

9to5strength - IHOP Nutrition Tables

IHOP - Pancakes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
(4) Belgian Chocolate Pancakes	1060	21	140	62	50	26	10.0	5.2
(4) English Sticky Toffee Pancakes	1020	18	148	68	40	20	4.0	5.9
(4) Harvest Grain 'N Nut® Pancakes	990	26	108	26	51	11	10.0	5.0
(4) New York Cheesecake Pancakes	920	22	130	58	35	16	5.0	5.1
(4) Cinn-A-Stack® Pancakes	860	16	136	70	28	10	6.0	4.9
(4) Cupcake Pancakes	790	16	131	61	23	12	4.0	4.5
(4) Mexican Tres Leches Pancakes	680	17	94	33	25	12	4.0	4.6
(4) Red Velvet Pancakes	680	17	117	55	17	6	5.0	4.5
(5) Original Buttermilk Pancakes	670	20	94	21	24	8	4.0	5.7
(4) Strawberry Banana Pancakes	660	17	116	43	15	5	7.0	4.5
(4) Double Blueberry Pancakes	620	16	102	39	17	6	6.0	4.5
(4) Buttermilk w/Whipped Topping	500	16	77	18	15	5	4.0	4.4
(3) Original Buttermilk Pancakes	430	12	57	12	17	7	3.0	3.5

IHOP - Pancakes (Build Your Own)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
(2) Belgian Chocolate Pancakes	590	11	77	35	30	16	5.0	2.7
(2) English Sticky Toffee Pancakes	560	9	81	39	22	12	2.0	3.1
(2) Harvest Grain 'N Nut® Pancakes	530	13	54	13	29	8	5.0	2.6
(2) New York Cheesecake Pancakes	500	11	72	35	19	9	3.0	2.6
(2) Cinn-A-Stack® Pancakes	490	8	79	46	16	6	3.0	2.5
(2) Cupcake Pancakes	480	8	81	45	14	8	2.0	2.3
(2) Red Velvet Pancakes	400	9	70	39	10	5	3.0	2.3
(2) Strawberry Banana Pancakes	380	9	68	29	9	4	4.0	2.3
(2) Double Blueberry Pancakes	370	8	61	28	10	5	3.0	2.3
(2) Mexican Tres Leches Pancakes	370	9	52	21	15	8	2.0	2.4
(2) Original Buttermilk Pancakes	310	8	38	8	14	6	2.0	2.4
(2) Rooty Tooty Pancakes (no Fruit Topping)	270	8	39	9	9	4	2.0	2.2

IHOP - Toppings, Extras & Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
(4) Pork Sausage Links	360	12	1	1	34	12	0.0	1.6
(3) Scrambled Eggs	330	23	3	1	26	7	0.0	0.9
(2) Buttermilk Pancakes	310	8	38	8	14	6	2.0	2.4
(1) Flour Tortilla	290	8	46	2	8	2	2.0	0.7
Hash Browns	280	3	28	1	18	4	2.0	1.1
(3) Fried Eggs	250	20	2	1	18	6	1.0	0.6
(3) Boiled Eggs	230	19	2	2	16	5	0.0	0.5
(2) Scrambled Eggs	220	15	2	1	17	5	0.0	0.6
(3) Poached Eggs	190	17	1	0	13	4	0.0	1.0
(2) Sausage	180	6	1	0	17	6	0.0	0.8
(2) Fried Eggs	170	13	1	0	12	4	0.0	0.4
(2) Boiled Eggs	160	13	1	1	11	4	0.0	0.3
(2) Poached Eggs	130	11	1	0	8	3	0.0	0.7

(2) Corn Tortillas	120	1	24	3	2	0	4.0	0.0
Ice Cream	100	3	12	9	5	3	0.0	0.1
(2) Bacon	80	7	1	1	6	2	0.0	0.9
Raspberry	70	1	18	15	0	0	1.0	0.0
Pineapple, apples, oranges & grapes	60	1	16	13	0	0	2.0	0.0
Pineapple, honeydew, oranges, grapes	60	1	13	12	0	0	2.0	0.0
Peaches	60	1	14	13	0	0	1.0	0.0
Glazed Strawberries	50	0	13	11	0	0	1.0	0.0
Honeydew, watermelon, pineapple & grapes	50	1	14	11	0	0	1.0	0.0
Pineapple, apples, oranges, strawberries	50	1	13	10	0	0	2.0	0.0
Banana Slices	20	0	5	3	0	0	1.0	0.0

