



# Interactive Nutrition Menu

Last Updated: 04/16/2024

Click on a nutrition heading to sort the menu in real-time. <span>Close</span>										
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)

## Family Feasts

(1) Classic Cheeseburger with Fries for Burger Family Feast	1,240	78	21	2	90	3,590	97	7	18	38
(1) Classic Crispy Chicken Sandwich with Fries for Burger Family Feast	1,200	68	14	0.5	60	3,520	113	8	17	36
Add Bacon to Burger or Sandwich Family Feast	400	33	12	0	45	1,270	2	0	2	24
Breakfast Family Feast with French Toast	5,340	337	112	2	2,505	7,020	424	20	130	155
Breakfast Family Feast with Pancakes	4,690	296	93	1.5	2,060	8,650	365	18	105	144
Breakfast Family Feast with Waffles	5,140	332	125	3	2,230	6,750	400	16	121	140
Family Dinner Feast with French Fries, Mac N Cheese & Salad	4,860	255	66	3	470	13,690	444	35	80	197
Pancake Creations Family Feast Item is shown without the choice of meat or toppings, see below for the additional nutrition information.	3,510	184	57	1	1,890	6,070	364	17	105	100

## Pancake Creations Family Feast Options

Add Cheese to Eggs	900	73	42	1.5	220	1,430	7	0	<1	53
Meat Choice - Bacon Slices	400	33	12	0	45	1,270	2	0	2	24
Meat Choice - Pork Sausage Links	850	85	30	0	135	1,320	3	<1	1	20
Topping Choice - Blueberry Compote	160	0	0	0	0	0	42	2	34	<1
Topping Choice - Cheesecake Bites	390	23	12	0.5	95	280	41	1	28	6
Topping Choice - Chocolate Chips	530	30	19	0	5	0	76	8	62	5
Topping Choice - Chocolate Sauce	460	1	0	0	0	170	111	3	105	2
Topping Choice - Strawberries in Glaze	140	0	0	0	0	30	36	3	30	<1
Topping Choice - Vanilla Sauce	320	24	16	0.5	65	150	26	0	20	2

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
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## Breakfast Beverage Bundle

1% Milk (16 fl oz)	180	4	2.5	0	20	190	21	0	21	14
Apple Juice (16 fl oz)	180	0	0	0	0	25	44	0	40	0
Chocolate Milk (16 fl oz)	330	4	2.5	0	20	230	59	1	57	14
Coffee (16 fl oz)	0	0	0	0	0	10	0	0	0	0
Decaf Coffee (16 fl oz)	0	0	0	0	0	10	0	0	0	0
Orange Juice (16 fl oz)	190	0	0	0	0	20	48	1	47	2

## Lunch & Dinner Beverage Bundle

Lemonade (30 fl oz)	250	0	0	0	0	115	64	0	62	0
Sweeter Tea (30 fl oz)	370	0	0	0	0	20	96	0	93	0
Unsweetened Iced Tea (30 fl oz)	10	0	0	0	0	15	2	0	0	0

## Limited Time Offers

(3) Crispy Chicken Strips (no sauce) Item is shown without the choice of dipping sauce, see below for the additional nutrition information.	340	16	3	0	55	890	25	2	0	25
(3) Crispy Chicken Strips with BBQ Sauce Item is shown without the choice of dipping sauce, see below for the additional nutrition information.	440	16	3	0	60	1,600	47	3	15	26
(3) Crispy Chicken Strips with Nashville Hot Sauce Item is shown without the choice of dipping sauce, see below for the additional nutrition information.	670	51	8	0	55	1,340	29	4	1	26
(4) Cinnamon Apple Pecan Pancakes	850	25	6	0	85	2,130	139	6	67	19
Build Your Combo - Cinnamon Apple Pecan Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	820	32	7	0	45	1,370	119	6	60	13
Buttermilk Crispy Chicken Sandwich	750	42	9	0	55	1,840	62	3	8	30
Ham & Cheese Omelette with (3) Buttermilk Pancakes	1,430	86	34	1	1,030	4,360	82	4	18	80
Pancake Sundae	410	14	7	0	65	1,040	62	2	27	10

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	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>

## Pancakes

Nutrition information includes toppings and does not include any syrup. Pancake combos are shown with hash browns and without an egg or meat choice.

(3) Original Buttermilk Pancakes	450	18	7	0	80	1,560	59	3	11	13
(4) Chocolate Chip Pancakes (with Buttermilk)	750	25	10	0	85	2,020	120	7	50	19
(4) Chocolate Chocolate Chip Pancakes	770	25	11	0	85	2,020	123	9	50	21
(4) Cinn-a-Stack Pancakes	870	29	12	0	85	2,260	136	6	66	17
(4) Double Blueberry Pancakes	610	15	4.5	0	85	1,990	101	6	32	17
(4) Gluten Friendly Pancakes	630	27	9	0	45	1,250	86	0	16	12
(4) Lemon Ricotta Blueberry Protein Pancakes	730	23	7	0	105	1,720	93	8	37	40
(4) Mexican Tres Leches Pancakes	690	25	11	0	110	2,070	99	4	32	18
(4) New York Cheesecake Pancakes	890	33	14	0	160	2,220	126	6	48	22
(4) Protein Power Pancakes	660	26	9	0.5	110	1,670	70	5	19	37
(4) Strawberry Banana Pancakes	680	15	4.5	0	85	2,000	119	8	41	19
(4) Strawberry Banana Protein Pancakes	740	18	3.5	0	90	1,620	109	9	44	38
(5) Original Buttermilk Pancakes	690	24	8	0	120	2,550	98	5	19	21
Build Your Combo - Chocolate Chip Pancakes (with Buttermilk) Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	660	29	9	0	45	1,260	91	6	35	12
Build Your Combo - Chocolate Chocolate Chip Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	660	29	10	0	45	1,260	92	7	35	13
Build Your Combo - Cinn-a-Stack Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	720	31	10	0	45	1,390	99	5	44	11
Build Your Combo - Double Blueberry Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	560	23	6	0	45	1,230	78	6	22	11
Build Your Combo - Gluten-Friendly Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	570	32	10	0	35	890	63	2	8	8
Build Your Combo - Lemon Ricotta Blueberry Protein Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	640	28	8	0	60	1,150	74	7	25	24

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Build Your Combo - Mexican Tres Leches Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	600	28	9	0	60	1,290	75	4	21	12
Build Your Combo - New York Cheesecake Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	700	32	11	0	80	1,360	89	6	30	14
Build Your Combo - Original Buttermilk Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	540	29	9	0	60	1,290	59	4	7	11
Build Your Combo - Protein Power Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	580	31	10	0	65	1,100	55	5	10	21
Build Your Combo - Strawberry Banana Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	600	23	6	0	45	1,240	89	7	27	12
Build Your Combo - Strawberry Banana Protein Pancakes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	620	23	4.5	0	45	1,050	83	7	28	22

## Crepes

Nutrition information includes toppings and does not include any syrup. Crepe combos are shown with hash browns and without an egg or meat choice.

