

IHOP FULL MENU 2026

International House of Pancakes — Complete Menu with Prices & Calories

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Updated March 2026 • 1,700+ Locations • Prices may vary by location

■ 1,700+ Locations

■ Updated March 2026

■ Since 1958

■ All-Day Breakfast

■ Prices shown are national averages for 2026. Actual prices may vary by location, state, and time of year. All calorie counts are based on standard preparations.

MENU CATEGORY	ITEMS	PRICE RANGE
Buttermilk Pancakes	11 items	\$9.69 – \$14.99
Breakfast Combos	10 items	\$9.99 – \$25.99
Omelettes	8 items	\$13.99 – \$19.49
Sweet & Savory Crepes	5 items	\$13.99 – \$16.49
Thick 'N Fluffy French Toast	4 items	\$10.49 – \$15.99
Belgian Waffles	5 items	\$10.49 – \$16.99
Eggs Benedict	4 items	\$16.99 – \$19.49
Anytime Tacos & Burritos	4 items	\$13.99 – \$17.99
Biscuits	5 items	\$5.49 – \$10.49
Ultimate Steakburgers	7 items	\$13.49 – \$16.49
Sandwiches & Salads	5 items	\$9.49 – \$16.49
Platters & Entrees	5 items	\$14.49 – \$25.99
Family Feasts	4 items	\$28.99 – \$42.99
55+ Senior Menu	6 items	\$8.49 – \$12.49
Kids Menu (12 & Under)	8 items	\$6.99 – \$10.49
IHOPPY Hour (2PM–10PM Daily)	4 deals	\$1.00 – \$6.99
Milkshakes & Desserts	7 items	\$6.49 – \$8.49
Sides	14 items	\$2.49 – \$5.49
Beverages	10 items	\$2.99 – \$4.99

WORLD FAMOUS

Buttermilk Pancakes

Made fresh to order with real buttermilk. Every stack served with butter and signature syrup.

ITEM	PRICE	CALORIES	DESCRIPTION
Original Buttermilk Pancakes	\$9.69–\$12.99	720 cal	5 fluffy pancakes made with real buttermilk, served with butter & maple syrup
Chocolate Chip Pancakes	\$10.49–\$13.49	870 cal	Classic buttermilk batter loaded with melted chocolate chips throughout
Blueberry Pancakes	\$10.49–\$13.49	800 cal	Fresh blueberry compote poured over 5 fluffy buttermilk pancakes
Strawberry Banana Pancakes	\$10.99–\$13.99	820 cal	Sliced fresh strawberries and bananas layered on buttermilk pancakes
New York Cheesecake Pancakes	\$12.49–\$14.99	970 cal	Rich NY cheesecake topping with strawberry sauce & graham cracker crumble
Cinn-A-Stack Pancakes	\$11.99–\$13.99	900 cal	Cinnamon roll filling layered between fluffy pancakes with cream cheese glaze
Bananas Foster Pancakes	\$12.49–\$14.49	1,060 cal	Rum-flavored bananas foster sauce over stacked buttermilk pancakes
Protein Power Pancakes	\$11.49–\$13.49	660 cal	Whole wheat pancakes with added whey protein — great for fitness goals
Double Blueberry Pancakes	\$11.49–\$13.49	850 cal	Blueberries mixed into the batter AND piled on top for double the flavor
Pumpkin Spice Pancakes (Seasonal)	\$11.99–\$13.99	880 cal	Limited time — warm pumpkin spice flavor with cinnamon sugar topping
Coffee Cake Pancakes (Seasonal)	\$11.99–\$13.99	920 cal	Limited time — cinnamon streusel crumble topping on fluffy pancake stack

ALL-DAY BREAKFAST

Breakfast Combos

Complete breakfast meals served any time of day. All combos include free coffee refills.

