



# IHOP

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>Pancakes</b> (includes pancakes only with toppings-no syrup)						
Original Buttermilk Pancakes	230	4	1320	39	1	11
Double Blueberry Pancakes	390	1.5	1750	81	4	15
Lemon Ricotta Blueberry Protein Pancakes	510	4	1480	73	6	38
Strawberry Banana Pancakes	460	1.5	1780	99	6	17
Strawberry Banana Protein Pancakes	520	0.5	1380	89	7	36
<b>Crepes</b> (includes crepes only with toppings-no syrup)						
Fresh Berry Crepes	320	2	590	51	2	14
<b>French Toast</b> (includes French Toast only with toppings-no syrup)						
Strawberry Banana Thick & Fluffy	480	6	590	72	4	12
<b>Combos</b>						
Avocado Toast	580	6	960	49	6	10
Plant-Based Power Sausage Combo	400	6	720	34	6	39
<b>Omelettes</b>						
Pesto Veggie Egg White Omelette w/ side of fruit	480	6	640	26	7	21
<b>Appetizers</b>						
Crispy Shrimp	460	4	940	51	3	16
<b>Fresh Salads &amp; Soups</b> (does not include salad dressing)						
Fresh Berry Salad with Crispy Chicken	470	4	640	42	14	22
Fresh Berry Salad with Grilled Chicken	330	3	870	26	13	21
Fresh Berry Salad with Salmon	490	4.5	700	27	13	41
House Salad	140	6	200	7	3	9
<b>Entrees</b> (does not include sides or garlic bread)						
Pesto Grilled Chicken	420	3	2540	3	0	69
Salmon	250	2	660	2	0	35





Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>Kids</b>						
Apple Sauce	50	0	0	14	1	0
French Toast Sticks	680	0	670	120	6	13
Jr. Chicken Strips Dinner with Apple Sauce	440	4.5	860	31	2	17
Jr. Waffle	290	6	350	46	2	5
<b>Sides</b>						
Avocado	80	1	0	4	3	1
Buttered English Muffin	180	3	290	29	1	5
Corn Tortilla	110	0	50	23	2	2
Crispy Breakfast Potatoes	280	2.5	1120	37	5	5
Fresh Fruit	50	0	5	14	1	0
Grits	110	0	85	23	1	2
Slice of Ham	120	1	1350	5	0	20
Balsamic Vinaigrette dressing*	160	2.5	270	6	0	0
Buttermilk dressing*	160	2.5	260	6	0	0
1.5 oz salad dressing served with the side salad or ½ entrée salad size						

