



Fall/Winter



ASK ABOUT OUR

PANCAKE

OF THE MONTH





Anytime Tacos & Burritos

Savoury flavours inspired by IHOP® signature Omelettes

SERVED WITH A CHOICE OF SIDE

Hash browns , French fries , or 2 buttermilk pancakes .
Substitute seasonal fresh fruit  for additional cost.

BIG BREAKFAST BURRITO

3 slices of crispy bacon, 3 pork sausage links, hash browns, scrambled egg[‡], jack & cheddar cheeses & hollandaise wrapped & griddled in a tortilla.

SPICY SHREDDED BEEF ANYTIME TACOS

2 tacos filled with fluffy scrambled egg[‡], shredded beef, fire-roasted poblano & red bell peppers, sautéed jalapeños, serrano peppers, onions & a three-cheese blend. Served with salsa.



BACON, EGG & CHEESE ANYTIME TACOS

2 tacos filled with fluffy scrambled egg[‡], crispy bacon, a three-cheese blend & white cheese sauce. Served with salsa.

CHICKEN FAJITA ANYTIME TACOS

2 tacos filled with fluffy scrambled egg[‡], seasoned grilled chicken breast, fire-roasted poblano & red bell peppers, onions & a three-cheese blend. Served with salsa.

Nutrition information available upon request.

NOTICE: ITEMS MARKED WITH AN * MAY CONTAIN RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

[‡] Made with a splash of buttermilk & wheat pancake batter.

Prices are subject to all applicable taxes and NDFD fees. USD pricing subject to change. 18% gratuity for groups of six or more.

Biscuits

Warm & flaky buttermilk biscuits that satisfy any craving

BREAKFAST BISCUIT SANDWICH

Buttermilk biscuit filled with 2 fried eggs*, processed cheese, 2 strips of crispy bacon & cheese sauce. Served with choice of hash browns, French fries, 2 buttermilk pancake, or seasonal fresh fruit.

CHICKEN BISCUIT SANDWICH

Buttermilk biscuit filled with crispy chicken breast, hash browns, pickle chips & country gravy. Served with choice of hash browns, French fries, 2 buttermilk pancakes, or seasonal fresh fruit.

BUTTERMILK BISCUIT & GRAVY COMBO

Served with country gravy, 2 eggs*, 2 pork sausage links, 2 crispy bacon strips & hash browns.



Eggs Benedict

Creamy hollandaise, poached eggs, toasty English muffin

SERVED WITH HASBROWNS 

Substitute seasonal fresh fruit  for additional cost.

NEW BACON AVOCADO

Crispy bacon, avocado, poached eggs* & hollandaise on an English muffin.

CLASSIC

Canadian-style Peameal bacon, poached eggs* & hollandaise on an English muffin.

SPICY POBLANO

Fire-roasted poblano peppers, red bell peppers & onions, shredded beef, serrano peppers, poached eggs* & poblano hollandaise on an English muffin.

Key:
 Vegetarian
 Spicy

IHOP cannot ensure menu items do not contain ingredients that might cause an allergic reaction or impact other dietary restrictions. Allergen information is available at IHOP.com.  IHOP defines vegetarian as a menu item that may contain dairy, eggs, and honey but does not contain beef, poultry, pork, or seafood. In addition, IHOP's vegetarian menu items do not contain animal sourced gelatin, flavours, colours, or enzymes. Because we have multiple sources of animal products in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item be completely free of animal products.

World-Famous Pancakes

Light & fluffy world-famous buttermilk pancakes griddled fresh to order

MEXICAN TRES LECHES

4 pancakes layered with vanilla sauce & dulce de leche caramel sauce.

STRAWBERRY BANANA

4 banana pancakes with glazed strawberries & fresh banana slices on top.

CHOCOLATE CHOCOLATE CHIP

4 chocolate pancakes filled with chocolate chips & topped with chocolate drizzle. Available in buttermilk.

DOUBLE BLUEBERRY

4 blueberry pancakes with blueberry topping.

CINN-A-STACK®

4 pancakes layered with cinnamon roll filling & topped with cream cheese icing.

ASK YOUR SERVER



ORIGINAL BUTTERMILK

5 world-famous buttermilk pancakes topped with whipped real butter.