ITEM	PRICE	CALORIES	DESCRIPTION
2x2x2 Combo	\$10.99–\$13.49	760 cal	2 eggs any style, 2 bacon strips or sausage links, 2 buttermilk pancakes
Breakfast Sampler	\$14.79–\$16.99	1,100 cal	2 eggs, 2 pancakes, 2 bacon strips, 2 sausage links, hash browns or grits
Split Decision Breakfast	\$13.99–\$15.99	980 cal	Half order French toast + half order pancakes, plus 2 eggs and choice of meat
Have It All Breakfast	\$15.99–\$18.49	1,250 cal	Pancakes, eggs, sausage, bacon, hash browns — the full spread

ITEM	PRICE	CALORIES	DESCRIPTION
Quick 2-Egg Breakfast	\$9.99–\$11.99	580 cal	2 eggs cooked your way, choice of meat, toast or pancakes
Big Farmhouse Breakfast	\$15.99–\$18.49	1,380 cal	Eggs, pancakes, French toast, bacon, sausage, and hash browns — hearty
Eggs Benedict Combo	\$16.99–\$18.99	920 cal	Classic Eggs Benedict with a side of hash browns or fresh fruit
Country Fried Steak & Eggs	\$16.99–\$19.99	1,180 cal	Hand-battered country fried steak, 2 eggs cooked your way, hash browns
T-Bone Steak & Eggs	\$22.99–\$25.99	1,340 cal	12 oz T-bone steak with 2 eggs any style and golden hash browns
Sirloin Tips & Eggs	\$18.99–\$20.99	1,020 cal	Grilled sirloin tips with scrambled eggs and golden hash browns

MADE TO ORDER

Omelettes

All omelettes made with buttermilk-enriched egg batter. Served with hash browns or fresh fruit and toast.

ITEM	PRICE	CALORIES	DESCRIPTION
Big Steak Omelette	\$17.49–\$19.49	1,050 cal	Steak, diced hash browns, green peppers, onions, mushrooms, tomatoes, cheddar
Colorado Omelette	\$16.49–\$18.49	1,240 cal	Bacon, sausage, shredded beef, ham, and cheddar — a serious meat lover omelette
Bacon Temptation Omelette	\$13.99–\$15.99	960 cal	Loaded with crispy bacon and melted cheddar cheese — simple and delicious
Spicy Poblano Omelette	\$14.99–\$16.99	880 cal	Seasoned beef, roasted poblano peppers, jalapeños, and pepper jack cheese
Chicken Fajita Omelette	\$15.49–\$17.49	830 cal	Grilled chicken, sautéed peppers and onions, Jack & Cheddar cheese blend
Spinach & Mushroom Omelette	\$15.49–\$17.49	680 cal	Fresh spinach, sautéed mushrooms, and Swiss cheese — a lighter option
Veggie Egg White Omelette	\$14.49–\$16.49	420 cal	Egg whites, spinach, tomatoes, mushrooms — lowest calorie omelette on menu
Create Your Own Omelette+	\$14.99+	varies	Start with 3-egg omelette base, add your choice of toppings at \$1.50 each

SWEET & SAVORY

House-Made Crepes

Thin, delicate crepes with sweet or savory fillings. A lighter, European-inspired menu option.

ITEM	PRICE	CALORIES	DESCRIPTION
Chicken Florentine Crepes	\$14.49–\$16.49	860 cal	Grilled chicken, spinach, mushrooms in a creamy sauce wrapped in thin crepes
Cinnamon Bun Crepes	\$13.99–\$15.49	680 cal	Warm cinnamon bun flavor filling with cream cheese glaze — fan favorite
Fresh Berry & Cream Crepes	\$13.99–\$15.49	650 cal	Strawberries and blueberries with whipped cream in delicate thin crepes
Banana Nutella Crepes	\$13.99–\$15.49	720 cal	Sliced fresh bananas with rich Nutella hazelnut spread in warm crepes
Lemon Ricotta Crepes	\$13.99–\$15.99	600 cal	Light and zesty lemon ricotta filling with powdered sugar dusting

THICK 'N FLUFFY

French Toast

Thick-cut artisan bread soaked in vanilla-cinnamon egg batter, griddled golden brown.

