



## **ALLERGEN INFORMATION**

As part of our commitment to you, we provide the most current allergen information available from our food suppliers on the nine common allergenic foods. These foods include egg, fish, milk, peanuts, shellfish, soy, tree nuts, wheat, and sesame. In addition, we identify menu items with added monosodium glutamate (MSG), added sulfites, and gluten-containing ingredients.

Because we have multiple sources of allergens 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 allergens.** In addition, we use highly refined soybean oil in our fryers, which the FDA exempts from being labeled an allergen.

Due to the complexity of our ingredients, other allergenic foods may be present in a menu item, but not declared on this handout or menu. Some menu items may not be available at all restaurants. Limited time offers, regional items, or test items may not be included. Allergen information is applicable to U.S. restaurants only. The allergen information on this document is subject to updates. Please check back regularly each time you dine with us, so that you are getting the most up to date allergen information.

**Information As Of 9/20/22.**



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	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten	MSG	Added Sulfites	Sesame
<b>Breakfast Combos</b>												
The Classic Egg Sammie (with Bacon)	X	X	X	X					X			X
The Classic Egg Sammie (with Sausage)	X	X	X	X					X			X
Jalapeno Zing Egg Sammie	X	X	X	X					X			X
The Cali Egg Sammie	X	X	X	X					X			X
Plant Based Cali Egg Sammie	X	X	X	X					X			X
Includes 12 oz Coffee												
House Roast Coffee (12 oz)												
Decaf House Roast Coffee (12 oz)												
Signature Dark Roast Coffee (12 oz)												
<b>Signature Pancake Bowls</b>												
The Flip'd Original	X	X	X	X					X			
Strawberry Banana	X	X	X	X					X			
Double Blueberry	X	X	X	X					X			
Breakfast Bounty	X	X	X	X					X			
<b>Build Your Own Pancake or French Toast Bowl</b>												
<b>Pick Your Base</b>												
(4) Buttermilk Pancakes	X	X	X	X					X			
<b>Add a Mix In</b>												
Blueberries												
Bananas												
Chocolate Chips	X	X										
French Toast	X	X	X	X					X			
<b>Choice of 3 Toppings</b>												
Fresh Strawberries												
Fresh Blueberries												
Fresh Bananas												
Glazed Strawberries												
Blueberry Compote												
Chocolate Chips	X	X										
Lemon Ricotta	X											
Rainbow Sprinkles		X										
Granola		X										
OREO Pieces		X	X						X			
Chocolate Sauce												
Caramel Sauce	X											
Powdered Sugar												
Whipped Topping	X											
<b>French Toast Bowls</b>												
Fresh Mixed Berry	X	X	X	X					X			
Strawberry Banana	X	X	X	X					X			
<b>Breakfasty Burritos</b>												
Bacon Temptation Bowl	X	X		X								
Bacon Temptation Burrito	X	X	X	X					X			X
Zesty Fajita Bowl	X	X		X								X
Zesty Fajita Burrito	X	X	X	X					X			X
The Garden Bowl	X	X		X								
The Garden Burrito	X	X	X	X					X			X
<b>Breakfast All Day</b>												
<b>2 x 2 x 2</b>												
(2) Buttermilk Pancakes	X	X	X	X					X			X
<b>Choice of Eggs</b>												
(2) Fried Eggs (Over Easy, Over Medium, Sunny Side Up)		X		X								
(2) Scrambled Egg Whites		X		X								
(2) Scrambled Eggs		X		X								
<b>Choice of Bacon or Sausage</b>												
(2) Bacon												



