

French Toast & Waffles



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



Belgian Waffle Combo*

Our Belgian waffle served with two eggs and your choice of two bacon strips or two pork sausage links. 10.49
Also available as a Belgian waffle on its own. 6.99



Stuffed French Toast Combo*

Cinnamon raisin French toast with a sweet cream filling. Topped with your choice of cinnamon apple compote, blueberry compote or glazed strawberries and finished off with creamy whipped topping. Served with two eggs, hash browns and two bacon strips or two pork sausage links. 10.99

Create Your Own Vive La French Toast Combo*

Your choice of French toast: Original, Strawberry Banana or Cinn-A-Stack®. Served with two eggs, hash browns and two bacon strips or two pork sausage links. 10.99



Cinn-A-Stack® French Toast

Three slices of thick-cut French toast layered with cinnamon roll filling then topped with cream cheese icing and whipped topping. 8.99

A sweet & savory favorite!



Chicken & Waffles

Four crispy all-white meat chicken strips and a house-made Belgian waffle. Served with whipped butter and honey mustard dipping sauce. 10.49



Strawberry Banana French Toast

Our original French toast topped with glazed strawberries and fresh banana slices then finished off with powdered sugar and whipped topping. 10.49

A classic way to celebrate breakfast!



Our Original French Toast

Six triangles of fluffy French toast dusted with powdered sugar and finished off with whipped butter. 9.49

Cinnamon Swirl French Toast Combo*

Two slices of cinnamon roll grilled French toast-style. Served with two eggs, hash browns and two bacon strips or two pork sausage links. 10.99

Add a Side

- Hash Browns 2.00
- Buttered Toast 2.00
- Small Bowl of Seasonal Fruit 5.49
- Pork Sausage Links (4) 2.99
- Bacon Strips (4) 2.99
- Slice of Ham 2.99
- Turkey Bacon Strips (4) 3.29
- Smoked Pork Sausage Links (2) 3.99

NEW! Brioche French Toast

Thick, rich brioche bread dipped in a lightly sweetened vanilla batter, grilled to perfection!

NEW! Peaches & Cream

Three slices of brioche bread topped with sliced peaches, honey-roasted pecans, vanilla cream drizzle, powdered sugar and whipped topping. 8.99

NEW! Berry Berry

Three slices of brioche bread topped with blueberries and glazed strawberries, then crowned with powdered sugar and whipped topping. 8.99

NEW! Bananas Foster

Three slices of brioche bread topped with a classic New Orleans Foster's sauce made with sliced bananas caramelized in a buttery brown sugar glaze, then crowned with powdered sugar and whipped topping. 8.99

It's amour at first bite!