Breakfast Crepes	1,210	83	28	0.5	605	2,290	63	5	13	52
Build Your Combo - Cinnamon Bun Crepes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	540	30	9	0	50	580	60	4	26	8
Build Your Combo - Fresh Berry Crepes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	500	25	5	0	85	650	57	5	13	11
Build Your Combo - Lemon Ricotta Blueberry Crepes Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	520	28	8	0	65	600	57	5	24	11
Chicken Pesto Crepes	870	54	17	0.5	250	2,330	41	4	13	56
Cinnamon Bun Crepes	630	31	13	0	100	680	78	3	49	11
Fresh Berry Crepes	540	22	5	0	165	830	71	5	24	16
Lemon Ricotta Blueberry Crepes	540	24	10	0	120	680	68	4	41	16

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
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## Waffles

Nutrition information does not include any syrup.

Belgian Waffle	560	29	18	1	130	760	64	2	15	10
Build Your Combo - Belgian Waffle Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	770	43	21	1	130	990	84	4	15	12
Build Your Combo - OREO® Crumble Waffle Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	1,200	63	27	1	125	1,290	143	6	52	18
Build Your Combo - Strawberry Cheesecake Waffle Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	930	51	24	1	125	1,090	102	5	29	16
Chicken & Waffles Item is shown without the choice of dipping sauce, see below for the additional nutrition information.	1,010	50	22	1	210	1,950	97	5	16	43
Nashville Hot Chicken & Waffles	1,740	126	30	1.5	200	3,020	108	9	19	46
OREO® Crumble Waffle	980	48	25	1	125	1,060	124	4	52	16
Strawberry Cheesecake Waffle	710	37	21	1	125	850	82	3	29	13

## Thick N Fluffy French Toast

Nutrition information includes toppings and does not include any syrup. Combos are shown with hash browns and without an egg or meat choice.

Build Your Combo - Classic Thick N Fluffy French Toast Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	700	39	14	0.5	170	890	74	5	14	14
Build Your Combo - Lemon Ricotta Blueberry Thick N Fluffy French Toast Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	760	36	12	0	165	930	91	7	28	17
Build Your Combo - Strawberry Banana Thick N Fluffy French Toast Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	700	31	9	0	150	830	92	6	27	14
Classic Thick N Fluffy French Toast	900	42	18	0.5	325	1,240	108	5	28	23
Lemon Ricotta Blueberry Thick N Fluffy French Toast	950	39	15	0	315	1,280	125	7	42	26
Strawberry Banana Thick N Fluffy French Toast	960	34	13	0	300	1,190	144	9	53	24

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## Combos

2 x 2 x 2 Information is for the pancakes and butter, item is shown without the choice of 2 eggs and 2 pieces of meat. See below for the additional nutrition information.	320	15	6	0	60	1,060	39	2	7	9
Avocado Toast Item has the option of adding choice of 2 eggs and 2 pieces of bacon. Side options include fresh fruit or plain hash browns, see below for the additional nutrition information.	580	42	6	0	0	960	49	18	6	10
Breakfast Sampler Item is shown without the choice of 2 eggs, see below for the additional nutrition information.	910	59	20	0	135	2,610	63	4	10	32
Chicken & Pancakes Item is shown without the choice of sauce, see below for the additional nutrition information.	900	39	11	0	160	2,750	92	5	12	46
Chicken Fried Chicken & Eggs with Country Gravy Item is shown without the choice of 2 eggs, see below for the additional nutrition information.	860	46	14	0	110	2,260	80	5	8	32
Country Fried Steak & Eggs with Country Gravy Item is shown without the choice of 2 eggs, see below for the additional nutrition information.	1,340	84	28	2	155	3,300	104	7	9	42
Country Fried Steak & Eggs with Sausage Gravy Item is shown without the choice of 2 eggs, see below for the additional nutrition information.	1,360	84	26	2	140	3,380	107	7	9	44
Huevos Rancheros Item is shown without the choice of 3 eggs. Side options include 3 buttermilk pancakes, corn or flour tortilla. See below for the additional nutrition information.	670	35	14	0	55	1,230	64	9	3	23
Loco Moco Item is shown without the choice of 3 eggs, see below for the additional nutrition information.	850	31	13	1.5	75	1,380	106	3	2	37
Machaca Item has the option of a corn or flour tortilla, see below for the additional nutrition information.	1,110	82	26	0.5	715	1,810	44	6	5	50
Migas Item has the option of a corn or flour tortilla, see below for the additional nutrition information.	1,030	78	24	0.5	675	1,540	44	6	5	39
Plant-Based Power Sausage Combo Item is shown without the choice of side, see below for the additional nutrition information.	400	20	6	0	0	720	34	6	20	24
Quick 2-Egg Breakfast Information is for the plain hash browns. Item is shown without the choice of 2 eggs, 2 pieces of meat, or toast. See	220	14	3	0	0	240	20	2	0	2

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below for the additional nutrition information.										
Sirloin Tips & Eggs Item is shown without the choice of 2 eggs, see below for the additional nutrition information.	1,040	60	18	1.5	170	2,740	80	6	24	48
Smokehouse Combo Item is shown without the choice of 2 eggs, see below for the additional nutrition information.	1,030	74	24	0	170	2,690	63	4	10	27
Split Decision Breakfast Item is shown without the choice of 2 eggs, see below for the additional nutrition information.	1,120	69	28	1	280	2,360	95	5	22	31
T-Bone Steak & Eggs (10 oz) Item is shown without the choice of 3 eggs, see below for the additional nutrition information.	740	28	12	1	200	2,140	59	3	11	62

## Omelettes

Omelette side choices include pancakes, hash browns, fresh fruit, or toast. See below for side nutrition information.

