

BREAKFAST, LUNCH, DINNER.

IHOP[®]

ANYTIME.





Big Steak Omelette

Hearty Omelettes

Made with a splash of our famous buttermilk and wheat pancake batter for extra fluffiness and served with three buttermilk pancakes or fresh fruit. Substitute other famous pancake flavors for 1.59 more. Add hash browns 1.59

Big Steak Omelette Tender strips of steak, hash browns, green peppers, onions, mushrooms, tomatoes and Cheddar cheese. Served with salsa 9.39
Omelette de Bistec



Country Omelette A delicious blend of ham, cheese, onions and hash browns. Topped with sour cream 8.79
Omelette Campestre

Hearty Ham & Cheese Omelette Stuffed with diced ham, a rich cheese sauce and Jack and Cheddar cheeses 8.99
Omelette de Jamón y Queso

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

Spinach & Mushroom Omelette Fresh spinach, mushrooms, onions and Swiss cheese rolled in a fluffy omelette. Topped with rich hollandaise and diced tomatoes 8.99
Omelette de Espinacas y Champiñones

Colorado Omelette A meat lover's delight. Bacon, pork sausage, shredded beef, ham, onions, green peppers and Cheddar cheese. Served with salsa 9.39
Omelette Colorado

Garden Omelette An abundance of fresh green peppers, mushrooms, onions, tomatoes and Cheddar cheese 7.99
Omelette de Verduras

Chicken Fajita Omelette Grilled fajita seasoned chicken breast strips, onions and green peppers with salsa and a blend of cheeses. Topped with sour cream 8.99
Omelette de Fajitas de Pollo

Create Your Own Omelette Begin with our hearty omelette and your choice of cheese: *American, Cheddar, Jack and Cheddar blend, Provolone or Swiss* 6.79

Cre tu Propio Omelette

Then add your favorite ingredients .99 each

- Two Bacon Strips
- Two Pork Sausage Links
- 1 oz. Ham
- 2 oz. Extra Cheese
- 1 oz. Oven-Roasted Tomatoes
- 1 oz. Green Peppers & Onions
- 2 oz. Tomatoes
- 2 oz. Fresh Spinach
- 2 oz. Mushrooms



SIMPLE & FIT Spinach, Mushroom & Tomato Omelette

SIMPLE & FIT



Under 600 Calories

At IHOP, we're all about choice – whether you want something sweet or savory for breakfast, lunch or dinner, any time of day, IHOP offers hundreds of delicious combinations to satisfy your cravings. We also provide ways to enjoy our food that fit with your nutrition goals.

Choose one of our "SIMPLE & FIT" under 600 calorie selections or use our tips on how to enjoy lower calorie versions of your favorite IHOP Classics.

For breakfast foods:

- Hold the butter or whipped topping
- Ask for sugar-free syrup
- Ask for egg substitute
- Use a sugar substitute in coffees and teas
- Ask for 2% milk for your coffee instead of creamer
- Hold the cheese or ask for less

International Omelette A world of flavor! With ham, Cheddar cheese, green peppers, onions and salsa 8.79
Omelette Internacional

SIMPLE & FIT Omelettes

Our SIMPLE & FIT omelettes are made with egg substitute and served with seasonal fresh fruit.

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

SIMPLE & FIT Spinach, Mushroom & Tomato Omelette With fresh spinach, mushrooms, onions and Swiss cheese. Topped with diced tomatoes 8.99
330 Calories *Omelette de Espinacas, Champiñones y Tomate*

SIMPLE & FIT Turkey Bacon Omelette With Swiss cheese 8.99
420 Calories *Omelette de Tocino de Pavo*

SIMPLE & FIT Veggie Omelette With mushrooms, green peppers, onions and oven-roasted tomatoes 8.79
320 Calories *Omelette de Verduras*

Breakfast Combinations

Breakfast Sampler* Two eggs, two bacon strips, two pork sausage links, two pieces of ham, hash browns and two fluffy buttermilk pancakes 8.29

Desayuno Sampler

T-Bone Steak & Eggs* A mouthwatering USDA Select steak served with three eggs and three buttermilk pancakes 14.59