IHOP - Crepes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Classic Breakfast Crepes	1040	57	44	18	70	29	2.0	6.0
Banana Crepes with Nutella®	960	21	120	67	45	14	5.0	2.3
Chicken Florentine Crepes	900	58	48	19	53	22	4.0	4.2
Cheese Blintzes w/Sour Cream (no topping)	890	28	66	30	57	28	2.0	3.3
Strawberries & Cream Crepes	780	18	105	55	32	11	4.0	2.4
German Crepes	680	17	76	28	34	12	3.0	2.2
Sweet Cream Cheese Crepes (no Topping)	680	14	55	29	44	25	1.0	2.0
Swedish Crepes	660	17	80	34	30	9	3.0	2.2
Strawberry Preserves	230	0	59	54	0	0	1.0	0.0
Raspberry	150	1	38	32	0	0	2.0	0.0
Peach	120	1	28	26	0	0	2.0	0.1
Blueberry Compote	90	0	18	16	2	1	1.0	0.1

IHOP - Crepes (Build Your Own)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Banana with Nutella®	490	11	61	34	24	8	3.0	1.1
Sweet Cream Cheese Crepe & Raspberry	420	8	46	30	23	14	2.0	1.0
Sweet Cream Cheese Crepe & Peach	410	8	42	28	23	14	1.0	1.0
Strawberries & Cream	400	9	53	28	17	7	2.0	1.2
German	380	9	38	14	22	9	1.0	1.1
Swedish	370	9	43	20	18	6	2.0	1.1

IHOP - French Toast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bananas Foster Brioche French Toast	1000	20	123	59	49	16	4.0	2.9
Stuffed French Toast (without Topping)	900	15	126	59	37	19	5.0	1.9
Strawberry Banana French Toast	850	22	121	57	31	12	7.0	2.0
Our Original French Toast	740	20	84	28	36	14	4.0	2.1
Brioche French Toast (Plain)	710	18	82	25	35	13	3.0	2.5
Peach Vanilla	180	2	33	30	5	4	2.0	0.1
Strawberry Vanilla	170	1	30	26	5	4	2.0	0.1
Glazed Strawberries	100	1	25	22	0	0	2.0	0.1

IHOP - French Toast (Build Your Own)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bananas Foster Brioche French Toast	620	13	76	34	30	11	3.0	1.8
Strawberry Banana French Toast	550	14	75	34	22	8	4.0	1.3
Original French Toast	520	14	56	19	27	11	3.0	1.4
Brioche French Toast (Plain)	500	12	55	17	26	10	2.0	1.7
Stuffed French Toast (without Topping)	450	8	63	30	18	9	3.0	1.0
Peach Vanilla	90	1	17	15	3	2	1.0	0.1
Strawberry Vanilla	80	1	15	13	3	2	1.0	0.1

IHOP - Waffles

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken & Waffles (no dressing)	1030	40	105	17	50	21	4.0	4.2
Belgian Waffle	590	11	69	17	30	17	3.0	1.9
Ranch Dressing	260	1	4	1	27	4	0.0	1.1
Honey Mustard Dressing	230	1	15	12	19	3	0.0	1.2

IHOP - Toast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Marble Rye Toast, Butter & Jam/Jelly	450	14	73	20	11	5	2.0	1.4
Wheatberry Toast, Butter & Jam/Jelly	350	7	58	17	11	6	5.0	1.1
Whole Wheat Toast, Butter & Jam/Jelly	340	10	52	20	11	6	5.0	1.0
White Toast, Butter & Jam/Jelly	250	5	43	20	7	4	1.0	0.7
Sourdough Toast, Butter & Jam/Jelly	220	5	39	10	5	3	1.0	0.9

