



Fall/Winter





Anytime Tacos & Burrito

Savory flavors inspired by IHOP® signature Omelettes

SERVED WITH A CHOICE OF SIDE

Hash browns **V** (220 cal), French fries **V** (320 cal),
2 buttermilk pancakes **V** (330 cal), or seasonal fresh fruit **V** (50 cal).

BIG BREAKFAST BURRITO

3 slices of hickory-smoked bacon, 3 pork sausage links, hash browns, scrambled egg[‡], jack & cheddar cheeses & hollandaise wrapped & griddled in a tortilla.

1590 cal | 13.99

Burrito Grande de Desayuno

SPICY SHREDDED BEEF ANYTIME TACOS

2 tacos filled with fluffy scrambled egg[‡], shredded beef, fire-roasted poblano & red bell peppers, sautéed jalapeños, serrano peppers, onions & a four-cheese blend. Served with salsa.

920 cal | 12.99

Tacos Picantes de Huevo y Carne Desmenuzada

BACON, EGG & CHEESE ANYTIME TACOS

2 tacos filled with fluffy scrambled egg[‡], hickory-smoked bacon, a four-cheese blend & white cheese sauce. Served with salsa.

880 cal | 9.99

Tacos de Tocino, Huevo y Queso

CHICKEN FAJITA ANYTIME TACOS

2 tacos filled with fluffy scrambled egg[‡], seasoned grilled chicken breast, fire-roasted poblano & red bell peppers, onions & a four-cheese blend. Served with salsa.

800 cal | 11.99

Tacos de Huevo y Pollo Asado

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

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

‡ Made with a splash of buttermilk & wheat pancake batter.

Biscuits

Warm & flaky buttermilk biscuits that satisfy any craving

BREAKFAST BISCUIT SANDWICH

Buttermilk biscuit filled with 2 fried eggs*, American cheese, 2 strips of hickory-smoked bacon & cheese sauce (1080 cal). Served with choice of hash browns (220 cal), French fries (320 cal), 2 buttermilk pancakes (330 cal), or seasonal fresh fruit (50 cal). 11.50
Sándwich de Bisquet de Desayuno

CHICKEN BISCUIT SANDWICH

Buttermilk biscuit filled with crispy chicken breast, hash browns, pickle chips & country gravy (1100 cal). Served with choice of hash browns (220 cal), French fries (320 cal), 2 buttermilk pancakes (330 cal), or seasonal fresh fruit (50 cal). 11.50
Sándwich de Bisquet de Pollo

BUTTERMILK BISCUIT & GRAVY COMBO




Served with country gravy, 2 eggs*, 2 pork sausage links, 2 hickory-smoked bacon strips & hash browns.
1410-1500 cal | 11.50
Combo de Bisquet con Salsa Gravy



Eggs Benedict

Creamy hollandaise, poached eggs, toasty English muffin

SERVED WITH A CHOICE OF SIDE

Hash browns  (220 cal), crispy breakfast potatoes  (310 cal), or seasonal fresh fruit  (50 cal).

NEW BACON AVOCADO

Hickory-smoked bacon, avocado, poached eggs* & hollandaise on an English muffin.
750 cal | 11.99
Huevos Benedictos con Tocino y Aguacate


SPICY POBLANO

Fire-roasted poblano peppers, red bell peppers & onions, shredded beef, serrano peppers, poached eggs* & poblano hollandaise on an English muffin.
570 cal | 15.50
Huevos Benedictos Picantes con Chile Poblano

CLASSIC

Black forest ham, poached eggs* & hollandaise on an English muffin.
450 cal | 12.50
Huevos Benedictos Clásicos

Key:
 Vegetarian
 Spicy

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
IHOP cannot ensure menu items do not contain ingredients that might cause an allergic reaction or impact other dietary restrictions. Allergen information is available at IHOP.com.  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.

World-Famous Pancakes

Light & fluffy world-famous buttermilk pancakes griddled fresh to order

MEXICAN TRES LECHES

4 pancakes layered with vanilla sauce & dulce de leche caramel sauce.