ORIGINAL GLUTEN-FRIENDLY

4 fluffy gluten-friendly pancakes topped with whipped real butter.

Choose Your Syrup

Old-Fashioned
Blueberry

Strawberry
Butter Pecan

Free from high-fructose corn syrup.
Availability may vary^

NEW YORK CHEESECAKE

A fresh new take on the classic. 4 buttermilk pancakes layered & topped with creamy cheesecake mousse & glazed strawberries.



 IHOP defines gluten-friendly as menu items prepared without gluten-containing ingredients based on information from our approved suppliers. We do not claim that items marked as gluten-friendly are "gluten free" because we cannot confirm that they meet the FDA's definition of "gluten free" (<20 parts per million of gluten). Because we have multiple sources of gluten in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item can be completely free of gluten.

Sweet & Savoury Crepes

Thin, delicate, French-style pancakes made with real eggs & griddled to order

NEW CHICKEN FLORENTINE

2 crepes filled & rolled with grilled chicken, jack & cheddar cheeses, tomatoes, spinach, onions & topped with hollandaise sauce.

BREAKFAST

2 crepes filled with scrambled eggs‡, crispy bacon, hash browns, white cheese sauce & jack & cheddar cheeses.

FRESH BERRY

4 crepes folded & topped with fresh strawberries.

BANANA WITH NUTELLA

4 crepes topped with Nutella® The Original Hazelnut Spread® & freshly sliced bananas.

CINNAMON BUN

2 crepes filled with cheesecake mousse, drizzled with cinnamon bun filling, cream cheese icing & topped with fresh strawberries & powdered sugar.



Thick 'N Fluffy French Toast

Thick & fluffy artisan bread dipped & griddled in our vanilla, cinnamon French toast batter

CLASSIC

2 slices topped with whipped real butter & powdered sugar.

STRAWBERRY BANANA

2 slices topped with glazed strawberries, fresh bananas & powdered sugar.



Waffles

Golden-brown Belgian waffle with crispy edges & fluffy insides

STRAWBERRY CHEESECAKE

Belgian waffle with creamy cheesecake mousse, fresh strawberries & whipped topping.

OREO® COOKIE CRUMBLE

Belgian waffle with OREO® cookie pieces, creamy cheesecake mousse & whipped topping.

BELGIAN WAFFLE

Belgian waffle topped with whipped real butter.

CHICKEN & WAFFLES

Belgian waffle with 4 crispy chicken strips. Served with choice of sauce.

Key:

 Vegetarian

 Gluten-Friendly

‡ Made with a splash of buttermilk & wheat pancake batter. OREO is a trademark of Mondelez International group, used under license. Prices are subject to all applicable taxes and NFDF fees. USD pricing subject to change. 18% gratuity for groups of six or more.

Make it a Griddle Combo

Each combo comes with 2 eggs*, 2 bacon strips or 2 pork sausage links & hash browns.

WORLD-FAMOUS PANCAKES

Choice of any 2 same-flavoured pancakes.

Make it with Original Gluten-Friendly Pancakes! 

WAFFLES

Choice of Belgian, Strawberry Cheesecake or OREO® Cookie Crumble Waffle.

CREPES

Choice of 1 Banana Nutella, 1 Fresh Berry or 1 Cinnamon Bun Crepe.

THICK 'N FLUFFY FRENCH TOAST

Choice of 1 slice of Classic or Strawberry Banana Thick 'N Fluffy French Toast.



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Add a Side

BUTTERMILK BISCUIT & GRAVY

Warm & flaky buttermilk biscuit served with whipped real butter.

PORK SAUSAGE LINKS

SLICE OF HAM GF

TURKEY BACON STRIPS GF

SAUSAGE PATTIES FROM PLANTS GF V

CRISPY BACON STRIPS GF

BUTTERED TOAST

HASH BROWNS GF V

SEASONAL FRESH FRUIT GF V

CANADIAN MAPLE SYRUP GF

CANADIAN-STYLE PEAMEAL BACON GF



Breakfast Combos

WHOLESOME SUBSTITUTIONS

Egg whites | Turkey bacon

BREAKFAST SAMPLER

2 eggs*, 2 bacon strips, 2 pork sausage links, 2 pieces of ham, hash browns & 2 buttermilk pancakes†.