Bacon Temptation Omelette	1,190	90	35	0.5	940	2,930	20	<1	6	72
Big Steak Omelette	1,040	69	24	0.5	915	1,750	39	5	6	66
Chicken Fajita Omelette	900	58	23	0.5	980	2,040	21	3	5	74
Colorado Omelette	1,270	100	36	0.5	970	2,630	18	1	5	74
Pesto Veggie Egg White Omelette Includes side of fresh fruit.	480	34	6	0	10	640	26	7	16	21
Spicy Poblano Omelette	1,000	78	32	1	940	1,950	24	5	4	55
Spinach & Mushroom Omelette	900	72	27	1	885	2,050	20	3	5	46

## Build Your Own Omelette - Egg

Egg White Omelette	90	2.5	0	0	0	250	<1	0	0	15
Omelette	400	28	8	0	805	440	8	0	<1	28

## Build Your Own Omelette - Cheese

American Cheese	100	8	5	0	25	480	2	0	<1	5
Four-Cheese Blend, Shredded	230	18	11	1	50	350	2	1	0	14
Jack & Cheddar Blend, Shredded	220	17	10	0	55	340	2	0	0	13
Shredded Cheddar Cheese	230	18	10	0	55	360	2	0	0	13

## Build Your Own Omelette - Toppings

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Basil Pesto	90	9	1.5	0	10	190	<1	0	0	2
Diced Bacon	80	7	2.5	0	10	340	0	0	0	6
Diced Ham	35	1	0	0	15	310	1	0	<1	5
Hash Brown	220	14	3	0	0	240	20	2	0	2
Pork Sausage Link	210	21	7	0	35	330	<1	0	0	5
Roasted Cherry Tomatoes	30	1	0	0	0	100	5	1	3	<1
Sauteed Green Peppers & Onions	70	7	1.5	0	0	45	2	0	<1	0
Sauteed Mushrooms	70	7	1.5	0	0	50	2	<1	1	2
Sauteed Spinach	80	7	1.5	0	0	90	2	1	0	2
Tomato	10	0	0	0	0	0	2	<1	2	<1

## Build Your Own Omelette - Additions

Avocado	80	7	1	0	0	0	4	3	0	1
Fire Roasted Poblano Salsa	15	0	0	0	0	130	3	<1	1	0
Sour Cream	60	6	3.5	0	20	15	1	0	<1	<1

## Eggs Benedicts

Nutrition Information does not include choice of side, see below for side nutrition information. Side choices include hash browns, crispy breakfast potatoes, or fresh fruit.

Bourbon Bacon Jam Benedict	680	42	17	0.5	375	1,970	42	2	10	32
Classic Benedict	450	23	10	0	375	1,420	34	1	3	26
Pesto Veggie Benedict	620	41	13	0.5	355	1,240	41	5	6	22
Spicy Poblano Benedict	570	28	12	0	430	1,510	38	3	4	39

## Biscuits

Breakfast Biscuit Sandwich Nutrition Information does not include choice of side, see below for side nutrition information. Side choices include 2 buttermilk pancakes, French fries, fresh fruit, or hash browns.	990	70	25	0.5	370	2,110	60	2	6	28
Build Your Combo - Fresh Strawberries & Cream Biscuit Item is shown without the choice of 2 eggs and 2 pieces of meat, see below for the additional nutrition information.	1,160	78	28	1	20	1,630	104	5	25	12
Buttermilk Biscuits & Gravy Combo with Country Gravy Item is shown without the choice of 2 eggs, see below for the additional nutrition information.	1,280	98	33	0.5	70	2,590	80	4	6	20



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Buttermilk Biscuits & Gravy Combo with Sausage Gravy Item is shown without the choice of 2 eggs, see below for the additional nutrition information.	1,300	98	32	0	55	2,680	83	4	6	22
Chicken Biscuit Sandwich with Country Gravy Nutrition Information does not include choice of side, see below for side nutrition information. Side choices include 2 buttermilk pancakes, French fries, onion rings, fresh fruit, or house salad.	1,100	71	22	0.5	50	2,600	85	3	5	29
Chicken Biscuit Sandwich with Sausage Gravy Nutrition Information does not include choice of side, see below for side nutrition information. Side choices include 2 buttermilk pancakes, French fries, onion rings, fresh fruit, or house salad.	1,110	71	21	0	45	2,640	86	3	5	30
Fresh Strawberries & Cream Biscuit	940	63	25	1	20	1,390	84	3	25	10

## Appetizers

Appetizer Sampler Information includes marinara sauce. See below for ranch, honey mustard, and IHOP sauce nutrition information.	1,440	73	19	0	125	3,640	135	9	12	60
Chicken Quesadilla	1,030	65	29	1	175	2,750	62	3	6	51
Crispy Shrimp	460	22	4	0	85	940	51	3	12	16
Mozza Sticks Information includes marinara sauce.	630	32	13	0.5	75	1,820	54	4	8	30

## Ultimate Steakburgers & Chicken

Nutrition Information does not include choice of side, see below for side nutrition information. Side choices include 2 buttermilk pancakes, French fries, onion rings, fresh fruit, or house salad.

Big Brunch	920	64	21	1.5	265	2,010	44	2	8	43
Big Brunch with Impossible Patty	860	54	17	0	195	1,590	53	7	7	39
Bourbon Bacon Jam	1,020	73	23	2	105	2,320	49	2	13	40
Bourbon Bacon Jam with Impossible Patty	950	63	19	0.5	35	1,910	58	7	12	35
Classic Chicken Sandwich with Crispy Chicken	1,100	68	22	1.5	115	2,120	73	7	7	52
Classic Chicken Sandwich with Grilled Chicken	980	57	20	1.5	180	2,570	56	7	7	64
Cowboy BBQ	1,060	65	21	1.5	95	2,740	80	4	21	40
Cowboy BBQ with Impossible Patty	1,000	55	17	0	25	2,320	89	9	20	36
Jalapeno Kick	1,140	88	27	2.5	115	2,140	46	4	9	43
Jalapeno Kick with Impossible Patty	1,080	78	23	1	40	1,730	55	9	8	38

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
The Classic	780	53	17	1.5	90	1,910	45	3	9	32
The Classic with Bacon	880	61	20	1.5	100	2,230	46	3	10	38
The Classic with Bacon and Impossible Patty	810	52	16	0	25	1,810	54	8	9	34
The Classic with Impossible Patty	710	43	13	0	15	1,500	54	8	8	27

## Hand-Crafted Melts

Nutrition Information does not include choice of side, see below for side nutrition information. Side choices include 2 buttermilk pancakes, French fries, onion rings, fresh fruit, or house salad.

Cali Roasted Turkey Melt	1,110	71	21	1.5	130	1,930	63	11	7	59
Nashville Hot Chicken Melt	2,100	165	39	2.5	170	4,030	98	8	14	62
Philly Cheese Steak Stacker	820	47	18	1.5	115	2,140	55	3	8	47

## Fresh Salads & Soups

Nutrition information does not include salad dressing. See below for salad dressing nutrition information.

