



# Allergen Information

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<b>Pancakes</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Pancake Combos</b>									
<b>Build Your Pancake Combo</b>		X		X					
<b>Your Choice of Pancake Flavors (see below; pancake allergens not included)</b>									
<b>Pancake Flavors</b>									
<b>Belgian Chocolate Pancakes</b>	X	X	X	X					X
<b>Cinn-A-Stack® Pancakes</b>	X	X	X	X					X
<b>Cupcake Pancakes</b>	X	X	X	X					X
<b>Double Blueberry Pancakes</b>	X	X	X	X					X
<b>English Sticky Toffee Pancakes</b>	X	X	X	X					X
<b>Harvest Grain 'N Nut® Pancakes (with Butter or Fruit Topping)</b>	X	X	X	X			X		X
<b>Mexican Tres Leches Pancakes</b>	X	X	X	X					X
<b>New York Cheesecake Pancakes</b>	X	X	X	X					X
<b>Original Buttermilk Pancakes (with Butter or Any Fruit Topping Option)</b>	X	X	X	X					X
<b>Red Velvet Pancakes</b>	X	X	X	X					X
<b>Rooty Tooty Fresh 'N Fruity® (with Any Fruit Topping Option)</b>	X	X	X	X					X
<b>Strawberry Banana Pancakes</b>	X	X	X	X					X
<b>Top it Off</b>									
<b>Banana Slices</b>									
<b>Glazed Strawberries</b>									
<b>Vanilla Ice Cream</b>	X	X	X	X					X
<b>Peach Topping</b>									
<b>Raspberry Topping</b>									
Please note that some IHOP Creations are listed without sides; allergen information for all side options is available, separately, below.									
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<b>Griddle Faves</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Crepes</b>									
<b>Cheese Blintzes (with Any Fruit Topping Option)</b>	X	X	X	X					X
<b>Chicken Florentine Crepes</b>	X	X	X	X					X
<b>Classic Breakfast Crepes</b>	X	X	X	X					X
<b>Create Your Sweet Crepe Combo</b>		X		X					
<b>Your choice of Sweet Crepe (see below; allergens not included)</b>									
<b>Banana Crepes with Nutella®</b>	X	X	X	X			X		X
<b>German Crepes</b>	X	X	X	X					X
<b>Strawberries &amp; Cream Crepes</b>	X	X	X	X					X
<b>Sweet Cream Cheese Crepes (Peach or Raspberry Topping)</b>	X	X	X	X					X
<b>Swedish Crepes</b>	X	X	X	X					X
<b>French Toast</b>									
<b>Create Your French Toast Combo (with Bacon or Sausage)</b>		X		X					
<b>Your choice of French Toast (see below; allergens not included)</b>									
<b>Bananas Foster Brioche French Toast</b>	X	X	X	X					X
<b>Brioche French Toast</b>	X	X	X	X					X
<b>Our Original French Toast</b>	X	X	X	X					X
<b>Strawberry Banana French Toast</b>	X	X	X	X					X
<b>Stuffed French Toast (with Any Fruit Topping Option)</b>	X	X	X	X					X
<b>Waffles</b>									
<b>Chicken &amp; Waffles</b>	X	X	X	X					X
<b>Create Your Belgian Waffle Combo (with Bacon or Sausage)</b>	X	X	X	X					X
<b>Belgian Waffle</b>	X		X	X					X
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<b>Griddle Faves</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Syrups</b>									
<b>Sugar Free Syrup</b>									
<b>Blueberry Syrup</b>									
<b>Boysenberry Syrup</b>									
<b>Butter Pecan Syrup</b>	X								
<b>Old Fashioned Maple Syrup</b>									
<b>Strawberry Syrup</b>									
<b>Top If Off</b>									
<b>Banana Slices</b>									
<b>Glazed Strawberries</b>									
<b>Vanilla Ice Cream</b>									
<b>Peach Topping</b>									
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<b>IHOP Creations</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>IHOP Creations</b>									
<b>Buttermilk Biscuits &amp; Gravy (with Country or Sausage Gravy)</b>	X	X	X	X					X
<b>Chorizo &amp; Eggs</b>	X	X	X	X					X
<b>Classic Skillets (with Any Meat &amp; Gravy Option)</b>	X	X	X	X					X
<b>Eggs Benedict</b>	X	X	X	X		X			X
<b>Create Your Own Melt (with Any Meat &amp; Veggie Option)</b>	X	X	X	X					X
<b>Homestyle Corned Beef Hash</b>	X	X		X					
<b>Huevos Rancheros</b>	X	X	X	X					X
<b>Your choice of tortillas or Buttermilk Pancakes (see below; allergens not included)</b>									
<b>IHOP® Signature Pancake Sliders</b>	X	X	X	X					X
<b>Your choice of sides (see below; allergens not included)</b>									
<b>Loco Moco</b>	X	X	X	X					X
<b>Machaca</b>	X	X	X	X					X
<b>Your choice of tortillas (see below; allergens not included)</b>									