Bistec T-Bone y 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

New! Chicken Fried Steak & Eggs* An 8 oz. fried beef steak smothered in country gravy. Served with two eggs, hash browns and two buttermilk pancakes 9.99

iNuevo! Bistec Campestre Frito y Huevos

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

Combo de Salchichas Ahumadas

New! Biscuits & Gravy Combo* Two fluffy buttermilk biscuits with four sausage links and country gravy. Served with two eggs and hash browns 7.99

iNuevo! Combo de Bisquites con Salsa Gravy

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 Decisión Dividida

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

Corte-Grueso de Jamón con Hueso y Huevos

Quick Two-Egg Breakfast* Two eggs, hash browns, toast, plus two crispy bacon strips or two savory pork sausage links 6.99

Desayuno Rápido de Dos Huevos

SIMPLE & FIT Two-Egg Breakfast Scrambled egg substitute, two strips of turkey bacon, whole wheat toast and fresh fruit 6.99
350 Calories *Desayuno de Dos Huevos*

Eggs Benedict* Canadian-style bacon on an English muffin topped with two poached eggs and smothered with rich hollandaise. Served with hash browns 8.79

Huevos Benedict

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

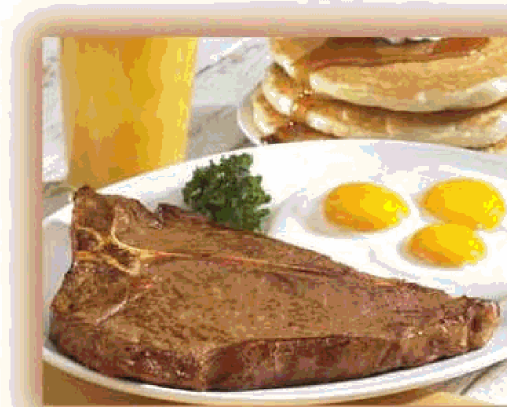
Proud to offer SIMPLE & FIT options upon request:

*Egg Substitute • Turkey Bacon
Sugar-free Syrup*

Variations in ingredients and preparation, as well as substitutions, will increase or decrease stated nutritional values, such as calories. Stated nutritional values are approximate; values obtained by laboratory testing may be different.



Breakfast Sampler



T-Bone Steak & Eggs



Smokehouse Combo



Sirloin Tips & Eggs

SIMPLE & FIT
SIGNATURE FAVORITE

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French Toast, Waffles & Sweet Crepes



Stuffed French Toast Combo

New! Create Your Own Viva La French Toast Combo* Your choice of French toast below served with two eggs, hash browns and your choice of two bacon strips or two pork sausage links 7.99

- Original
- Strawberry
- Whole Wheat with
- Strawberry Banana
- Cinnamon Apple
- Banana Slices
- Blueberry
- **New!** CINN-A-STACK™

iNuevo! Crea tu Propio Combo de Pan Francés

Stuffed French Toast Combo* Cinnamon raisin French toast with a sweet cream filling, crowned with your choice of cool strawberry topping, warm blueberry or cinnamon apple compote and whipped topping. Served with two eggs, hash browns, two bacon strips or two pork sausage links 7.99

Combo de Pan Francés Relleno

Strawberry Banana French Toast Six French toast triangles with cool strawberries, fresh banana slices and whipped topping 6.99

Pan Francés con Fresas y Plátanos

SIMPLE & FIT Whole Wheat French Toast Combo Two slices of whole wheat French toast topped with fresh slices of banana. Served with scrambled egg substitute and two strips of turkey bacon 6.99

490 Calories *Combo de Pan Francés de Trigo Entero*

New! CINN-A-STACK™ French Toast A stack of three slices of thick-cut French toast layered with a luscious cinnamon roll filling, then drizzled with rich cream cheese icing and topped with whipped topping 6.49

iNuevo! Pan Francés CINN-A-STACK™

Original French Toast Six fluffy triangle-shaped slices topped with whipped butter and powdered sugar 5.99

Pan Francés Original

New! Belgian Waffle Combo* Our Belgian waffle served with two eggs and your choice of two bacon strips or two pork sausage links 6.99