Chopped Chicken Salad with Crispy Chicken	840	57	20	1	110	1,690	38	14	7	48
Chopped Chicken Salad with Grilled Chicken	700	50	19	1.5	125	1,920	22	13	7	46
Fresh Berry Salad with Crispy Chicken	470	26	4	0	40	640	42	14	10	22
Fresh Berry Salad with Grilled Chicken	330	19	3	0	50	870	26	13	10	21
Fresh Berry Salad with Salmon	490	27	4.5	0	100	700	27	13	10	41
House Salad	140	9	6	0.5	25	200	7	3	3	9
Tomato Basil Soup	170	13	8	0	40	1,000	0	2	7	2

## Salad Dressings - 1.5 Fl oz

Salad dressing portions are for the House Salad only.

Balsamic Vinaigrette	160	15	2.5	0	5	270	6	0	6	0
Buttermilk Ranch Dressing	160	16	2.5	0	15	260	1	0	<1	<1
Honey Mustard	170	13	2	0	10	330	12	0	12	<1

## Salad Dressings - 3 Fl oz

Salad dressing portions are for entree salads.

Balsamic Vinaigrette	320	30	4.5	0	10	540	13	0	12	0
Buttermilk Ranch Dressing	320	33	5	0	25	530	3	0	2	2
Honey Mustard	340	27	4	0	25	660	25	<1	23	1

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
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## Entrees

Nutrition information does not include sides, see below for side and garlic bread nutrition information.

Country Fried Steak Dinner with Country Gravy	800	56	18	1.5	95	2,000	44	2	1	31
Country Fried Steak Dinner with Sausage Gravy	820	56	17	1.5	80	2,090	47	3	1	33
Pesto Grilled Chicken	420	15	3	0	220	2,540	3	<1	1	69
Pot Roast	360	20	10	0	130	1,660	11	0	2	35
Salmon	250	12	2	0	100	660	2	0	<1	35
Sirloin Steak Tips	510	31	9	1	110	1,450	21	2	16	37
T-Bone Steak (10 oz)	290	11	4.5	0.5	115	580	0	0	0	49

## Entrees Choice of 2 Sides

(2) Original Buttermilk Pancakes	320	15	6	0	60	1,060	39	2	7	9
Broccoli with Garlic Butter	90	7	3.5	0	15	150	5	2	1	3
House Salad (without dressing)	140	9	6	0.5	25	200	7	3	3	9
Macaroni & Cheese	350	20	10	0	35	920	32	1	4	12
Onion Rings	560	30	6	0	0	1,160	64	4	6	7
Red Skin Mashed Potatoes	240	13	2.5	0	0	680	30	3	1	5
Seasoned Fries	320	15	2.5	0	0	1,170	42	4	0	5
Yellow & Green Beans with Garlic Butter	100	7	3.5	0	15	135	9	4	3	2

## Platters

Buttermilk Crispy Chicken Strips & Fries See below for ranch, honey mustard, and IHOP Sauce nutrition information.	890	41	8	0	95	2,660	83	7	<1	46
Buttermilk Crispy Chicken Strips & Fries with BBQ Sauce See below for ranch, honey mustard, and IHOP Sauce nutrition information.	1,140	42	8	0	95	4,540	142	9	41	48
Buttermilk Crispy Chicken Strips & Fries with Nashville Hot Sauce See below for ranch, honey mustard, and IHOP Sauce nutrition information.	1,890	147	24	1	95	4,010	98	13	4	49
Crispy Fish & Fries Information includes seasoned fries and tartar sauce.	1,060	63	21	0	100	3,060	88	8	2	35
Crispy Shrimp & Fries	980	58	10	0.5	105	2,380	94	6	13	22

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Information includes seasoned fries, cocktail sauce, and tartar sauce.										
Fisherman's Platter Information includes seasoned fries, cocktail sauce, and tartar sauce.	1,140	65	18	0.5	115	3,190	104	8	13	34

### Optional Garlic Bread

Garlic Bread	150	8	1.5	0	0	210	15	0	<1	3
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### Kids

All-Natural Black Angus Jr. Cheeseburger Information includes applesauce.	750	46	16	1.5	85	1,470	53	3	17	31
Applesauce	50	0	0	0	0	0	14	1	12	0
French Toast Sticks	680	18	6	0	150	670	120	6	70	13
Happy Face Pancake with Buttermilk Pancake	540	37	18	0	290	920	35	2	16	18
Happy Face Pancake with Chocolate Pancake	540	37	18	0	290	920	36	2	16	18
Jr. Chicken & Waffles	540	29	13	0.5	115	1,010	49	2	8	22
Jr. Chicken Strips Dinner with Applesauce	440	27	4.5	0	50	860	31	2	13	17
Jr. Chicken Strips Dinner with Fries	710	42	7	0	50	2,030	60	5	2	22
Jr. Cupcake Pancake Combo	570	30	12	0	280	950	58	1	37	17
Jr. Waffle Information includes applesauce.	290	10	6	0	55	350	46	2	19	5
Macaroni & Cheese Information includes applesauce.	370	17	8	0	25	860	45	2	16	10
Silver 5	420	24	10	0	290	1,160	35	2	7	17

### Beverages - Fruit Juices, Kids

Apple Juice (Kids)	100	0	0	0	0	15	25	0	23	0
Orange Juice (Kids)	110	0	0	0	0	10	27	0	27	1

### Beverages - Milk, Kids

1% Milk (Kids)	100	2.5	1.5	0	10	105	12	0	12	8
Chocolate Milk (Kids)	190	2.5	1.5	0	10	130	34	1	33	8
Kid's Hot Chocolate	120	3	2.5	0	<5	190	24	0	21	1

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
!										

## 55+ Breakfast

55+ 2 x 2 x 2 Information is for the pancakes and butter, item is shown without the choice of 2 eggs and 2 pieces of meat. See below for the additional nutrition information.	320	15	6	0	60	1,060	39	2	7	9
55+ Breakfast Sampler Item is shown without the choice of 1 egg, see below for the additional nutrition information.	600	41	14	0	80	1,460	41	3	5	17
55+ French Toast Item is shown without the choice of 2 pieces of meat, see below for the additional nutrition information.	490	25	11	0.5	170	650	54	3	14	11
55+ Rise 'N Shine Information is for the plain hash browns. Item is shown without the choice of 2 eggs, 2 pieces of meat, or toast. See below for the additional nutrition information.	220	14	3	0	0	240	20	2	0	2

## 55+ Lunch

Nutrition Information for sandwiches does not include choice of side, see below for side nutrition information. Side choices include 2 buttermilk pancakes, French fries, onion rings, or house salad.

