



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.

- Ask for reduced-fat salad dressing
- Hold the croutons on salads
- Ask for dressing & sauces on the side
- Hold the cheese, or ask for less
- Ask for a bun-less burger
- Choose diet soft drinks
- Choose steamed broccoli
- Hold the bread on dinner entrées

Hearty Dinner Favorites

All hearty dinners served with:

Garlic bread and your choice of **Soup** or **Side Salad** (unless otherwise noted and except for Simple & Fit selections which are served as described).

A real stick-to-your-ribs good time!



French Onion Pot Roast

Tender USDA Choice beef slow-cooked with caramelized onions in a rich beef and mushroom gravy. Served with mashed potatoes and buttered corn. 15.49



Fried Chicken Dinner

Four pieces of our special recipe fried chicken. Served with a savory biscuit, mashed potatoes and buttered corn. 13.99



Crunchy Battered Shrimp

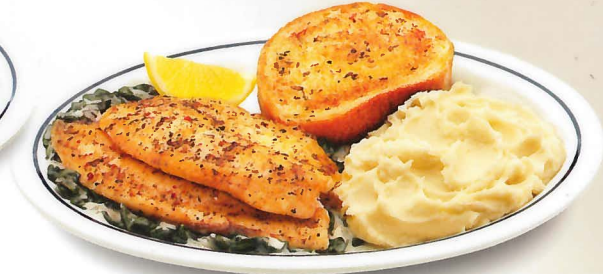
Light and crunchy golden fried shrimp. Served with steamed broccoli, seasoned red skin potatoes and cocktail sauce. 14.49

A great low-calorie option!



Simple & Fit Grilled Balsamic-Glazed Chicken

A grilled, seasoned chicken breast topped with sautéed mushrooms, onions, diced tomatoes and a balsamic glaze. Served with a side of steamed broccoli and a **house salad** with reduced-fat Italian dressing. 12.99
440 Calories



Tilapia Florentine

Two delicate, seasoned tilapia fillets on a bed of fresh spinach tossed in Alfredo sauce. Served with mashed potatoes. 14.49

It's always T-bone steak time!



T-Bone Steak*

A big, juicy T-Bone steak, cooked just the way you like it. Served with seasoned red skin potatoes and steamed broccoli. 19.99

Savory Pork Chops

Two lean and juicy pork chops grilled to perfection. Served with seasoned red skin potatoes and steamed broccoli. 18.49

Dinner never looked so good!

Chicken Fried Steak

A golden fried 8 oz. battered beef steak smothered in classic country gravy. Served with mashed potatoes and steamed broccoli. 14.99



Sirloin Steak Tips Dinner*

Tender USDA Select sirloin tips with grilled onions and mushrooms. Served with mashed potatoes and buttered corn. 16.99

