



## IHOP Nutrition FAQ

IHOP is committed to being as transparent as possible with our nutrition, ingredient, and allergen information. You've got questions, we've got answers! We've compiled a list of the most frequently asked questions from our guests. Please look to see if yours is answered here.

### Q: Where can I find nutrition, allergen, and ingredient information for your menu items?

The nutrition, allergen, and ingredient information for our regular menu items can be found [here](#). Information for each menu item is provided by clicking [more info]. To find more information regarding menu items that meet specific allergen restrictions, please visit our [Special Diets Wizard](#). Additionally, our [Nutrition Calculator](#) allows for the ability to customize menu items. The calculator will provide updated information reflecting the changes instantly, please see example below.

1. To get started, select the menu category followed by the menu item you would like to view:

IHOP is committed to serving delicious food - just the way you like it. We are proud to offer a variety of delicious favorites. We understand that



2. Make selections for any additional items if required. In this case there is a choice of eggs and a choice of meat. The nutrition, ingredient, and allergen information will be provided based on your selections:

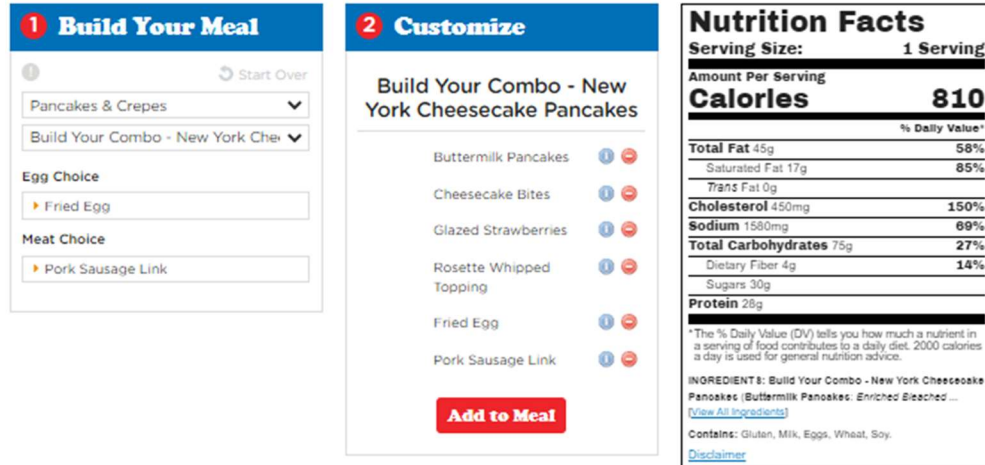
Nutrition Facts	
Serving Size: 1 Serving	
Amount Per Serving	
Calories	1020
% Daily Value*	
Total Fat 59g	76%
Saturated Fat 20g	100%
Trans Fat 0g	
Cholesterol 450mg	150%
Sodium 1810mg	79%
Total Carbohydrates 94g	34%
Dietary Fiber 6g	21%
Sugars 31g	
Protein 31g	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENT: Build Your Combo - New York Cheesecake Pancakes (Buttermilk Pancakes, Enriched Bleached ...)

Contains: Gluten, Milk, Eggs, Wheat, Soy, Sulfites.

3. Hover over the  icon to view a single ingredient in the menu item. To customize, click the  icon to remove unwanted ingredients. All information will auto-populate to reflect the changes. In the example below the Hash Browns were removed, and the information was updated accordingly:



The screenshot displays the IHOP menu customization process. It is divided into three main sections:

- 1 Build Your Meal:** Shows the selection of 'Pancakes & Crepes' and 'Build Your Combo - New York Che...'. Under 'Egg Choice', 'Fried Egg' is selected. Under 'Meat Choice', 'Pork Sausage Link' is selected. A 'Start Over' button is visible.
- 2 Customize:** Lists the items in the combo: 'Buttermilk Pancakes', 'Cheesecake Bites', 'Glazed Strawberries', 'Rosette Whipped Topping', 'Fried Egg', and 'Pork Sausage Link'. Each item has an information icon and a minus icon to remove it. An 'Add to Meal' button is at the bottom.
- Nutrition Facts:** Shows the following information:
 