ITEM	PRICE	CALORIES	DESCRIPTION
Original French Toast	\$10.49–\$12.49	620 cal	Thick artisan bread, vanilla cinnamon batter, powdered sugar — the classic
Strawberry Banana French Toast	\$11.99–\$13.99	780 cal	Topped with sliced strawberries, bananas, and fresh whipped cream
Lemon Ricotta Blueberry French Toast	\$12.99–\$14.99	840 cal	Lemon ricotta filling with fresh blueberries — the #1 fan favorite
French Toast Combo	\$13.99–\$15.99	920 cal	2 slices French toast with 2 eggs cooked your way and choice of meat

HOUSE-MADE

Belgian Waffles

Deep-pocket Belgian waffles with crispy golden edges and a fluffy, light inside.

ITEM	PRICE	CALORIES	DESCRIPTION
Classic Belgian Waffle	\$10.49–\$12.49	580 cal	Golden crispy edges, fluffy interior — served with whipped butter and syrup
Strawberry & Cream Belgian Waffle	\$11.99–\$13.49	780 cal	Fresh strawberry topping with a generous cloud of whipped cream
Chocolate Chip Belgian Waffle	\$11.99–\$13.49	820 cal	Melted chocolate chips scattered through every golden crispy waffle square
Chicken & Waffles	\$14.99–\$16.99	1,120 cal	Crispy hand-battered fried chicken on a Belgian waffle with maple syrup
Waffle Combo	\$13.49–\$15.49	840 cal	Belgian waffle with 2 eggs cooked your way and choice of breakfast meat

BRUNCH CLASSIC

Eggs Benedict

Poached eggs with rich hollandaise sauce. Served with choice of hash browns or fresh fruit.

ITEM	PRICE	CALORIES	DESCRIPTION
Classic Eggs Benedict	\$16.99–\$18.99	760 cal	Poached eggs, Canadian bacon, silky hollandaise on toasted English muffin
Country Eggs Benedict	\$16.99–\$18.99	890 cal	Poached eggs, thick-cut country ham, hollandaise sauce on warm biscuit
Chicken Florentine Eggs Benedict	\$17.49–\$19.49	840 cal	Poached eggs, grilled chicken, fresh spinach, hollandaise on English muffin
Bacon Eggs Benedict	\$16.99–\$18.99	810 cal	Poached eggs, crispy bacon strips, hollandaise sauce on English muffin

ANYTIME FAVORITES

Tacos & Burritos

Breakfast-inspired handheld favorites served any time of day.

ITEM	PRICE	CALORIES	DESCRIPTION
Chicken Quesadilla Tacos	\$15.99–\$17.49	920 cal	Grilled chicken, peppers, onions, melted cheese in warm soft tortillas
Big Breakfast Burrito	\$15.99–\$17.99	1,590 cal	Scrambled eggs, sausage, cheese, peppers, onions in a giant flour tortilla
Bacon & Egg Tacos	\$13.99–\$15.49	760 cal	Scrambled eggs, crispy bacon strips, and melted cheddar in soft flour tortillas

ITEM	PRICE	CALORIES	DESCRIPTION
Steak & Egg Tacos	\$15.99 -\$17. 49	880 cal	Seasoned grilled steak, scrambled eggs, fresh salsa, and cheese in warm tortillas

MADE-FROM-SCRATCH

Buttermilk Biscuits

Warm, flaky, golden biscuits baked fresh daily. Available plain or loaded.

ITEM	PRICE	CALORIES	DESCRIPTION
Buttermilk Biscuit (plain)	\$5.49–\$6.49	280 cal	Warm, flaky, made-from-scratch buttermilk biscuit served plain with butter
Sausage Gravy Biscuit	\$7.99–\$9.49	620 cal	Warm flaky biscuit smothered in rich, creamy homestyle sausage gravy
Bacon Egg & Cheese Biscuit	\$8.49–\$9.99	560 cal	Crispy bacon, fluffy scrambled egg, and melted American cheese on a biscuit
Sausage Egg & Cheese Biscuit	\$8.49–\$9.99	610 cal	Sausage patty, scrambled egg, and melted cheese on a warm flaky biscuit
Grilled Chicken Biscuit	\$8.99–\$10.49	580 cal	Tender grilled chicken breast with lettuce and mayo on a warm biscuit

100% BLACK ANGUS BEEF

Ultimate Steakburgers

USDA Black Angus beef patties served on toasted brioche buns with seasoned fries.