710 cal | 11.99

Panqueques Mexicanos a la Tres Leches

STRAWBERRY BANANA

4 banana pancakes with glazed strawberries & fresh banana slices on top.

700 cal | 11.99

Panqueques con Fresas y Plátanos

CHOCOLATE CHOCOLATE CHIP

4 chocolate pancakes filled with chocolate chips & topped with chocolate drizzle.

Available in buttermilk.

790/770 cal | 11.99

Panqueques de Chocolate con Chispas de Chocolate

DOUBLE BLUEBERRY

4 blueberry pancakes with blueberry topping.

630 cal | 11.99

Panqueques con Arándanos

CINN-A-STACK®

4 pancakes layered with cinnamon roll filling & topped with cream cheese icing.

890 cal | 11.99

Panqueques con Relleno de Canela

ASK YOUR SERVER

11.99

PANCAKE

OF THE MONTH

NEW YORK CHEESECAKE

A fresh new take on the classic. 4 buttermilk pancakes layered & topped with creamy cheesecake mousse & glazed strawberries.

970 cal | 11.99

Panqueques con Mousse de Queso Nueva York

ORIGINAL BUTTERMILK

5 world-famous buttermilk pancakes topped with whipped real butter.

720 cal | 10.50

Available in a 3-stack. 460 cal | 9.50

Panqueques Originales de Buttermilk

ORIGINAL GLUTEN-FRIENDLY

4 fluffy gluten-friendly pancakes topped with whipped real butter.

630 cal | 10.50

Available in a 2-stack. 350 cal | 7.99

Panqueques Gluten-Friendly Originales

PROTEIN POWER

4 pancakes made with whole grain rolled oats, barley, rye & chia for at least 37g of protein. Topped with whipped real butter.

660 cal | 11.99

Panqueques de Proteína

Choose Your Syrup

Old-Fashioned (110 cal)

Strawberry (100 cal)

Blueberry (110 cal)

Butter Pecan (110 cal)


Free from high-fructose corn syrup.

Availability may vary^



NEW
RECIPE

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

 IHOP defines gluten-friendly as menu items prepared without gluten-containing ingredients based on information from our approved suppliers. We do not claim that items marked as gluten-friendly are "gluten free" because we cannot confirm that they meet the FDA's definition of "gluten free" (<20 parts per million of gluten). Because we have multiple sources of gluten in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item can be completely free of gluten. ^Calories based on 1 oz.

Make it a Griddle Combo

Each combo comes with 2 eggs*, 2 bacon strips or 2 pork sausage links & hash browns.

WORLD-FAMOUS PANCAKES

Choice of any 2 same-flavored pancakes. 770-1170 cal | 12.99
Make it with Original Gluten-Friendly Pancakes! **GF**
800-1000 cal | 12.99
Combo de Panqueques de Fama Mundial

WAFFLES

Choice of Belgian, Strawberry Cheesecake or OREO® Cookie Crumble Waffle.
1000-1630 cal | 12.79
Combo de Waffle Belga

CREPES

Choice of 2 Fresh Berry or 1 Cinnamon Bun Crepe.
780-990 cal | 14.25
Combo de Crepas

THICK 'N FLUFFY FRENCH TOAST

Choice of 1 slice of Classic or Strawberry Banana Thick 'N Fluffy French Toast.
930-1130 cal | 13.59
Combo de Grueso y Esponjoso Pan Francés



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Add a Side

BUTTERMILK BISCUIT & GRAVY

Warm & flaky buttermilk biscuit served with country gravy.

