

BREAKFAST. LUNCH. DINNER.

# IHOP

ANYTIME.



IHOP LANSING

484 N MAIN STREET, LANSING, KS 66043

## 913-727-1111

### Hearty Omelettes

Made with a splash of our famous buttermilk and wheat pancake batter for extra fluffiness. And served with three buttermilk pancakes or fresh fruit. Substitute other famous pancake flavors for 1.69 more. Add hash browns 1.59

#### Big Steak Omelette 8.49

- Country Omelette 7.99
- Hearty Ham & Cheese Omelette 7.99
- Bacon Temptation Omelette 8.29
- Spinach & Mushroom Omelette 7.99
- Colorado Omelette 8.49

#### Garden Omelette 7.59

#### Chicken Fajita Omelette 8.49

#### Create Your Own Omelette 5.99

Then Add Your Favorite Ingredients .89 Each

- Two Bacon Strips • Two Pork Sausage Links
- 1 oz. Ham • 2 oz. Extra Cheese
- 1 oz. Oven Roasted Tomatoes
- 1 oz Green Peppers & Onions • 2 oz. Tomatoes
- 2 oz. Fresh Spinach • 2 oz. Mushrooms

#### International Omelette 7.99

### SIMPLE & FIT Omelettes

Our SIMPLE & FIT omelettes are made with egg substitute and served with seasonal fresh fruit.

- SIMPLE & FIT Spinach, Mushroom & Tomato Omelette 7.49
- SIMPLE & FIT Turkey Bacon Omelette 7.49
- SIMPLE & FIT Veggie Omelette 7.49

### SIMPLE & FIT

#### Under 600 Calories

At IHOP, we're all about choice - whether you want something sweet or savory for breakfast, lunch or dinner, any time of day, IHOP offers hundreds of delicious combinations to satisfy your cravings. We also provide ways to enjoy our food that fit with your nutrition goals

choose one of our "SIMPLE & FIT" under 600 calorie selections or use tips on how to enjoy lower calories versions of your favorite IHOP classics.

#### For breakfast foods

- Hold the butter or whipped topping
- Ask for sugar-free syrup
- Ask for egg substitute
- Use for sugar substitute in coffees and teas
- Ask for 2% milk for your coffee instead of creamer
- Hold the cheese or ask for less

Variations in ingredients and preparation, as well as substitutions, will increase or decrease stated nutritional values, such as calories.

Stated nutritional values are approximate; values obtained by laboratory testing may be different.

HEARTY DINNER FAVORITES, DELICIOUS DESSERTS, APPETIZERS, 55+ SPECIALTY ENTRÉES & BEVERAGES, JUST FOR KIDS MENU ITEMS ARE AVAILABLE

### Breakfast Combinations

#### Breakfast Sampler\* 7.99

- T-Bone Steak & Eggs\* 13.99
- Sirloin Tips & Eggs\* 10.99
- New!* Country Fried Steak & Eggs\* 9.99
- Smokehouse Combo\* 7.29
- New!* Biscuits & Gravy Combo\* 8.99
- Split Decision Breakfast\* 6.99
- Thick-Cut Bone-In Ham & Eggs\* 9.99
- Quick Two-Egg Breakfast\* 6.49

- SIMPLE & FIT Two Egg Breakfast 5.99
- Eggs Benedict\* 7.99
- Pork Chops & Eggs\* 8.49

proud to offer simple & fit options upon request: egg substitute .99 • turkey bacon 1.29

Proud to offer SIMPLE & FIT options upon request: Egg Substitute .99 • Turkey Bacon 1.29 Super-Free Syrup

### French Toast, Waffles & Sweet Crepes

*New!* Create Your Own Viva La French Toast Combo\* 7.49

- Original • Strawberry Banana • Blueberry
- Strawberry • Cinnamon Apple
- Whole Wheat With Bannan Slices
- *New!* CINN-A-STACK™

#### Stuffed French Toast Combo\* 7.49

Strawberry Banana French Toast 7.49

• SIMPLE & FIT Whole What French Toast Combo 6.99

*New!* CINN-A-STACK™ French Toast 6.99

Original French Toast 6.49

*New!* Belgian Waffle Combo\* 7.49

With cool strawberry topping, warm

blueberry or cinnamon apple compote 1.29

Also Available Belgian Waffle Topped with

whipped butter 5.49 or crowned with your

choice of cool strawberry topping, warm

blueberry or cinnamon apple compote and

whipped topping 6.49

*New!* Strawberry Banana Danish Fruit Crepes 6.99

Nuttella® Crepes 6.99

Swedish Crepes 6.29

### International Crepe Passport\* 6.99

- Nuttella® Crepes • Swedish Crepes
- Strawberry Banana Danish Fruit Crepe
- *New!* Fresh Fruit Crepe

