



NUTRITION INFORMATION

While we are committed to providing as accurate nutrition information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutrition information stated may reflect content for a menu item in its entirety (e.g. including sides) or by separate menu item component. Please refer to the notes beside the menu item name or header to identify which values are being reflected. The nutrition information provided is derived using an industry standard database, but does not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate, or variation that may occur due to substitutions that Guests request. Please keep this in mind when making dining decisions.

We are happy to make any modifications or substitutions to your meal that you request, although these adjustments will impact the nutrition information detailed in this document.

Some menu items may not be available at all restaurants. Limited time offers, regional items, or test items may not be included. Nutrition information is applicable to U.S. restaurants only. The nutrition information on this document is subject to updates. Please check back regularly.

Information As Of 9/20/22.



Nutrition Information

	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Combos											
The Classic Egg Sammie (with Bacon)	700	430	48	14	0	440	1260	40	1	5	28
The Classic Egg Sammie (with Sausage)	810	530	59	18	0	465	1280	40	1	5	28
Jalapeno Zing Egg Sammie	1010	700	78	20	1	455	1580	44	2	7	32
The Cali Egg Sammie	800	520	58	15	0	440	940	46	6	6	27
Plant Based Cali Egg Sammie	570	290	32	6	0	0	1030	51	8	7	21
Includes 12 oz Coffee											
House Roast Coffee (12 oz)	0	0	0	0	0	0	5	0	0	0	0
Decaf House Roast Coffee (12 oz)	0	0	0	0	0	0	5	0	0	0	0
Signature Dark Roast Coffee (12 oz)	0	0	0	0	0	0	5	0	0	0	0
Signature Pancake Bowls											
The Flip'd Original	390	140	15	6	0	70	1390	53	3	10	11
Strawberry Banana	450	100	11	3.5	0	55	1350	76	6	23	13
Double Blueberry	440	100	11	3.5	0	55	1350	74	6	25	13
Breakfast Bounty	740	370	41	14	0	505	2060	56	3	11	38
Build Your Own Pancake or French Toast Bowl											
Pick Your Base											
(4) Buttermilk Pancakes	340	80	9	2	0	55	1340	53	3	10	11
Add a Mix In											
Blueberries	45	0	0	0	0	0	0	12	2	8	1
Bananas	50	0	0	0	0	0	0	13	1	7	1
Chocolate Chips	130	70	8	4.5	0	0	0	19	2	15	1
French Toast	690	310	35	13	0	300	920	74	5	21	19
Choice of 3 Toppings											
Fresh Strawberries	15	0	0	0	0	0	0	3	1	2	0
Fresh Blueberries	30	0	0	0	0	0	0	8	1	5	0
Fresh Bananas	20	0	0	0	0	0	0	5	1	3	0
Glazed Strawberries	70	0	0	0	0	0	15	18	1	15	0
Blueberry Compote	120	0	0	0	0	0	40	30	1	26	0
Chocolate Chips	70	35	4	2.5	0	0	0	10	1	8	1
Lemon Ricotta	170	80	8	4.5	0	25	170	19	1	18	5
Rainbow Sprinkles	60	20	2.5	2	0	0	0	10	0	9	0
Granola	150	40	4.5	0.5	0	0	75	25	2	8	3
OREO Pieces	110	40	4.5	1	0	0	80	16	0	9	1
Chocolate Sauce	25	0	0	0	0	0	5	5	0	5	0
Caramel Sauce	25	5	0	0	0	0	10	6	0	5	0
Powdered Sugar	0	0	0	0	0	0	0	0	0	0	0
Whipped Topping	25	20	2	1.5	0	5	0	1	0	1	0
French Toast Bowls											
Fresh Mixed Berry	900	390	43	18	0	320	1090	105	8	47	25
Strawberry Banana	740	320	35	13	0	300	920	88	7	30	20
Breakfasty Burritos											
Bacon Temptation Bowl	860	570	64	21	0	475	2240	34	4	5	38
Bacon Temptation Burrito	1160	640	72	23	0.5	480	3040	82	6	7	45
Zesty Fajita Bowl	770	450	51	17	0	510	1740	35	5	4	43
Zesty Fajita Burrito	1070	530	59	19	0.5	515	2560	84	6	7	51
The Garden Bowl	770	530	59	15	0	445	1390	36	8	4	26
The Garden Burrito	1060	600	67	18	0.5	445	2190	84	10	6	34
Breakfast All Day											
2 x 2 x 2											
(2) Buttermilk Pancakes	340	100	11	5	0	45	750	56	1	23	6
Choice of Eggs											
(2) Fried Eggs (Over Easy, Over Medium, Sunny Side Up)	120	50	6	1.5	0	335	130	4	1	0	12
(2) Scrambled Egg Whites	60	15	2	0	0	0	190	1	0	0	11
(2) Scrambled Eggs	220	160	17	4.5	0	415	210	1	0	0	14
Choice of Bacon or Sausage											
(2) Bacon	100	70	8	3	0	10	320	1	0	0	6
(2) Sausage	210	190	21	7	0	35	330	1	0	0	5
Flip'd & Fit	510	150	17	6	0	70	1260	69	4	31	23
The Sampler	1090	530	59	19	0	115	3640	109	8	26	33
Choice of Eggs											
(2) Fried Eggs (Over Easy, Over Medium, Sunny Side Up)	120	50	6	1.5	0	335	130	4	1	0	12
(2) Scrambled Egg Whites	60	15	2	0	0	0	190	1	0	0	11
(2) Scrambled Eggs	220	160	17	4.5	0	415	210	1	0	0	14
Build Your Own Combo											
Choose Your Eggs											
(2) Fried Eggs (Over Easy, Over Medium, Sunny Side Up)	120	50	6	1.5	0	335	130	4	1	0	12
(2) Scrambled Egg Whites	60	15	2	0	0	0	190	1	0	0	11
(2) Scrambled Eggs	220	160	17	4.5	0	415	210	1	0	0	14
Choose Your Protein											
(2) Hickory-Smoked Bacon Strips	100	70	8	3	0	10	320	1	0	0	6
(2) Turkey Bacon Strips	60	40	4.5	1	0	20	310	1	0	1	5
(2) Sausage Links	210	190	21	7	0	35	330	1	0	0	5
(2) Country Ham Slices	60	10	1.5	0	0	30	670	2	0	1	10
(2) Chicken Strips	230	100	11	2	0	40	600	16	1	0	17
Choose Your Side											
(2) Buttermilk Pancakes	340	100	11	5	0	45	750	56	1	23	6
Crispy Breakfast Potatoes	380	150	17	3	0	0	1570	49	6	1	7
Cup of Fresh Fruit	45	5	0	0	0	0	0	11	2	7	1
Omelettes - Available in Select Locations											
Garden Omelette (with Egg Whites)	510	360	40	15	0.5	65	810	13	7	3	30
Garden Omelette	620	450	50	18	0	525	780	14	6	3	33
Protein Omelette (with Egg Whites)	670	480	53	20	0.5	95	1230	14	6	4	37
Protein Omelette	780	570	63	23	0	550	1200	15	6	4	39
Kids Combos											
Kids Combos Include Choice of Seasonal Fruit											