760 cal | 5.25

Bisquet con Salsa Gravy

Biscuit Only. Served with whipped real butter

810 cal | 4.99

Bisquet con Mantequilla

PORK SAUSAGE LINKS GF

(4) 420 cal | 3.99

(2) 210 cal | 1.99

Salchichas de Puerco

SMOKED SAUSAGE LINKS GF

(2) 490 cal | 3.99

Salchichas Ahumadas

SLICE OF HAM GF

120 cal | 3.99

Rebanada de Jamón

TURKEY BACON STRIPS GF

(4) 110 cal | 3.99

(2) 60 cal | 1.99

Tiras de Tocino de Pavo

IMPOSSIBLE™ SAUSAGE PATTIES FROM PLANTS GF V

(2) 240 cal | 2.89

Salchichas de Base Vegetal

HICKORY-SMOKED BACON STRIPS GF

(4) 200 cal | 3.99

(2) 100 cal | 1.99

Tiras de Tocino Ahumado

BUTTERED TOAST

170-350 cal | 2.99

Pan Tostado con Mantequilla

HASH BROWNS GF V

220 cal | 2.99

Papas Ralladas Fritas

CRISPY BREAKFAST POTATOES GF V

310 cal | 2.99

Papas Crujiente de Desayuno

SEASONAL FRESH FRUIT GF V

50 cal | 3.99

Fruta Fresca de Temporada

ENGLISH MUFFIN

180 cal | 2.99

Muffin Inglés



Sweet & Savory Crepes

Thin, delicate, French-style pancakes made with real eggs & griddled to order

NEW CHICKEN FLORENTINE

2 crepes filled & rolled with grilled chicken, jack & cheddar cheeses, tomatoes, spinach, onions & topped with hollandaise sauce.

860 cal | 11.99

Crepas Florentinas de Pollo

CINNAMON BUN

2 crepes filled with cheesecake mousse, drizzled with cinnamon bun filling, cream cheese icing & topped with fresh strawberries & powdered sugar.

680 cal | 9.99

Crepas de Canela

BREAKFAST

2 crepes filled with scrambled eggs‡, hickory-smoked bacon, hash browns, white cheese sauce & jack & cheddar cheeses. 1260 cal | 10.99

Crepas de Desayuno

FRESH BERRY

4 crepes folded & topped with fresh strawberries.

650 cal | 8.99

Crepas con Fresas Frescas



Thick 'N Fluffy French Toast

Thick & fluffy artisan bread dipped & griddled in our vanilla, cinnamon French toast batter

CLASSIC

2 slices topped with whipped real butter & powdered sugar.

900 cal | 10.25

Pan Francés Clásico

STRAWBERRY BANANA

2 slices topped with glazed strawberries, fresh bananas & powdered sugar.

960 cal | 12.50

Pan Francés con Fresas y Plátanos



Waffles

Golden-brown Belgian waffle with crispy edges & fluffy insides

STRAWBERRY CHEESECAKE

Belgian waffle with creamy cheesecake mousse, fresh strawberries & whipped topping.

710 cal | 11.50

Waffle con Mousse de Pastel de Queso y Fresas Frescas

OREO® COOKIE CRUMBLE

Belgian waffle with OREO® cookie pieces, creamy cheesecake mousse & whipped topping.

980 cal | 11.50

Waffle con Galletas OREO®

BELGIAN WAFFLE

Belgian waffle topped with whipped real butter.

560 cal | 9.99

Waffle Belga

CHICKEN & WAFFLES


Belgian waffle with 4 buttermilk crispy chicken strips. Served with choice of sauce.

1160-1180 cal | 13.99

Crujientes Tiras de Pollo y Waffles

Key:

 Vegetarian

 Gluten-Friendly

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‡ Made with a splash of buttermilk & wheat pancake batter. OREO is a trademark of Mondelez International group, used under license.

Breakfast Combos

WHOLESOME SUBSTITUTIONS:

Cage-free egg whites subtracts 35-80 cal per egg. Turkey bacon subtracts 20 cal per piece. .99

BREAKFAST SAMPLER

2 eggs*, 2 bacon strips, 2 pork sausage links, 2 pieces of ham, hash browns & 2 buttermilk pancakes†.

1050-1140 cal | 14.99

Muestras de Desayuno

SIRLOIN TIPS* & EGGS

Sautéed with onions & mushrooms, served with 2 eggs*, hash browns & 2 buttermilk pancakes†.

