

International
HOUSE of
PANCAKES



this is my



For Breakfast, Lunch and Dinner

Famous Pancake Flavors

*Pancake Combo

Your choice of two same-flavored Famous Pancakes. Served with two eggs, hash browns and your choice of two bacon strips or two pork sausage links. Choose from any of our Famous Pancake flavors below 7.99

Combo de Panqueques

- Original Buttermilk
- Double Blueberry
- Strawberry
- Cinnamon Apple
- Strawberry Banana
- Chocolate Chip
- New York Cheesecake
- Harvest Grain 'N Nut®

Original Buttermilk Pancakes

Five award-winning buttermilk pancakes with authentic country flavor 6.29

Short stack of three buttermilk pancakes 5.69

Panqueques Originales de Buttermilk



New York Cheesecake Pancakes

Sugar-free syrup available upon request.

Jarabe sin azúcar disponible a su petición.



Pancake Combo (pictured with Double Blueberry Pancakes)

Double Blueberry Pancakes

Four buttermilk pancakes filled with blueberries, topped with warm blueberry compote and whipped topping 7.29

Panqueques con Arándanos

Strawberry Banana Pancakes

Four pancakes filled with slices of fresh banana and crowned with cool strawberry topping, more bananas and whipped topping 7.29

Panqueques con Plátano y Fresas

Chocolate Chip Pancakes

Four rich, chocolate batter pancakes filled with chocolate chips and topped with powdered sugar and whipped topping 7.29

Panqueques con Chispas de Chocolate

Harvest Grain 'N Nut® Pancakes

Four pancakes made with hearty grains, wholesome oats, almonds and English walnuts 7.29

With warm blueberry or cinnamon apple compote and whipped topping 8.29

Panqueques de Granos y Nueces

Enjoy a glass of
Premium Orange Juice
(pure squeezed)

Disfrute un vaso de Jugo de Naranja Premium

NEW! New York Cheesecake Pancakes

Four fluffy buttermilk pancakes loaded with creamy, rich cheesecake pieces and crowned with cool strawberry topping, powdered sugar and whipped topping 7.69

Panqueques de Pastel de Queso Nueva York

Omelettes

Our hearty omelettes are made with a splash of our famous buttermilk and wheat pancake batter for extra fluffiness and are served with three buttermilk pancakes or fresh fruit. Substitute other Famous Pancake Flavors for an additional 1.59 Add hash browns 1.59

Hearty Ham & Cheese Omelette

Stuffed with diced ham, a rich cheese sauce and Jack and Cheddar cheeses 8.99

Omelette de Jamón y Queso

Chicken Fajita Omelette

Seasoned chicken, onions, green peppers, salsa and a blend of cheeses. Topped with sour cream 8.99

Omelette de Fajitas de Pollo

Spinach & Mushroom Omelette

Fresh spinach, mushrooms, onions and Swiss cheese rolled in a fluffy omelette. Topped with rich hollandaise and diced tomatoes 8.79

Omelette de Espinacas y Champiñones con Queso Suizo



Spinach & Mushroom Omelette

Big Steak Omelette

Tender strips of steak, hash browns, green peppers, onions, mushrooms, tomatoes and Cheddar cheese. Served with salsa 9.29

Omelette de Bistec

Garden Omelette

An abundance of fresh green peppers, mushrooms, onions, tomatoes and Cheddar cheese 7.99

Omelette de Verduras

Colorado Omelette

A meat lover's delight. Bacon, pork sausage, shredded beef, ham, onions, green peppers and Cheddar cheese. Served with salsa 9.29

Omelette Colorado

Country Omelette

A delicious blend of ham, cheese, onions and hash browns. Topped with sour cream 8.59

Omelette Campestre

Bacon Temptation Omelette

Loaded with six strips of crispy bacon, a rich cheese sauce, Jack and Cheddar cheeses and diced tomatoes 8.99

Omelette de Tocino

International Omelette

A world of flavor! With ham, Cheddar cheese, green peppers, onions and salsa 8.59

Omelette Internacional



Big Steak Omelette

Create Your Own Omelette

Begin with our hearty omelette and your choice of cheese 6.79

Then add your favorite ingredients .99 each

Construya su Omelette

- Bacon
- Ham
- Pork Sausage
- Mushrooms
- Green Peppers and Onions
- Extra Cheese
- Tomatoes
- Oven-Roasted Tomatoes
- Spinach

Egg substitute available upon request.