IHOP - IHOP Creations

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Ultimate Waffle Sandwich (no side)	1390	71	86	29	84	43	3.0	6.4
Buttermilk Biscuits & Sausage Gravy (no eggs)	1370	26	106	5	93	38	4.0	8.7
Chorizo & Eggs	1350	55	92	16	85	26	7.0	8.1
South-of-the-Border Burrito	1290	46	112	15	73	26	9.0	7.6
Machaca (no side of tortillas)	1240	56	57	7	89	27	7.0	5.8
Buttermilk Biscuits & Country Gravy (no eggs)	1210	22	97	4	81	33	4.0	7.4
Homestyle Corned Beef Hash (no eggs)	1180	46	65	7	81	21	6.0	5.5
Migas (no side of tortillas)	1120	42	56	6	82	24	7.0	5.0
Classic Skillet (no eggs or meat)	1100	29	101	11	65	28	7.0	6.6
Country Fried Steak & Sausage Gravy	940	31	55	1	67	21	4.0	6.3
Create Your Own Melt (no filling)	940	45	64	5	56	27	3.0	3.7
Eggs Benedict	910	42	65	9	54	21	5.0	7.7
Loco Moco (no eggs)	890	36	105	3	35	15	1.0	1.9
Country Fried Steak & Country Gravy	840	28	49	1	59	18	3.0	5.4
Huevos Rancheros (no eggs or side)	740	23	73	5	38	14	13.0	3.9
IHOP® Signature Pancake Sliders (no side)	740	46	49	18	41	13	2.0	5.5
Southwest Scramble (no potato or side)	650	38	13	2	51	18	5.0	2.5
(3) Buttermilk Pancakes	430	12	57	12	17	7	3.0	3.5
Red Potato Hash	350	5	37	2	21	4	4.0	1.8
(2) Sirloin Steaks	340	41	0	0	20	8	0.0	1.8
Corned Beef	240	29	3	1	12	4	1.0	2.5

Bacon	170	14	2	2	12	5	0.0	1.8
Slice of Ham	120	20	2	1	4	2	1.0	3.1
Ham	120	20	3	3	3	1	0.0	3.1
Poblano Peppers & Onions	20	1	5	2	0	0	1.0	0.9

IHOP - Breakfast Sandwich Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
(2) Belgian Chocolate Pancakes	590	11	77	35	30	16	5.0	2.7
(2) English Sticky Toffee Pancakes	560	9	81	39	22	12	2.0	3.1
(2) Harvest Grain 'N Nut® Pancakes	530	13	54	13	29	8	5.0	2.6
(2) New York Cheesecake Pancakes	500	11	72	35	19	9	3.0	2.6
(2) Cinn-A-Stack® Pancakes	490	8	79	46	16	6	3.0	2.5
(2) Cupcake Pancakes	480	8	81	45	14	8	2.0	2.3
(2) Red Velvet Pancakes	400	9	70	39	10	5	3.0	2.3
(2) Strawberry Banana Pancakes	380	9	68	29	9	4	4.0	2.3
(2) Double Blueberry Pancakes	370	8	61	28	10	5	3.0	2.3
(2) Mexican Tres Leches Pancakes	370	9	52	21	15	8	2.0	2.4
(2) Rooty Tooty (w/o Fruit Topping)	270	8	39	9	9	4	2.0	2.2

IHOP - Combos (Big 3-Egg Breakfast)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
(2) Smoked Sausage	470	18	4	2	43	15	1.0	3.5
(2) Pork Chops (6oz)	450	55	1	1	24	9	0.0	2.0
(3) Buttermilk Pancakes	430	12	57	12	17	7	3.0	3.5
Corned Beef Hash	400	17	29	2	24	5	3.0	2.3
Scrapple	360	15	24	0	24	9	0.0	2.0
(4) Spam®	350	15	4	1	33	11	0.0	3.9
(2) Pork Sausage Patties	340	15	2	1	31	11	0.0	2.2
(2) Sirloin Steaks	340	41	0	0	20	8	0.0	1.8
(2) Pork Chops (4oz)	310	35	0	0	19	7	1.0	1.2
(Optional) Hash Browns	280	3	28	1	18	4	2.0	1.1
(4) Turkey Sausage Links	190	17	1	0	13	3	0.0	1.6
(4) Bacon	170	14	2	2	12	5	0.0	1.8
(2) Canadian-style Bacon	120	19	1	1	5	2	0.0	3.8
Slice of Ham	120	20	2	1	4	2	1.0	3.1
(4) Turkey Bacon	120	10	1	1	9	2	0.0	1.4