55+ BLT	390	25	6	0	20	800	27	2	5	14
55+ Fresh Berry Salad with Crispy Chicken	470	26	4	0	40	640	42	14	10	22
55+ Fresh Berry Salad with Grilled Chicken	330	19	3	0	50	870	26	13	10	21

## 55+ Dinner

Nutrition information does not include sides unless specified, see above for side and garlic bread nutrition information.

55+ Crispy Fish Information includes seasoned fries and tartar sauce.	880	54	16	0	75	2,520	74	7	2	25
55+ Crispy Shrimp Information includes seasoned fries and tartar sauce.	780	48	8	0.5	65	2,110	75	5	13	14
55+ Pot Roast	220	12	6	0	85	970	6	0	1	23

## Desserts

Cinnamon Dippers	760	35	11	0	10	460	100	2	70	10
Ultimate Chocolate Cake	750	46	27	1	110	150	82	6	59	7
Waffle Sundae with Caramel	320	13	8	0	55	240	45	<1	30	5
Waffle Sundae with Strawberries	280	13	8	0	50	210	39	2	23	4

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
!										

## Sides

See additional pancake, egg, meat, and toast nutrition information below.

(2) Slices of Spam	170	14	5	0	35	550	2	0	<1	8
(4) Slices of Spam	340	29	10	0	70	1,100	3	0	1	16
Avocado	80	7	1	0	0	0	4	3	0	1
Buttered English Muffin	180	5	3	0	10	290	29	1	<1	5
Buttermilk Biscuit with Butter	810	64	26	1	45	1,360	53	1	4	6
Buttermilk Biscuit with Country Gravy	750	54	20	0.5	25	1,710	59	1	5	7
Buttermilk Biscuit with Sausage Gravy	770	54	19	0	10	1,800	62	1	5	8
Corn Tortilla	110	1.5	0	0	0	50	23	2	0	2
Crispy Breakfast Potatoes	280	13	2.5	0	0	1,120	37	5	<1	5
Flour Tortilla	300	8	2.5	0	0	870	50	<1	3	8
French Fries	320	15	2.5	0	0	1,170	42	4	0	5
Fresh Fruit	50	0	0	0	0	5	14	1	11	<1
Grits	110	0	0	0	0	85	23	1	0	2
Hash Browns	220	14	3	0	0	240	20	2	0	2
Onion Rings	560	30	6	0	0	1,160	64	4	6	7
Plant-Based Sausage	240	18	6	0	0	530	9	4	0	12
Scrapple	290	18	7	0	110	960	16	0	0	18
Slice of Ham	120	2.5	1	0	55	1,350	5	0	3	20
Smoked Sausage Link	490	45	15	0	110	1,400	4	0	2	16

## Side of 3 Pancakes

Nutrition information is for the side of pancakes only.

(3) Chocolate Chip Pancakes with Buttermilk	600	19	8	0	65	1,520	95	5	43	14
(3) Chocolate Chocolate Chip Pancakes	610	20	9	0	65	1,520	98	7	43	16
(3) Cinn-a-Stack Pancakes	680	23	10	0	65	1,710	107	5	55	13
(3) Double Blueberry Pancakes	470	12	4	0	65	1,490	79	5	27	13
(3) Lemon Ricotta Blueberry Protein Pancakes	580	19	6	0	80	1,310	74	6	31	31
(3) Mexican Tres Leches Pancakes	540	19	9	0	85	1,560	77	3	27	14
(3) New York Cheesecake Pancakes	690	26	11	0	120	1,670	98	5	39	17
(3) Original Buttermilk Pancakes	450	18	7	0	80	1,560	59	3	11	13
(3) Protein Power Pancakes	510	21	8	0.5	90	1,270	53	4	14	27
(3) Strawberry Banana Pancakes	530	12	4	0	65	1,500	94	6	34	14

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
(3) Strawberry Banana Protein Pancakes	570	14	3	0	65	1,220	86	7	36	29

## Sides for Plant-Based Power Sausage Combo

(2) Protein Power Pancakes	360	17	7	0	65	870	35	2	10	18
Multigrain Bread	160	3.5	0	0	0	270	26	3	2	6

## Butter & Whipped Topping

Rosette Whipped Topping	25	2	1.5	0	<5	0	1	0	1	0
Whipped Butter	70	8	5	0	20	65	0	0	0	0

## Choice of Eggs (1 Egg)

Fried Egg	60	3	1	0	165	65	2	0	0	6
Hardboiled Egg	80	5	1.5	0	185	60	<1	0	<1	6
Poached Egg	60	4	1.5	0	165	130	0	0	0	6
Scrambled Egg	110	9	2.5	0	205	105	<1	0	0	7
Scrambled Egg White	30	1	0	0	0	90	0	0	0	5

## Choice of Eggs (2 Eggs)

Fried Egg	120	6	1.5	0	335	130	4	<1	0	12
Hardboiled Egg	160	11	3.5	0	375	125	1	0	1	13
Poached Egg	130	8	2.5	0	325	260	<1	0	0	11
Scrambled Egg	220	17	4.5	0	415	210	1	0	0	14
Scrambled Egg White	60	2	0	0	0	180	<1	0	0	10

## Choice of Eggs (3 Eggs)

Fried Egg	180	9	2.5	0	500	200	6	<1	0	18
Hardboiled Egg	230	16	5	0	560	190	2	0	2	19
Poached Egg	190	13	4	0	490	390	<1	0	0	17
Scrambled Egg	320	26	7	0	620	310	2	0	0	21
Scrambled Egg White	90	3	0	0	0	260	<1	0	0	16

!	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
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## Choice of Meat (2 Pieces)

Bacon	100	8	3	0	10	320	<1	0	0	6
Ham	60	1.5	0	0	30	670	2	0	1	10
Pork Sausage Link	210	21	7	0	35	330	<1	0	0	5
Turkey Bacon	60	4.5	1	0	20	310	<1	0	<1	5
Turkey Sausage Link	90	7	1.5	0	35	390	0	0	0	8

## Choice of Meat (4 Pieces)

Bacon	200	17	6	0	20	640	1	0	<1	12
Ham	120	2.5	1	0	55	1,350	5	0	3	20
Pork Sausage Link	420	42	15	0	65	660	1	0	<1	10
Turkey Bacon	120	9	2.5	0	45	620	1	0	1	10
Turkey Sausage Link	190	13	3	0	70	790	<1	0	0	17