With cool strawberry topping, warm blueberry or cinnamon apple compote 7.99

iNuevo! Combo de Waffle Belga

Also available: Belgian Waffle Topped with whipped butter 5.99

Or crowned with your choice of cool strawberry topping, warm blueberry or cinnamon apple compote and whipped topping 6.99

Waffle Belga

New! Strawberry Banana Danish Fruit Crepes Two delicious crepes filled with an authentic Danish combination of cool strawberries and rich sweet cream cheese. Topped with cool strawberries, fresh slices of banana and whipped topping 7.99

iNuevas! Crepas Danesas de Fresas y Plátano

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

Crepas Nutella®

Swedish Crepes Four delicate crepes with lingonberries and lingonberry butter 6.79

Crepas Suecas

International Crepe Passport* Two eggs, two crispy bacon strips and two pork sausage links served with your choice of crepe below 6.99

- Nutella® Crepes
- Strawberry Banana
- **New!** Fresh Fruit Crepe
- Swedish Crepes
- Danish Fruit Crepe

Crepe Pasaporte Internacional

New! SIMPLE & FIT Seasonal Fresh Fruit Crepes Two crepes topped with fresh fruit, low-fat strawberry yogurt and granola 7.99

590 Calories *iNuevas! Crepas de Fruta Fresca*

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 Fríos



Belgian Waffle Combo



International Crepe Passport with Seasonal Fresh Fruit Crepe

Proud to offer SIMPLE & FIT options upon request:
Egg Substitute
Turkey Bacon
Sugar-free Syrup

SIMPLE & FIT
SIGNATURE FAVORITE

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World Famous Pancake Combos

Pick-A-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 7.99

- Original Buttermilk
- **New!** CINN-A-STACK™
- Double Blueberry
- Chocolate Chip
- New York Cheesecake
- Strawberry Banana
- Harvest Grain 'N Nut®
- Cinnamon Apple
- Strawberry

Elija un Combo de Panqueques

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

Plato de Panqueques

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®

SIMPLE & FIT Blueberry Harvest Grain 'N Nut® Combo

Two Harvest Grain 'N Nut® pancakes loaded with blueberries and topped with fresh slices of banana. Served with scrambled egg substitute 6.99

560 Calories *Combo de Panqueques de Arándanos con Granos y Nueces*

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

SIMPLE & FIT Two x Two x Two Scrambled egg substitute with two buttermilk pancakes and two strips of turkey bacon 6.99

400 Calories *Dos x Dos x Dos*

Three Eggs & Pancakes* Three eggs served with three fluffy buttermilk pancakes 6.29

Tres Huevos y Panqueques con su Elección
With your choice of:

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

Pancake Flavors

Double Blueberry Pancakes Four buttermilk pancakes filled with blueberries, topped with warm blueberry compote and whipped topping 7.39
Panqueques con Arándanos

Chocolate Chip Pancakes Four rich, chocolate batter pancakes filled with chocolate chips and topped with powdered sugar and whipped topping 7.39
Panqueques con Chispas de Chocolate

New! CINN-A-STACK™ Pancakes A stack of four fluffy buttermilk pancakes layered with a luscious cinnamon roll filling, drizzled with rich cream cheese icing and topped with whipped topping 7.39
¡Nuevos! Panqueques CINN-A-STACK™

New York Cheesecake Pancakes Four fluffy buttermilk pancakes loaded with creamy, rich cheesecake pieces and crowned with cool strawberries, powdered sugar and whipped topping 7.69
Panqueques de Pastel de Queso Nueva York

Strawberry Banana Pancakes Four pancakes filled with slices of banana and crowned with cool strawberries, more banana slices and whipped topping 7.39
Panqueques con Plátano y Fresas

Harvest Grain 'N Nut® Pancakes Four pancakes made with hearty grains, wholesome oats, almonds and English walnuts 7.39
With warm blueberry or cinnamon apple compote and whipped topping 8.39
Panqueques de Granos y Nueces

Original Buttermilk Pancakes Five award-winning buttermilk pancakes with authentic country flavor 6.39
Cinco Panqueques Originales de Buttermilk
Short stack of three buttermilk pancakes 5.79
Tres Panqueques Originales de Buttermilk