Turkey bacon available upon request.

Signature Favorites

*Breakfast Sampler

Two eggs, two bacon strips, two pork sausage links, two pieces of ham, hash browns and two fluffy buttermilk pancakes 7.99

Desayuno Sampler

*Rooty Tooty Fresh 'N Fruity®

Two eggs, two bacon strips, two pork sausage links and two buttermilk pancakes crowned with cool strawberry topping, warm blueberry or cinnamon apple compote and whipped topping 6.99

Rooty Tooty Fresh 'N Fruity®

*T-Bone Steak & Eggs

A mouthwatering, USDA Select steak served with three eggs, hash browns and three buttermilk pancakes 14.59

Bistec T-Bone y Huevos



T-Bone Steak & Eggs



Breakfast Sampler

*Thick-Cut Bone-In Ham & Eggs

A 10-oz. hickory-smoked ham steak served with two eggs, hash browns and two fluffy buttermilk pancakes 9.99

Jamón con Hueso y Huevos

*Split Decision Breakfast

A hearty combination of two eggs, two crispy bacon strips, two pork sausage links, two triangles of French toast and two buttermilk pancakes 7.99

Desayuno del Momento

*"Big" Chicken Fried Steak & Eggs

A giant 12-oz. fried beef steak smothered in country gravy. Served with three eggs, hash browns and three fluffy buttermilk pancakes 9.99

Smaller steak portion available 8.99

"Grande" Bistec Campestre Frito y Huevos

Classic Combos

*Three Eggs & Pancakes

Three eggs served with three fluffy buttermilk pancakes 6.29

Tres Huevos y Panqueques

With your choice of:

- Turkey Bacon 7.89
- Pork Sausage Links 7.89
- Bacon Strips 7.89
- 4-oz. Ham Steak 7.89

*Two x Two x Two

Two eggs with two buttermilk pancakes and two crispy bacon strips or two savory pork sausage links 5.99

Dos x Dos x Dos

*Quick Two-Egg Breakfast

Two eggs, two crispy bacon strips or two savory pork sausage links, plus hash browns and toast 6.79

Desayuno Rápido de Dos Huevos

*Sirloin Tips & Eggs

Grilled, tender, sweet and savory USDA Select sirloin tips with grilled onions and mushrooms. Served with two eggs, hash browns and two buttermilk pancakes 11.59

Puntas de Bistec Sirloin y Huevos



Sirloin Tips & Eggs



Smokehouse Combo

*Smokehouse Combo

Two smoked sausage links served with two eggs, hash browns and two buttermilk pancakes 9.59

Combo de Salchichas Ahumadas

Pancake Platter

Three award-winning buttermilk pancakes with your choice of four savory pork sausage links or four crispy bacon strips 6.99

Platillo de Panqueques

*Eggs Benedict

Canadian-style bacon on an English muffin topped with two poached eggs and smothered with rich hollandaise. Served with hash browns 8.59

Huevos Benedict

*Biscuits & Gravy with Sausage

Biscuits topped with four pork sausage links and country gravy. Served with hash browns 6.99

With two eggs 7.99

Biscochos y Salsa con Salchichas

Machaca

Shredded beef with scrambled eggs, onions, jalapeños, tomatoes, cheese and tortilla strips. Served with hash browns, salsa and tortillas 7.79

Migas (same as above without the beef) 6.59

Machaca

French Toast & Waffles

*Viva La French Toast Combo

Our popular favorite! Four fluffy French toast triangles with two eggs and your choice of two crispy bacon strips or two pork sausage links 6.99

Combo Viva La Torrija

French Toast

Six fluffy triangle-shaped slices, dusted with powdered sugar 5.99

Torrija

Belgian Waffle

A light and crispy delight 5.99

Crowned with cool strawberry topping or your choice of fruit compote and whipped topping 6.99

Waffle Belga

*Stuffed French Toast Combo

Cinnamon raisin French toast stuffed with sweet cream cheese filling, with cool strawberry topping or your choice of fruit compote and whipped topping. Served with two eggs, hash browns, two bacon strips or two pork sausage links 7.99

Combo de Torrija Rellena

Strawberry Banana French Toast

Six French toast triangles with cool strawberry topping, fresh banana slices and whipped topping 6.99

Torrija con Fresas y Plátanos



Stuffed French Toast Combo

*NOTICE: ITEMS MARKED WITH AN * MAY BE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEAT OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