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(1) Apple	150	5	0.5	0	0	0	0	37	6	27	1
(1) Banana	120	5	0	0	0	0	0	31	4	17	1
(1) Orange	90	0	0	0	0	0	0	22	4	17	2
Kids Combos Include Choice of Milk or Water											
1% Milk	110	20	2.5	1.5	0	10	135	13	0	12	8
Bottled Water	0	0	0	0	0	0	15	0	0	0	0
Jr. Build Your Own Pancake Bowl											
(2) Buttermilk Pancakes	170	40	4.5	1	0	25	670	27	1	5	6
Choice of 3 Toppings											
Fresh Strawberries	15	0	0	0	0	0	0	3	1	2	0
Fresh Blueberries	30	0	0	0	0	0	0	8	1	5	0
Fresh Bananas	20	0	0	0	0	0	0	5	1	3	0
Glazed Strawberries	70	0	0	0	0	0	15	18	1	15	0
Blueberry Compote	120	0	0	0	0	0	40	30	1	26	0
Chocolate Chips	70	35	4	2.5	0	0	0	10	1	8	1
Lemon Ricotta	170	80	8	4.5	0	25	170	19	1	18	5
Rainbow Sprinkles	60	20	2.5	2	0	0	0	10	0	9	0
Granola	150	40	4.5	0.5	0	0	75	25	2	8	3
OREO Pieces	110	40	4.5	1	0	0	80	16	0	9	1
Whipped Topping	25	20	2	1.5	0	5	0	1	0	1	0
Chocolate Sauce	25	0	0	0	0	0	5	5	0	5	0
Caramel Sauce	25	5	0	0	0	0	10	6	0	5	0
Powdered Sugar	0	0	0	0	0	0	0	0	0	0	0
Jr. Pancake Combo	500	270	30	12	0	285	820	44	1	21	15