ITEM	PRICE	CALORIES	DESCRIPTION
The Classic Steakburger	\$13.49–\$14.99	800 cal	100% Black Angus beef, lettuce, tomato, onion, pickles on brioche bun
The Classic with Bacon	\$14.49–\$15.99	970 cal	Angus beef, crispy bacon, American cheese, all the fixings on brioche bun
Bacon Avocado Ranch Burger	\$14.75–\$16.49	1,130 cal	Angus beef, crispy bacon, fresh avocado, ranch sauce — most popular burger
Cowboy BBQ Burger	\$14.75–\$16.49	1,080 cal	Angus beef, smoky BBQ sauce, crispy onion ring, cheddar on brioche bun
Jalapeño Kick Burger	\$14.75–\$16.49	1,020 cal	Angus beef, jalapeño slices, pepper jack cheese, spicy mayo — bold flavor
Big Brunch Burger	\$14.75–\$16.49	1,150 cal	Angus beef, fried egg, crispy bacon, American cheese — breakfast in burger form
Mushroom Swiss Burger	\$14.49–\$15.99	990 cal	Angus beef, sautéed mushrooms, melted Swiss cheese, garlic aioli

LIGHTER OPTIONS

Sandwiches & Salads

Fresh sandwiches and salads served any time of day.

ITEM	PRICE	CALORIES	DESCRIPTION
Cali Roasted Turkey Melt	\$13.69–\$15.49	1,130 cal	Turkey, avocado, bacon, Swiss on sourdough — the #1 sandwich at IHOP
Philly Cheese Steak Stacker	\$14.49–\$16.49	1,280 cal	Sliced steak, sautéed peppers, onions, provolone on a toasted hoagie roll
Crispy Chicken Sandwich	\$13.49–\$14.99	980 cal	Hand-battered crispy chicken breast, lettuce, tomato, mayo on a brioche bun
Grilled Chicken Cobb Salad	\$13.49–\$15.49	720 cal	Grilled chicken, bacon, hard-boiled egg, avocado, blue cheese on fresh greens
Garden Salad	\$9.49–\$11.49	320 cal	Fresh mixed greens, tomatoes, cucumbers, carrots with choice of dressing

HEARTY MEALS

Platters & Entrees

Full dinner plates served with your choice of sides and Texas toast.

ITEM	PRICE	CALORIES	DESCRIPTION
Fisherman's Platter	\$16.49–\$18.49	1,130 cal	Crispy battered fish, shrimp, seasoned fries, coleslaw, and tartar sauce
Chicken Tenders Platter	\$14.49–\$16.49	980 cal	Hand-battered chicken tenders, seasoned fries, coleslaw and dipping sauce
Country Fried Steak	\$16.49–\$18.49	1,180 cal	Hand-battered sirloin steak smothered in cream gravy with 2 sides
Grilled Chicken Dinner	\$14.49–\$16.49	680 cal	Grilled chicken breast with 2 sides of your choice and Texas toast
T-Bone Steak Dinner	\$22.99–\$25.99	1,340 cal	12 oz T-bone steak, 2 sides of your choice, and Texas toast

FEEDS THE WHOLE FAMILY

Family Feasts (IHOP 'N Go)

Available for takeout and delivery. Each feast serves 4 people. Perfect for family mornings.