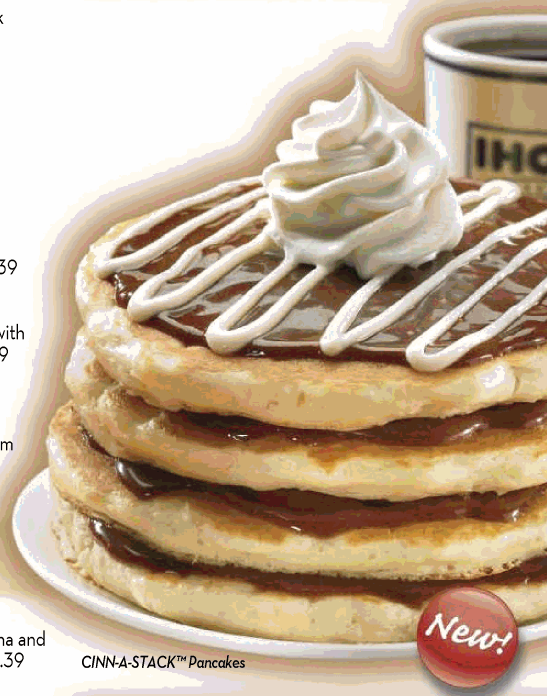
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Pick-A-Pancake Combo (pictured with Double Blueberry Pancakes)



SIMPLE & FIT Blueberry Harvest Grain 'N Nut® Combo



CINN-A-STACK™ Pancakes



Strawberry Banana Pancakes

To our guests with food sensitivities or allergies: IHOP cannot ensure that menu items do not contain ingredients that might cause allergic reaction. Please consider this when ordering.



Garden Stuffed Crepes

Savory Crepes

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

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

New! Bacon & Cheddar Stuffed Crepes

Two light, golden crepes filled with scrambled eggs, Cheddar cheese and bacon. Topped with Cheddar cheese and sour cream 7.99

¡Nuevas! Crepas de Tocino y Queso



Half Turkey Sandwich and Fresh Fruit

New! Take Two Combos

Pick two of your favorite items to make a combo 6.59

- House Salad
- Side Caesar Salad
- Seasonal Fresh Fruit
- **New!** Loaded Potato & Bacon Soup
- Soup of the Day
- Half Turkey Sandwich
- Half Pot Roast Melt Sandwich
- Half Double BLT Sandwich

¡Nuevo! Combo Llévate Dos

🍏 Seasonal fresh fruit paired with any half sandwich are under 600 calories.



Loaded Potato & Bacon Soup and Half Pot Roast Melt Sandwich

Signature Soups

New! Loaded Potato & Bacon Soup Creamy potato and bacon soup topped with Cheddar cheese and sour cream 2.99

¡Nueva! Sopa de Papa y Tocino

Soup of the Day 2.99

Sopa del Día

SIMPLE & FIT



🍏 **Under 600 Calories**

Choose one of our "SIMPLE & FIT" under 600 calorie selections or use our tips on how to enjoy lower calorie versions of your favorite IHOP Classics.

For lunch & dinner foods:

- Ask for reduced-fat salad dressing
- Hold the croutons on salads
- Ask for dressings and sauces on the side
- Choose steamed broccoli
- Hold the bread on dinner entrées
- Hold the cheese or ask for less
- Ask for a bun-less burger
- Choose diet soft drinks

🍏 **SIMPLE & FIT**
SIGNATURE FAVORITE

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Sandwiches & Burgers

Served with your choice of seasoned fries, onion rings, fresh fruit, soup or salad and a dill pickle spear (except for SIMPLE & FIT selections which are served as described).

