

**UNDER 600 CALORIES**  
Simple & Fit options

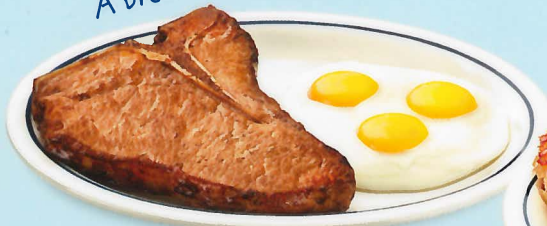
Choose one of our "Simple & Fit" under 600 calorie selections or use our tips on how to enjoy lower calorie versions of your favorite IHOP classics.

**For Breakfast Foods:**

- Hold the butter or whipped topping
- Hold the cheese or ask for less
- Use sugar substitute in coffee & tea
- Use 2% milk in your coffee
- Ask for sugar-free syrup
- Ask for egg substitute for 1.99 more

# Breakfast Combinations

*A breakfast classic!*



**T-Bone Steak & Eggs\***

A mouth-watering T-Bone steak cooked your way and served with three eggs and **three buttermilk pancakes**. 19.99



**Chicken Fried Steak & Eggs\***

A golden fried 8 oz. battered beef steak smothered in classic country gravy. Served with two eggs cooked your way, hash brown and **two buttermilk pancakes**. 14.49

*Watching calories?  
We've got you covered!*



**Simple & Fit Two-Egg Breakfast**

A breakfast tradition worth feeling good about. Scrambled egg substitute served with two slices of turkey bacon, seasonal mixed fruit and **dry whole wheat toast**. 11.49

340 Calories



**Biscuits & Gravy Combo\***

Two buttermilk biscuits covered in our classic country gravy and four pork sausage links. Served with **two eggs** cooked your way and **hash browns**. 11.69

*When you can't decide, try 'em all!*



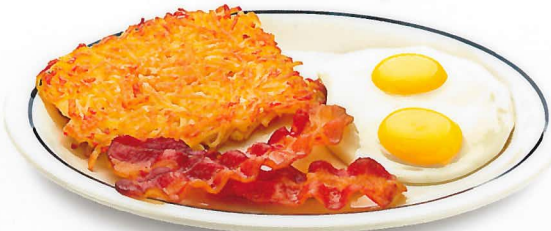
**Split Decision Breakfast\***

A hearty mix. Two eggs, two crispy bacon strips, two pork sausage links, two triangles of fluffy French toast and **two buttermilk pancakes**. 12.49

**Loco Moco\***

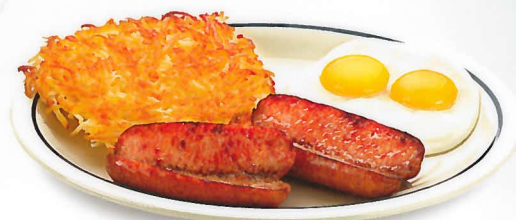
Three eggs served on an all-beef grilled hamburger patty atop a bed of steamed rice and beef gravy. 11.99

*The basics, done right!*



**Quick Two-Egg Breakfast\***

Simple and simply delicious. Two eggs cooked your way, plus hash browns, two crispy bacon strips or two pork sausage links and **buttered toast**. 9.99



**Smokehouse Combo\***

Breakfast classics, brought together. Two smoked pork sausage links served with two eggs cooked your way, hash browns and **two buttermilk pancakes**. 12.49

*A little bit of  
everything on  
one plate!*

**Breakfast Sampler\***

Everything you love. Two eggs, two bacon strips, two pork sausage links, two pieces of ham, hash browns and **two buttermilk pancakes**. 13.49

**Sirloin Tips & Eggs\***

Tender USDA Select sirloin tips with grilled onions and mushrooms. Served with two eggs cooked your way, hash browns and **two buttermilk pancakes**. 16.99