ITEM	PRICE	CALORIES	DESCRIPTION
Pancake Creation Family Feast	\$28.99–\$34.99	up to 5,470 cal	Serves 4 — full pancake stacks with choice of toppings, eggs, and breakfast meat
Big Breakfast Family Feast	\$32.99–\$38.99	varies	Serves 4 — eggs, bacon, sausage, pancakes, and golden hash browns
Omelette Family Feast	\$34.99–\$39.99	varies	Serves 4 — choice of omelettes with sides and toast or pancakes
Buttermilk Crispy Chicken Family Feast	\$38.74–\$42.99	varies	Serves 4 — crispy chicken, Belgian waffles, sides — premium family feast

FOR GUESTS 55 & OLDER

55+ Senior Menu

Smaller portions at more affordable prices. Available all day at all IHOP locations.

ITEM	PRICE	CALORIES	DESCRIPTION
55+ 2-Egg Breakfast	\$8.49–\$9.99	480 cal	2 eggs cooked your way, choice of meat, toast — the perfect lighter combo
55+ Pancake Combo	\$9.49–\$10.99	560 cal	2 fluffy buttermilk pancakes, 1 egg, and choice of breakfast meat
55+ French Toast Combo	\$9.49–\$10.99	520 cal	2 slices of Thick 'N Fluffy French toast with eggs — a lighter sweet option
55+ Grilled Chicken Dinner	\$10.49–\$12.49	540 cal	Smaller grilled chicken plate with 1 side of your choice
55+ Crispy Fish Dinner	\$10.49–\$12.49	620 cal	2-piece crispy fish dinner with a side and coleslaw
55+ Club Sandwich	\$9.99–\$11.49	680 cal	Half club sandwich served with a cup of soup or side salad

FOR KIDS 12 & UNDER

Kids Menu

Fun, kid-sized portions with smaller prices. Every kids meal comes with a kids drink.

ITEM	PRICE	CALORIES	DESCRIPTION
Jr. Cupcake Pancake Combo	\$7.99–\$9.49	560 cal	Cupcake-shaped pancake with 1 egg and choice of breakfast meat
Jr. Chicken & Waffles	\$8.99–\$10.49	680 cal	Mini crispy chicken piece on a small Belgian waffle with maple syrup

ITEM	PRICE	CALORIES	DESCRIPTION
Jr. Mac & Cheese	\$7.49–\$8.99	490 cal	Classic creamy Kraft mac & cheese — the all-time kids menu favorite
Jr. Chicken Strips Dinner	\$8.49–\$9.99	520 cal	3 hand-battered mini chicken strips with seasoned fries
Jr. Cheeseburger	\$7.99–\$9.49	580 cal	Mini Black Angus beef patty with American cheese and seasoned fries
Jr. Protein Pancake	\$7.49–\$8.99	380 cal	Whole wheat protein pancake — the healthier kids choice
Jr. Cinnamon Dippers	\$6.99–\$8.49	340 cal	Cinnamon sugar pancake strips served with a fun dipping sauce
Jr. Breakfast Quesadilla	\$7.99–\$9.49	460 cal	Scrambled eggs and melted cheese in a warm griddled flour tortilla

DAILY 2PM – 10PM

IHOppy Hour Deals

Available every day from 2:00 PM to 10:00 PM at participating locations. Best value at IHOP.

■ IHOppy Hour is IHOP's daily value promotion — great for an affordable lunch, afternoon snack, or early dinner. Not valid with other offers.

ITEM	PRICE	CALORIES	DESCRIPTION
IHOppy Hour \$5 Meal Deals	\$5.00	varies	Choice of: Quick 2-Egg Breakfast, Classic Steakburger, or Chicken & Pancakes
IHOppy Hour \$3 Snacks	\$3.00	varies	Choice of: Mozzarella sticks, seasoned fries, or mini pancake bites
IHOppy Hour Drinks from \$1	\$1.00–\$1.50	varies	Hot coffee, soft drinks, or lemonade at special IHOppy Hour pricing
IHOppy Hour Milkshakes	\$5.49–\$6.99	680–920 cal	Any full-size milkshake flavor at reduced IHOppy Hour price — great deal

SWEET FINISHES

Milkshakes & Desserts

Hand-spun milkshakes and classic desserts. The perfect way to end your IHOP meal.