New! Philly Cheese Steak Stacker Grilled Ribeye steak and onions topped with melted American cheese on a grilled roll 7.99

Sándwich de Bistec Philly con Queso

New! Turkey & Bacon Club Sandwich Roast turkey, crispy bacon, Cheddar cheese, sliced tomatoes, lettuce and mayonnaise on a grilled roll 7.29

¡Nuevo! Sándwich Club de Pavo y Tocino

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

Sándwich Doble con Tocino

Ham & Egg Melt Grilled sourdough bread stuffed with ham, scrambled eggs, Swiss and American cheeses 7.59

Sándwich de Huevo, Jamón y Queso Derretido

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

● SIMPLE & FIT Simply Chicken Sandwich 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

470 Calories *Sándwich de Pechuga de Pollo*

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

Sándwich de Asado de Res y Queso Derretido

Patty Melt A juicy all-beef burger with grilled onions and American cheese on grilled rye bread 7.49

Croqueta con Queso Derretido



Philly Cheese Steak Stacker



Tuscan Chicken Griller



Ham & Egg Melt

New! Bacon 'N Beef™ Burgers

Hickory-smoked bacon is blended right into the beef to make our burgers juicy and delicious with bacon flavor in every bite. Served with your choice of seasoned fries, onion rings, fresh fruit, soup or salad and a dill pickle spear.

An all-beef patty may be substituted for any of our Bacon 'N Beef™ Burgers.

Bacon 'N Beef™ Cheeseburger A thick, juicy, Bacon 'N Beef™ burger with Cheddar cheese on a Romano-Parmesan bun with lettuce, tomato and red onion 7.49

Hamburguesa Bacon 'N Beef™ con Queso

Bacon 'N Beef™ Bacon & Egg* Cheeseburger A thick, juicy, Bacon 'N Beef™ burger topped with Cheddar cheese, crispy bacon and one egg over medium on a Romano-Parmesan bun with lettuce, tomato and red onion 8.29

Hamburguesa Bacon 'N Beef™ con Tocino, Huevo y Queso

Bacon 'N Beef™ Bacon Cheeseburger A thick, juicy, Bacon 'N Beef™ burger with Cheddar cheese and two strips of crispy bacon on a Romano-Parmesan bun with lettuce, tomato and red onion 7.99

Hamburguesa Bacon 'N Beef™ con Queso y Tocino

Bacon 'N Beef™ Mega Mushroom Burger A thick, juicy, Bacon 'N Beef™ burger with grilled mushrooms and crowned with Swiss cheese. Served on a Romano-Parmesan bun with lettuce, tomato and red onion 8.29

Hamburguesa Bacon 'N Beef™ con Champiñones

Monster Bacon 'N Beef™ Cheeseburger Two thick, juicy, Bacon 'N Beef™ burger patties smothered in American and Provolone cheeses on a Romano-Parmesan bun with lettuce, tomato and red onion 8.79

Hamburguesa Bacon 'N Beef™ Grande con Queso



Bacon 'N Beef™ Bacon Cheeseburger



New!

Chicken Fajita Quesadilla

Appetizers

New! Chicken Fajita Quesadilla Grilled seasoned chicken breast with onions, green peppers and tomatoes in a grilled flour tortilla with Cheddar and Jack cheeses. Served with sour cream and salsa 7.99
¡Nueva! Quesadilla de Fajitas de Pollo

New! Steak Fajita Quesadilla Grilled seasoned steak with onions, green peppers and tomatoes in a grilled flour tortilla with Cheddar and Jack cheeses. Served with sour cream and salsa 7.99
¡Nueva! Quesadilla de Fajitas de Bistec

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

Appetizer Sampler All our favorites. Monster Mozza Sticks, Onion Rings and Crispy Chicken Strips. Served with honey mustard and marinara sauces 7.29
Aperitivos Sampler

Monster Mozza Sticks Five extra thick Mozzarella cheese sticks coated with Italian bread crumbs and fried crisp. Served with marinara sauce 5.79
Palitos Monster de Queso Mozzarella

Onion Rings Big bowl of golden brown onion rings 3.99
Aros de Cebolla



Appetizer Sampler

Fresh Salads

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

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

New! SIMPLE & FIT Fresh Fruit & Yogurt Bowl A light and refreshing bowl of seasonal fresh fruit topped with low-fat strawberry yogurt and granola 5.99
330 Calories *Plato de Fruta Fresca y Yogurt*

SIMPLE & FIT Fruit Bowl Refreshing seasonal fresh fruit 5.99
130 Calories *Plato de Fruta Fresca*

SIMPLE & FIT House Salad 2.99
Served with reduced-fat Italian dressing.
50 Calories *Ensalada de la Casa*

House Salad 2.99
Served with croutons and your choice of dressing.