## Choice of Toast

Buttered Toast with Jam - Multigrain	210	6	2	0	5	290	35	3	10	6
Buttered Toast with Jam - Rye Bread	320	8	4.5	0	15	500	55	5	20	7
Buttered Toast with Jam - Sourdough	170	4.5	2.5	0	10	270	30	1	10	4
Buttered Toast with Jam - Wheatberry	350	11	6	0	20	500	58	5	17	7
Buttered Toast with Jam - White	250	7	4	0	15	290	43	2	20	5
Buttered Toast with Jam - Whole Wheat	340	11	6	0	20	430	52	5	21	10
Multigrain Bread	160	3.5	0	0	0	270	26	3	2	6
Rye Bread	200	2.5	0	0	0	450	36	4	3	6
Sourdough	110	1	0	0	0	240	21	<1	2	4
Wheatberry Bread	210	3	0.5	0	0	430	40	4	0	7
White Bread	130	1.5	0	0	0	240	25	1	3	4
Whole Wheat Bread	200	3	0.5	0	0	370	34	5	3	10

## Choice of Dipping Sauce

Honey Mustard	170	13	2	0	10	330	12	0	12	<1
IHOP Sauce	170	16	2.5	0	<5	360	5	0	5	0
Ranch Dressing	160	16	2.5	0	15	260	1	0	<1	<1



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
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## Beverages - Coffee

Iced Cold Brew (16 fl oz)	0	0	0	0	0	10	0	0	0	0
Iced Cold Brew (30 fl oz)	0	0	0	0	0	10	0	0	0	0
International House Roast Coffee	0	0	0	0	0	0	0	0	0	0
International House Roast Decaf Coffee	0	0	0	0	0	0	0	0	0	0
Vanilla Cold Foam Cold Brew (16 fl oz)	160	1	1	0	<5	60	34	0	33	4
Vanilla Cold Foam Cold Brew (30 fl oz)	190	1	1	0	<5	65	40	0	40	4

## Beverages - Tea

Freshly Brewed Iced Tea (Large)	5	0	0	0	0	10	2	0	0	0
Freshly Brewed Iced Tea (X-Large)	10	0	0	0	0	15	2	0	0	0
Hot Tea - Decaf	0	0	0	0	0	5	1	0	0	0
Hot Tea - English Breakfast	0	0	0	0	0	5	1	0	0	0
Hot Tea - Golden Chamomile	0	0	0	0	0	0	0	0	0	0
Hot Tea - Green	0	0	0	0	0	0	0	0	0	1
Lemonade Iced Tea (Large)	70	0	0	0	0	35	19	0	18	0
Lemonade Iced Tea (X-Large)	130	0	0	0	0	65	34	0	31	0
Mango Iced Tea (Large)	60	0	0	0	0	15	16	0	14	0
Mango Iced Tea (X-Large)	90	0	0	0	0	20	23	0	21	0
Strawberry Iced Tea (Large)	60	0	0	0	0	10	15	0	14	0
Strawberry Iced Tea (X-Large)	90	0	0	0	0	15	22	0	20	0
Sweeter Tea (Large)	210	0	0	0	0	10	54	0	52	0
Sweeter Tea (X-Large)	370	0	0	0	0	20	96	0	93	0
Sweet Tea (Large)	170	0	0	0	0	10	44	0	43	0
Sweet Tea (X-Large)	300	0	0	0	0	20	79	0	77	0

## Beverages - Hot Chocolate

Hot Chocolate (Large)	300	8	6	0	10	440	56	1	49	2
Hot Chocolate (Regular)	120	3	2.5	0	<5	190	24	0	21	1

## Beverages - Fruit Juices

Apple Juice (Large)	180	0	0	0	0	25	44	0	40	0
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	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Apple Juice (Regular)	110	0	0	0	0	15	27	0	24	0
Cranberry Juice (Large)	190	0	0	0	0	15	51	0	46	0
Cranberry Juice (Regular)	120	0	0	0	0	10	31	0	28	0
Orange Juice (Large)	190	0	0	0	0	20	48	1	47	2
Orange Juice (Regular)	120	0	0	0	0	10	29	0	29	1
Tomato Juice (Large)	80	0	0	0	0	1,220	16	2	7	2
Tomato Juice (Regular)	50	0	0	0	0	740	9	3	11	4

## Beverages - Lemonade

Lemonade (Large)	140	0	0	0	0	65	36	0	34	0
Lemonade (X-Large)	250	0	0	0	0	115	64	0	62	0
Mango Lemonade (Large)	200	0	0	0	0	70	51	0	49	0
Mango Lemonade (X-Large)	260	0	0	0	0	85	65	0	63	0
Strawberry Lemonade (Large)	200	0	0	0	0	65	50	0	48	0
Strawberry Lemonade (X-Large)	250	0	0	0	0	80	64	0	62	0

## Beverages - Milk

1% Milk (Large)	180	4	2.5	0	20	190	21	0	21	14
1% Milk (Regular)	110	2.5	1.5	0	15	115	13	0	13	9
Chocolate Milk (Large)	330	4	2.5	0	20	230	59	1	57	14
Chocolate Milk (Regular)	200	2.5	1.5	0	10	140	36	1	35	8

## Beverages - Splashers

Blue Raspberry Lemonade Splasher (16 fl oz)	190	0	0	0	0	45	46	0	45	0
Blue Raspberry Lemonade Splasher (30 fl oz)	240	0	0	0	0	55	59	0	58	1
Mango Lemonade Splasher (16 fl oz)	200	0	0	0	0	45	49	0	48	0
Mango Lemonade Splasher (30 fl oz)	250	0	0	0	0	60	63	0	61	0
Strawberry Lemonade Splasher (16 fl oz)	190	0	0	0	0	45	48	0	47	0
Strawberry Lemonade Splasher (30 fl oz)	240	0	0	0	0	55	62	0	60	0
Watermelon Splasher (16 fl oz)	190	0	0	0	0	40	49	0	48	0
Watermelon Splasher (30 fl oz)	240	0	0	0	0	50	63	0	61	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
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## Beverages - Fountain Drinks, Large