ITEM	PRICE	CALORIES	DESCRIPTION
Classic Vanilla Milkshake	\$6.49–\$7.99	720 cal	Thick, hand-spun vanilla shake topped with whipped cream and a cherry
Chocolate Milkshake	\$6.49–\$7.99	760 cal	Rich chocolate shake made with real ice cream and topped with whipped cream
Strawberry Milkshake	\$6.49–\$7.99	680 cal	Fresh strawberry shake with real ice cream and whipped cream topping
Oreo Cookie Crumble Shake	\$6.99–\$8.49	890 cal	Crushed Oreo cookies blended into a thick, creamy milkshake
Peanut Butter Cup Shake	\$6.99–\$8.49	920 cal	Reese's peanut butter cups blended into a rich, indulgent milkshake
New York Cheesecake Slice	\$6.99–\$7.99	560 cal	Creamy New York-style cheesecake with fresh strawberry topping
Chocolate Fudge Cake	\$6.49–\$7.49	680 cal	Warm, moist chocolate fudge cake served with a scoop of vanilla ice cream

ADD TO ANY MEAL

Sides

All sides available à la carte. Most entrees come with choice of 1–2 sides.

Hash Browns	\$3.99–\$4.99	Grits	\$3.49–\$4.49
Toast (white/wheat)	\$2.49–\$3.49	English Muffin	\$2.49–\$3.49
Fresh Fruit Cup	\$3.49–\$4.99	Seasonal Fruit	\$3.99–\$5.49
French Fries	\$3.99–\$4.99	Onion Rings	\$4.49–\$5.49
Coleslaw	\$2.99–\$3.99	Cup of Soup	\$3.99–\$5.49
Side Pancakes (2)	\$4.49–\$5.49	Bacon (4 strips)	\$3.99–\$4.99
Sausage Links (4)	\$3.99–\$4.99	Ham Slice	\$3.99–\$4.99

DRINKS & BEVERAGES

Beverages

Free refills on coffee, hot tea, and soft drinks at all IHOP locations.

Coffee (regular/decaf)	\$2.99–\$3.99 ■ Free refills	Hot Tea	\$2.99–\$3.49
Hot Chocolate	\$3.49–\$4.49 — 430 cal	Iced Coffee	\$3.49–\$4.49
Fresh Orange Juice	\$3.99–\$4.99	Simply Lemonade	\$2.99–\$3.99
Soft Drinks (Pepsi products)	\$2.99–\$3.99 ■ Free refills	White or Chocolate Milk	\$2.99–\$3.49
IHOP Splashers (flavored)	\$3.49–\$4.49	Water	Complimentary

1,700+ Locations Nationwide	All-Day Breakfast Served	IHOPPY Hour: 2PM–10PM Daily	Free Birthday Pancakes with Rewards
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STAT	DETAIL
Founded	1958 — Toluca Lake, California
Founder	Al Lapin Jr.
Locations	1,700+ across the USA and 100+ countries
Parent Company	Dine Brands Global (also owns Applebee's)
Pancakes From	\$9.69 (Original Buttermilk — 5 pancakes)
Most Expensive Item	\$42.99 — Buttermilk Crispy Chicken Family Feast

STAT	DETAIL
IHOPPY Hour	Daily 2:00 PM – 10:00 PM at participating locations
Senior Menu	55+ Menu available all day for guests 55 and older
Birthday Reward	Free short stack when you join IHOP Rewards
Official Website	www.ihop.com

DISCLAIMER: ihop-menus.us is an independent informational website and is NOT affiliated with, endorsed by, or sponsored by IHOP or Dine Brands Global, Inc. All menu items, prices, and nutritional information are provided for reference purposes only and may vary by location and time of year. For the most accurate information please visit www.ihop.com or contact your local IHOP restaurant. Calorie counts are based on standard preparations. Prices are national averages as of March 2026.