

Appetizers



Chicken Fajita Quesadilla

Chicken Fajita Quesadilla
Grilled seasoned chicken breast with onions, fresh green peppers and tomatoes in a grilled flour tortilla with Cheddar and Jack cheeses. Served with sour cream and salsa. **Dhs 39**

Crispy Chicken Strips & Fries
All white meat chicken strips, breaded and crispy-fried. Served with seasoned fries, garlic bread and honey mustard dipping sauce. **Dhs 37**

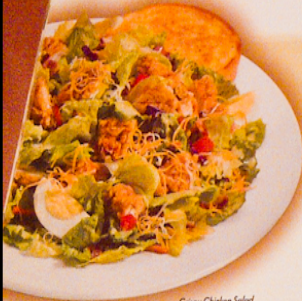
Monster Mozza Sticks
Five extra thick Mozzarella cheese sticks coated with Italian bread crumbs and fried crisp. Served with marinara sauce. **Dhs 37**

Onion Rings
Big bowl of golden brown onion rings. **Dhs 23**

Appetizer Sampler
All our favorites: Monster mozza sticks, onion rings and crispy chicken strips. Served with honey mustard and marinara sauces. **Dhs 39**



Appetizer Sampler



Crispy Chicken Salad

Fresh Salads

Grilled Chicken Caesar Salad
Grilled chicken breast served on romaine lettuce with Parmesan cheese and croutons, tossed in our Caesar dressing. Served with garlic bread. **Dhs 37**

Crispy Chicken Salad
Garden greens topped with diced crispy-fried chicken, tomatoes, crispy beef bacon, Jack and Cheddar cheeses and a hard-boiled egg. Tossed with honey mustard dressing and served with garlic bread. **Dhs 39**
Also available with grilled chicken.

● **SIMPLE & FIT Seasonal Mixed Fruit & Yogurt Bowl**
A light and refreshing bowl of seasonal mixed fruit topped with low-fat strawberry yogurt and granola. **Dhs 28**

● **SIMPLE & FIT Fruit Bowl**
Refreshing seasonal mixed fruit. **Dhs 22**

● **SIMPLE & FIT House Salad**
Served with reduced-fat Italian dressing. **Dhs 15**

House Salad **Dhs 15**

Served with croutons and your choice of dressing:
• Buttermilk Ranch • Blue Cheese
• Creamy Caesar • Balsamic Vinaigrette
• Honey Mustard • Reduced-Fat Italian

Side Caesar Salad **Dhs 15**
Romaine lettuce, shredded Parmesan and croutons.

Hearty Meal Favorites

Served with garlic bread (except for SIMPLE & FIT selections which are served as described).



Dhs 69

Sirloin Steak Tips Dinner*
Grilled tender, sweet sirloin tips with onions and mushrooms. Served with mashed potatoes and buttered corn. **Dhs 69**

T-Bone Steak*
A big juicy steak, cooked just the way you like it. Served with seasoned red skin potatoes and steamed broccoli. **Dhs 79**

Grilled Tilapia Hollandaise
Tilapia lightly seasoned, grilled and topped with rich hollandaise. Served with seasoned red skin potatoes and steamed broccoli. **Dhs 56**

Country Fried Steak
An 8 oz. fried beef steak smothered in country gravy. Served with mashed potatoes and steamed broccoli. **Dhs 53**

● **SIMPLE & FIT Grilled Tilapia**
Seasoned tilapia, grilled to perfection then topped with sautéed mushrooms, onions, diced tomatoes, balsamic glaze and a lemon wedge. Served with steamed broccoli and a house salad with reduced-fat Italian dressing. **Dhs 56**



Country Fried Steak

Mediterranean Lemon Chicken
Two seared chicken breasts marinated with rosemary, garlic and lemon. Served with seasoned red skin potatoes and steamed broccoli hollandaise. **Dhs 54**

Crunchy Battered Shrimp
Light crunchy golden fried shrimp, served with steamed broccoli, seasoned red skin potatoes, mango chutney and cocktail sauce. **Dhs 58**

● **SIMPLE & FIT Grilled Balsamic-Glazed Chicken**
A grilled tender boneless 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. **Dhs 54**



Crunchy Battered Shrimp

Crispy Chicken Strips
All white meat chicken strips, breaded and crispy-fried. Served with mashed potatoes, steamed broccoli and honey mustard sauce. **Dhs 45**

French Onion Pot Roast
Beef slow-cooked with caramelized onions in a rich beef and mushroom gravy. Served with mashed potatoes and buttered corn. **Dhs 52**



French Onion Pot Roast

SIMPLE & FIT

To our guests with food sensitivities or allergies: IHOP® cannot ensure that menu items do not contain ingredients that might cause an allergic reaction. Please consider this when ordering.

the desert life
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