### International Crepe Passport\* 6.99

*New!* • SIMPLE & FIT Seasonal Fresh Fruit Crepes 6.99

Cheese Blintzes 6.49

With strawberry preserves and sour cream 7.49

Cinnamon Swirl French Toast Combo\* 6.99

### Fresh Salads

Grilled Chicken Caesar Salad

Served with garlic bread 7.99

Without chicken 5.99

Crispy Chicken Salad

Served with garlic bread 7.99

Also available with grilled chicken 7.99

*New!* • SIMPLE & FIT Fresh Fruit & Yogurt Bowl 5.99

330 Calories

• SIMPLE & FIT Fruit Bowl 4.99

130 Calories

• SIMPLE & FIT House Salad 2.49

50 Calories

House Salad 2.49

Served with croutons and your choice of dressing.

• Buttermilk Ranch • Cream Caesar • Honey Mustard

• Blue Cheese • Balsamic Vinaigrette

• Reduced-Fat Italian

Side Caesar Salad 2.49

Chicken & Fajita Salad 7.99

Chicken & Spinach Salad 7.99

### World Famous Pancakes Combos

Pick-A-Pancake Combo\* 6.99

• Original Buttermilk • *New!* CINN-A-STACK™

• Double Blueberry • Choclate Chip

- New York Cheesecake • Strawberry Banana
- Harvest Grain 'N Nut® • Cinnamon Apple
- Strawberry

Pancake Platter 6.99

Rooty Totty Fresh 'N Fruity®\* 6.99

• SIMPLE & FIT Blueberry Harvest

Grain 'N Nut® Combo 6.99

Two x Two x Two\* 5.99

• SIMPLE & FIT Two x Two x Two 5.99

Three Eggs & Pancakes\* 5.99

With your choice of:

• Four Bacon Strips 7.49

• Four Turkey Bacon Strips 7.49

• Four Pork Sausage Links 7.49

• 4 oz. Ham Steak 7.49

### Pancake Flavors

Double Blueberry Pancakes 6.99

Chocolate Chip Pancakes 6.59

*New!* CINN-A-STACK™ Pancakes 6.99

New York Cheesecake Pancakes 6.99

Strawberry Banana Pancakes 6.99

Harvest Grain 'n Nut® Pancakes 6.99

With Warm Blueberry Or Cinnamon Apple Compote

And Whipped Topping 7.99

Original Buttermilk Pancakes 5.99

Short stack of three buttermilk pancakes 4.49

### Sandwiches & Burgers

Served with your choice of seasoned fries, onion rings, fresh fruit, soup or salad and a dill pickle spear (except for SIMPLE & FIT selections which are served as described).

*New!* Philly Cheese Steak Stacker 7.99

*New!* Turkey & Bacon Club Sandwich 7.99

Double BLT 7.29

Ham & Egg Melt 7.49

Tuscan Chicken Griller 7.99

• SIMPLE & FIT Simply Chicken Sandwich 7.99

Pot Roast Melt 7.49

Chicken Clubhouse Super Stacker 7.99

Patty Melt 7.29

### Bacon 'N Beef™ Burgers

Hickory-smoked bacon is blended right into the beef to make our burgers juicy and delicious with bacon flavor in every bite. Served with your choice of seasoned fries, onion rings, fresh fruit, soup or salad and a dill pickle spear.

An all-beef patty may be substituted for any of our Bacon 'N Beef™ Burgers.

Bacon 'N Beef™ Cheeseburger 7.49

Bacon 'N Beef & Egg™ Cheeseburger 7.99

Bacon 'N Beef™ Bacon Cheeseburger 7.99

Bacon 'N Beef™ Mega Mushroom Burger 8.49

Monster Bacon 'N Beef™ Cheeseburger 8.99

### SIMPLE & FIT

### SIGNATURE FAVORITE

\* NOTICE: ITEMS MARKED WITH AN

\* MAY BE COOKED TO ORDER.

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY,

SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE

YOUR RISK OF FOODBORNE ILLNESS.

ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

To our guest with food sensitivities or allergies:

IHOP cannot ensure that menu items do not contain

ingredients that might cause allergic reaction.

Please consider this when ordering.