



LEMON RICOTTA BLUEBERRY CREPES

Smiles, Made to Order!

STRAWBERRY BANANA PANCAKES

World-Famous Pancakes & Crepes

★ Original Buttermilk

5 world-famous buttermilk pancakes topped with butter.

Cinn-a-Stack

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

Mexican Tres Leches

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

Cupcake

4 pancakes filled with rainbow sprinkles. Topped with cupcake icing.

New York Cheesecake

4 pancakes filled with cheesecake bites & topped with glazed strawberries.

Double Blueberry

4 pancakes filled with blueberries & topped with blueberry compote.

★ Strawberry Banana

4 pancakes filled with fresh banana slices. Topped with glazed strawberries & more banana slices.

Chocolate Chocolate Chip

4 chocolate pancakes filled with chocolate chips & topped with chocolate drizzle. Available in buttermilk.

Pancake Combo

Choice of any 2 same-flavoured pancakes, 2 eggs, 2 bacon strips or pork sausage links & hash browns.

Original Gluten-Friendly

4 fluffy gluten-friendly pancakes topped with butter.

Banana Crepes with Nutella

4 crepes topped with Nutella® The Original Hazelnut Spread® & freshly sliced bananas.

Strawberries & Cream Crepes

4 crepes topped with glazed strawberries & vanilla cream drizzle.

Lemon Ricotta Blueberry Crepes

2 crepes filled with lemon ricotta, topped with fresh blueberries, more lemon ricotta, powdered sugar & a lemon wedge.

Crepe Combo

Choice of Banana with Nutella® or Strawberries & Cream, 2 eggs, 2 bacon or 2 sausage & hash browns.

ORIGINAL BUTTERMILK



Ask your server for your favourite syrups, free of high-fructose corn syrup.

NEW! PROTEIN PANCAKES



NEW! Protein Power

4 protein pancakes made with whole grain rolled oats, barley, rye, chia, flax & 37 grams of protein. Topped with butter.



NEW! Strawberry Banana Protein

4 protein pancakes filled with fresh banana slices. Topped with glazed strawberries & more banana slices.



NEW! Lemon Ricotta Blueberry Protein

4 protein pancakes loaded with blueberries, topped with lemon ricotta & more fresh blueberries. Add a squeeze of lemon for an extra zing!

Breakfast Combos

★ Breakfast Sampler

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

Split Decision Breakfast

2 eggs, 2 bacon strips, 2 pork sausage links, 2 French toast triangles & 2 buttermilk pancakes.

★ Sirloin Tips & Eggs

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

★ Chicken & Pancakes

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

Quick 2-Egg Breakfast

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

T-Bone Steak & Eggs

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

Southwest Scramble

Scrambled eggs with Jack & Cheddar topped with salsa & avocado. Served with red potato pepper & onion hash or hash browns & side choice of toast or 2 buttermilk pancakes.

Smokehouse Combo

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

Country Fried Steak & Eggs

Smothered in country gravy, served with 2 eggs, hash browns & 2 buttermilk pancakes.

Simple & Fit Substitutions

Egg Whites
Turkey Bacon

2 x 2 x 2

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

Eggs Benedict

Canadian-style peameal bacon on an English muffin, 2 poached eggs & hollandaise. Served with hash browns.



BREAKFAST SAMPLER

French Toast & Waffles

Belgian Waffle

Our traditional golden-brown Belgian waffle topped with whipped real butter. Add a scoop of ice cream.

Chicken & Waffles

4 crispy chicken strips & our Belgian waffle. Served with choice of plum or ranch.

Belgian Waffle Combo

Belgian waffle, 2 eggs & 2 bacon or 2 sausage.



FRESH BLUEBERRY FRENCH TOAST

Our Original French Toast

6 triangles topped with butter & powdered sugar.

NEW! Fresh Blueberry French Toast

6 triangles topped with fresh blueberries, butter & powdered sugar.

Strawberry Banana French Toast

6 triangles topped with glazed strawberries & banana slices.

French Toast Combo

Choice of 4 Original or Strawberry Banana triangles, 2 eggs, 2 bacon strips or pork sausage links & hash browns.

SIDES

Hash Browns

Texas Toast

Crispy Bacon Strips 

Pork Sausage Links

Turkey Bacon Strips 

Fresh Fruit 

Canadian-Style Peameal Bacon 

Canadian Maple Syrup 

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 Spicy

 Gluten-Friendly

 IHOP® Signature

Omelettes

BIG STEAK OMELETTE



Made with a splash of buttermilk & wheat pancake batter!
Served with choice of 3 Buttermilk Pancakes, Hash Browns or Buttered Toast. Substitute 3 Flavoured Pancakes (from pancakes sections), 3 Gluten-Friendly Pancakes or Fresh Fruit.

🔥 Spicy Poblano
Fire-roasted Poblano peppers, red bell peppers & onions, shredded beef, Jack & Cheddar cheeses, avocado, Poblano cream & chopped Serrano peppers.