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	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Burgers & Birds											
All-Natural Chicken Strips & Fries	1100	460	51	9	0	75	3250	117	10	1	43
Choice of Dipping Sauce											
BBQ Sauce	90	0	0	0	0	0	700	22	1	15	1
IHOP Sauce	170	140	16	2.5	0	5	380	5	0	5	0
Honey Mustard Dressing	170	120	13	2	0	10	330	12	0	12	1
Ranch Dressing	160	150	16	2.5	0	15	260	1	0	1	1
Note: French fries are listed separately from sandwiches											
The Classic Burger	710	400	45	16	1.5	90	2010	45	3	9	32
The Classic (with Crispy Chicken)	670	310	34	8	0	55	1850	62	3	8	30
The Classic (with Grilled Chicken)	550	210	24	6	0	105	1740	45	3	9	39
The Classic (with Impossible Patty)	640	320	35	12	0	15	1510	54	8	8	27
Jalapeno Kick Burger	1040	690	77	24	2	110	2200	46	4	9	41
Jalapeno Kick (with Crispy Chicken)	1000	590	66	16	0.5	80	2050	62	4	8	39
Jalapeno Kick (with Grilled Chicken)	880	500	56	14	0.5	130	1940	46	3	8	48
Jalapeno Kick (with Impossible Patty)	970	600	67	20	0.5	40	1700	55	8	8	37
Avocado Dreamin' Burger	820	510	56	19	1.5	100	1560	46	6	7	36
Avocado Dreamin' (with Crispy Chicken)	790	410	45	11	0	65	1410	63	6	6	34
Avocado Dreamin' (with Grilled Chicken)	670	320	35	9	0	115	1290	46	6	6	42
Avocado Dreamin' (with Impossible Patty)	760	420	47	15	0	25	1060	55	11	6	31
Combos Include French Fries & 20oz Fountain Drink											
French Fries	640	270	30	5	0	0	2060	84	8	1	10
Not So Breakfasty Burritos & Bowls											
Kick'n Fajita Bowl	570	170	18	9	0	100	1440	67	8	4	32
Kick'n Fajita Burrito	860	240	26	11	0	100	2240	115	9	6	40
The Harvest Bowl	570	240	27	8	0	30	1090	68	11	3	15
The Harvest Burrito	860	310	35	10	0	30	1890	116	13	5	23
The Late Night Bowl	1240	680	75	24	1.5	110	4030	99	10	8	43
The Late Night Burrito	1540	750	83	26	1.5	115	4830	147	12	10	51
Kids Combos											
Kids Combos Include Choice of Seasonal Fruit											
(1) Apple	150	5	0.5	0	0	0	0	37	6	27	1
(1) Banana	120	5	0	0	0	0	0	31	4	17	1
(1) Orange	90	0	0	0	0	0	0	22	4	17	2
Kids Combos Include Choice of Milk or Water											
1% Milk	110	20	2.5	1.5	0	10	135	13	0	12	8
Bottled Water	0	0	0	0	0	0	15	0	0	0	0
Jr. Cheeseburger	620	340	38	15	1.5	85	1560	39	2	5	31
Jr. Chicken Strips & Fries	870	360	40	7	0	40	2650	101	9	1	27
Choice of Dipping Sauce											
BBQ Sauce	90	0	0	0	0	0	700	22	1	15	1
IHOP Sauce	170	140	16	2.5	0	5	380	5	0	5	0
Honey Mustard Dressing	170	120	13	2	0	10	330	12	0	12	1
Ranch Dressing	160	150	16	2.5	0	15	260	1	0	1	1



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	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Sides											
(2) Buttermilk Pancakes	340	100	11	5	0	45	750	56	1	23	6
(2) Egg Whites	60	15	2	0	0	0	190	1	0	0	11
(2) Fried Eggs (Over Easy, Over Medium, Sunny Side Up)	120	50	6	1.5	0	335	130	4	1	0	12
(2) Scrambled Eggs	220	160	17	4.5	0	415	210	1	0	0	14
(4) Hickory-Smoked Bacon Strips	200	150	17	6	0	20	640	1	0	1	12
(4) Turkey Bacon Strips	120	80	9	2.5	0	45	620	1	0	1	10
(4) Sausage Links	420	380	42	15	0	65	660	1	0	1	10
(4) Pieces Country Ham	120	25	2.5	1	0	55	1350	5	0	3	20
Crispy Breakfast Potatoes	380	150	17	3	0	0	1570	49	6	1	7
Loaded Potatoes	870	510	56	21	0	90	3270	59	7	6	31
French Fries	640	270	30	5	0	0	2060	84	8	1	10
Loaded French Fries	1140	620	69	23	0	90	3760	94	8	6	34
Cup of Fruit	45	5	0	0	0	0	0	11	2	7	1
Cup of Harvest Grains	280	20	2	0	0	0	750	57	6	0	6
Salads											
Berry Berry Salad	530	290	32	9	0	60	1010	39	6	21	23