Ensalada de la Casa

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

Side Caesar Salad Romaine lettuce, shredded Parmesan and croutons 2.99
¡Nueva! Orden Sencilla de Ensalada César

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

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



Crispy Chicken Salad

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SIMPLE & FIT
SIGNATURE FAVORITE

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Hearty Dinner Favorites

Served with your choice of soup, house salad or side Caesar salad and garlic bread (except for SIMPLE & FIT selections which are served as described).

T-Bone Steak* A big, juicy USDA Select steak, cooked just the way you like it. Served with seasoned red skin potatoes and steamed broccoli 14.59
Bistec T-Bone

Sirloin Steak Tips Dinner* Grilled, tender, sweet USDA Select sirloin tips grilled with onions and mushrooms. Served with mashed potatoes and buttered corn 11.59
Cena de Puntas de Bistec Sirloin

Thick-Cut Bone-In Ham Dinner A 10 oz. hickory-smoked ham steak served with mashed potatoes, buttered corn and cinnamon apples 9.99
Corte-Grueso de Jamón con Hueso

New! Chicken Fried Steak An 8 oz. fried beef steak smothered in country gravy. Served with mashed potatoes and steamed broccoli 9.99
iNueva! Bistec Campestre Frito

Grilled Tilapia Hollandaise Tilapia lightly seasoned, grilled and topped with rich hollandaise. Served with seasoned red skin potatoes and steamed broccoli 8.99
Tilapia Asada a la Holandesa

New! SIMPLE & FIT Grilled Tilapia Seasoned tilapia, grilled to perfection then topped with sautéed mushrooms, onions, diced tomatoes, balsamic glaze and a lemon wedge. Served with steamed broccoli and a house salad with reduced-fat Italian dressing 8.99
490 Calories *iNueva! Tilapia Asada*

New! Maui-style Crunchy Shrimp Light crunchy golden fried shrimp, served with steamed broccoli, seasoned red skin potatoes and Pineapple Island glaze 9.99
iNuevos! Camarones Crujientes Estilo Maui

Mediterranean Lemon Chicken Two seared chicken breasts marinated with rosemary, garlic and lemon. Served with seasoned red skin potatoes and steamed broccoli hollandaise 9.99
Pollo Mediterráneo con Limón

NEW! SIMPLE & FIT Grilled Balsamic-Glazed Chicken A grilled tender boneless chicken breast topped with sautéed mushrooms, onions, diced tomatoes and a balsamic glaze. Served with a side of steamed broccoli and a house salad with reduced-fat Italian dressing 8.99
440 Calories *Pollo Asado con Glaseado Balsámico*

Crispy Chicken Strips All white meat chicken strips, breaded and crispy-fried. Served with mashed potatoes, steamed broccoli and honey mustard sauce 8.99
Crujientes Tiras de Pollo

French Onion Pot Roast USDA Choice beef slow-cooked with caramelized onions in a rich beef and mushroom gravy. Served with mashed potatoes and buttered corn 9.99
Asado de Res con Cebollas Francesas

Smoked Sausage Two grilled, smoked sausage links with grilled onions and green peppers. Served with mashed potatoes and steamed broccoli 8.99
Salchichas Ahumadas



Sirloin Steak Tips Dinner



Chicken Fried Steak

New!



Maui-style Crunchy Shrimp

New!



French Onion Pot Roast



New!

Crispy Strawberry Banana Cheesecake

Delicious Desserts

Ice Cream Sundae Vanilla ice cream smothered with your choice of hot fudge or cool strawberry topping. Served with whipped topping and a cherry 3.79

Helado con Chocolate o Fresas Endulzadas

Ice Cream 1.59

Helado

Fruit Crepe A fruit crepe crowned with vanilla ice cream and whipped topping. With cool strawberry topping, warm blueberry or cinnamon apple compote 3.29

Crepa de Fruta

New! Crispy Strawberry Banana Cheesecake Creamy cheesecake layered with caramel and chunks of banana, quick-fried in a flaky pastry tortilla. Topped with cool strawberry topping, fresh slices of banana and whipped topping 3.99

With a scoop of ice cream 4.99

iNuevo! Bizcocho Frito de Queso con Fresas y Plátano

New! Old-Fashioned Chocolate Cake Rich, moist chocolate cake with melt-in-your-mouth chocolate frosting 2.99

With a scoop of ice cream 3.99

iNuevo! Pastel de Chocolate



New!