IHOP - Combos (Big 2-Egg Breakfast)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Steak & Eggs with Sausage Gravy (no eggs)	1540	42	121	10	99	31	8.0	9.7
Steak & Eggs with Country Gravy (no eggs)	1430	39	115	10	91	28	8.0	8.8
Pork Chops & Eggs (6oz) (no eggs)	1040	66	67	10	57	18	4.0	5.4
Breakfast Sampler (no eggs)	920	34	68	11	58	19	5.0	6.6
Pork Chops & Eggs (4oz) (no eggs)	910	46	66	10	52	16	5.0	4.6
Chicken & Eggs with Country Gravy (no eggs)	890	31	85	10	47	13	5.0	5.4
(4) Sausage	360	12	1	1	34	12	0.0	1.6
(4) Bacon	170	14	2	2	12	5	0.0	1.8

IHOP - Combos (Quick 2-Egg Breakfast)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Smokehouse Combo (no eggs)	1070	28	69	11	76	25	5.0	6.9
Sirloin Tips & Eggs (no eggs)	1030	49	87	26	123	15	6.0	6.7
Split Decision Breakfast (no eggs)	870	28	67	19	55	23	3.0	4.8
T-Bone Steak & Eggs (12 oz) (no eggs)	810	66	57	13	36	16	4.0	6.0
Sirloin Steak & Eggs (no eggs)	770	53	57	12	37	15	3.0	5.3
T-Bone Steak & Eggs (10 oz) (no eggs)	720	61	57	13	28	11	3.0	4.9
Simple & Fit 2-Egg Breakfast (no fruit side)	340	28	36	5	9	2	5.0	2.0

IHOP - Omelettes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cheeseburger Omelette	1450	75	54	14	104	38	5.0	8.5
Rustic Corned Beef Hash Omelette	1400	72	46	9	102	27	4.0	6.3
Big Steak Omelette	1150	67	47	8	78	27	6.0	5.8
Colorado Omelette	1150	77	18	6	87	34	2.0	6.8
Spicy Poblano Omelette	1100	61	31	9	83	34	5.0	5.0
Bacon Temptation Omelette	1080	64	16	7	85	35	1.0	5.8
Country Omelette	1080	55	41	7	77	29	3.0	5.0
Corned Beef Hash & Cheese Omelette	1070	59	37	4	76	26	3.0	4.6
Chicken Fajita Omelette	960	74	24	8	63	24	4.0	5.1
Hearty Ham & Cheese Omelette	930	64	15	6	69	30	1.0	6.2
Spinach & Mushroom Omelette	890	46	21	8	69	26	3.0	4.3
Avocado, Bacon & Cheese Omelette	870	52	14	4	69	25	3.0	3.7
Garden Omelette	830	47	16	6	66	24	3.0	2.6
International Omelette	720	48	15	5	53	21	2.0	3.8
Egg White Vegetable Omelette (no fruit side)	330	28	13	3	20	6	6.0	2.0

IHOP - Omelettes (Build Your Own)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Omelette (without cheese or ingredients)	440	28	7	2	33	9	0.0	1.4
Cheddar Cheese (Shredded)	230	14	1	0	19	12	0.0	0.9
Jack & Cheddar Cheese Blend	220	13	2	0	18	10	0.0	0.9
Pork Sausage (2)	180	6	1	0	17	6	0.0	0.8
White Cheddar Cheese	170	11	1	0	14	8	0.0	0.7
Pepper Jack Cheese	160	10	1	0	13	8	0.0	0.7
Swiss Cheese	160	11	0	0	12	7	0.0	0.2
American Cheese	150	8	2	1	12	7	0.0	1.2
Avocado	80	1	4	0	7	1	3.0	0.0
Diced Bacon	60	4	1	1	5	2	0.0	0.7
Ham, Diced	30	4	1	1	1	0	0.0	0.8
Fresh Spinach	15	2	2	0	0	0	1.0	0.1
Fresh Green Peppers & Onions	10	0	2	1	0	0	0.0	0.0
Fresh Mushrooms	10	2	2	1	0	0	1.0	0.0
Fresh Tomatoes	10	0	2	1	0	0	1.0	0.0

