Beef Hash	X	X		X					
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 below; allergens not included)									
Ultimate Waffle Sandwich	X	X	X	X					X
Your choice of sides (see below; allergens not 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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Combos	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Combos									
2 x 2 x 2 (with Bacon or Sausage)	X	X	X	X					X
Big 3-Egg Breakfast (with Bacon or Sausage)	X	X	X	X					X
Big 2-Egg Breakfast (with Bacon or Sausage)	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 (with 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 with Bacon or Sausage)	X	X	X	X					X
Weekday Breakfast Special (Eggs, Hash Browns & Toast with 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									
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					
Garden Omelette	X	X	X	X					X
Hearty Ham & Cheese Omelette	X	X	X	X					X
International Omelette	X	X	X	X					X
Ultimate Corned Beef Omelette	X	X	X	X					X
Spicy Poblano Omelette	X	X	X	X		X			X
Spinach & Mushroom Omelette	X	X	X	X		X			X
Buld Your Omelette (with 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									
Toast	X	X	X	X					X
Please note that all omelettes are listed without choice of side; allergen info for sides is available, separately, below.									
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Sandwiches	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Sandwiches									
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)									
Please note that all sandwiches are listed without your choice of side; allergen information for sides available, separately, below.									
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Salads	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Salads									
Caesar Salad (with Crispy Chicken)	X	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					
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
Please note that all soups are listed without crackers; allergen information for crackers available, separately, below.									
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Soups	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Soups									
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
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Burgers	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Burgers									
Burgers									
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 Your Extras									
Burger Patty									
Hash Browns		X							
Fried Egg		X		X					
Bacon									
Avocado									
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)									
Please note that all burgers are listed without your choice of side; allergen information for sides available, separately, below.									
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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
Monster Mozza Sticks	X		X						X
Onion Rings	X		X						X
French Fries									
Slider Trio	X	X	X	X					X
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									
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
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									
Baked Potato (Plain)									
Soups (see soup section for allergens)									
Salads (see salad section for allergens)									
Please note that all entrees are listed without garlic bread or choice of side; allergen info for sides and garlic bread is available, separately.									
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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
Please note that some IHOP Creations are listed without sides; allergen information for all side options is available, separately.									
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Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.									
IHOP Guest Relations 1-866-444-5144									
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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)									
Dinner									
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)									
Please note that all 55+ entrees are listed without garlic bread; allergen info for garlic bread is available, separately, below.									
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Kid's Menu	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Kid's Menu									
Kid's Menu									
Breakfast Sammy	X	X	X	X					X
Chicken Nuggets with Applesauce		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. Cheeseburger Sliders 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 (w/ Applesauce)	X		X						X
Silver 5	X	X	X	X					X
Build Your Rooty Jr.® (All Versions)	X	X	X	X					X
Sides									
Cheesy Eggs	X	X		X					
Sausage									
Sliced Banana									
Bacon									
Turkey Bacon									
Yogurt Tube	X								
Seasonal Mixed Fruit									
Motts Applesauce									
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Sides	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Sides									
Avocado									
Bacon Strips									
Banana & Brown Sugar Oatmeal	X								X
Buttered Toast	X	X	X	X					X
Corned Beef Hash		X							
Cottage Cheese	X	X							
Egg (Any Style)		X		X					
English Muffin (w/Butter)	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									
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								
French Toast Hot Chocolate	X	X							
Tea & Lemonade									
Iced Tea	X								
Lemonade	X								
Lemonade Iced Tea	X	X	X	X					X
Hot Tea									
Sweet Tea									
Juice									
Apple Juice									
Cranberry Juice									
Grapefruit Juice									
Premium Orange Juice									
Tomato Juice									
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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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