



# 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
<b>Pancakes, Crepes, Waffles, French Toast</b>	
<ul style="list-style-type: none"> <li>• Chocolate Chip Pancakes</li> <li>• Double Blueberry Pancakes</li> <li>• New York Cheesecake Pancakes</li> <li>• Original Buttermilk Pancakes</li> <li>• Gluten Friendly Pancakes</li> <li>• Strawberry Banana Pancakes</li> <li>• Protein Power Pancakes</li> <li>• Strawberry Banana Protein Pancakes</li> <li>• Lemon Ricotta Blueberry Protein Pancakes</li> <li>• Fresh Berry Crepes</li> <li>• Lemon Ricotta Mixed Berry Crepes (<i>no powdered sugar</i>)</li> <li>• Chicken Pesto Crepes (<i>no chicken</i>)</li> <li>• Belgian Waffle</li> <li>• Strawberry Cheesecake Waffle</li> <li>• Lemon Ricotta French Toast (<i>no powdered sugar</i>)</li> <li>• Strawberry Banana French Toast (<i>no powdered sugar</i>)</li> <li>• Classic French Toast (<i>no powdered sugar</i>)</li> </ul>	
<b>Griddle &amp; Breakfast Combos</b>	
<ul style="list-style-type: none"> <li>• Quick 2 Egg Breakfast (<i>no bacon or sausage</i>)</li> <li>• 2x2x2 (<i>no bacon or sausage</i>)</li> <li>• Plant-Based Sausage Power Combo</li> <li>• Avocado Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Toast options:               <ul style="list-style-type: none"> <li>○ Multi-grain toast is vegetarian</li> <li>○ All other toast options vary by location</li> <li>○ Request no jam/jelly</li> </ul> </li> <li>• Add Hash Browns or Avocado instead of meat</li> <li>• Rice Medley is vegetarian</li> <li>• Fire Roasted Poblano Salsa is vegetarian</li> <li>• Avoid Poblano Queso and Queso Sauce</li> </ul>

Omelettes	
<ul style="list-style-type: none"> <li>• Pesto Veggie Egg White</li> <li>• Big Steak Omelette (<b>no steak</b>)</li> <li>• Build Your Own Omelette (<b>add any veggie and vegetarian cheese</b>)</li> </ul>	<ul style="list-style-type: none"> <li>• Cheeses that are vegetarian: <ul style="list-style-type: none"> <li>○ Jack &amp; Cheddar Cheese</li> <li>○ Four-cheese Blend</li> <li>○ Cheddar Cheese</li> </ul> </li> <li>• Nut-free Pesto is vegetarian</li> <li>• Avoid Hollandaise</li> </ul>
Benedicts	
<ul style="list-style-type: none"> <li>• No options available at this time</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid Hollandaise</li> <li>• Avoid English Muffin</li> </ul>
Biscuits	
<ul style="list-style-type: none"> <li>• Strawberries &amp; Cream Biscuit (<b>no powdered sugar</b>)</li> </ul>	
Burgers & Melts	
<ul style="list-style-type: none"> <li>• No options available at this time</li> </ul>	<ul style="list-style-type: none"> <li>• Breads that are vegetarian: <ul style="list-style-type: none"> <li>○ Multi-grain Bread</li> <li>○ Thick-cut Bread</li> <li>○ Hoagie Roll</li> <li>○ Brioche Bun</li> </ul> </li> </ul>
Apps & Soups & Salads	
<ul style="list-style-type: none"> <li>• Tomato Basil Soup</li> <li>• Fresh Berry Salad (<b>no chicken</b>) <ul style="list-style-type: none"> <li>○ Balsamic Vinaigrette</li> <li>○ Buttermilk Ranch Dressing</li> <li>○ Honey Mustard Dressing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Avoid Mozza Sticks and Jalapeno Cheese Bites (may contain animal enzymes or rennet)</li> </ul>
Entrees & Platters	
<ul style="list-style-type: none"> <li>• No options available at this time</li> </ul>	
55+ Menu	
<ul style="list-style-type: none"> <li>• 55+ 2x2x2 (<b>no bacon or sausage</b>)</li> <li>• 55+ Rise 'N Shine (<b>no bacon or sausage</b>)</li> <li>• 55+ French Toast (<b>no bacon or sausage</b>)</li> <li>• 55+ Fresh Berry Salad (<b>no chicken</b>) <ul style="list-style-type: none"> <li>○ Balsamic Vinaigrette</li> <li>○ Buttermilk Ranch Dressing</li> <li>○ Honey Mustard Dressing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Toast options: <ul style="list-style-type: none"> <li>○ Multi-grain toast is vegetarian</li> <li>○ All other toast options vary by location</li> <li>○ Request no jam/jelly</li> </ul> </li> <li>• Add Hash Browns or Avocado instead of meat</li> </ul>
Sides	

<ul style="list-style-type: none"> <li>• Crispy Breakfast Potatoes</li> <li>• Fresh Fruit</li> <li>• Hash Browns</li> <li>• Buttered Multi-grain toast (<b><i>no jam</i></b>)</li> <li>• Buttermilk Biscuit with Butter</li> <li>• French Fries</li> <li>• Onion Rings</li> <li>• Plant-based Sausage Patties</li> <li>• Steamed Fresh Broccoli</li> <li>• Yellow &amp; Green Beans</li> <li>• Mashed Potatoes</li> <li>• Rice Medley</li> <li>• Side Salad</li> </ul>	
Dessert	
<ul style="list-style-type: none"> <li>• Ultimate Chocolate Cake</li> <li>• Waffle Sundae with Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid Dulce de Leche</li> </ul>
Kids Menu	
<ul style="list-style-type: none"> <li>• Silver 5 (<b><i>no bacon</i></b>)</li> <li>• Jr. Waffles with Applesauce</li> </ul>	



## Vegan Menu Guide

IHOP defines vegan as a menu item that does not contain beef, poultry, pork, seafood, dairy, eggs, and honey. 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
<b>Pancakes, Crepes, Waffles, French Toast</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>Gridle &amp; Breakfast Combos</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>Omelettes</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	<ul style="list-style-type: none"> <li>Use the Build Your Own veggies to create loaded Hash Browns</li> <li>Avoid Nut-free Pesto</li> </ul>
<b>Benedicts</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>Biscuits</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>Burgers &amp; Melts</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>Apps &amp; Soups &amp; Salads</b>	
<ul style="list-style-type: none"> <li>Fresh Berry Salad (<b><i>no chicken and no dressing</i></b>)</li> </ul>	<ul style="list-style-type: none"> <li>Avoid all salad dressings</li> </ul>
<b>Entrees &amp; Platters</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>55+ Menu</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>Sides</b>	
<ul style="list-style-type: none"> <li>Crispy Breakfast Potatoes</li> <li>Fresh Fruit</li> <li>Hash Browns</li> <li>Multi-grain toast (<b><i>no butter or jam</i></b>)</li> <li>French Fries</li> <li>Plant-Based Sausage Patties</li> <li>Steamed Fresh Broccoli (<b><i>no garlic butter</i></b>)</li> </ul>	

<ul style="list-style-type: none"> <li>• Yellow &amp; Green Beans (<i>no garlic butter</i>)</li> <li>• Rice Medley</li> <li>• Side Salad (<i>no dressing</i>)</li> </ul>	
Dessert	
<ul style="list-style-type: none"> <li>• No options available at this time</li> </ul>	
Kids Menu	
<ul style="list-style-type: none"> <li>• No options available at this time</li> </ul>	