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(2) Sausage												
Flip'd & Fit	X	X	X	X					X			X
The Sampler	X	X	X	X					X			X
Choice of Eggs												
(2) Fried Eggs (Over Easy, Over Medium, Sunny Side Up)		X		X								
(2) Scrambled Egg Whites		X		X								
(2) Scrambled Eggs		X		X								
<b>Build Your Own Combo</b>												
<b>Choose Your Eggs</b>												
(2) Fried Eggs (Over Easy, Over Medium, Sunny Side Up)		X		X								
(2) Scrambled Egg Whites		X		X								
(2) Scrambled Eggs		X		X								
<b>Choose Your Protein</b>												
(2) Hickory-Smoked Bacon Strips												
(2) Turkey Bacon Strips		X										
(2) Sausage Links												
(2) Country Ham Slices												
(2) Chicken Strips	X		X	X					X			
<b>Choose Your Side</b>												
(2) Buttermilk Pancakes	X	X	X	X					X			X
Crispy Breakfast Potatoes												
Cup of Fresh Fruit												
<b>Omelettes - Available in Select Locations</b>												
Garden Omelette (with Egg Whites)	X	X		X								
Garden Omelette	X	X		X								
Protein Omelette (with Egg Whites)	X	X		X								
Protein Omelette	X	X		X								
<b>Kids Combos</b>												
<b>Kids Combos Include Choice of Seasonal Fruit</b>												
(1) Apple												
(1) Banana												
(1) Orange												
<b>Kids Combos Include Choice of Milk or Water</b>												
1% Milk	X											
Bottled Water												
<b>Jr. Build Your Own Pancake Bowl</b>												
(2) Buttermilk Pancakes	X	X	X	X					X			
<b>Choice of 3 Toppings</b>												
Fresh Strawberries												
Fresh Blueberries												
Fresh Bananas												
Glazed Strawberries												
Blueberry Compote												
Chocolate Chips	X	X										
Lemon Ricotta	X											
Rainbow Sprinkles		X										
Granola		X										
OREO Pieces		X	X						X			
Whipped Topping	X											
Chocolate Sauce												
Caramel Sauce	X											
Powdered Sugar												
Jr. Pancake Combo	X	X	X	X					X			X



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<b>Burgers &amp; Birds</b>												
All-Natural Chicken Strips & Fries	X		X	X					X			
Choice of Dipping Sauce												
BBQ Sauce												
IHOP Sauce				X								
Honey Mustard Dressing				X								
Ranch Dressing	X			X								
Note: French fries are listed separately from sandwiches												
The Classic Burger	X	X	X	X					X			X
The Classic (with Crispy Chicken)	X	X	X	X					X			X
The Classic (with Grilled Chicken)	X	X	X	X					X		X	X
The Classic (with Impossible Patty)	X	X	X	X					X			X
Jalapeno Kick Burger	X	X	X	X					X			X
Jalapeno Kick (with Crispy Chicken)	X	X	X	X					X			X
Jalapeno Kick (with Grilled Chicken)	X	X	X	X					X		X	X
Jalapeno Kick (with Impossible Patty)	X	X	X	X					X			X
Avocado Dreamin' Burger	X	X	X	X					X			X
Avocado Dreamin' (with Crispy Chicken)	X	X	X	X					X			X
Avocado Dreamin' (with Grilled Chicken)	X	X	X	X					X		X	X
Avocado Dreamin' (with Impossible Patty)	X	X	X	X					X			X
Combos Include French Fries & 20oz Fountain Drink												
French Fries												
<b>Not So Breakfasty Burritos &amp; Bowls</b>												
Kick'n Fajita Bowl	X	X	X						X			X
Kick'n Fajita Burrito	X	X	X						X			X
The Harvest Bowl	X	X	X	X					X			
The Harvest Burrito	X	X	X	X					X			X
The Late Night Bowl	X	X		X								
The Late Night Burrito	X	X	X	X					X			X
<b>Kids Combos</b>												
Kids Combos Include Choice of Seasonal Fruit												
(1) Apple												
(1) Banana												
(1) Orange												
Kids Combos Include Choice of Milk or Water												
1% Milk	X											
Bottled Water												
Jr. Cheeseburger	X	X	X						X			X
Jr. Chicken Strips & Fries	X		X	X					X			
Choice of Dipping Sauce												
BBQ Sauce												
IHOP Sauce				X								
Honey Mustard Dressing				X								
Ranch Dressing	X			X								