IHOP - Omelette Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
(3) Harvest Grain 'N Nut Pancakes	760	19	81	20	40	10	8.0	3.8
(3) Belgian Chocolate Pancakes	740	16	99	42	34	17	7.0	3.8
(3) New York Cheesecake Pancakes	710	17	101	47	27	13	4.0	3.9
(3) English Sticky Toffee Pancakes	700	13	103	46	26	13	3.0	4.2
(3) Cinn-A Stack Pancakes	680	12	108	58	22	8	4.0	3.7
(3) Cupcake Pancakes	630	12	106	53	18	10	3.0	3.4
(3) Red Velvet Pancakes	540	13	94	47	14	5	4.0	3.4
(3) Mexican Tres Leches Pancakes	520	13	73	27	20	10	3.0	3.5
(3) Strawberry Banana Pancakes	520	13	92	36	12	5	6.0	3.4
(3) Double Blueberry Pancakes	490	12	81	33	13	5	5.0	3.4
(3) Original Buttermilk Pancakes with Butter	430	12	57	12	17	7	3.0	3.5
(3) Rooty Tooty Pancakes	380	12	58	13	12	5	3.0	3.3
Add Avocado	80	1	4	0	7	1	3.0	0.0

IHOP - Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Clubhouse Super Stacker	1150	61	66	13	72	25	4.0	8.0
Philly Cheese Steak Stacker	860	55	64	11	43	16	4.0	6.3
Roasted Turkey Sandwich	850	56	59	6	43	11	3.0	4.7
Turkey Avocado Bacon Wrap	750	46	57	6	38	8	7.0	5.3
Spicy Chicken Ranch Sandwich	730	33	60	11	40	12	3.0	6.0
Double BLT	670	29	42	8	42	10	3.0	5.1

IHOP - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Crispy Chicken & Spinach Salad	1290	60	70	29	86	27	5.0	6.6
Cobb Salad with Crispy Chicken	1250	59	45	8	93	27	5.0	5.9
Grilled Chicken & Spinach Salad	1110	70	44	30	73	25	5.0	7.1
Cobb Salad with Grilled Chicken	1070	69	18	8	81	25	5.0	6.4
Caesar Salad with Crispy Chicken	850	41	60	6	51	12	8.0	6.4
Caesar Salad with Grilled Chicken	700	51	32	7	42	10	7.0	6.3
Grilled Chicken & Veggie Salad	680	38	46	26	41	7	11.0	3.3
Side Caesar Salad	310	10	17	4	23	5	3.0	2.5
Blue Cheese Dressing	280	1	4	1	29	5	1.0	0.8
Buttermilk Ranch Dressing	260	1	4	1	27	4	0.0	1.1
Thousand Island Dressing	250	0	10	6	24	4	0.0	1.2
Creamy Italian	230	0	12	11	19	3	0.0	1.3
Honey Mustard Dressing	230	1	15	12	19	3	0.0	1.2
Honey Balsamic Dressing	210	0	16	12	15	3	0.0	0.7
Creamy Caesar Dressing	170	2	5	2	16	3	0.0	1.6
Raspberry Vinaigrette	120	0	6	5	11	2	0.0	1.9
French or Catalina Dressing	100	0	22	15	1	0	0.0	1.8
Add Avocado	80	1	4	0	7	1	3.0	0.0
Fat Free Raspberry Vinaigrette	60	0	14	14	0	0	0.0	1.5
House Salad (without dressing)	25	2	5	2	0	0	2.0	0.0
Reduced Fat Italian Dressing	15	0	1	1	1	0	0.0	0.3

IHOP - Soups

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Clam Chowder	370	9	30	4	24	8	1.0	3.2
Loaded Potato with Bacon Soup	350	11	32	5	20	8	1.0	3.0
Rustic Cheesy Tomato Soup	280	5	20	7	20	12	1.0	3.3
Minestrone Soup	150	8	23	2	4	1	1.0	3.0
Roasted Chicken Noodle Soup	150	8	21	3	4	2	1.0	2.7