1180-1270 cal | 18.99

Puntas de Bistec Sirloin y Huevos

CHICKEN & PANCAKES

4 buttermilk crispy chicken strips & 3 buttermilk pancakes. Served with choice of sauce.

1070-1090 cal | 13.99

Crujientes Tiras de Pollo y Panqueques

SPLIT DECISION BREAKFAST

2 eggs*, 2 bacon strips, 2 pork sausage links, 2 buttermilk pancakes & 1 slice of our Classic Thick 'N Fluffy French Toast.

1250-1340 cal | 12.99

Desayuno de Decisión Dividida

QUICK 2-EGG BREAKFAST

2 eggs*, hash browns, 2 bacon strips or 2 pork sausage links & toast.

620-1000 cal | 10.99

Desayuno Rápido de 2 Huevos

IMPOSSIBLE™ PLANT-BASED SAUSAGE POWER COMBO V

2 Impossible™ sausage patties made from plants, scrambled cage-free egg whites, seasonal fresh fruit & choice of 2 protein pancakes or multigrain toast.

760/560 cal | 10.99

Combo de Salchichas de Base Vegetal

AVOCADO TOAST V

Grilled multigrain bread topped with sliced avocado & roasted cherry tomatoes. Served with choice of seasonal fresh fruit or hash browns.

Seasonal availability may vary.

640/800 cal | 8.99

Top it off with 2 eggs*. (adds 130-220 cal) 9.69

Top it off with 2 eggs* & 2 bacon strips.

(adds 230-320 cal) 9.99

Pan Tostado con Aguacate

SMOKEHOUSE COMBO

2 smoked sausage links, 2 eggs*, hash browns & 2 buttermilk pancakes.

1160-1250 cal | 12.99

Combo de Salchichas Ahumadas

COUNTRY FRIED STEAK & EGGS

A golden-battered beef steak, smothered in country gravy. Served with 2 eggs*, hash browns & 2 buttermilk pancakes.

1480-1570 cal | 15.99

Bistec Campestre Frito y Huevos

T-BONE STEAK & EGGS

10 oz. T-Bone steak* served with 3 eggs* & 3 buttermilk pancakes.

940-1070 cal | 21.99

Bistec T-Bone y Huevos

2x2x2

2 eggs*, 2 bacon strips or 2 pork sausage links & 2 buttermilk pancakes.

560-760 cal | 10.99

2 x 2 x 2



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† Calories for buttermilk pancakes excludes syrup.

Omelettes

Made with a splash of buttermilk & wheat pancake batter to make our omelettes light & fluffy

SERVED WITH A CHOICE OF SIDE

3 buttermilk pancakes **V** (460 cal), hash browns **V** (220 cal), buttered toast (170-350 cal), 3 flavored pancakes from pancakes section adds 2.25 (490-840 cal) or seasonal fresh fruit **V** (50 cal). Excludes Veggie Egg White Omelette, which is served as described.

WHOLESOME SUBSTITUTIONS:

Cage-free egg whites subtracts 290 cal per omelette.

BIG STEAK

Steak, hash browns, green peppers, onions, mushrooms, tomatoes & cheddar cheese.

Served with salsa.

1020 cal | 14.99

Omelette de Bistec

SPICY POBLANO **V**

Fire-roasted poblano peppers, red bell peppers & onions, shredded beef, jack & cheddar cheeses, avocado, poblano cream & chopped serrano peppers.

990 cal | 14.99

Omelette Picante de Chile Poblano

CHICKEN FAJITA

Grilled chicken breast with fire-roasted poblano & red bell peppers, onions & jack & cheddar cheeses. Served with salsa, sour cream & a grilled serrano pepper.

880 cal | 14.50

Omelette de Fajitas de Pollo

SPINACH & MUSHROOM

Sautéed spinach, mushrooms, onions, tomatoes, hollandaise & jack & cheddar cheeses.