<b>Migas</b>	X	X		X					
<b>Your choice of tortillas (see below; allergens not included)</b>									
<b>South-of-the-Border Burrito</b>	X	X	X	X					X
<b>Southwest Scramble</b>	X	X		X					
<b>Your choice of buttermilk pancakes, flour tortilla or toast below; allergens not included)</b>									
<b>Ultimate Waffle Sandwich</b>	X	X	X	X					X
<b>Your choice of sides (see below; allergens not included)</b>									
<b>Choice of Sides</b>									
<b>Corn Tortilla</b>									
<b>Flour Tortilla</b>			X						X
<b>Flavored Pancakes (see pancake section for allergens)</b>									
<b>Original Buttermilk Pancakes</b>	X	X	X	X					X
<b>Hash Browns</b>		X							
<b>Seasonal Mixed Fruit</b>									
<b>Toast</b>	X	X	X	X					X
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<b>Combos</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Combos									
<b>2 x 2 x 2 (with Bacon or Sausage)</b>	X	X	X	X					X
<b>Big 3-Egg Breakfast (with Bacon or Sausage)</b>	X	X	X	X					X
<b>Big 2-Egg Breakfast (with Bacon or Sausage)</b>	X	X	X	X					X
<b>Breakfast Sampler</b>	X	X	X	X					X
<b>Chicken Fried Chicken &amp; Eggs (with Country Gravy)</b>	X	X	X	X					X
<b>Chicken/Country Fried Steak &amp; Eggs (with Country or Sausage Gravy)</b>	X	X	X	X					X
<b>Pork Chops &amp; Eggs</b>	X	X	X	X					X
<b>Quick 2-Egg Breakfast (with Bacon or Sausage)</b>	X	X	X	X					X
<b>Simple &amp; Fit 2-Egg Breakfast</b>	X	X	X	X					X
<b>Sirloin Steak &amp; Eggs</b>	X	X	X	X					X
<b>Sirloin Tips &amp; Eggs</b>	X	X	X	X					X
<b>Smokehouse Combo</b>	X	X	X	X					X
<b>Split Decision Breakfast</b>	X	X	X	X					X
<b>T-Bone Steak &amp; Eggs</b>	X	X	X	X					X
<b>Weekday Breakfast Special (Eggs &amp; Pancakes with Bacon or Sausage)</b>	X	X	X	X					X
<b>Weekday Breakfast Special (Eggs, Hash Browns &amp; Toast with Bacon or Sausage)</b>	X	X	X	X					X
<b>Weekday Breakfast Special (Cheese Omelette &amp; Pancakes)</b>	X	X	X	X					X
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Omelettes	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Omelettes</b>									
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
<b>Omelette Side Choices</b>									
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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<b>Sandwiches</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Sandwiches</b>									
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
<b>Choice of Sides</b>									
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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<b>Salads</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Salads</b>									
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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<b>Soups</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Soups</b>									
<b>Clam Chowder</b>	X	X	X		X				X
<b>Loaded Potato with Bacon Soup</b>	X	X	X						X
<b>Minestrone</b>		X	X						X
<b>Roasted Chicken Noodle Soup</b>	X	X	X	X					X
<b>Rustic Cheesy Tomato Soup</b>	X								
<b>Crackers</b>			X						X
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<b>Burgers</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Burgers</b>									
Burgers									
<b>Bacon Cheeseburger</b>	X	X	X	X					X
<b>Cheeseburger</b>	X	X	X	X					X
<b>Cheeseburger Sliders</b>	X	X	X	X					X
<b>Denver Omelette Burger</b>	X	X	X	X					X
<b>Hamburger</b>	X		X	X					X
<b>Mega Monster Cheeseburger</b>	X	X	X	X					X
<b>Patty Melt</b>	X	X	X						X
<b>Add Your Extras</b>									
<b>Burger Patty</b>									
<b>Hash Browns</b>		X							
<b>Fried Egg</b>		X		X					
<b>Bacon</b>									
<b>Avocado</b>									
<b>Choice of Sides</b>									
<b>Original Buttermilk Pancakes</b>	X	X	X	X					X
<b>French Fries</b>									
<b>Hash Browns</b>		X							
<b>Onion Rings</b>	X		X						X
<b>Seasonal Mixed Fruit</b>									
<b>Soups (see soup section for allergens)</b>									
<b>Salads (see salad section for allergens)</b>									
Please note that all burgers are listed without your choice of side; allergen information for sides available, separately, below.									