International Crepes



Chicken Florentine Crepes

Chicken Florentine Crepes

Chicken breast strips sautéed with fresh spinach, mushrooms and onions in light seasonings. Rolled inside two delicate crepes with Swiss cheese and topped with rich hollandaise 7.99

Crepas de Pollo a la Florentina

Garden Stuffed Crepes

Two crepes stuffed with Swiss cheese and eggs scrambled with fresh spinach, mushrooms and onions. Topped with rich hollandaise and diced tomatoes 7.79

Crepas Rellenas con Verduras

Breakfast Fruit Crepes

Three scrumptious crepes filled with your choice of cool strawberry topping or fruit compote and crowned with sour cream 7.79

Crepas de Fruta

Cheese Blintzes

Three crepes filled with a cool combination of cheeses. Served with sour cream and cool strawberry topping or your choice of fruit compote 6.59

Crepas de Quesos Frios

Nutella® Crepes

Three egg batter crepes filled with "the original creamy, chocolaty hazelnut spread"™ Nutella® and fresh banana, topped with cool strawberry topping and whipped topping 7.79

Crepas Nutella®

Danish Fruit Crepes

Two delicious crepes filled with an authentic Danish combination of real fruit compote and rich sweet cream cheese. Choose from cool strawberry topping, warm blueberry or cinnamon apple compote 7.79

Crepas Danesas

Swedish Crepes

Four delicate crepes with lingonberries and lingonberry butter 6.79

Crepas Suecas

*International Crepe Passport

Two eggs, two crispy bacon strips, two pork sausage links and your choice of a Danish fruit crepe or two Nutella® or Swedish crepes 6.99

Crepa Pasaporte Internacional



International Crepe Passport (pictured with Nutella® crepes)



Tuscan Chicken Griller

Tuscan Chicken Griller

A juicy, grilled chicken breast with melted Provolone cheese, oven roasted tomatoes, lettuce and sun-dried tomato pesto on a grilled Romano-Parmesan bun 7.99

Sándwich Toscano de Pollo

Double BLT

A great double-decker with six strips of bacon, lettuce, tomato and mayonnaise on white toast 6.79

Sándwich Doble con Tocino

NEW! Pot Roast Melt

Tender slow-cooked USDA Choice beef pot roast with caramelized onions in a rich beef gravy on grilled sourdough bread with melted Swiss and American cheeses 7.99

Sándwich de Asado de Res y Queso Derretido

Ham & Egg Melt

Grilled sourdough bread stuffed with ham, scrambled eggs, Swiss and American cheeses 7.59

Sándwich de Huevo, Jamón y Queso Derretido



Ham & Egg Melt

Burgers & Sandwiches

Served with your choice of seasoned fries or onion rings and a dill pickle spear. Add soup or salad for only 1.59. Most burgers are served with lettuce, tomato, red onion and mayonnaise on a Romano-Parmesan bun.

Cheeseburger

A thick, juicy burger with your choice of cheese 7.29

Hamburguesa con Queso

Bacon Cheeseburger

A juicy burger with Cheddar cheese and crispy bacon 7.99

Hamburguesa con Tocino y Queso

*Bacon & Egg Cheeseburger

A thick and juicy burger topped with Cheddar cheese, crispy bacon and one egg over medium 8.29

Hamburguesa con Huevo, Tocino y Queso

Monster Cheeseburger

Two thick burger patties smothered in American and Provolone cheeses 8.59

Hamburguesa Grande con Queso



Philly Cheese Steak Super Stacker

Philly Cheese Steak Super Stacker

Grilled Philly steak and onions topped with melted American cheese and mayonnaise on a grilled Romano-Parmesan roll 7.99

Sándwich Stacker de Bistec Philly y Queso

Patty Melt

A juicy burger with grilled onions and American cheese on grilled rye bread 7.29

Croqueta con Queso Derretido

International Turkey Club

Served on white toast with lettuce, tomato, crispy bacon and mayonnaise 7.29

Club Internacional de Pavo

*NOTICE: ITEMS MARKED WITH AN * MAY BE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEAT OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

HEARTY DINNER FAVORITES

Available anytime. Served with your choice of soup or salad.