880 cal | 14.50

Omelette de Espinacas y Champiñones

BACON TEMPTATION

Chopped hickory-smoked bacon, jack & cheddar cheeses, tomatoes & white cheese sauce.

1150 cal | 14.50

Omelette de Tocino

COLORADO

Bacon, shredded beef, pork sausage, ham, green peppers, onions & cheddar cheese.

Served with salsa.

1240 cal | 14.99

Omelette Colorado

VEGGIE EGG WHITE **GF** **V**

Cage-free egg white omelette with sautéed mushrooms & spinach, roasted cherry tomatoes & avocado. Served with seasonal fresh fruit.

420 cal | 14.50

Omelette de Claras de Huevo y Vegetales

BUILD YOUR OWN OMELETTE

380 cal | 10.99

Crea tu Propio Omelette

Choose Your Cheese

American 110 cal

Jack & Cheddar 210 cal **V**

Cheddar 230 cal **V**

Four-Cheese Blend 230 cal **V**

Choose Your Add-Ins

.99 each

Bacon 80 cal

Pork Sausage 210 cal

Ham 35 cal

Extra Cheese 110-230 cal

Sautéed Mushrooms 70 cal **V**

Sautéed Green Peppers & Onions 70 cal **V**

Hash Browns 220 cal **V**

Roasted Cherry Tomatoes 35 cal **V**

Fresh Tomatoes 10 cal **V**

Sautéed Spinach 80 cal **V**

Fresh Avocado 80 cal | adds 1.99 **V**



Key:

V Vegetarian

V Spicy

GF Gluten-Friendly

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Due to supply constraints, some items may not be available as they are listed on the menu. Certain ingredients may be substituted for comparable ingredients.

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Hand-Crafted Sandwiches

SERVED WITH A CHOICE OF SIDE

French fries **V** (320 cal), onion rings **V** (560 cal), seasonal fresh fruit **V** (50 cal), 2 buttermilk pancakes **V** (330 cal) or side salad **V** (290-310 cal).

PHILLY CHEESESTEAK STACKER

Grilled sirloin steak, onions & American cheese on a grilled roll.
840 cal | 13.50

Sándwich Philly de Bistec y Queso

CLASSIC CHICKEN SANDWICH

Grilled or crispy chicken breast with bacon, lettuce, tomato, four-cheese blend, avocado & buttermilk ranch on a grilled roll.

980/1090 cal | 13.25

Sándwich de Pollo, Tocino, Aguacate y Queso

CALI ROASTED TURKEY MELT

All-natural roasted turkey breast, hickory-smoked bacon, four-cheese blend, roasted cherry tomatoes, avocado & mayo on grilled multigrain bread.

1130 cal | 14.99

Sándwich de Pavo, Tocino, Aguacate y Queso



Kids Menu 12 & under

Kids Drinks: All kids meals include 1% Milk (100 cal), Chocolate Milk (190 cal), Hot Chocolate (170 cal) or Juice (45-110 cal).

FRENCH TOAST STICKS

Sliced French toast with a side of fresh strawberries, banana & chocolate dipping sauce.

680 cal | 6.99

Palitos de Pan Francés

SILVER 5

5 silver dollar pancakes, 1 scrambled egg & 1 bacon strip.

430 cal | 6.25

Panqueques 5 de Plata

JR. CHICKEN & WAFFLES

540 cal | 6.25

Jr. Pollo y Waffles

HAPPY FACE PANCAKE COMBO

Chocolate or buttermilk happy face pancake with 1 scrambled egg, 1 bacon strip & 1 pork sausage link.

560 cal | 6.25

Combo de Panqueque de Carita Feliz

KRAFT® MAC & CHEESE

Served with MOTT'S® Applesauce.

360 cal | 6.25

Macarrones con Queso

JR. CUPCAKE PANCAKE COMBO

With 1 scrambled egg, 1 bacon strip & 1 pork sausage link.