Nutrition Facts	
Serving Size:	1 Serving
Amount Per Serving	
<b>Calories</b>	<b>810</b>
% Daily Value*	
<b>Total Fat</b> 45g	58%
Saturated Fat 17g	85%
Trans Fat 0g	
<b>Cholesterol</b> 450mg	150%
<b>Sodium</b> 1580mg	89%
<b>Total Carbohydrates</b> 75g	27%
Dietary Fiber 4g	14%
Sugars 30g	
<b>Protein</b> 28g	

 Below the table, it includes a disclaimer: '\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.' and an ingredient list: 'INGREDIENTS: Build Your Combo - New York Cheesecake Pancakes (Buttermilk Pancakes, Enriched Bleached ...'. A 'Disclaimer' link is also present.

**Q: Do you offer gluten free menu items?**

- IHOP is proud to offer gluten-friendly menu items. We do not claim our menu items are “gluten free” because we cannot confirm that they meet the FDA’s definition of “gluten free” (<20 parts per million of gluten). Our gluten-friendly offerings can be found [here](#). Please review our [Allergen Notice](#) prior to making menu selections.

**Q: Is the nutrition information in the restaurants or online the most up to date?**

- While we strive to ensure all information up to date, the information on our website is the most accurate as the online platform allows for real time updates as needed.

**Q: Why do the Omelettes contain wheat and gluten? Do the Scrambled Eggs also include these allergens?**

- It is marked that the Omelettes contain wheat and gluten as they are made with a splash of Buttermilk Pancake batter to create a light, fluffy Omelette. The same batter is also used in our Burritos, Tacos, and savory Crepes. The Scrambled Eggs do not contain Buttermilk Pancake batter.

**Q: Are the pancakes and waffles vegetarian?**

- Our Original Buttermilk Pancakes, Protein Pancakes and Belgian Waffle batters are vegetarian. For more information on our vegetarian and vegan menu offerings take a look at our [Vegetarian and Vegan Menu Guide](#).

**Q: What type of enzymes are used to produce the cheeses?**

- The Shredded Cheese Blend, Shredded Cheddar, and 4-Cheese Blend are produced using microbial or plant-based enzymes. The American Cheese may contain animal derived enzymes.

**Q: Do the calories provided for the Original Buttermilk Pancakes include the butter?**

- Yes, the calories include the butter. Please check out our [Nutrition Calculator](#) to customize the Original Buttermilk Pancakes and view the nutrition information excluding the butter.

**Q: For some menu items containing soybean oil, why is soy not marked as an allergen?**

- The FDA exempts highly refined soybean oil from being labeled as an allergen.

**Q: Can you guarantee that a menu item does not contain a certain allergen?**

- Because we have multiple sources of allergens and gluten-containing ingredients in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item can be completely free of allergens or gluten-containing ingredients.

**Q: Can you accommodate dietary restrictions?**

- We are happy to make any modifications or substitutions per guest request. Our nutrition calculator does allow for some modifications which will update the nutrition, allergen, and ingredient information. However, this information may not be available for all modifications.

**Q: Do all your syrups contain sulfites?**

- The only syrup currently containing sulfites is the to go syrup containers.

**Q: Do any of your menu items contain added monosodium glutamate (MSG)?**

- Please reach out to Guest Relations at 866-444-5144 or [complete this form](#) for questions regarding added MSG in our menu items.

**Q: Where can I find information regarding ingredients containing artificial flavors, artificial dyes, or preservatives?**

- Ingredient lists for our menu items can be found on both the [Nutrition Calculator](#) and on the [nutrition information](#) page on our website.

**Still have questions? Please contact Guest Relations at 866-444-5144 or [complete this form](#).**