NEW! French Onion Pot Roast

USDA Choice beef slow cooked with caramelized onions in a rich beef gravy. Served with mashed potatoes, buttered corn and garlic bread 9.99

Asado de Res con Cebollas Francesas

*T-Bone Steak

A big, juicy USDA Select steak, cooked just the way you like it. Served with red skin potatoes, steamed broccoli and garlic bread 14.59

Bistec T-Bone

Grilled Tilapia Hollandaise

Tilapia lightly seasoned, grilled to perfection and topped with rich hollandaise. Served with seasoned red skin potatoes, steamed broccoli and garlic bread 8.99

Tilapia Asada a la Holandesa



Balsamic-Glazed Chicken

NEW! Balsamic-Glazed Chicken

Grilled chicken topped with sautéed mushrooms, onions, diced tomatoes and balsamic glaze. Served with seasoned red skin potatoes, steamed broccoli and garlic bread 9.99

Pollo con Glaseado Balsámico

NEW! Thick-Cut Bone-In Ham Dinner

A 10-oz. hickory-smoked ham steak served with mashed potatoes, buttered corn, cinnamon apples and garlic bread 9.99

Cena de Jamón con Hueso



Thick-Cut Bone-In Ham Dinner

Smoked Sausage

Two grilled, smoked sausage links with grilled onions and green peppers. Served with mashed potatoes, steamed broccoli and garlic bread 8.99

Salchichas Ahumadas



Sirloin Steak Tips Dinner

NEW! *Sirloin Steak Tips Dinner

Grilled, tender, sweet USDA Select sirloin tips grilled with onions and mushrooms. Served with mashed potatoes, buttered corn and garlic bread 11.59

Cena de Puntas de Bistec Sirloin

Crispy Chicken Strips

All white meat chicken strips, breaded and crispy-fried. Served with mashed potatoes, steamed broccoli, garlic bread and honey mustard sauce 8.99

Crujientes Tiras de Pollo

"Big" Chicken Fried Steak

A giant 12-oz. fried beef steak smothered in country gravy. Served with mashed potatoes, steamed broccoli and garlic bread 9.99

Smaller steak portion available 8.99

"Grande" Bistec Campestre Frito



"Big" Chicken Fried Steak

Mediterranean Lemon Chicken

Two seared chicken breasts marinated with rosemary, garlic and lemon. Served with seasoned red skin potatoes, steamed broccoli hollandaise and garlic bread 9.99

Pollo Mediterráneo con Limón



Mediterranean Lemon Chicken



Appetizer Sampler

Appetizer Sampler

All our favorites. Monster Mozza Sticks, Onion Rings and Crispy Chicken Strips. Served with honey mustard and marinara sauces 6.99

Aperitivos Sampler

Baskets & Bites

Monster Mozza Sticks

Five extra thick Mozzarella cheese sticks coated with Italian bread crumbs and fried crisp. Served with marinara sauce 5.29

Palitos de Queso Monster Mozza

Onion Rings Basket

Big and golden brown 3.99

Aros de Cebolla

Crispy Chicken Strips & Fries

All white meat chicken strips, breaded and crispy-fried. Served with seasoned fries, garlic bread and honey mustard dipping sauce 6.99

Crujientes Tiras de Pollo y Papas Fritas

Soups & Bountiful Salads

Today's Soup (Bowl) 2.99

Sopa del Día

Small House Salad 2.99

Ensalada Chica de la Casa

Served with your choice of salad dressing:

- Buttermilk Ranch
- Blue Cheese
- Creamy Caesar
- Balsamic Vinaigrette
- Honey Mustard
- Reduced-Fat Italian

Crispy Chicken Salad

Garden greens topped with diced crispy-fried chicken, tomatoes, crispy bacon, Jack and Cheddar cheeses and a hard boiled egg. Tossed with honey mustard dressing and served with garlic bread 7.99

Also available with grilled chicken 7.99

Ensalada de Pollo Crujiente



Crispy Chicken Salad



Grilled Chicken Caesar Salad

Grilled Chicken Caesar Salad

Grilled chicken breast served on romaine lettuce with Parmesan cheese and croutons, tossed in our Caesar dressing. Served with garlic bread 7.99

Without chicken 5.99

Ensalada César con Pollo Asado

Chicken & Spinach Salad

Fresh spinach tossed with balsamic vinaigrette. Topped with crispy-fried chicken, bacon, a hard-boiled egg, diced tomatoes and Cheddar cheese. Served with garlic bread 7.99