★ Big Steak
Steak, hash browns, green peppers, onions, mushrooms, tomatoes & Cheddar cheese. Served with salsa.


Colorado
Bacon, shredded beef, pork sausage & ham with green peppers, onions & Cheddar cheese. Served with salsa.

★ Chicken Fajita 
Grilled chicken breast with Poblano & red bell peppers, onions, Jack & Cheddar cheeses. Served with salsa, sour cream & a grilled Serrano pepper.

Bacon Temptation 
Chopped crispy bacon, Jack & Cheddar cheeses, tomatoes & white cheese sauce.

Spinach & Mushroom 
Fresh spinach, mushrooms, onions, tomatoes, hollandaise, Jack & Cheddar cheeses.

Egg White Veggie
Egg white omelette filled with fresh spinach, onions & Pepper Jack cheese topped with fresh avocado & tomatoes. Served with fresh fruit.

Country 
Ham, hash browns, onions, Jack & Cheddar. Topped with sour cream.

Build Your Own Omelette

Choose your cheese

Cheddar	Pepper Jack
White Cheddar	Swiss
Jack & Cheddar blend	Yellow

Choose your add-ins

Bacon	Hash Browns
Pork Sausage	Fresh Tomatoes
Ham	Serrano Peppers
Extra Cheese	Poblano Peppers
Sautéed Mushrooms	Fresh Spinach
Sautéed Green Peppers & Onions	Fresh Avocado

Burritos & Bowls

Served either wrapped in a warm tortilla or scrambled in a bowl. Served with choice of 2 Buttermilk Pancakes, Hash Browns, Buttered Toast or French Fries. Substitute 3 Flavoured Pancakes (from pancakes sections), 3 Gluten-Friendly Pancakes or Fresh Fruit.

BREAKFAST STYLE WITH EGGS & HASH BROWNS

The Classic
Scrambled eggs, bacon or sausage, shredded Jack & Cheddar cheeses, hash browns & a side of salsa.
Add avocado

🔥 Spicy Poblano Fajita
Tender shredded beef, scrambled eggs, Poblano & Serrano peppers, red peppers & onions, shredded Jack & Cheddar cheeses, avocado, hash browns & a side of Poblano queso.

Country Breakfast
Scrambled eggs, diced ham & sausage, fire-roasted peppers & onions, shredded Jack & Cheddar cheeses, hash browns & a side of country gravy.

Southwest Chicken
Grilled chicken, scrambled eggs, bacon pieces, red peppers & onions, tomatoes, queso sauce, shredded Jack & Cheddar cheeses, hash browns, avocado & a side of salsa.

SPICY POBLANO FAJITA BOWL



TRADITIONAL STYLE WITH RICE


🔥 Spicy Shredded Beef
Tender shredded beef, Poblano & Serrano peppers, red peppers & onions, shredded Jack & Cheddar cheeses, avocado, rice medley & a side of Poblano queso.

New Mexico Chicken
Grilled chicken, bacon pieces, red peppers & onions, tomatoes, queso sauce, shredded Jack & Cheddar cheeses, avocado, rice medley & a side of salsa.



NEW MEXICO CHICKEN BURRITO



 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 allergies.

Apps & Salads

Appetizer Sampler

Mozza Sticks, Onion Rings & Crispy Chicken Strips served with marinara & choice of plum or ranch.

Mozza Sticks

6 sticks with marinara.

Chicken & Veggie Salad

Grilled or crispy chicken, tomato, red onions, avocado & mushrooms on lettuce blend tossed in balsamic vinaigrette.

APPETIZER SAMPLER



Entrées

Sirloin Steak Tips

Sautéed with grilled onions & mushrooms. Served with corn & red-skin mashed potatoes.

Cheesy Chicken Bacon Ranch

2 grilled or crispy chicken breasts, white cheese sauce, Jack & Cheddar cheeses, diced bacon & diced tomatoes over our rice medley. Served with a side of ranch.

Grilled Tilapia

With steamed broccoli & rice medley.

Sides Served with 2 Buttermilk Pancakes of your choice. Substitute small Soup or Side Salad for 3.99 (3.00 USD).

Roasted Turkey Dinner

Topped with turkey gravy. Served with steamed broccoli & red-skin mashed potatoes.

Crispy Chicken Strips & Fries

5 crispy chicken strips - choose Original or tossed in either Frank's RedHot® Buffalo sauce or tangy BBQ sauce. Served with choice of dipping sauce.

Crispy Chicken

2 crispy chicken breast fillets with creamy Sharp Cheddar mac & cheese, & steamed broccoli. Add country gravy for 2.99 (2.25 USD)



CRISPY CHICKEN

55+ Menu

SPECIAL VALUES FOR GUESTS AGES 55+

Breakfast

55+ Breakfast Sampler

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

55+ Rise 'N Shine

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

55+ Cheese Omelette

Made with Cheddar & a splash of buttermilk & wheat pancake batter. Served with 2 buttermilk pancakes.