Old-Fashioned Chocolate Cake

55+ Specialty Entrées

*Seniority has its privileges.
For our guests 55 and over.*

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

Senior Omelette

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

Senior Desayuno Sampler

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

Senior Dos x Dos x Dos

Rise 'N Shine* Two eggs, toast and hash browns served with your choice of two strips of crispy bacon or two pork sausage links 5.99

Senior Desayuno Levantate y Brilla

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

Senior Pan Francés

Simple & Fit Senior Buttermilk Pancakes A stack of three of our award-winning buttermilk pancakes 5.29

490 Calories Senior Panqueques de Buttermilk

Senior Smoked Sausage Dinner A grilled smoked sausage link with onions and green peppers. Served with mashed potatoes, steamed broccoli and garlic bread 6.99

Senior Cena de Salchicha Ahumada

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

Senior Tilapia Asada a la Holandesa

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

Senior Asado de Res

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

Senior Pollo Mediterráneo con Limón

Senior Smoked Sausage Dinner A grilled smoked sausage link with onions and green peppers. Served with mashed potatoes, steamed broccoli and garlic bread 6.99

Senior Cena de Salchicha Ahumada



Rise 'N Shine



Senior Grilled Tilapia Hollandaise

Add soup, house salad or a side Caesar salad for only 1.59


**Simple & Fit
Signature Favorite**

*NOTICE: ITEMS MARKED WITH AN * MAY BE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

Just for Kids (12 and under)


All of our Just for Kids menu items are denoted with  and are SIMPLE & FIT with under 600 calories.


 **Create-A-Face Pancake** A big buttermilk pancake with strawberry eyes, a whipped topping nose and a fresh banana smile. Served with a tube of low-fat strawberry yogurt to add your own special touch 4.59
420 Calories *Panqueque Haz Una Carita*


 **Rooty Jr.®** One scrambled egg, one strip of bacon, one pork sausage link and one buttermilk pancake crowned with cool strawberry topping, warm blueberry or cinnamon apple compote with whipped topping 3.99
460-470 Calories *Rooty Jr.®*

 **Funny Face®** A big chocolate chip pancake dusted with powdered sugar and a whipped topping smile. Buttermilk version also available 3.99
480 Calories *Panqueque Carita Graciosa*

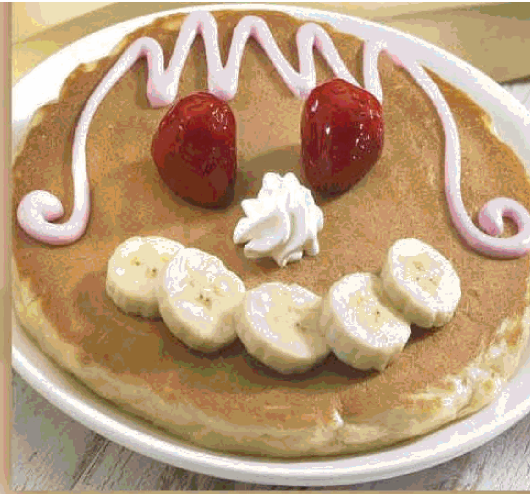
 **Silver Five** Five silver dollar-sized buttermilk pancakes with a scrambled egg and crispy bacon 3.99
360 Calories *Panqueques Cinco de Plata*

 **French Toast** Two triangles of French toast with two crispy bacon strips 3.99
430 Calories *Pan Francés*

 **Cheese Omelette** Made with a splash of buttermilk and wheat pancake batter for extra fluffiness and filled with cheese. Served with fresh fruit 3.99
520 Calories *Omelette de Queso*

 **Baby Cakes** Scrambled egg substitute served with one turkey bacon strip and five silver dollar buttermilk pancakes 3.99
210 Calories *Panqueques Pequeños*

 **Jr. Scrambled Egg & Pancake** Scrambled egg substitute served with one buttermilk pancake 3.59
180 Calories *Huevo Revuelto y Panqueque Jr.*



Create-A-Face Pancake (shown decorated)



Rooty Jr.®

We now serve fresh fruit. Substitute seasoned fries by request.

