



# IHOP

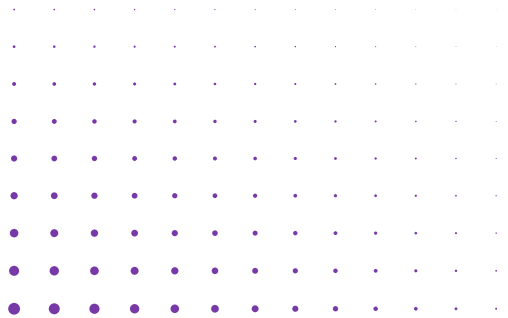
Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Pancakes</b> (includes pancakes only with toppings - no syrup)						
Original Buttermilk Pancakes without whipped topping (3)	390	2	1440	61	3	13
Double Blueberry Pancakes without whipped topping and blueberry topping (4)	550	3	1910	88	5	17
Strawberry Banana Pancakes (4)	700	5	1930	122	8	18
Rooty Tooty Pancakes (4)	540	5	1920	83	4	17
<b>Crepes</b> (includes crepes only with toppings - no syrup)						
Fresh Berry Crepes	650	6	950	91	5	19
Cinnamon Bun Crepe without cream cheese icing	600	12	710	72	3	12
<b>French Toast</b> (includes crepes only with toppings - no syrup)						
Strawberry Banana Thick & Fluffy	960	13	1190	144	9	24
<b>Combos</b>						
Avacado Toast w/ Scrambled egg white	640	7	970	48	17	21
Quik 2-Egg Breakfast w/ Scrambled Egg White	280	3	410	20	2	13
Wholesome 2-Egg Breakfast	330	1.5	790	41	4	22
<b>Omelettes</b>						
Veggie Egg White Omelette	420	4.5	1230	29	7	21
<b>Appetizers</b>						
Crispy Shrimp	460	4	940	51	3	16
<b>Fresh Salads &amp; Soups</b> (does not include salad dressing)						
Chopped Chicken Salad -Request NO CHEESE	350	7	390	16	9	14
House Salad	130	6	190	5	2	8

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<b>Entrees</b> (does not include sides or garlic bread)						
Salmon	250	2	660	2	0	35
Grilled Chicken Dinner	160	1	1180	0	0	34
T-Bone Steak (10oz)	290	4.5	580	0	0	49
<b>Platters</b> (does not include sauce)						
Buttermilk Crispy Chicken Strips and Fries	890	8	2660	83	7	46
<b>Egg Benedicts</b> (does not include side)						
Classic Benedict	480	10	1730	36	1	31
<b>Kids</b>						
French Toast Sticks with Applesauce	680	6	670	121	5	12
Jr. Chicken Strips with Applesauce	280	2	600	30	2	17
Jr. Waffle	240	6	350	32	1	5
Applesauce	50	0	0	14	1	0
Macaroni and Cheese with Applesauce	360	2.5	830	58	3	11
Silver 5 With Applesauce	340	6	880	49	3	7
Jr. Cupcake Pancake With Applesauce	360	6	520	67	2	4
Jr. Protein Pancake With Applesauce	230	1	400	39	3	10

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<b>Sides</b>						
Crispy Breakfast Potatoes	310	2.5	1010	42	4	5
Buttered English Muffin	180	3	200	31	1	6
Fresh Fruit	50	0	5	14	1	0
Grits	120	0	240	27	1	3
Slice of Ham	120	1	1350	5	0	20
Balsamic Vinaigrette dressing	160	2.5	270	7	0	0
Buttermilk Ranch dressing (1.5 oz for side salad; 1/2 entree size)	145	2.5	340	2	0	0
Bacon (2)	130	4	290	0	0	8
Turkey Sausage Links (2)	90	1.5	390	0	0	8
Turkey Bacon Strips (2)	60	1	340	0	0	5
Buttered Toast with Jam - Multigrain	210	2	290	35	3	6
Hard or Soft Boiled Eggs (2)	160	3.5	125	1	0	13
Poached Eggs (2)	130	2.5	260	0	0	11
Scrambled Egg Whites (2)	60	0	180	0	0	10

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