Barq's Root Beer (Large)	130	0	0	0	0	60	38	0	38	0
Brisk Raspberry Iced Tea (Large)	60	0	0	0	0	65	16	0	16	0
Cherry Coke (Large)	130	0	0	0	0	30	35	0	35	0
Coca Cola (Large)	120	0	0	0	0	40	33	0	33	0
Coke Zero (Large)	0	0	0	0	0	35	0	0	0	0
Diet Coke (Large)	0	0	0	0	0	35	0	0	0	0
Diet Pepsi (Large)	0	0	0	0	0	30	0	0	0	0
Dr. Pepper (Large)	130	0	0	0	0	50	33	0	32	0
Fruit Punch, Hi-C (Large)	140	0	0	0	0	65	36	0	34	0
Fruit Punch, Tropicana (Large)	140	0	0	0	0	30	38	0	38	0
Manzanita Sol (Large)	130	0	0	0	0	30	35	0	35	0
Mountain Dew (Large)	140	0	0	0	0	50	38	0	38	0
Mug Root Beer (Large)	130	0	0	0	0	55	36	0	36	0
Orange Fanta (Large)	130	0	0	0	0	45	37	0	37	0
Orange Twister (Large)	160	0	0	0	0	30	43	0	43	0
Pepsi (Large)	130	0	0	0	0	25	34	0	34	0
Pibb Extra (Large)	120	0	0	0	0	35	33	0	33	0
Sobe Yumberry Pomegranate Life Water (Large)	0	0	0	0	0	40	0	0	0	0
Sprite (Large)	120	0	0	0	0	55	32	0	32	0
Starry Lemon Lime (Large)	130	0	0	0	0	30	33	0	33	0
Wild Cherry Pepsi (Large)	130	0	0	0	0	25	35	0	35	0

## Beverages - Fountain Drinks, X-Large

Barq's Root Beer (X-Large)	240	0	0	0	0	105	68	0	68	0
Brisk Raspberry Iced Tea (X-Large)	110	0	0	0	0	120	29	0	29	0
Cherry Coke (X-Large)	230	0	0	0	0	55	63	0	63	0
Coca Cola (X-Large)	210	0	0	0	0	70	59	0	59	0
Coke Zero (X-Large)	0	0	0	0	0	60	0	0	0	0
Diet Coke (X-Large)	0	0	0	0	0	60	0	0	0	0
Diet Pepsi (X-Large)	0	0	0	0	0	55	0	0	0	0
Dr. Pepper (X-Large)	230	0	0	0	0	90	59	0	58	0
Fruit Punch, Hi-C (X-Large)	250	0	0	0	0	115	64	0	62	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Fruit Punch, Tropicana (X-Large)	250	0	0	0	0	55	68	0	68	0
Manzanita Sol (X-Large)	240	0	0	0	0	55	63	0	63	0
Mountain Dew (X-Large)	260	0	0	0	0	90	69	0	69	0
Mug Root Beer (X-Large)	240	0	0	0	0	100	65	0	65	0
Orange Fanta (X-Large)	240	0	0	0	0	85	66	0	66	0
Orange Twister (X-Large)	290	0	0	0	0	55	78	0	78	0
Pepsi (X-Large)	230	0	0	0	0	45	62	0	62	0
Pibb Extra (X-Large)	210	0	0	0	0	60	59	0	59	0
Sobe Yumberry Pomegranate Life Water (X-Large)	0	0	0	0	0	70	0	0	0	0
Sprite (X-Large)	210	0	0	0	0	100	57	0	57	0
Starry Lemon Lime (X-Large)	230	0	0	0	0	55	59	0	59	0
Wild Cherry Pepsi (X-Large)	240	0	0	0	0	45	63	0	63	0

## Milkshakes

Chocolate Milkshake	670	31	20	0.5	115	230	90	1	79	12
Cinn-A-Stack Milkshake	710	39	24	0.5	115	350	83	2	70	11
Cupcake Milkshake	710	34	23	0.5	115	180	91	0	75	11
OREO® Cookie Milkshake	750	39	22	0.5	115	330	90	1	66	13
Strawberry Milkshake	580	30	20	0.5	115	190	69	1	58	11
Vanilla Milkshake	590	30	20	0.5	115	180	71	0	61	11

## Syrup Caddy

Blueberry Syrup	110	0	0	0	0	5	27	0	19	0
Butter Pecan Syrup	110	0	0	0	0	10	27	0	14	0
Strawberry Syrup	100	0	0	0	0	5	26	0	19	0

## Catering

Beverages, Apple Juice (1 Gallon)	1,630	2.5	0	0	0	240	404	0	368	2
Beverages, Box of Coffee (96 oz)	260	12	7	0	35	120	30	0	29	6
Beverages, Coca Cola (1 Gallon)	1,490	0	0	0	0	480	416	0	416	0
Beverages, Diet Coke (1 Gallon)	0	0	0	0	0	430	0	0	0	0
Beverages, Diet Pepsi (1 Gallon)	0	0	0	0	0	380	0	0	0	0
Beverages, Dr. Pepper (1 Gallon)	1,600	0	0	0	0	640	422	0	410	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Beverages, Iced Tea (1 Gallon)	40	0	0	0	0	115	11	0	0	0
Beverages, Minute Maid / Tropicana Lemonade (1 Gallon)	1,780	0	0	0	0	810	458	0	442	0
Beverages, Mountain Dew (1 Gallon)	1,810	0	0	0	0	640	491	0	491	0
Beverages, Orange Juice (1 Gallon)	1,760	1	0	0	0	170	438	6	430	20
Beverages, Pepsi (1 Gallon)	1,600	0	0	0	0	320	437	0	437	0
Beverages, Sprite (1 Gallon)	1,490	0	0	0	0	700	405	0	405	0
Beverages, Starry Lemon Lime (1 Gallon)	1,600	0	0	0	0	380	416	0	416	0
Black Angus Steakburger (1 Each)	650	42	13	1.5	75	1,230	38	2	5	29
Burger & Sandwich Toppings, Bacon (2 Slices)	100	8	3	0	10	320	1	0	0	6
Burger & Sandwich Toppings, BBQ Sauce (1 Ounce)	50	0	0	0	0	370	12	1	8	0
Burger & Sandwich Toppings, IHOP Sauce (1 Ounce)	110	10	1.5	0	<5	230	3	0	3	0
Burger & Sandwich Toppings, Ketchup (1 Packet)	10	0	0	0	0	90	2	0	2	0
Burger & Sandwich Toppings, Mayo (1 Packet)	90	9	1.5	0	<5	65	0	0	0	0
Burger & Sandwich Toppings, Mustard (1 Packet)	5	0	0	0	0	65	0	0	0	0
Burger & Sandwich Toppings, Pickles (5 Pieces)	5	0	0	0	0	280	1	0	0	0
Burger & Sandwich Toppings, Red Onion (2 Pieces)	5	0	0	0	0	0	1	0	1	0
Burger & Sandwich Toppings, Tomato (2 Pieces)	5	0	0	0	0	0	2	0	1	0
Burgers & Sandwich Toppings, American Cheese (1 slice)	50	4	2.5	0	15	240	1	0	0	2
Buttermilk Crispy Chicken Sandwich (1 Each)	610	31	6	0	40	1,170	55	2	4	27
Buttermilk Crispy Chicken Strips (40 Pieces)	7,530	464	80	5	925	20,240	489	0	118	347
Cinnamon Dippers (70 Pieces)	7,340	385	117	2.5	175	4,520	859	0	599	108
Classic Egg Burritos with Bacon (10 Burritos)	12,070	772	264	4.5	4,930	24,460	780	38	58	478
Classic Egg Burritos with Sausage (10 Burritos)	12,610	855	293	4.5	5,095	22,790	779	40	54	433
Grilled Chicken Sandwich (1 Each)	490	21	4	0	105	1,610	38	2	5	39
Large Breakfast Combo, (80) Bacon Slices	4,030	330	116	1	440	12,700	21	0	20	244
Large Breakfast Combo, (80) Buttermilk Pancakes	17,540	582	259	13	2,455	43,440	2,752	82	1,006	341
Large Breakfast Combo, (80) Ham Triangles	2,470	50	17	0	1,135	26,940	93	0	53	404