580 cal | 6.25

Jr. Combo de Panqueque Festivo

JR. CHICKEN STRIPS DINNER

Served with MOTT'S® Applesauce or French fries & a side of buttermilk ranch.

430/700 cal | 6.25

Jr. Cena de Tiras de Pollo

JR. CHEESEBURGER

All-natural Black Angus steakburger served with MOTT'S® Applesauce.

750 cal | 6.25

Jr. Hamburguesa con Queso

Sorry, no coupons or discounts on Kids items.

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Appetizers



CHICKEN QUESADILLA

Diced grilled chicken breast, fire-roasted poblano & red bell peppers, onions & melted jack & cheddar cheeses in a warm, grilled tortilla. Served with salsa, pickled jalapeños & sour cream.

1030 cal | 10.99

Quesadilla de Pollo

MOZZA STICKS

6 mozzarella cheese sticks served with marinara.

640 cal | 8.99

Palitos de Queso Mozzarella



CRISPY SHRIMP

10 crispy battered shrimp served with cocktail sauce.

460 cal | 11.25

Crujiente Camarón

CINNAMON DIPPERS

Donut holes tossed in cinnamon sugar. Served with cream cheese icing & dulce de leche caramel sauce.

760 cal | 5.25

Donitas de Canela para Sumergir

APPETIZER SAMPLER

Mozza sticks, onion rings & buttermilk crispy chicken strips served with marinara & choice of sauce.

1600-1620 cal | 12.99

Muestras de Aperitivos



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Soup & Fresh Salad

TOMATO BASIL SOUP

170 cal | 5.99
*Sopa de Tomate y
Albahaca*



CHOPPED CHICKEN SALAD

Choice of grilled or crispy chicken, hickory-smoked bacon, avocado, tomatoes, four-cheese blend & red onions.

990-1170 cal | 17.99

Ensalada de Pollo Asado o Crujiente

Dessert

CINNAMON DIPPERS

Donut holes tossed in cinnamon sugar. Served with cream cheese icing & dulce de leche caramel sauce. 760 cal | 5.25

Donitas de Canela para Sumergir

WAFFLE SUNDAE

Belgian waffle quarter topped with vanilla ice cream, chocolate syrup, whipped topping & choice of fresh strawberries or dulce de leche caramel sauce.

290/320 cal | 5.99

Waffle con Helado de Vainilla



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Ultimate Steakburgers

All-natural 100% USDA Choice Black Angus Beef on a brioche bun or Impossible™ Plant-Based Burger Patty Subtracts 70 cal | Adds 2.99

SERVED WITH A CHOICE OF SIDE

French fries **V** (320 cal), onion rings **V** (560 cal), seasonal fresh fruit **V** (50 cal), 2 buttermilk pancakes **V** (330 cal) or side salad **V** (290-310 cal).

BIG BRUNCH

Hickory-smoked bacon, fried egg*, American cheese & IHOP® sauce.

970 cal | 14.25

Hamburguesa con Huevo, Tocino y Queso

COWBOY BBQ

Onion rings, hickory-smoked bacon, American cheese, lettuce, tomato & tangy BBQ sauce.

1070 cal | 14.50

Hamburguesa con Tocino, Queso y Salsa BBQ

THE CLASSIC WITH BACON

Hickory-smoked bacon, American cheese, lettuce, tomato, red onion, pickles & IHOP® sauce.

890 cal | 13.99

Make it a double steakburger with cheese.

Adds 370 cal | Adds 1.99

Hamburguesa con Tocino y Queso

NEW BACON AVOCADO RANCH

Hickory-smoked bacon, avocado & buttermilk ranch with four-cheese blend, lettuce, tomato, pickles, onion & IHOP® sauce.

1130 cal | 14.25

Hamburguesa con Tocino y Aguacate

JALAPEÑO KICK

Spicy blend of sautéed jalapeños, serrano peppers & onions, hickory-smoked bacon, four-cheese blend, lettuce, tomato & mayo.