IHOP - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Mega Monster Cheeseburger	1140	69	40	9	78	35	1.0	4.7
Cheeseburger Sliders	1100	53	73	17	67	31	4.0	6.0
Patty Melt	1060	49	63	7	68	28	3.0	4.8
Denver Omelette Burger	980	63	43	9	62	25	1.0	5.5
Bacon Cheeseburger	780	45	40	9	48	22	1.0	4.4
Cheeseburger	690	38	39	8	42	19	1.0	3.5
Hamburger	620	34	39	8	37	16	1.0	2.9

IHOP - Burger Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Onion Rings	480	7	56	7	26	5	4.0	1.3
French Fries	320	4	41	0	15	3	4.0	2.5

IHOP - Appetizers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Appetizer Sampler (no dressing)	1420	58	142	12	69	18	9.0	7.7
Slider Trio	1100	53	72	17	67	31	3.0	4.8
Chicken & Three Cheese Quesadilla	1070	63	60	6	65	27	5.0	7.1
Onion Rings	970	14	112	15	51	9	8.0	2.6
Hot & Spicy Wings (no dressing)	930	83	25	8	54	13	3.0	11.5
Crispy Chicken Strips & Fries (no dressing)	880	40	86	1	41	7	5.0	5.4
Monster Mozza Sticks	800	37	80	6	37	16	5.0	6.4
French Fries	640	8	82	1	31	6	8.0	5.0
Blue Cheese Dressing	280	1	4	1	29	5	1.0	0.8
Ranch Dressing	260	1	4	1	27	4	0.0	1.1
Honey Mustard Dressing	230	1	15	12	19	3	0.0	1.2

IHOP - Entrees

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Fried Chicken Dinner	1350	78	88	11	78	21	9.0	9.9
Steak Dinner with Sausage Gravy	1160	36	84	4	76	26	8.0	7.9
Sirloin Steak	1060	62	50	7	69	23	8.0	6.1
Steak Dinner with Country Gravy	1050	33	79	4	68	23	7.0	7.0
Roasted Turkey & Fixings	1000	55	106	38	40	18	9.0	6.4
Pot Roast	850	51	66	12	44	19	3.0	7.6
Smoked Sausage	830	23	38	7	66	23	6.0	6.9
Savory Pork Chops (6 oz)	820	63	42	4	45	13	6.0	3.8
Bacon Crusted Chicken with Red Potato Hash	780	48	44	5	46	17	5.0	5.9
Sirloin Steak Tips	760	44	70	27	105	12	5.0	6.0
T-Bone Steak (12 oz)	760	61	41	4	40	13	7.0	4.4
Savory Pork Chops (4 oz)	690	42	41	4	40	11	7.0	3.0
Tilapia Florentine	680	43	34	5	42	19	5.0	6.1
T-Bone Steak (10 oz)	670	57	41	4	32	9	7.0	3.4
Chicken Dinner with Country Gravy	620	26	69	11	29	9	4.0	4.6
(1) Garlic Bread	160	3	17	0	9	2	1.0	0.7

IHOP - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Ice Cream Sundae (no topping)	310	5	30	25	19	15	0.0	0.3
Crepe & Ice Cream (no filling or topping)	300	7	33	18	16	9	1.0	0.7
Blueberry Compote	170	0	37	33	3	1	2.0	0.1
Chocolate Sauce	100	1	26	21	0	0	1.0	0.0
Glazed Strawberries	50	0	13	11	0	0	1.0	0.0

IHOP - Beverages (Coffee)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
French Toast Hot Chocolate	380	1	71	61	12	11	1.0	1.0
Hot Chocolate, 16 oz To-Go	300	1	51	44	12	11	1.0	1.0
Vanilla Iced Coffee	240	8	41	39	5	3	1.0	0.3
Mocha Iced Coffee	230	8	40	38	5	3	1.0	0.3
French Vanilla	200	0	33	31	7	7	1.0	0.0
Swiss Mocha	190	1	31	30	7	7	1.0	0.0
Original Iced Coffee	180	8	26	25	5	3	1.0	0.3
Hot Chocolate	140	1	25	22	5	5	1.0	0.5
Coffee Per Cup (regular & decaf)	5	0	1	0	0	0	1.0	0.0