55+ French Toast

4 triangles with 2 bacon strips or 2 pork sausage links.

Simple & Fit Substitutions

Egg Whites

Turkey Bacon

Burgers & Chicken

CHOOSE YOUR PROTEIN 100% Canadian Angus Beef Steakburger | Crispy Chicken | Seasoned Grilled Chicken

Sides Choice of French Fries, Onion Rings or 2 Buttermilk Pancakes. Substitute Fresh Fruit or Side Salad.



COWBOY BBQ
STEAKBURGER

The Classic

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

The Classic with Bacon

Bacon, Yellow cheese, lettuce, tomato, red onion, pickles & IHOP® sauce. Double it up with an extra patty & cheese.

Mega Monster

2 steakburger patties, Yellow cheese and White Cheddar, lettuce, tomato, red onion, pickles & IHOP® sauce.

Cowboy BBQ

Onion rings, bacon, Yellow cheese, lettuce, tomato & tangy BBQ sauce.

Jalapeño Kick

Spicy blend of sautéed jalapeños, Serranos and onion, bacon, Pepper Jack cheese, lettuce, tomato & mayo.

Big Brunch

Bacon, fried egg, crispy potato pancake, Yellow cheese & IHOP® sauce.

Hand-Crafted Melts

Sides Choice of French Fries, Onion Rings or 2 Buttermilk Pancakes. Substitute Fresh Fruit or Side Salad.

Cheese-Crusted Four-Cheese Melt

Pepper Jack, Yellow & Swiss cheeses on cheese-crust bread. Comes with Poblano queso for dipping.

BBQ Mac Melt

Pulled pork with a BBQ drizzle, Sharp Cheddar mac & cheese, Swiss cheese & pickles on grilled, thick-cut bread. Comes with a BBQ sauce for dipping.

Philly Cheese Steak Stacker

Grilled sirloin steak, onions & Yellow cheese on a grilled roll.

BLTA

6 bacon strips, lettuce, tomato, avocado & mayo on grilled sourdough.

Pepper Jack Patty Melt

100% Canadian Angus beef steakburger patty, Pepper Jack cheese, grilled onions, pickled Jalapeños & IHOP® Sauce on cheese-crust bread.

Ham & Egg Melt

Ham, fried egg & Yellow cheese on grilled, thick-cut bread. Substitute Canadian-Style Peameal Bacon.

Buffalo Chicken Melt

Crispy chicken breast strips tossed in Franks RedHot® Buffalo sauce, pickles & Swiss cheese on grilled, thick-cut bread. Comes with ranch sauce for dipping.



ROASTED TURKEY MELT

Roasted Turkey Melt

22.99 (17.28 USD)

Roasted turkey breast, bacon, Swiss cheese, roasted cherry tomatoes, fresh avocado & mayo on grilled multigrain bread.

Kid's Menu 12 & UNDER

Kid's Drinks

Silver 5

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

Jr. Chicken & Waffles

2 crispy chicken breast strips & 2 Belgian waffle quarters.

Jr. Cheeseburger

100% Canadian Angus served with Mott's® Applesauce.

Jr. Cupcake Pancake Combo

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

Jr. Chicken Strips Dinner

With corn or French fries & a side of ranch.

Funny Face® Pancake Combo

Chocolate Funny Face® pancake with 1 scrambled egg, 1 bacon strip & 1 pork sausage link.

KRAFT® Macaroni & Cheese

With Mott's® Applesauce.

Grilled Cheese Sandwich

With Mott's® Applesauce.

All steakburgers are perfectly cooked to a minimum of 160° F.
Frank's RedHot is a registered trademark of McCormick & Co. and used under license by IHOP.
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Beverages

All beverages are gluten-friendly except OREO® Milkshake

NEW! Iced Cold Brew Coffee

Naturally sweet, never bitter. 100% Arabica.

★ International House Roast Coffee

Free Refills. Regular or Decaf.

Specialty Coffee

Cappuccino or Latte.

Espresso

Fruit Juices

Orange Juice and Apple Juice.

Tea & Lemonade

Lemonade, Iced Tea, Hot Tea.

Milk

2% or Chocolate Milk.

Hot Chocolate

Fountain Drinks

Pepsi, Diet Pepsi, Root Beer or 7-UP.

Mimosa

Sparkling wine and Orange Juice.

Beer

Ask for selections.

ICED TEA

INTERNATIONAL
HOUSE ROAST® COFFEE



ICED COLD
BREW COFFEE

100% PREMIUM
ORANGE JUICE

Topped with
fresh blueberries



IHOP Splashers®

NEW! Mango Lemonade Splasher

A blend of lemonade, 7-UP & mango syrup.

NEW! Wildberry Lemonade Splasher

A blend of lemonade, 7-UP & wildberry syrup.

NEW! Blue Raspberry Lemonade Splasher

A blend of lemonade, 7-UP & blue raspberry syrup.

★ Milkshakes

Vanilla

Chocolate

Strawberry

Made with real fruit.

OREO® Cookie



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