



Vegetarian and Vegan Menu Guide

IHOP is committed to transparency and we are proud to offer our guests looking for vegetarian and vegan menu items detailed information to make their menu selections. Use the information in this guide to find a menu item that meets your needs. Please note, some menu items have specific modifications required that you will need to tell your server in order to make the menu item vegetarian or vegan.

If you have questions about this information, please contact IHOP Guest Relations
1-866-444-5144



Vegetarian Menu Guide

IHOP defines vegetarian as a menu item that may contain dairy, eggs, and honey but does not contain beef, poultry, pork, or seafood. In addition, IHOP's vegetarian menu items do not contain animal sourced gelatin, flavors, colors, or enzymes. Because we have multiple sources of animal products in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item be completely free of animal products. Limited time offers, regional items, test items, or temporary substitutions may not be included.

Menu Items	Tips
World-Famous Pancakes	
<ul style="list-style-type: none"> • Chocolate Chip Pancakes • Double Blueberry Pancakes • New York Cheesecake Pancakes • Original Buttermilk Pancakes • Gluten Friendly Pancakes • Strawberry Banana Pancakes • Protein Power Pancakes • Strawberry Banana Protein Pancakes • Lemon Ricotta Blueberry Protein Pancakes 	
Sweet & Savory Crepes	
<ul style="list-style-type: none"> • Fresh Berry Crepes • Lemon Ricotta Blueberry Crepes (<i>no powdered sugar</i>) • Chicken Pesto Crepes (<i>no chicken or seasoning salt</i>) 	
Breakfast Combos	
<ul style="list-style-type: none"> • Quick 2 Egg Breakfast (<i>no bacon or sausage</i>) • 2x2x2 (<i>no bacon or sausage</i>) • Plant-Based Sausage Power Combo • Avocado Toast (<i>no seasoning salt</i>) 	<ul style="list-style-type: none"> • Toast options: <ul style="list-style-type: none"> ○ Multi-grain toast is vegetarian ○ All other toast options vary by location ○ Request no jam/jelly • Add Hash Browns or Avocado instead of meat
Thick 'N Fluffy Fresh Toast	
<ul style="list-style-type: none"> • Lemon Ricotta French Toast (<i>no powdered sugar</i>) • Strawberry Banana French Toast (<i>no powdered sugar</i>) 	

<ul style="list-style-type: none"> • Classic French Toast (no powdered sugar) 	
Waffles	
<ul style="list-style-type: none"> • Belgian Waffle • Gluten-Friendly Belgian Waffle 	
Omelettes	
<ul style="list-style-type: none"> • Pesto Veggie Egg White • Big Steak Omelette (no steak) • Build Your Own Omelette (add any veggie and vegetarian cheese) 	<ul style="list-style-type: none"> • Cheeses that are vegetarian: <ul style="list-style-type: none"> ○ Jack & Cheddar Cheese ○ Four-cheese Blend ○ Cheddar Cheese • Nut-free Pesto is vegetarian • Avoid Hollandaise
Eggs Benedict	
<ul style="list-style-type: none"> • No options available at this time 	<ul style="list-style-type: none"> • Avoid Hollandaise • Avoid English Muffin
Burritos & Bowls	
<ul style="list-style-type: none"> • No options available at this time 	<ul style="list-style-type: none"> • Rice Medley is vegetarian • Avoid Poblano Queso and Queso Sauce
Ultimate Steakburgers & Chicken Sandwiches	
<ul style="list-style-type: none"> • No options available at this time 	<ul style="list-style-type: none"> • Brioche Bun is vegetarian
Hand-Crafted Melts	
<ul style="list-style-type: none"> • No options available at this time 	<ul style="list-style-type: none"> • Breads that are vegetarian: <ul style="list-style-type: none"> ○ Multi-grain Bread ○ Thick-cut Bread ○ Hoagie Roll
Apps & New Fresh Salads	
<ul style="list-style-type: none"> • Fresh Berry Salad (no chicken) <ul style="list-style-type: none"> ○ Balsamic Vinaigrette ○ Buttermilk Ranch Dressing ○ Honey Mustard Dressing 	<ul style="list-style-type: none"> • Avoid Mozza Sticks and Jalapeno Cheese Bites (may contain animal enzymes or rennet)
Entrees	
<ul style="list-style-type: none"> • No options available at this time 	
55+ Menu	
<ul style="list-style-type: none"> • 55+ 2x2x2 (no bacon or sausage) • 55+ Rise 'N Shine (no bacon or sausage) • 55+ Buttermilk Pancakes • 55+ Fresh Berry Salad (no chicken) <ul style="list-style-type: none"> ○ Balsamic Vinaigrette ○ Buttermilk Ranch Dressing ○ Honey Mustard Dressing 	<ul style="list-style-type: none"> • Toast options: <ul style="list-style-type: none"> ○ Multi-grain toast is vegetarian ○ All other toast options vary by location ○ Request no jam/jelly • Add Hash Browns or Avocado instead of meat
Platters	
<ul style="list-style-type: none"> • No options available at this time 	
Sides	