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Large Breakfast Combo, (80) Pork Sausage Links	8,500	846	296	1.5	1,350	13,170	26	0	13	199
Large Breakfast Combo, Breakfast Potatoes	11,410	515	91	0	0	59,610	1,498	189	41	198
Large Breakfast Combo, Scrambled Eggs	11,980	1,015	258	14	18,210	11,810	34	0	18	615
Medium Breakfast Combo, (40) Bacon Slices	2,020	165	58	0.5	220	6,350	11	0	10	122
Medium Breakfast Combo, (40) Buttermilk Pancakes	8,770	291	130	7	1,225	21,720	1,376	41	503	170
Medium Breakfast Combo, (40) Ham Triangles	1,230	25	9	0	565	13,470	46	0	27	202
Medium Breakfast Combo, (40) Pork Sausage Links	4,250	423	148	1	675	6,590	13	0	7	99
Medium Breakfast Combo, Breakfast Potatoes	5,700	257	46	0	0	29,810	749	95	20	99
Medium Breakfast Combo, Scrambled Eggs	5,990	508	129	7	9,105	5,900	17	0	9	307
Original Buttermilk Pancakes (20 Pancakes)	4,380	145	65	3.5	615	10,860	688	21	251	85
Side of Balsamic Vinaigrette Dressing	860	79	12	1	30	1,450	34	1	33	1
Side of Crispy Breakfast Potatoes	2,850	129	23	0	0	14,900	375	47	10	49
Side of French Fries	2,810	101	26	1.5	0	11,220	431	0	16	43
Side of Fresh Fruit	540	1.5	0	0	0	65	140	12	114	7
Side of Ham (20 Slices)	620	13	4.5	0	285	6,740	23	0	13	101
Side of Hickory Smoked Bacon (20 Strips)	1,010	83	29	0	110	3,180	5	0	5	61
Side of Honey Mustard	910	71	11	1	65	1,760	66	2	62	4
Side of House Salad	710	47	28	3	125	990	34	0	15	44
Side of Onion Rings	5,690	313	57	0	0	11,340	649	0	59	69
Side of Pork Sausage Links (20 Links)	2,120	212	74	0	335	3,290	7	1	3	50
Side of Ranch Dressing	840	88	14	1.5	70	1,410	8	1	5	5
Side of Scrambled Eggs	3,010	253	65	2.5	4,550	3,110	9	0	4	154
Small Breakfast Combo, (20) Bacon Slices	1,010	83	29	0	110	3,180	5	0	5	61
Small Breakfast Combo, (20) Buttermilk Pancakes	4,380	145	65	3.5	615	10,860	688	21	251	85
Small Breakfast Combo, (20) Pork Sausage Links	2,120	212	74	0	335	3,290	7	1	3	50
Small Breakfast Combo, Breakfast Potatoes	2,850	129	23	0	0	14,900	375	47	10	49
Small Breakfast Combo, Scrambled Eggs	3,010	253	65	2.5	4,550	3,110	9	0	4	154
Small Breakfast Conbo, (20) Ham Triangles	620	13	4.5	0	285	6,740	23	0	13	101
Thick 'N Fluffy French Toast (10 Slices)	4,490	209	88	3.5	1,615	6,180	542	27	138	114
Thick 'N Fluffy French Toast, Add Blueberry Topping	1,090	2	0	0	0	15	277	15	227	4
Thick 'N Fluffy French Toast, Add Strawberries in Glaze	970	1	0	0	0	180	252	0	198	4

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Ultimate Chocolate Cake (14 Slices)	10,190	620	348	14	1,475	2,130	1,125	0	807	89

Last Updated: 04/16/2024



IHOP is committed to serving delicious food - just the way you like it. We are proud to offer a variety of delicious favorites. We understand that choice is a priority for guests who are watching what they eat. Please use the nutrition, allergen, and ingredient information in this section to help you make your dining decisions. While we are committed to providing as accurate nutrition information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutrition information stated may reflect content for a menu item in its entirety (e.g. including sides) or by separate menu item component. Please refer to the notes beside the menu item name or header to identify which values are being reflected. The nutrition information provided is derived using an industry-standard database, but does not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate, or variation that may occur due to substitutions that guests request. Please keep this in mind when making dining decisions. As part of our commitment to you, we provide the most current allergen information available from our food suppliers on nine common allergenic foods. These foods include: egg, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, and wheat. In addition, we identify menu items with sulfites and gluten-containing ingredients. Because we have multiple sources of allergens and gluten-containing ingredients 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 allergens or gluten-containing ingredients. In addition, we use highly refined soybean oil in our fryers, which the FDA exempts from being labeled an allergen. Due to the complexity of our ingredients, other allergenic foods may be present in a menu item, but not declared on this section or menu. The ingredients declared in this section are based on information we receive from our suppliers. However, there may be variations due to ingredient substitutions that are not reflected on this website. For our guests allergic to those foods not declared in this section, please call IHOP Guest Relations 1-866-444-5144 for detailed ingredient information. We are happy to make any modifications or substitutions to your meal that you request, although these adjustments will impact the nutrition and allergen information detailed in this section. [\[Full Disclaimer\]](#)