1150 cal | 14.50

Hamburguesa con Jalapeños y Queso

THE CLASSIC

American cheese, lettuce, tomato, red onion, pickles & IHOP® sauce.

790 cal | 12.99

Make it a double steakburger with cheese.

Adds 370 cal | Adds 1.99

Hamburguesa Clásica con Queso



55+ Menu

Special value for guests age 55+

55+ BREAKFAST SAMPLER

1 egg*, 1 bacon strip, 1 pork sausage link, 1 piece of ham, hash browns & 1 buttermilk pancake.

670-710 cal | 9.99

55+ Muestras de Desayuno

55+ 2x2x2

2 buttermilk pancakes, 2 eggs* & 2 bacon strips or 2 pork sausage links.

560-760 cal | 9.99

55+ 2 x 2 x 2

55+ RISE 'N SHINE

2 eggs*, hash browns, 2 bacon strips or 2 pork sausage links & toast.

620-1000 cal | 9.99

55+ Desayuno Levántate y Brilla

WHOLESOME SUBSTITUTIONS:

Cage-free egg whites subtracts 35-80 cal per egg. Turkey bacon subtracts 20 cal per piece. .99

55+ THICK 'N FLUFFY FRENCH TOAST

1 slice of Classic Thick 'N Fluffy French Toast & 2 hickory-smoked bacon strips or 2 pork sausage links.

590/700 cal | 8.99

55+ Grueso y Esponjoso Pan Francés

55+ BLT

Bacon, lettuce, tomato & mayo on toasted white bread. (390 cal).

Served with choice of French fries (320 cal), onion rings (560 cal), 2 buttermilk pancakes (330 cal) or side salad (290-310 cal). 8.99

55+ Sándwich de Tocino, Lechuga y Tomate

55+ CRISPY SHRIMP

5 crispy battered shrimp served with French fries & cocktail sauce.

780 cal | 10.99

55+ Crujiente Camarón y Papas Fritas

55+ CRISPY FISH

2 crispy battered fish served with French fries & tartar sauce.

880 cal | 10.99

55+ Crujiente Pescado y Papas Fritas

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All steakburgers are perfectly cooked to a minimum of 158° F.

Entrées

All entrées served with choice of 2 sides & garlic bread.

T-BONE STEAK ♦

10 oz. tender, juicy T-Bone steak* grilled to perfection.

440 cal | 25.99

Bistec T-Bone

SIRLOIN STEAK TIPS ♦

Tender sirloin steak tips* sautéed with mushrooms & onions.

650 cal | 16.65

Puntas de Bistec Sirloin

COUNTRY FRIED STEAK ♦

A golden-battered beef steak smothered in country gravy.

950 cal | 14.99

Bistec Campestre Frito

ATLANTIC SALMON ♦

6 oz. Salmon fillet grilled to perfection.


400 cal | 13.99


Salmón del Atlántico





Sides


Steamed Fresh Broccoli with Garlic Butter 90 cal 

French Fries 320 cal 

2 Buttermilk Pancakes 330 cal 

Green Beans with Garlic Butter 100 cal 

Side Salad 290-310 cal 

Red Skin Mashed Potatoes 240 cal 

Add an additional side to your entrée: 2.75



2,000 calories a day is used for general nutrition advice, but calorie needs vary. ♦ Calories for Entrées excludes sides.

Platters

FISHERMAN'S PLATTER

2 crispy battered fish & 5 crispy shrimp served with French fries, cocktail sauce & tartar sauce.

1140 cal | 16.99

Crujiente Pescado, Camarón y Papas Fritas

CRISPY FISH PLATTER

3 crispy battered fish served with French fries & tartar sauce.

1060 cal | 14.51

Crujiente Pescado y Papas Fritas

CRISPY SHRIMP PLATTER

10 crispy battered shrimp served with French fries, cocktail sauce & tartar sauce.

990 cal | 14.99

Crujiente Camarón y Papas Fritas

BUTTERMILK CRISPY CHICKEN STRIPS PLATTER

5 buttermilk crispy chicken strips served with French fries & choice of dipping sauce.