Ahora se sirve fruta fresca. Sustituya por papas fritas sazonadas.


 **Crispy Chicken Strips** Served with fresh fruit 4.99
290 Calories *Crujientes Tiras de Pollo*

 **Cheeseburger** Served with fresh fruit 3.99
500 Calories *Hamburguesa con Queso*

 **Grilled Cheese Sandwich** Served with fresh fruit 3.79
470 Calories *Sándwich de Queso a la Plancha*

 **KRAFT® Macaroni & Cheese** Served with fresh fruit 4.59
380 Calories *Macarrones con Queso*

 **Jr. Fish** Tilapia lightly seasoned, grilled to perfection. Served with broccoli 4.99
150 Calories *Tilapia Jr.*

 **Jr. Fresh Fruit Dish** A refreshing dish of seasonal fruit 2.59
80 Calories *Fruta Fresca Jr.*



Silver Five

Kid's Beverages & Dessert

Kid's Drinks (Free refills on soft drinks) 1.49

- Soft Drinks
- Milk
- Chocolate Milk
- Hot Chocolate

Kid's Bebidas

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 con Chocolate o Fresas Endulzadas



Kraft® Macaroni & Cheese

Sorry, no coupons or discounts on kids' items.

Variations in ingredients and preparation, as well as substitutions, will increase or decrease stated nutritional values, such as calories. Stated nutritional values are approximate; values obtained by laboratory testing may be different.

To our guests with food sensitivities or allergies: IHOP cannot ensure that menu items do not contain ingredients that might cause allergic reaction. Please consider this when ordering.



Thirst-Quenching Beverages

Free Refills



Never Empty Coffee Pot®
Regular or Decaf
1.99 per person

La Cafetera Nunca Está Vacía

Iced Coffee

Freshly-brewed and creamy sweet 1.99

Mocha • Vanilla • Original

Café Helado

New! IHOP Splashers™

Sparkling, fruity and refreshingly delicious 1.99

• **Splashberry:** A blend of IHOP's juicy red strawberries, lemon-lime soda and premium orange juice.

• **Tropical Island Twist:** A blend of lemonade, lemon-lime soda and tropical mango syrup.

iNuevos! IHOP Splashers™

Iced Tea 1.99

Té Helado

Lemonade 1.99

Limonada

Soft Drinks 1.99 *Refrescos*



Dr Pepper®

Minute Maid® Lemonade

New! International House Roast™ Flavored Coffee

French Vanilla • Swiss Mocha

2.29

iNuevo! Café de Sabor



French Vanilla and Swiss Mocha Flavored Coffees

Premium Orange Juice (pure squeezed)

Regular 2.09 Large 2.89 Carafe 4.99

Jugo de Naranja

Apple Juice

Regular 2.09 Large 2.89 Carafe 4.99

Jugo de Manzana

Tomato Juice

Regular 2.09 Large 2.89 Carafe 4.99

Jugo de Tomate

Grapefruit Juice

Regular 2.09 Large 2.89 Carafe 4.99

Jugo de Toronja

Cranberry Juice

Regular 2.09 Large 2.89 Carafe 4.99

Jugo de Arándano Rojo



Splashberry

Tropical Island Twist

2% Milk

Regular 1.99 Large 2.69

Leche al 2%

Chocolate Milk

Regular 1.99 Large 2.69

Leche con Chocolate

Hot Chocolate 1.99

Chocolate Caliente

Hot Tea 1.99

Té Caliente

Milk Shake 3.59

(Chocolate, Vanilla or Strawberry)

Malteada de Leche

Not responsible for personal belongings.
Substitutions available for an additional charge.
State and local taxes will be added to the price of all food and beverages.