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<b>Sides</b>												
(2) Buttermilk Pancakes	X	X	X	X					X			X
(2) Egg Whites		X		X								
(2) Fried Eggs (Over Easy, Over Medium, Sunny Side Up)		X		X								
(2) Scrambled Eggs		X		X								
(4) Hickory-Smoked Bacon Strips												
(4) Turkey Bacon Strips		X										
(4) Sausage Links												
(4) Pieces Country Ham												
Crispy Breakfast Potatoes												
Loaded Potatoes	X	X										
French Fries												
Loaded French Fries	X	X										
Cup of Fruit												
Cup of Harvest Grains			X						X			
<b>Salads</b>												
Berry Berry Salad	X	X		X								X



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	Milk	Soy	Wheat	Eggs	Shellfish	Fish	Tree Nuts	Peanuts	Gluten	MSG	Added Sulfites	Sesame
<b>Fresh &amp; Refreshing Juices &amp; More</b>												
Orange Juice (12 fl oz)												
Orange Juice (16 fl oz)												
Lemonade (16 fl oz)												
Lemonade (20 fl oz)												
Lemonade (30 fl oz)												
Strawberry Lemonade (16 fl oz)												
Strawberry Lemonade (20 fl oz)												
Strawberry Lemonade (30 fl oz)												
Iced Tea (16 fl oz)												
Iced Tea (20 fl oz)												
Iced Tea (30 fl oz)												
50/50 Lemonade Iced Tea (16 fl oz)												
50/50 Lemonade Iced Tea (20 fl oz)												
50/50 Lemonade Iced Tea (30 fl oz)												
<b>Hot Signature Brews</b>												
Flip'd House Roast, Regular (12 fl oz)												
Flip'd House Roast, Regular (16 fl oz)												
Flip'd House Roast, Regular (20 fl oz)												
Flip'd House Roast, Decaf (12 fl oz)												
Flip'd House Roast, Decaf (16 fl oz)												
Flip'd House Roast, Decaf (20 fl oz)												
Signature Dark Roast (12 fl oz)												
Signature Dark Roast (16 fl oz)												
Signature Dark Roast (20 fl oz)												
Cappuccino (12 fl oz)	X											
Cappuccino (16 fl oz)	X											
Cappuccino (20 fl oz)	X											
Café Latte (12 fl oz)	X											
Café Latte (16 fl oz)	X											
Café Latte (20 fl oz)	X											
Mocha Latte (12 fl oz)	X											
Mocha Latte (16 fl oz)	X											
Mocha Latte (20 fl oz)	X											
Americano (12 fl oz)												
Americano (16 fl oz)												
Americano (20 fl oz)												
Hot Chocolate (12 fl oz)	X											
Hot Chocolate (16 fl oz)	X											
Hot Chocolate (20 fl oz)	X											
Organic Green Tea (12 fl oz)												
Organic Green Tea (16 fl oz)												
Organic Green Tea (20 fl oz)												
Golden Chamomile Tea (12 fl oz)												
Golden Chamomile Tea (16 fl oz)												
Golden Chamomile Tea (20 fl oz)												
English Breakfast Tea (12 fl oz)												
English Breakfast Tea (16 fl oz)												
English Breakfast Tea (20 fl oz)												
<b>Cold Signature Brews</b>												
Nitro Cold Brew Coffee (12 fl oz)												
Nitro Cold Brew Coffee (16 fl oz)												
Nitro Cold Brew Coffee (20 fl oz)												
Cold Brew Iced Coffee (12 fl oz)												
Cold Brew Iced Coffee (16 fl oz)												
Cold Brew Iced Coffee (20 fl oz)												
Iced Café Latte (12 fl oz)	X											



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Iced Café Latte (16 fl oz)	X											
Iced Café Latte (20 fl oz)	X											
Iced Mocha Latte (12 fl oz)	X											
Iced Mocha Latte (16 fl oz)	X											
Iced Mocha Latte (20 fl oz)	X											
Iced Americano (12 fl oz)												
Iced Americano (16 fl oz)												
Iced Americano (20 fl oz)												