Ensalada de Pollo y Espinacas

Chicken Fajita Salad

Seasoned grilled chicken, green peppers and onions, tossed in a zesty dressing with mixed greens. Topped with a blend of cheeses, tomatoes, tortilla chips and sour cream 7.99

Ensalada con Fajitas de Pollo

Senior Specials 55 and over

*Rise 'N Shine

Two eggs, toast and hash browns served with your choice of two strips of bacon or two pork sausage links 5.79

Desayuno Levantate y Brilla

NEW! *Senior Two x Two x Two

Two buttermilk pancakes, two eggs and two crispy bacon strips or two pork sausage links 5.79

Dos x Dos x Dos Senior

Senior Buttermilk Pancakes

A stack of three of our award-winning buttermilk pancakes 5.29

Panqueques de Buttermilk Senior

Senior Omelette

Made with a splash of buttermilk and wheat pancake batter for extra fluffiness and your choice of two ingredients. Served with two buttermilk pancakes 5.79

Omelette Senior

*Senior Sampler

One egg, one buttermilk pancake, one strip of crispy bacon, one pork sausage link, one piece of ham and hash browns 5.79

Desayuno Sampler Senior

Senior French Toast

Four triangles of French toast dusted with powdered sugar. Served with two crispy bacon strips or two pork sausage links 5.29

Torrija Senior

Senior Grilled Chicken Breast

A tender breast of chicken lightly seasoned and grilled. Topped with your choice of sweet and tangy barbecue sauce or rich hollandaise. Served with seasoned red skin potatoes, steamed broccoli and garlic bread 6.99

Pechuga de Pollo Asada Senior



Rise 'N Shine



Free refills on coffee with our
Never Empty Coffee Pot

*Consumo ilimitado de café con nuestra
La Cafetera Nunca Está Vacía*

Add soup or a small house salad for only 1.59



Senior Grilled Tilapia Hollandaise

Senior Grilled Tilapia Hollandaise

Tilapia lightly seasoned, grilled to perfection and topped with rich hollandaise. Served with seasoned red skin potatoes, steamed broccoli and garlic bread 6.99

Tilapia Asada a la Holandesa Senior

NEW! Senior Pot Roast

A smaller portion of our tender USDA Choice pot roast with caramelized onions in a rich beef gravy. Served with mashed potatoes, buttered corn and garlic bread 5.99

Carne de Res Asada Senior

NEW! Senior Mediterranean Lemon Chicken

Rosemary, garlic and lemon marinated chicken breast seared to seal in flavor. Served with seasoned red skin potatoes, steamed broccoli hollandaise and garlic bread 6.99

Pollo Mediterráneo con Limón Senior

Senior Grilled Chicken Breast

A tender breast of chicken lightly seasoned and grilled. Topped with your choice of sweet and tangy barbecue sauce or rich hollandaise. Served with seasoned red skin potatoes, steamed broccoli and garlic bread 6.99

Pechuga de Pollo Asada Senior

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Just For Kids 12 and under

Rooty Jr.®

One scrambled egg, one strip of bacon, one pork sausage link and one fruit-topped buttermilk pancake with whipped topping 3.99

Rooty Jr.®

Funny Face

A big chocolate chip pancake dusted with powdered sugar and a whipped topping smile. Buttermilk version also available 3.99

Panqueque Carita Graciosa

Silver Five

Five silver dollar-sized buttermilk pancakes with a scrambled egg and crispy bacon 3.99

Panqueques Cinco de Plata

French Toast


Two triangles of French toast with two crispy bacon strips 3.99

Torrija

Cheese Omelette

Made with a splash of buttermilk and wheat pancake batter for extra fluffiness and filled with cheese. Served with two buttermilk pancakes 3.99

Omelette de Queso

NEW! 

Macaroni & Cheese

Served with fresh fruit 4.59

Macarrones con Queso

Crispy Chicken Strips

Served with fresh fruit 4.99

Crujientes Tiras de Pollo

Cheeseburger

Served with fresh fruit 3.99

Hamburguesa con Queso

Grilled Cheese Sandwich

Served with fresh fruit 3.59

Sándwich de Queso a la Plancha

Pigs in Blankets

Two pork sausage links rolled in buttermilk pancakes and served with fresh fruit 3.99

Salchichas en Panqueques



Kraft® Macaroni & Cheese

Kid's Ice Cream Sundae

Vanilla ice cream topped with your choice of cool strawberry topping or hot fudge plus whipped topping and a cherry 2.59

Kid's Helado

Kid's Drinks (Unlimited refills on soft drinks)

Soft Drinks, Milk, Chocolate Milk, Hot Chocolate 1.39

Kid's Bebidas

We now serve fresh fruit.

