



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 lacto-ovo, allowing consumption of dairy and eggs but not any meat products, stock, rennet/animal enzymes, or gelatin. 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, or test items may not be included.

Menu Items	Tips
World-Famous Pancakes & Crepes	
<ul style="list-style-type: none"> • Double Blueberry Pancakes • Harvest Grain 'N Nut Pancakes • New York Cheesecake Pancakes • Original Buttermilk Pancakes • Gluten-Friendly Pancakes • Strawberry Banana Pancakes • Strawberry & Cream Crepes (<i>no powdered sugar</i>) • Swedish Crepes (<i>no powdered sugar</i>) 	<ul style="list-style-type: none"> • Powdered sugar may be processed through bone char
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>) 	<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 • Add Hash Browns or Avocado instead of meat
French Toast & Waffles	
<ul style="list-style-type: none"> • Belgian Waffle • Gluten-Friendly Belgian Waffle 	<ul style="list-style-type: none"> • French Toast bread may vary by location
Sides	
<ul style="list-style-type: none"> • Crispy Breakfast Potatoes (<i>no seasoning salt</i>) • Crispy Potato Pancakes • Fresh Fruit • Hash Browns • Buttered Multi-grain toast • French Fries (<i>no seasoning salt</i>) • Onion Rings 	<ul style="list-style-type: none"> • Seasoning salt may contain sugar processed through bone char
Omelettes	
<ul style="list-style-type: none"> • Spinach & Mushroom Omelette 	<ul style="list-style-type: none"> • Cheeses that are vegetarian: <ul style="list-style-type: none"> ○ Jack & Cheddar Cheese

<ul style="list-style-type: none"> • Spicy Poblano Omelette (no shredded beef) • Big Steak Omelette (no steak) • Build Your Own Omelette (add any veggie and vegetarian cheese) 	<ul style="list-style-type: none"> ○ Pepper Jack Cheese ○ Cheddar Cheese ○ Wisconsin Whole Milk Cheese
Burritos & Bowls	
<ul style="list-style-type: none"> • The Classic (no bacon or sausage) 	<ul style="list-style-type: none"> • Country Gravy is vegetarian • Rice Medley is vegetarian • Avoid Poblano Queso and Queso Sauce (may contain animal enzymes or rennet)
Burgers & Chicken	
<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"> • Cheese-Crusted Four-Cheese Melt (no American Cheese or Poblano Queso) 	<ul style="list-style-type: none"> • Breads that are vegetarian: <ul style="list-style-type: none"> ○ Multi-grain Bread ○ Challah Bread
Apps & Salads	
<ul style="list-style-type: none"> • Chicken & Veggie Salad (no chicken) • Side Salad <ul style="list-style-type: none"> ○ Balsamic Vinaigrette ○ Buttermilk Ranch Dressing ○ Honey Mustard Dressing 	<ul style="list-style-type: none"> • Avoid Mozza Sticks (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 	<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 • Add Hash Browns or Avocado instead of meat
Kids Menu	
<ul style="list-style-type: none"> • Kraft Macaroni & Cheese • Funny Face Pancake Combo (no bacon or sausage and no powdered sugar) • Silver 5 (no bacon) 	<ul style="list-style-type: none"> • Powdered sugar may be processed through bone char



Vegan Menu Guide

IHOP defines vegan as not containing any animal products or byproducts including meat, rennet, gelatin, eggs, dairy, or honey. 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 or byproducts. Limited time offers, regional items, or test items may not be included.

Menu Items	Tips
World-Famous Pancakes & 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 	
French Toast & Waffles	
<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 Multi-grain toast (<i>no butter</i>) French Fries (<i>no seasoning salt</i>) 	<ul style="list-style-type: none"> Seasoning salt may contain sugar processed through bone char
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
Burritos & Bowls	
<ul style="list-style-type: none"> No options available at this time 	<ul style="list-style-type: none"> Rice Medley is vegan
Burgers & Chicken	
<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 & Salads	
<ul style="list-style-type: none"> Chicken & Veggie Salad (<i>no chicken and Balsamic Vinaigrette</i>) Side Salad (<i>no dressing</i>) 	<ul style="list-style-type: none"> Avoid all salad dressings
Entrees	
<ul style="list-style-type: none"> No options available at this time 	
55+ Menu	
<ul style="list-style-type: none"> No options available at this time 	

Kids Menu

- No options available at this time