IHOP - Beverages (Tea & Lemonade)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sweeter Iced Tea (30 fl oz.)	330	1	84	82	0	0	0.0	0.0
Sweet Iced Tea (30 fl oz.)	270	1	70	67	0	0	0.0	0.0
Minute Maid® Lemonade (30 fl oz.)	220	0	63	58	0	0	0.0	0.3
Sweeter Iced Tea (16 fl oz.)	170	0	44	42	0	0	0.0	0.0
Sweet Iced Tea (16 fl oz.)	140	0	35	34	0	0	0.0	0.0
Lemonade Iced Tea (30 fl oz.)	120	0	28	26	0	0	0.0	0.0
Minute Maid® Lemonade (16 fl oz.)	110	0	32	29	0	0	0.0	0.1
Lemonade Iced Tea (16 fl oz.)	80	0	19	17	0	0	0.0	0.0
Freshly-Brewed Iced Tea (30 fl oz.)	15	1	3	0	0	0	0.0	0.0
Freshly-Brewed Iced Tea (16 fl oz.)	10	0	2	0	0	0	0.0	0.0
Revolution English Breakfast Tea	10	1	2	0	0	0	1.0	0.0
Revolution Chamomile Tea	10	0	2	0	0	0	1.0	0.0
Revolution Green Tea	10	1	2	0	0	0	1.0	0.0

IHOP - Soft Drinks & Shakes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Vanilla Milk Shake	480	14	63	55	20	12	0.0	0.6
Chocolate Milk Shake	470	14	62	51	20	13	1.0	0.6
Strawberry Milk Shake	460	14	57	48	20	12	1.0	0.6
Tropical Island Twist (30 fl oz.)	270	0	71	69	0	0	0.0	0.1
Barq's Root Beer® (30 fl oz.)	260	0	70	70	0	0	0.0	0.1
Manzanita Sol/Mountain Dew (30 fl oz.)	260	0	68	66	0	0	0.0	0.2
Tropicana (30 fl oz.)	260	0	70	70	0	0	0.0	0.2
Splashberry (30 fl oz.)	230	1	60	57	0	0	1.0	0.1
Coke/Fanta/Dr P./Hi C/Pibb Xtra (30 fl oz.)	230	0	64	64	0	0	0.0	0.0
Mug® Root Beer (30 fl oz.)	230	0	61	61	0	0	0.0	0.1
Large Fruit Juice (16 fl oz.)	200	1	52	50	0	0	0.0	0.1
Brisk® Raspberry Iced Tea (30 fl oz.)	190	0	49	49	0	0	0.0	0.2
Tropical Island Twist (16 fl oz.)	180	0	48	46	0	0	0.0	0.1
Splashberry (16 fl oz.)	150	1	38	36	0	0	0.0	0.1
Barq's Root Beer® (16 fl oz.)	130	0	35	35	0	0	0.0	0.1
Manzanita Sol/Mountain Dew (16 fl oz.)	130	0	34	33	0	0	0.0	0.1
Tropicana (16 fl oz.)	130	0	36	36	0	0	0.0	0.1
Coke/Fanta/Dr P./Hi C/Pibb Xtra (16 fl oz.)	120	0	32	32	0	0	0.0	0.0
Mug® Root Beer (16 fl oz.)	120	0	31	31	0	0	0.0	0.1
Regular Fruit Juice (10 fl oz.)	110	0	30	29	0	0	0.0	0.0
Brisk® Raspberry Iced Tea (16 fl oz.)	90	0	25	25	0	0	0.0	0.1
Large Tomato Juice (16 fl oz.)	80	4	17	11	0	0	4.0	3.3
Regular Tomato Juice (10 fl oz.)	50	2	10	6	0	0	2.0	1.9
SoBe Yumberry Pomegranate Lifewater	0	0	0	0	0	0	0.0	0.2
Bottled Water (8 fl oz.)	0	0	0	0	0	0	0.0	0.0