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<b>Appetizers</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Apps</b>									
<b>Appetizer Sampler</b>	X	X	X	X					X
<b>Chicken &amp; Three Cheese Quesadilla</b>	X		X						X
<b>Crispy Chicken Strips &amp; Fries (w/Honey Mustard Dressing)</b>		X	X	X					X
<b>Crispy Chicken Strips &amp; Fries (w/Ranch Dressing)</b>	X	X	X	X					X
<b>Monster Mozza Sticks</b>	X		X						X
<b>Onion Rings</b>	X		X						X
<b>French Fries</b>									
<b>Slider Trio</b>	X	X	X	X					X
<b>Hot &amp; Spicy Wings (w/Ranch or Blue Cheese Dressing)</b>	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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<b>Entrées</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Entrées</b>									
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
<b>Choice of Sides</b>									
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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<b>Desserts</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
Desserts									
<b>Fruit Crepe (w/Any Fruit Topping)</b>	X	X	X	X					X
<b>Ice Cream Sundae (w/Chocolate Sauce or Strawberry Topping)</b>	X	X	X	X					X
<b>Kids Jr. Sundae (w/Chocolate Sauce or Strawberry Topping)</b>	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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<b>55+ Menu</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Breakfast</b>									
<b>55+ 2 x 2 x 2 (w/Bacon or Sausage)</b>	X	X	X	X					X
<b>55+ Breakfast Sampler</b>	X	X	X	X					X
<b>55+ Buttermilk Pancakes</b>	X	X	X	X					X
<b>55+ Cheese Omelette</b>	X	X	X	X					X
<b>55+ French Toast (w/Bacon or Sausage)</b>	X	X	X	X					X
<b>55+ Rise 'N Shine</b>	X	X	X	X					X
<b>Lunch</b>									
<b>55+ BLT</b>	X	X	X	X					X
<b>55+ Grilled Cheese</b>	X	X	X	X					X
<b>55+ Turkey &amp; Swiss Sandwich</b>	X	X	X	X					X
<b>Choice of Sides</b>									
<b>Original Buttermilk Pancakes</b>	X	X	X	X					X
<b>French Fries</b>									
<b>Onion Rings</b>	X		X						X
<b>Soups (see soup section for allergens)</b>									
<b>Salads (see salad section for allergens)</b>									
<b>Dinner</b>									
<b>55+ Crispy Chicken Strips</b>	X	X	X	X					X
<b>55+ Country Chicken Fried Steak Dinner (w/Country or Sausage Gravy)</b>	X	X	X						X
<b>55+ Grilled Chicken Dinner</b>	X	X							
<b>55+ Roasted Turkey Dinner</b>	X	X	X						X
<b>55+ Grilled Tilapia Dinner</b>	X					X			
<b>Garlic Bread (available in select markets)</b>	X		X						X
<b>Choice of Sides</b>									
<b>Original Buttermilk Pancakes</b>	X	X	X	X					X
<b>Soups (see soup section for allergens)</b>									
<b>Salads (see salad section for allergens)</b>									
Please note that all 55+ entrees are listed without garlic bread; allergen info for garlic bread is available, separately, below.									
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<b>Kid's Menu</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Kid's Menu</b>									
Kid's Menu									
<b>Breakfast Sammy</b>	X	X	X	X					X
<b>Chicken Nuggets with Applesauce</b>		X	X						X
<b>Create-A-Face Pancake ®</b>	X	X	X	X					X
<b>Funny Face®</b>	X	X	X	X					X
<b>French Toast with Nutella®</b>	X	X	X	X			X		X
<b>Grilled Cheese Sandwich with Applesauce</b>	X	X	X	X					X
<b>Jr. Cheeseburger Sliders with Applesauce</b>	X	X	X	X					X
<b>Jr. Chicken &amp; Waffles</b>	X	X	X	X					X
<b>Jr. Cupcake Pancake Combo</b>	X	X	X	X					X
<b>KRAFT® Macaroni &amp; Cheese (w/ Applesauce)</b>	X		X						X
<b>Silver 5</b>	X	X	X	X					X
<b>Build Your Rooty Jr.® (All Versions)</b>	X	X	X	X					X
<b>Sides</b>									
<b>Cheesy Eggs</b>	X	X		X					
<b>Sausage</b>									
<b>Sliced Banana</b>									
<b>Bacon</b>									
<b>Turkey Bacon</b>									
<b>Yogurt Tube</b>	X								
<b>Seasonal Mixed Fruit</b>									
<b>Motts Applesauce</b>									
Please note that some IHOP Creations are listed without sides; allergen information for all side options is available, separately.									
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<b>Sides</b>	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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<b>Beverages</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>Coffee &amp; Hot Chocolate</b>									
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							
<b>Tea &amp; Lemonade</b>									
Iced Tea	X								
Lemonade	X								
Lemonade Iced Tea	X	X	X	X					X
Hot Tea									
Sweet Tea									
<b>Juice</b>									
Apple Juice									
Cranberry Juice									
Grapefruit Juice									
Premium Orange Juice									
Tomato Juice									
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<b>Beverages</b>	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten
<b>IHOP Splashers®</b>									
<b>Splashberry</b>									
<b>Tropical Island Twist</b>									
<b>Milk, Milk Shakes &amp; Water</b>									
<b>Chocolate Milk</b>	X								
<b>Milk</b>	X								
<b>Milk Shake (Chocolate, Vanilla or Strawberry)</b>	X	X	X	X					X
<b>Water</b>									
<b>Fountain Drinks</b>									
<b>Soft Drinks</b>									
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