



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

Soup & Fresh Salads

Soup of the Day 4.99

Always fresh & crunchy!



Grilled Chicken Caesar Salad

Grilled chicken breast served on fresh romaine with Parmesan cheese and croutons. Tossed in our creamy Caesar dressing and served with garlic bread. 13.99



House Salad

Served with croutons and your choice of dressing. 4.99

- Buttermilk Ranch
- Blue Cheese
- Creamy Caesar
- Balsamic Vinaigrette
- Honey Mustard
- Reduced-Fat Italian



Simple & Fit Fruit & Yogurt

A light, refreshing bowl of seasonal mixed fruit topped with low-fat strawberry yogurt and crunchy granola. 7.99
330 Calories



Chicken & Spinach Salad

Crispy-fried chicken, bacon, a hard-boiled egg, diced tomatoes and Cheddar cheese on fresh spinach. Tossed with balsamic vinaigrette and served with garlic bread. 13.99

Crispy Chicken Salad

Crispy chicken, tomatoes, bacon, Jack and Cheddar cheeses and a hard-boiled egg on a bed of garden greens. Tossed with honey mustard dressing and served with garlic bread. 13.99
Also available with grilled chicken. 14.99

Appetizers



Onion Rings

A big bowl of our classic golden brown onion rings - perfect for sharing. 7.99



Crispy Chicken Strips & Fries

All-white meat chicken strips, breaded and crispy-fried. Served with seasoned fries, garlic bread and honey mustard dipping sauce. 11.99



Monster Mozza Sticks

Five extra thick Mozzarella cheese sticks coated with Italian bread crumbs and fried until they're gooey and crisp. Served with marinara sauce. 9.99

Wings

A generous portion of our hot and spicy chicken wings. 7.99

Chicken Fajita Quesadilla

Grilled seasoned chicken breast with onions, fresh green peppers and tomatoes in a grilled flour tortilla with melted Cheddar and Jack cheeses. Served with sour cream and salsa. 11.99

Appetizer Sampler

All your favorites. Our famous Monster Mozza Sticks, Onion Rings and Crispy Chicken Strips served together with honey mustard and marinara sauces. 13.49

Start every meal deliciously!