SIRLOIN TIPS* & EGGS

Sautéed with onions & mushrooms, served with 2 eggs*, hash browns & 2 buttermilk pancakes†.

CHICKEN & PANCAKES

4 crispy chicken strips & 3 buttermilk pancakes. Served with choice of sauce.

SPLIT DECISION BREAKFAST

2 eggs*, 2 bacon strips, 2 pork sausage links, 2 buttermilk pancakes & 1 slice of our Classic Thick 'N Fluffy French Toast.

QUICK 2-EGG BREAKFAST

2 eggs*, hash browns, 2 bacon strips or 2 pork sausage links & toast.

PLANT-BASED SAUSAGE POWER COMBO

2 sausage patties made from plants, scrambled egg whites, seasonal fresh fruit & choice of 2 protein pancakes or multigrain toast.

AVOCADO TOAST

Grilled multigrain bread topped with sliced avocado & roasted cherry tomatoes. Served with choice of seasonal fresh fruit or hash browns. Seasonal availability may vary.

Top it off with 2 eggs*.
for additional cost

Top it off with 2 eggs* & 2 bacon strips.
for additional cost

SMOKEHOUSE COMBO

1 jumbo smoked sausage link cut in half, 2 eggs*, hash browns & 2 buttermilk pancakes.

COUNTRY FRIED STEAK & EGGS

A golden-battered beef steak, smothered in country gravy. Served with 2 eggs*, hash browns & 2 buttermilk pancakes.

T-BONE STEAK & EGGS

10 oz. T-Bone steak* served with 3 eggs* & 3 buttermilk pancakes.

2x2x2

2 eggs*, 2 bacon strips or 2 pork sausage links & 2 buttermilk pancakes.

SOUTHWEST SCRAMBLE

Scrambled eggst with jack & cheddar topped with salsa & avocado. Served with red potato pepper & onion hash or hash browns & side choice of toast or 2 buttermilk pancakes.



Omelettes

Made with a splash of buttermilk & wheat pancake batter to make our omelettes light & fluffy

SERVED WITH A CHOICE OF SIDE

3 buttermilk pancakes , hash browns , or buttered toast. Substitute 3 flavoured pancakes from pancakes section, or seasonal fresh fruit  for additional cost. Excludes Veggie Egg White Omelette, which is served as described.

WHOLESOME SUBSTITUTIONS

Egg whites 2.99 (2.24 USD)

BIG STEAK

Steak, hash browns, green peppers, onions, mushrooms, tomatoes & cheddar cheese. Served with salsa.

SPICY POBLANO

Fire-roasted poblano peppers, red bell peppers & onions, shredded beef, jack & cheddar cheeses, avocado, poblano cream & chopped serrano peppers.

CHICKEN FAJITA

Grilled chicken breast with fire-roasted poblano & red bell peppers, onions & jack & cheddar cheeses. Served with salsa, sour cream & a grilled serrano pepper.

SPINACH & MUSHROOM

Sautéed spinach, mushrooms, onions, tomatoes, hollandaise & jack & cheddar cheeses.

BACON TEMPTATION

Chopped crispy bacon, jack & cheddar cheeses, tomatoes & white cheese sauce.

COLORADO

Bacon, shredded beef, pork sausage, ham, green peppers, onions & cheddar cheese. Served with salsa.

VEGGIE EGG WHITE

Egg white omelette with sautéed mushrooms & spinach, roasted cherry tomatoes & avocado. Served with seasonal fresh fruit.

BUILD YOUR OWN OMELETTE

Choose Your Cheese

Processed
Jack & Cheddar 
Cheddar 
Three-Cheese Blend 

Choose Your Add-Ins

2.99 (2.24 USD) each
Bacon
Pork Sausage
Ham
Extra Cheese
Sautéed Mushrooms 
Sautéed Green Peppers & Onions 
Hash Browns 
Roasted Cherry Tomatoes 
Fresh Tomatoes 
Sautéed Spinach 
Fresh Avocado for additional cost 



Key:

-  Vegetarian
-  Spicy
-  Gluten-Friendly

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Due to supply constraints, some items may not be available as they are listed on the menu. Certain ingredients may be substituted for comparable ingredients.

