



Vegetarian and Vegan Menu Guide

IHOP is committed to transparency, and we are proud to offer our guests looking for vegetarian and vegan menu items detailed information to make their menu selections. Use the information in this guide to find a menu item that meets your needs. Please note, some menu items have specific modifications required that you will need to tell your server in order to make the menu item vegetarian or vegan.

If you have questions about this information, please contact IHOP Guest Relations
1-866-444-5144



Vegetarian Menu Guide

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. Limited time offers, regional items, test items, or temporary substitutions may not be included.

Menu Items	Tips
Pancakes, Crepes, Waffles, French Toast	
<ul style="list-style-type: none"> • Chocolate Chip Pancakes • Double Blueberry Pancakes • New York Cheesecake Pancakes • Original Buttermilk Pancakes • Strawberry Banana Pancakes • Protein Power Pancakes • Belgian Waffle • Strawberry Cheesecake Waffle • Strawberry Banana French Toast (<i>no powdered sugar</i>) • Classic French Toast (<i>no powdered sugar</i>) 	
Griddle & Breakfast Combos	
<ul style="list-style-type: none"> • Quick 2 Egg Breakfast (<i>no bacon or sausage</i>) • Avocado Toast 	<ul style="list-style-type: none"> • Toast options: <ul style="list-style-type: none"> ○ White, Whole Wheat and Multi-grain toast are vegetarian ○ All other toast options vary by location ○ Request no jam/jelly • Add Hash Browns or Avocado instead of meat • Fire Roasted Poblano Salsa is vegetarian • Avoid Poblano Queso and Queso Sauce
Omelettes	
<ul style="list-style-type: none"> • Veggie Egg White • Big Steak Omelette (<i>no steak</i>) • Garden Omelette • Build Your Own Omelette (<i>add any veggie and vegetarian cheese</i>) 	<ul style="list-style-type: none"> • Cheeses that are vegetarian: <ul style="list-style-type: none"> ○ Jack & Cheddar Cheese ○ Four-cheese Blend ○ Cheddar Cheese • Avoid Hollandaise
Benedicts	
<ul style="list-style-type: none"> • No options available at this time 	<ul style="list-style-type: none"> • Avoid Hollandaise
Biscuits	

<ul style="list-style-type: none"> No options available at this time 	
Burgers & Sandwiches	
<ul style="list-style-type: none"> No options available at this time 	
Apps & Soups & Salads	
<ul style="list-style-type: none"> Tomato Basil Soup Chopped Chicken Salad (no chicken, no bacon) Mozzarella Sticks 	
Entrees & Platters	
<ul style="list-style-type: none"> No options available at this time 	
55+ Menu	
<ul style="list-style-type: none"> 55+ Rise 'N Shine (<i>no bacon or sausage</i>) 55+ French Toast (<i>no bacon or sausage, no powdered sugar</i>) 	<ul style="list-style-type: none"> Toast options: <ul style="list-style-type: none"> White, Whole Wheat and Multi-grain toast are vegetarian All other toast options vary by location Request no jam/jelly Add Hash Browns or Avocado instead of meat
Sides	
<ul style="list-style-type: none"> Crispy Breakfast Potatoes Fresh Fruit Hash Browns Buttered White toast (<i>no jam/jelly</i>) Buttered Whole Wheat toast (<i>no jam/jelly</i>) Buttered Multi-grain toast (<i>no jam/jelly</i>) Buttermilk Biscuit with Butter Grits French Fries Onion Rings Steamed Fresh Broccoli Mashed Potatoes Side Salad Sauteed Spinach 	
Dessert	
<ul style="list-style-type: none"> Waffle Sundae with Strawberries Waffle Sundae with Caramel 	
Kids Menu	
<ul style="list-style-type: none"> Silver 5 Jr. Waffles Jr. Protein Pancake Applesauce Fresh Strawberries & Bananas Steamed Fresh Broccoli 	

<ul style="list-style-type: none"> • Hash Browns • French Fries • Jr. Cinnamon Dippers 	
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Vegan Menu Guide

IHOP defines vegan as a menu item that does not contain beef, poultry, pork, seafood, dairy, eggs, and honey. In addition, IHOP's vegan 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. Limited time offers, regional items, test items, or temporary substitutions may not be included.

Menu Items	Tips
Pancakes, Crepes, Waffles, French Toast	
<ul style="list-style-type: none"> • No options available at this time 	
Griddle & Breakfast Combos	
<ul style="list-style-type: none"> • No options available at this time 	
Omelettes	
<ul style="list-style-type: none"> • No options available at this time 	<ul style="list-style-type: none"> • Use the Build Your Own veggies to create loaded Hash Browns
Benedicts	
<ul style="list-style-type: none"> • No options available at this time 	
Biscuits	
<ul style="list-style-type: none"> • No options available at this time 	
Burgers & Melts	
<ul style="list-style-type: none"> • No options available at this time 	
Apps & Soups & Salads	
<ul style="list-style-type: none"> • No options available at this time 	
Entrees & Platters	
<ul style="list-style-type: none"> • No options available at this time 	
55+ Menu	
<ul style="list-style-type: none"> • No options available at this time 	
Sides	
<ul style="list-style-type: none"> • Crispy Breakfast Potatoes • Fresh Fruit • Hash Browns • Multi-grain toast (<i>no butter or jam</i>) 	

<ul style="list-style-type: none"> • French Fries • Steamed Fresh Broccoli (<i>no garlic butter</i>) • Side Salad (<i>no cheese, no dressing</i>) • Sauteed Spinach 	
Dessert	
<ul style="list-style-type: none"> • No options available at this time 	
Kids Menu	
<ul style="list-style-type: none"> • No options available at this time 	