1040-1060 cal | 14.99

Crujientes Tiras de Pollo Buttermilk y Papas Fritas




2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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

Beverages

GF All beverages are gluten-friendly except OREO® Cookie milkshake.

Coffee, Tea & Hot Chocolate

Now offering Silk® Oat Creamers 30 cal per creamer 

NEW CARAMEL APPLE BUTTER HOT CHOCOLATE

250 cal | 3.50 each
Chocolate Caliente con Sabor a Manzana de Caramelo

FRENCH VANILLA CREAMY COLD FOAM COLD BREW

100% Arabica Iced Cold Brew sweetened with vanilla & topped with a vanilla creamy cold foam. 90 cal | 3.99 each
Café Helado con Vainilla y Cremosa Espuma de Vainilla

ICED COLD BREW COFFEE

Naturally smooth, never bitter. 100% Arabica. 0 cal | 4.83 each
Café Helado

HOT CHOCOLATE

170 cal | 3.25 each
Chocolate Caliente

HOT TEA

Free Refills. 0 cal | 3.25
Ask for available varieties.
Té Caliente

INTERNATIONAL HOUSE ROAST® COFFEE

Made with 100% Arabica beans. Free Refills. Regular or Decaf. 0 cal per cup 3.25 per person
Café Regular o Descafeinado

NEVER
EMPTY
COFFEE
POT

Lemonade & Iced Tea

TROPICANA® LEMONADE

Free Refills. 140 cal | 3.99
Limonada

FLAVORED LEMONADES

Free Refills. 4.99
NEW Caramel Apple 200 cal
NEW Blue Raspberry 190 cal
Mango 200 cal | Strawberry 200 cal
Limonadas con Sabor

LEMONADE ICED TEA

Free Refills. 70 cal | 4.99
Mezcla de Limonada y Té Helado

FRESHLY BREWED ICED TEA

Free Refills. 5 cal | 4.99
Té Helado

FLAVORED ICED TEAS

Free Refills. 4.99
Mango 60 cal | Strawberry 60 cal
Tés Helados con Sabor



NEW

IHOP Splashers®

STRAWBERRY LEMONADE SPLASHER

A blend of lemonade, lemon-lime soda & strawberry syrup. Topped with fresh strawberries. 190 cal | 4.39 each
Splasher de Fresa y Limonada

MANGO LEMONADE SPLASHER

A blend of lemonade, lemon-lime soda & mango syrup. Topped with fresh strawberries. 190 cal | 4.39 each
Splasher de Mango y Limonada

BLUE RASPBERRY LEMONADE SPLASHER

A blend of lemonade, lemon-lime soda & blue raspberry syrup. Topped with fresh strawberries. 180 cal | 4.39 each
Splasher de Frambuesa Azul y Limonada



Juice & Milk

IHOP SIGNATURE 100% PREMIUM ORANGE JUICE

Regular 120 cal | 3.99 each
Large 190 cal | 4.83 each
Jugo de Naranja

APPLE JUICE

Regular 110 cal | 3.99 each
Large 180 cal | 4.83 each
Jugo de Manzana

1% MILK

Regular 110 cal | 3.25 each
Large 180 cal | 3.99 each
Leche al 1%

CHOCOLATE MILK

Regular 200 cal | 3.25 each
Large 330 cal | 3.99 each
Leche con Chocolate

House-Made Milkshakes

Also available in Chocolate (680 cal) & Vanilla (600 cal). 4.99 each

NEW CARAMEL APPLE BUTTER

660 cal Malteada con Sabor a Manzana de Caramelo

OREO® COOKIE

750 cal Malteada de Galletas OREO®

CUPCAKE

710 cal Malteada Festiva

STRAWBERRY

Made with real fruit. 590 cal Malteada de Fresa

CINN-A-STACK®

720 cal Malteada de Canela

Fountain Drinks

Free Refills. 3.99 Refrescos



130 cal



0 cal



140 cal



130 cal



130 cal

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