IHOP Omelette Menu with Prices & Calories 2026

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Signature Omelettes

Item	Price	Calories
Big Steak Omelette	$16.99	1020
Colorado Omelette	$15.99	1240
Chicken Fajita Omelette	$16.49	900
Bacon Temptation Omelette	$15.49	1150
Spinach & Mushroom Omelette	$15.29	880
Veggie Egg White Omelette	$14.29	420
Spicy Poblano Omelette	$16.49	990

Breakfast Combos

Item	Price	Calories
Quick 2-Egg Breakfast	$13.99	710
Big Steak Omelette Combo	$16.99	1020
Country Fried Steak & Eggs	$18.49	1150
T-Bone Steak & Eggs	$22.99	980
Breakfast Sampler	$15.49	1100

Pancakes & Specialties

Item	Price	Calories
Original Buttermilk Pancakes (full stack)	$10.99	770
Oreo Cheesecake Pancakes	$14.49	1340
Tres Leches Pancakes	$13.99	1150
Coffee Cake Pancake Combo	$17.49	1180
Chicken & Waffles	$15.99	1150

French Toast & Waffles

Item	Price	Calories
French Toast (full stack)	$10.99	780
Belgian Waffle	$9.99	590
Cinnamon Bun Crepes	$12.99	870
Strawberry Banana French Toast	$13.29	950

Kids Menu

Item	Price	Calories
Kids Pancakes	$6.99	450-520
Kids Chicken Strips	$7.49	400-530
Funny Face Pancake	$6.99	520
Jr. Scrambled Egg Breakfast	$6.49	400
French Toast Sticks	$6.99	530

Sides & Extras

Item	Price	Calories
Bacon Strips (4)	$4.99	320
Hash Browns	$3.99	210
Single Pancake	$2.99	190
Buttermilk Biscuits & Gravy	$9.99	650
Toast	$2.99	180

Drinks & Beverages

Item	Price	Calories
Coffee (bottomless)	$3.49	5-10
Milkshake	$5.99	400-600
Orange Juice	$3.99	110
Soft Drinks	$3.49	150-250
Tea	$3.49	0-5

Value & Senior Menu

Item	Price	Calories
55+ Breakfast Combo	$9.99 - $12.99	220 - 700
IHOPPY Hour $5-6 Meals	$5.00 - $6.00	varies
Senior Quick 2-Egg Breakfast	$9.99	580
Senior Pancake Combo	$10.99	720
Senior Omelette Specials	$12.99	400-700

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.