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Hand-Crafted Sandwiches

SERVED WITH A CHOICE OF SIDE

French fries , or onion rings . Substitute seasonal fresh fruit , 2 buttermilk pancakes  or side salad  for additional cost.

PHILLY CHEESESTEAK STACKER

Grilled sirloin steak, onions & processed cheese on a grilled roll.

CLASSIC CHICKEN SANDWICH

Grilled or crispy chicken breast with bacon, lettuce, tomato, three-cheese blend, avocado & buttermilk ranch on a grilled roll.

HAM & EGG MELT

Sliced ham, fried egg* & processed cheese on grilled, thick-cut bread.

CALI ROASTED TURKEY MELT

All-natural roasted turkey breast, crispy bacon, three-cheese blend, roasted cherry tomatoes, avocado & mayo on grilled multigrain bread.

BLTA

6 bacon strips, lettuce, tomato, avocado & mayo on grilled sourdough.



Kids Menu 12 & under

Kids Drinks 2.99 (2.24 USD)

FRENCH TOAST STICKS

Sliced French toast with a side of fresh strawberries, banana & chocolate dipping sauce.

SILVER 5

5 silver dollar pancakes, 1 scrambled egg & 1 bacon strip.

JR. CHICKEN & WAFFLES

HAPPY FACE PANCAKE COMBO

Chocolate or buttermilk happy face pancake with 1 scrambled egg, 1 bacon strip & 1 pork sausage link.

KRAFT® MAC & CHEESE

Served with MOTT'S® Applesauce.

GRILLED CHEESE SANDWICH

Served with MOTT'S® Applesauce.

JR. CUPCAKE PANCAKE COMBO

With 1 scrambled egg, 1 bacon strip & 1 pork sausage link.

JR. CHICKEN STRIPS DINNER

Served with MOTT'S® Applesauce or French fries & a side of buttermilk ranch.

JR. CHEESEBURGER

All-natural Black Angus steakburger served with MOTT'S® Applesauce.

Sorry, no coupons or discounts on Kids items.

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MOTT'S is a registered trademark of Mott's LLP. Kraft is a registered trademark of Kraft Foods and used with permission.

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Ultimate Steakburgers

100% Canadian Angus Beef on a brioche bun
or Plant-Based Burger Patty Adds additional cost

SERVED WITH A CHOICE OF SIDE

French fries , or onion rings . Substitute seasonal fresh fruit , 2 buttermilk pancakes , or side salad  for additional cost).

BIG BRUNCH

Crispy bacon, fried egg*, processed cheese & IHOP® sauce.

COWBOY BBQ

Onion rings, crispy bacon, processed cheese, lettuce, tomato & tangy BBQ sauce.

THE CLASSIC WITH BACON

Crispy bacon, processed cheese, lettuce, tomato, red onion, pickles & IHOP® sauce.

Make it a double steakburger with cheese.
Additional cost

NEW BACON AVOCADO RANCH

Crispy bacon, avocado & buttermilk ranch with three-cheese blend, lettuce, tomato, pickles, onion & IHOP® sauce.

JALAPEÑO KICK

Spicy blend of sautéed jalapeños, serrano peppers & onions, crispy bacon, three-cheese blend, lettuce, tomato & mayo.

THE CLASSIC

Processed cheese, lettuce, tomato, red onion, pickles & IHOP® sauce.

Make it a double steakburger with cheese.
Additional cost



55+ Menu

Special value for guests age 55+

55+ BREAKFAST SAMPLER

1 egg*, 1 bacon strip, 1 pork sausage link, 1 piece of ham, hash browns & 1 buttermilk pancake.

55+ RISE 'N SHINE

2 eggs*, hash browns, 2 bacon strips or 2 pork sausage links & toast.

WHOLESOME SUBSTITUTIONS

Egg whites | Turkey bacon

55+ THICK 'N FLUFFY FRENCH TOAST

1 slice of Classic Thick 'N Fluffy French Toast & 2 crispy bacon strips or 2 pork sausage links.

55+ CHEESE OMELETTE

Made with cheddar & a splash of buttermilk & wheat pancake batter. Served with 2 buttermilk pancakes.

Sorry, no coupons or discounts on 55+ menu items.
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All steakburgers are perfectly cooked to a minimum of 160° F.
Some items served at this establishment may contain imported crawfish or shrimp. Ask for more information. Shrimp is imported from Indonesia.