Substitute seasoned fries by request.

Ahora se sirve fruta fresca.

Sustituya por papas fritas sazonadas.

Sorry, no coupons or discounts on kids' items.



Create-A-Face Pancake For Me (shown decorated)

Kids—decorate with yogurt!

At IHOP, it's OK to play with your food.

¡Los niños adoran con yogurt!

IHOP For Me™ Smarter everyday selections

Calories / Carbohydrates / Fat / Saturated Fat / Protein / Sodium

Calorías / Carbohidratos / Grasa / Grasa Saturada / Proteína / Sodio

Create-A-Face Pancake For Me

A big buttermilk pancake with strawberry eyes, a whipped topping nose and a fresh banana smile. Served with a tube of strawberry yogurt to add your own special touch 4.59

Panqueque Haz Una Carita For Me

410 / 73g / 7g / 2.5g / 13g / 1340mg

Baby Cakes For Me

Scrambled egg substitute served with one turkey bacon strip and five silver dollar buttermilk pancakes 3.99

Panqueques Pequeños For Me

330 / 39g / 11g / 3.5g / 17g / 1020mg

Sugar-free syrup available upon request.

Jarabe sin azúcar disponible a su petición.

Please Note: See back page for nutritional information.

Jr. Scrambled Egg & Pancake For Me

Scrambled egg substitute served with one buttermilk pancake 3.29

Huevo Revuelto y Panqueque Junior For Me

170 / 19g / 6g / 1g / 11g / 540mg

Jr. Fish For Me

Tilapia lightly seasoned, grilled to perfection. Served with steamed broccoli 4.99

Tilapia Junior For Me

120 / 6g / 2g / 1g / 20g / 180mg

Jr. Fresh Fruit Dish For Me

A refreshing dish of seasonal fruit 2.59

Fruta Fresca Junior For Me

70 / 14g / 0g / 0g / 2g / 5mg

Desserts

Ice Cream Sundae

Vanilla ice cream smothered with hot fudge or your choice of fruit topping, plus whipped topping and a cherry 3.79

Helado con Chocolate o Fruta

Ice Cream 1.59

Helado

Fruit Crepe

A fruit crepe crowned with vanilla ice cream and whipped topping. With cool strawberry topping or your choice of fruit compote 3.29

Crepa de Fruta

Crispy Banana Caramel Cheesecake

Creamy cheesecake layered with chunks of banana and caramel, quick-fried in a flaky pastry tortilla. Topped with caramel, cinnamon, bananas and whipped topping 3.99

With a scoop of ice cream 4.99

Bizcocho de Pastel de Queso Frito

con Plátano y Caramelo

Milk Shake 2.99

Batido de Leche



Crispy Banana Caramel Cheesecake

Beverages

Unlimited Refills

Iced Tea 1.99

Té Helado

Soft Drinks 1.99

Refrescos



Dr. Pepper®



Regular or Decaf 1.99 per person

La Cafetera Nunca Esta Vacía

NEW! Iced Coffee

Freshly-brewed and creamy sweet. Available in Mocha, Vanilla or Original 1.99

Café con Hielo

2% Milk 1.99/2.69

Leche 2%

Chocolate Milk 1.99/2.69

Leche de Chocolate

Hot Chocolate 1.99 Hot Tea 1.99

Chocolate Caliente

Té Caliente

Premium Orange Juice (pure squeezed)

Jugo de Naranja y otros Jugos Disponibles


Other Juices Available:

Apple, Tomato, Cranberry or Grapefruit

Regular 1.99 Large 2.79 Carafe 4.99

IHOP For MeSM

Smarter everyday selections under 600 calories

Enjoy egg substitute and  turkey bacon featured in many items below.

Disfrute de sustituto de huevo y tocino de pavo que se incluyen en varios de los platillos que siguen.

Calories / Carbohydrates / Fat / Saturated Fat / Protein / Sodium
Calorías / Carbohidratos / Grasa / Grasa Saturada / Proteína / Sodio



Blueberry Harvest Grain 'N Nut[®] Combo For Me

Sugar-free syrup available upon request.

Jarabe sin azúcar disponible a su petición.

Did you know?

