

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



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Oatmeal

A bowl of our custom blend of Quaker® Oats sweetened with just the right touch of cinnamon sugar. Finished off with your choice of topping below. 4.99

- Super Fruits! Blueberries, Dark Cherries, Cranberries, Raisins and Golden Raisins
- Super Fruits with Almonds and Walnuts
- Banana Slices with Brown Sugar and Milk

Cheese Blintzes

Three delicate crepes filled with a cool combination of cheeses. Topped with your choice of cinnamon apple compote, blueberry compote or glazed strawberries and finished off with sour cream. 11.99
Also available with strawberry preserves. 11.49

Crepes & Oatmeal

Loved all over the world!



International Crepe Passport*

Your choice of fresh crepe: Swedish or Seasonal Mixed Fruit. Served with two eggs, two bacon strips and two pork sausage links. 11.49

Perk up with fruit!



Simple & Fit Seasonal Mixed Fruit Crepes

Two delicate crepes topped with mixed fruit, low-fat strawberry yogurt and crunchy granola. 10.29
570 Calories

Fall for savory flavors!



Chicken Florentine Crepes

Two savory crepes filled with grilled chicken breast, fresh spinach, mushrooms, onions and Swiss cheese. Topped with creamy hollandaise. 13.49



Garden Stuffed Crepes

Two savory crepes stuffed with Swiss cheese, eggs scrambled with fresh spinach, mushrooms and onions then topped with creamy hollandaise and diced tomatoes. 12.49



Swedish Crepes

Four delicate crepes topped with sweet-tart lingonberries and creamy lingonberry butter then finished off with powdered sugar. 10.99

Hand-Crafted Griddle Melts

All griddle melts served with your choice of:

Hash Browns, Seasoned Fries or Seasonal Mixed Fruit.

Ham & Egg Melt

Sliced ham and melted Swiss and American cheeses over a fluffy egg omelette on grilled artisan sourdough bread. Full sandwich 12.99
Half sandwich 6.99

Spinach, Roasted Red Pepper & Cheese Melt

Sautéed fresh spinach and onions in a fluffy egg omelette topped with roasted red peppers, Parmesan and melted Provolone and Pepper Jack cheeses on grilled artisan sourdough bread. Full sandwich 12.99
Half sandwich 6.99

Western Melt

Smoked ham, sautéed peppers and onions in a classic omelette topped with sliced ham and melted American cheese on grilled artisan sourdough bread. Full sandwich 12.99
Half sandwich 6.99

Hand-crafted and a hand-full