Appetizers



CHICKEN QUESADILLA

Diced grilled chicken breast, fire-roasted poblano & red bell peppers, onions & melted jack & cheddar cheeses in a warm, grilled tortilla. Served with salsa, pickled jalapeños & sour cream.

MOZZA STICKS

6 mozzarella cheese sticks served with marinara.



CRISPY SHRIMP

10 crispy battered shrimp served with cocktail sauce

APPETIZER SAMPLER

Mozza sticks, onion rings & crispy chicken strips served with marinara & choice of sauce.



Fresh Salad



CHOPPED CHICKEN SALAD

Choice of grilled or crispy chicken, crispy bacon, avocado, tomatoes, three-cheese blend & red onions.

Dessert

CINNAMON DIPPERS

Donut holes tossed in cinnamon sugar. Served with cream cheese icing & dulce de leche caramel sauce.

FRESH STRAWBERRIES & CREAM BISCUIT

Buttermilk biscuit filled with cheesecake mousse, fresh strawberries, a drizzle of our Old-Fashioned syrup, whipped topping & powdered sugar.



Entrées

All entrées served with choice of 2 sides & garlic bread.

T-BONE STEAK

10 oz. tender, juicy T-Bone steak* grilled to perfection.

SIRLOIN STEAK TIPS

Tender sirloin steak tips* sautéed with mushrooms & onions.

COUNTRY FRIED STEAK

A golden-battered beef steak smothered in country gravy.

ATLANTIC SALMON

6 oz. Salmon fillet grilled to perfection.



Sides

Steamed Fresh Broccoli with Garlic Butter 

French Fries 

2 Buttermilk Pancakes 

Green Beans with Garlic Butter 

Side Salad 

Red Skin Mashed Potatoes 

Add an additional side to your entrée.



Platters

FISHERMAN'S PLATTER (IMPORTED SHRIMP)

2 crispy battered fish & 5 crispy shrimp served with French fries, cocktail sauce & tartar sauce.

CRISPY FISH PLATTER

3 crispy battered fish served with French fries & tartar sauce.

IMPORTED CRISPY SHRIMP PLATTER

10 crispy battered shrimp served with French fries, cocktail sauce & tartar sauce.

CRISPY CHICKEN STRIPS PLATTER

5 crispy chicken strips served with French fries & choice of dipping sauce.



Beverages

GF All beverages are gluten-friendly except OREO® Cookie milkshake.

Coffee, Tea, Juice, Milk, Fountain Drinks & More



VANILLA CREAMY COLD FOAM COLD BREW

100% Arabica Iced Cold Brew sweetened with vanilla & topped with a vanilla creamy cold foam.

ICED COLD BREW COFFEE

Naturally smooth, never bitter. 100% Arabica.

INTERNATIONAL HOUSE ROAST® COFFEE

Made with 100% Arabica beans. Free Refills. Regular or Decaf.

SPECIALTY COFFEE

Cappuccino or Latte.

ESPRESSO

HOT CHOCOLATE

NEW CARAMEL APPLE BUTTER HOT CHOCOLATE

FRUIT JUICES

Orange or Apple.

TEA & LEMONADE

Lemonade, Iced Tea or Hot Tea.

MILK

2% or Chocolate Milk.

FOUNTAIN DRINKS

Pepsi, Diet Pepsi, Root Beer or 7-UP.

MIMOSA

Sparkling wine and Orange Juice.

BEER

Ask for selections.

THE GREAT ONE

Ask your server about the truly Canadian specialty coffee.

IHOP Splashers®

STRAWBERRY LEMONADE SPLASHER

A blend of lemonade, lemon-lime soda & strawberry syrup. Topped with fresh strawberries.

MANGO LEMONADE SPLASHER

A blend of lemonade, lemon-lime soda & mango syrup. Topped with fresh strawberries.

BLUE RASPBERRY LEMONADE SPLASHER

A blend of lemonade, lemon-lime soda & blue raspberry syrup. Topped with fresh strawberries.



House-Made Milkshakes

Also available in Chocolate & Vanilla.

NEW CARAMEL APPLE BUTTER

OREO® COOKIE

CUPCAKE

Made with real fruit.

CINN-A-STACK®