Egg substitute has:

- 80% less fat
- 50% less calories
- 75% less cholesterol

...than regular eggs



turkey bacon has:

- 60% less fat
- 53% less calories
- 36% less sodium

...than regular bacon.

Blueberry Harvest Grain 'N Nut[®] Combo For Me

Two Harvest Grain 'N Nut[®] pancakes loaded with blueberries and topped with sliced bananas. Served with scrambled egg substitute 6.99

Combo de Panqueques de Arándanos con Granos y Nueces For Me
 570 / 76g / 20g / 3.5g / 23g / 1090mg

NEW! Whole Wheat French Toast Combo For Me

Two slices of whole wheat French toast topped with sliced bananas. Served with scrambled egg substitute and two strips of turkey bacon 6.99

Combo de Torrija de Trigo Entero For Me
 470 / 51g / 14g / 3.5g / 39g / 970mg

NEW! Two x Two x Two For Me

Scrambled egg substitute, two strips of turkey bacon and two buttermilk pancakes 6.99

Dos x Dos x Dos For Me
 400 / 38g / 16g / 2.5g / 29g / 1370mg

NEW! Two-Egg Breakfast For Me

Scrambled egg substitute, two strips of turkey bacon, whole wheat toast and fresh fruit 6.99

Desayuno de Dos Huevos For Me
 380 / 40g / 11g / 2.5g / 28g / 820mg

Oatmeal For Me

A bowl of wholesome oatmeal served with milk and brown sugar 3.99

Avena For Me
 470 / 85g / 10g / 2.5g / 10g / 170mg

NEW! "Just Right" Omelettes

Made with egg substitute and served with fresh fruit.

Omelettes hechas con sustituto de huevo y se sirven con fruta fresca.

Spinach, Mushroom & Tomato Omelette For Me

With fresh spinach, mushrooms, onions and Swiss cheese. Topped with diced tomatoes 8.79

Con Espinacas, Champiñones y Tomate For Me
 350 / 24g / 14g / 6g / 32g / 510mg

Turkey Bacon Omelette For Me

With Swiss cheese 8.99

Con Tocino de Pavo For Me
 470 / 17g / 25g / 11g / 43g / 890mg

Veggie Omelette For Me

With mushrooms, green peppers, onions and oven-roasted tomatoes 8.79

Con Verduras For Me
 360 / 34g / 14g / 2.5g / 25g / 700mg



Spinach, Mushroom & Tomato Omelette For Me



Balsamic-Glazed Chicken For Me

Balsamic-Glazed Chicken For Me

A grilled tender boneless chicken breast topped with sautéed mushrooms, onions, diced tomatoes and balsamic glaze. Served with a side of steamed broccoli and a fresh green salad with reduced-fat Italian dressing 8.79

Pollo con Glaseado Balsámico For Me
 510 / 36g / 20g / 3g / 42g / 1770mg

Simply Chicken Sandwich For Me

A tender, grilled chicken breast on a toasted Romano-Parmesan bun with lettuce and fresh tomato. Served with a side of fresh fruit 6.99

Sándwich de Pechuga de Pollo For Me
 440 / 42g / 6g / 1.5g / 54g / 860mg

Tilapia Hollandaise For Me

Seasoned tilapia, grilled to perfection then topped with rich hollandaise. Served with steamed broccoli 8.99

Tilapia a la Holandesa For Me
 370 / 15g / 13g / 7g / 47g / 820mg

Fresh Fruit Bowl For Me

A light and refreshing bowl of seasonal fruit 5.99

Plato de Fruta Fresca For Me
 110 / 23g / 0g / 0g / 3g / 10mg



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Please Note: The nutritional information provided is approximate and offered as a guideline to our guests. Reported nutritional values are based on data collected through laboratory testing, the U.S. Department of Agriculture Handbook #8, our suppliers and Genesis R&D SQL Analysis Software (ESHA). Values obtained by testing foods using only laboratory methods may be different than the actual values for these items as served due to supplier differences, seasonal product differences, specification ranges, tolerances, variable preparation practices, recipe changes and ingredient substitutions. This menu is for informational purposes only. We encourage you to consult your doctor or dietitian if you have questions about your health or diet.

State and local taxes will be added to the price of all food and beverages.

15% gratuity will be added to parties of eight or more.

Not responsible for personal belongings.

Substitutions available for an additional charge.



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Come hungry.  Leave happy.SM