



# IHOP For Me<sup>\*</sup>

Delicious choices for people watching  
their carbs, fat or calories

Come hungry.



Leave happy.®

\*\*"IHOP For Me" is a service mark of International House of Pancakes, Inc.

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Baby Cakes

## Just For Kids

12 and under

Less than 10 grams of fat when ordered as described below:

### Jr. Fruit 'N Yogurt

Light and refreshing seasonal fruit plate served with low fat yogurt 0.00

### \* Jr. Scrambled Egg & Pancake

Scrambled egg substitute served with one buttermilk pancake, Promise<sup>®</sup> margarine and sugar-free syrup 0.00

### Jr. Cod

A moist and tender cod filet pan-fried to perfection. Served with steamed broccoli and fresh lemon 0.00

Less than 10 grams of carbohydrates when ordered as described below:

### \* Jr. Classic Combo

Two eggs prepared any style, with two strips of crisp bacon or two savory pork sausage links 0.00

### Jr. Cod

A moist and tender cod filet pan-fried to perfection. Served with steamed broccoli and fresh lemon 0.00

Less than 500 calories when ordered as described below:

### \* Baby Cakes

Scrambled egg substitute served with choice of one crisp bacon strip or one savory pork sausage link, five silver dollar buttermilk pancakes, Promise<sup>®</sup> margarine and sugar-free syrup 0.00

### Jr. Cod

A moist and tender cod filet pan-fried to perfection. Served with steamed broccoli and fresh lemon 0.00



Jr. Cod

**Please Note:** The nutritional information provided is approximate and offered as a guideline to our guests. Reported nutritional values are based on data collected through laboratory testing, the U.S. Department of Agriculture Handbook #8, our suppliers and The Food Processor<sup>®</sup> Nutrition Analysis & Fitness Software (ESHA). Values obtained by testing foods using only laboratory methods may be different than the actual values for these items as served due to supplier differences, seasonal product differences, specification ranges, tolerances, variable preparation practices, recipe changes and ingredient substitutions. This menu is for informational purposes only. We encourage you to consult your doctor or dietitian if you have questions about your health or diet.

\*Eggs, steaks and hamburgers can be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# Carb Conscious

Less than 15 grams of carbohydrates when ordered as described below:

\* **Carb Conscious T-Bone Breakfast**

Mouthwatering T-Bone steak and four eggs, any style 0.00

\* **Big Breakfast Combo**

A meat lover's delight. Three strips of crisp bacon, three pork sausage links, three grilled ham strips and four eggs, any style 0.00

\* **Classic Combo**

Four eggs any style with four strips of crisp bacon or four pork sausage links 0.00

\* **Cheeseburger Platter**

A bunless 100% all beef patty smothered with American and Provolone cheeses. Served with lettuce, tomato, red onion, mayonnaise and a dill pickle spear 0.00

\* **Carb Conscious T-Bone Dinner**

A juicy, T-Bone steak cooked just the way you like it. Served with steamed broccoli 0.00



Big Breakfast Combo

## Great All Around Choices

Less than 15 grams of carbohydrates, 15 grams of fat and 600 calories when ordered as described below:

**Simply Chicken**

Tender, boneless chicken breast, gently grilled. Served with a fresh, green salad, reduced-calorie dressing and steamed broccoli 0.00

**Cod Hollandaise**

Two moist and tender cod filets pan-fried to perfection, then topped with rich hollandaise sauce. Served with steamed broccoli and fresh lemon 0.00



T-Bone Steak Dinner

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# Fewer Fat Grams

Less than 15 grams of fat when ordered as described below:

## **Fruit 'N Yogurt**

A light and refreshing platter of seasonal fruit served with low-fat yogurt 0.00



Fruit 'N Yogurt: Fruit offerings vary by season.

## \* **Garden Scramble**

Prepared with an egg substitute and loaded with an abundance of fresh mushrooms, green peppers, onions and tomatoes. Served with two buttermilk pancakes, Promise<sup>®</sup> margarine and sugar-free syrup 0.00

## \* **Scrambled Eggs & Pancakes**

Scrambled egg substitute served with two of our famous buttermilk pancakes, Promise<sup>®</sup> margarine and sugar-free syrup 0.00

## **Boca<sup>®</sup> Burger**

A delicious Boca<sup>®</sup> Burger meatless patty on a toasted Romano-Parmesan bun. Served with a side salad, reduced-calorie dressing and a dill pickle spear 0.00

## **Simply Chicken Sandwich**

A tender, grilled chicken breast on a toasted Romano-Parmesan bun with crisp lettuce and fresh tomato. Served with a side salad, reduced-calorie dressing and a dill pickle spear 0.00



Garden Scramble

# Watching Your Calories

Less than 600 calories when ordered as described below:

## \* **Garden Scramble**

Prepared with an egg substitute and loaded with an abundance of fresh mushrooms, green peppers, onions and tomatoes. Served with two buttermilk pancakes, Promise<sup>®</sup> margarine and sugar-free syrup 0.00

## **Buttermilk Trio**

A short stack of our famous buttermilk pancakes topped with Promise<sup>®</sup> margarine and sugar-free syrup 0.00

## \* **Ham Scramble**

Scrambled egg substitute with lean diced ham. Served with two buttermilk pancakes, Promise<sup>®</sup> margarine and sugar-free syrup 0.00

## **Boca<sup>®</sup> Burger**

A delicious Boca<sup>®</sup> Burger meatless patty on a toasted Romano-Parmesan bun. Served with a side salad, reduced-calorie dressing and a dill pickle spear 0.00

\*Eggs, steaks and hamburgers can be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Promise<sup>®</sup> is a registered trademark of Unilever FoodSolutions  
Boca<sup>®</sup> Burger is a registered trademark of KF Holdings, Inc.