



# 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>World-Famous Pancakes &amp; Crepes</b>	
<ul style="list-style-type: none"> <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 Mixed Berry Protein Pancakes</li> <li>• Strawberry &amp; Cream Crepes (<i>no powdered sugar</i>)</li> <li>• Swedish Crepes (<i>no powdered sugar</i>)</li> <li>• Lemon Ricotta Mixed Berry Crepes (<i>no powdered sugar</i>)</li> </ul>	
<b>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> </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> </ul> </li> <li>• Add Hash Browns or Avocado instead of meat</li> </ul>
<b>French Toast &amp; Waffles</b>	
<ul style="list-style-type: none"> <li>• Belgian Waffle</li> <li>• Gluten-Friendly Belgian Waffle</li> <li>• Classic French Toast (<i>no powdered sugar</i>)</li> <li>• Strawberry Banana French Toast (<i>no powdered sugar</i>)</li> <li>• Lemon Ricotta Mixed Berry French Toast (<i>no powdered sugar</i>)</li> </ul>	
<b>Sides</b>	

<ul style="list-style-type: none"> <li>• Crispy Breakfast Potatoes (<b>no seasoning salt</b>)</li> <li>• Fresh Fruit</li> <li>• Hash Browns</li> <li>• Buttered Multi-grain toast</li> <li>• French Fries (<b>no seasoning salt</b>)</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> </ul>	
<b>Omelettes</b>	
<ul style="list-style-type: none"> <li>• Spinach &amp; Mushroom Omelette (<b>no seasoning salt</b>)</li> <li>• Spicy Poblano Omelette (<b>no shredded beef</b>)</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>○ Pepper Jack Cheese</li> <li>○ Cheddar Cheese</li> </ul> </li> </ul>
<b>Burritos &amp; Bowls</b>	
<ul style="list-style-type: none"> <li>• The Classic (<b>no bacon or sausage</b>)</li> </ul>	<ul style="list-style-type: none"> <li>• Rice Medley is vegetarian</li> <li>• Avoid Poblano Queso and Queso Sauce (may contain animal enzymes or rennet)</li> </ul>
<b>Ultimate Steakburgers &amp; Chicken</b>	
<ul style="list-style-type: none"> <li>• No options available at this time</li> </ul>	<ul style="list-style-type: none"> <li>• Brioche Bun is vegetarian</li> </ul>
<b>Hand-Crafted Melts</b>	
<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>○ Challah Bread</li> <li>○ Hoagie Roll</li> </ul> </li> </ul>
<b>Apps &amp; Salads</b>	
<ul style="list-style-type: none"> <li>• Chicken &amp; Veggie Salad (<b>no chicken</b>)</li> <li>• Side Salad <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>
<b>Entrees</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>• 55+ 2x2x2 (<b>no bacon or sausage</b>)</li> <li>• 55+ Rise 'N Shine (<b>no bacon or sausage</b>)</li> <li>• 55+ Buttermilk Pancakes</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> </ul> </li> </ul>

	<ul style="list-style-type: none"><li>• Add Hash Browns or Avocado instead of meat</li></ul>
<b>Kids Menu</b>	
<ul style="list-style-type: none"><li>• Funny Face Pancake Combo (<b><i>no bacon or sausage</i></b>)</li><li>• Silver 5 (<b><i>no bacon</i></b>)</li></ul>	



## 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
<b>World-Famous Pancakes &amp; Crepes</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>Breakfast Combos</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>French Toast &amp; Waffles</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 (<i>no seasoning salt</i>)</li> <li>Fresh Fruit</li> <li>Hash Browns</li> <li>Multi-grain toast (<i>no butter</i>)</li> <li>French Fries (<i>no seasoning salt</i>)</li> <li>Plant-Based Sausage Patties</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> </ul>
<b>Burritos &amp; Bowls</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	<ul style="list-style-type: none"> <li>Rice Medley is vegan</li> </ul>
<b>Ultimate Steakburgers &amp; Chicken</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>Hand-Crafted Melts</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	
<b>Apps &amp; Salads</b>	
<ul style="list-style-type: none"> <li>Chicken &amp; Veggie Salad (<i>no chicken and Balsamic Vinaigrette</i>)</li> <li>Side Salad (<i>no dressing</i>)</li> </ul>	<ul style="list-style-type: none"> <li>Avoid all salad dressings</li> </ul>
<b>Entrees</b>	
<ul style="list-style-type: none"> <li>No options available at this time</li> </ul>	

55+ Menu	
• No options available at this time	
Kids Menu	
• No options available at this time	