<ul style="list-style-type: none"> • Crispy Breakfast Potatoes (<i>no seasoning salt</i>) • Fresh Fruit • Hash Browns • Buttered Multi-grain toast (<i>no jam</i>) • French Fries (<i>no seasoning salt</i>) • Onion Rings • Plant-based Sausage Patties • Steamed Fresh Broccoli • Yellow & Green Beans • Mashed Potatoes • Rice Medley • Side Salad <ul style="list-style-type: none"> ○ Balsamic Vinaigrette ○ Buttermilk Ranch Dressing ○ Honey Mustard Dressing 	
Don't Forget Dessert	
<ul style="list-style-type: none"> • Ultimate Chocolate Cake 	
Kids Menu	
<ul style="list-style-type: none"> • Silver 5 (<i>no bacon</i>) 	



Vegan Menu Guide

IHOP defines vegan as a menu item that does not contain beef, poultry, pork, seafood, dairy, eggs, and honey. In addition, IHOP's vegan menu items do not contain animal sourced gelatin, flavors, colors, or enzymes. Because we have multiple sources of animal products in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item be completely free of animal products. Limited time offers, regional items, test items, or temporary substitutions may not be included.

Menu Items	Tips
World-Famous Pancakes	
<ul style="list-style-type: none"> No options available at this time 	
Sweet & Savory Crepes	
<ul style="list-style-type: none"> No options available at this time 	
Breakfast Combos	
<ul style="list-style-type: none"> No options available at this time 	
Thick 'N Fluffy Fresh Toast	
<ul style="list-style-type: none"> No options available at this time 	
Waffles	
<ul style="list-style-type: none"> No options available at this time 	
Omelettes	
<ul style="list-style-type: none"> No options available at this time 	<ul style="list-style-type: none"> Use the Build Your Own veggies to create loaded Hash Browns Avoid Nut-free Pesto
Eggs Benedict	
<ul style="list-style-type: none"> No options available at this time 	
Burritos & Bowls	
<ul style="list-style-type: none"> No options available at this time 	<ul style="list-style-type: none"> Rice Medley is vegan
Ultimate Steakburgers & Chicken Sandwiches	
<ul style="list-style-type: none"> No options available at this time 	
Hand-Crafted Melts	
<ul style="list-style-type: none"> No options available at this time 	
Apps & New Fresh Salads	
<ul style="list-style-type: none"> Fresh Berry Salad (<i>no chicken and no dressing</i>) 	<ul style="list-style-type: none"> Avoid all salad dressings

Entrees	
• No options available at this time	
55+ Menu	
• No options available at this time	
Platters	
• No options available at this time	
Sides	
<ul style="list-style-type: none"> • Crispy Breakfast Potatoes (<i>no seasoning salt</i>) • Fresh Fruit • Hash Browns • Multi-grain toast (<i>no butter or jam</i>) • French Fries (<i>no seasoning salt</i>) • Plant-Based Sausage Patties • Steamed Fresh Broccoli (<i>no garlic butter</i>) • Yellow & Green Beans (<i>no garlic butter</i>) • Rice Medley • Side Salad (<i>no dressing</i>) 	
Don't Forget Dessert	
• No options available at this time	
Kids Menu	
• No options available at this time	