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Fresh & Refreshing Juices & More											
Orange Juice (12 fl oz)	150	0	0	0	0	0	0	35	1	30	3
Orange Juice (16 fl oz)	200	0	0	0	0	0	0	48	1	41	4
Lemonade (16 fl oz)	160	0	0	0	0	0	0	44	1	40	0
Lemonade (20 fl oz)	190	0	0	0	0	0	0	51	1	47	0
Lemonade (30 fl oz)	270	5	0	0	0	0	0	72	1	66	0
Strawberry Lemonade (16 fl oz)	170	0	0	0	0	0	0	47	2	42	1
Strawberry Lemonade (20 fl oz)	200	0	0	0	0	0	0	54	2	49	1
Strawberry Lemonade (30 fl oz)	290	5	0	0	0	0	0	77	3	70	1
Iced Tea (16 fl oz)	0	0	0	0	0	0	10	1	0	0	0
Iced Tea (20 fl oz)	0	0	0	0	0	0	10	1	0	0	0
Iced Tea (30 fl oz)	5	0	0	0	0	0	20	2	0	0	0
50/50 Lemonade Iced Tea (16 fl oz)	80	0	0	0	0	0	5	22	0	20	0
50/50 Lemonade Iced Tea (20 fl oz)	90	0	0	0	0	0	5	26	0	23	0
50/50 Lemonade Iced Tea (30 fl oz)	130	0	0	0	0	0	10	37	0	33	0
Hot Signature Brews											
Flip'd House Roast, Regular (12 fl oz)	0	0	0	0	0	0	5	0	0	0	0
Flip'd House Roast, Regular (16 fl oz)	0	0	0	0	0	0	10	0	0	0	0
Flip'd House Roast, Regular (20 fl oz)	5	0	0	0	0	0	10	0	0	0	1
Flip'd House Roast, Decaf (12 fl oz)	0	0	0	0	0	0	5	0	0	0	0
Flip'd House Roast, Decaf (16 fl oz)	0	0	0	0	0	0	10	0	0	0	0
Flip'd House Roast, Decaf (20 fl oz)	0	0	0	0	0	0	10	0	0	0	1
Signature Dark Roast (12 fl oz)	0	0	0	0	0	0	5	0	0	0	0
Signature Dark Roast (16 fl oz)	0	0	0	0	0	0	10	0	0	0	0
Signature Dark Roast (20 fl oz)	5	0	0	0	0	0	10	0	0	0	1
Cappuccino (12 fl oz)	120	45	5	3	0	20	120	12	0	12	8
Cappuccino (16 fl oz)	160	60	6	4	0	25	150	16	0	15	10
Cappuccino (20 fl oz)	190	70	7	4.5	0	30	190	19	0	18	12
Café Latte (12 fl oz)	120	45	5	3	0	20	120	12	0	12	8
Café Latte (16 fl oz)	160	60	6	4	0	25	150	16	0	15	10
Café Latte (20 fl oz)	190	70	7	4.5	0	30	190	19	0	18	12
Mocha Latte (12 fl oz)	280	50	6	3.5	0	20	160	46	2	44	10
Mocha Latte (16 fl oz)	360	70	7	4.5	0	25	210	60	3	58	12
Mocha Latte (20 fl oz)	440	80	9	6	0	30	260	75	4	72	15
Americano (12 fl oz)	5	0	0	0	0	0	15	1	0	0	0
Americano (16 fl oz)	10	0	0	0	0	0	20	2	0	0	0
Americano (20 fl oz)	10	0	0	0	0	0	30	2	0	0	0
Hot Chocolate (12 fl oz)	300	70	8	5	0	25	160	46	2	45	10
Hot Chocolate (16 fl oz)	380	80	9	6	0	30	200	60	3	59	12
Hot Chocolate (20 fl oz)	460	100	11	7	0	30	250	74	4	73	15
Organic Green Tea (12 fl oz)	0	0	0	0	0	0	0	0	0	0	1
Organic Green Tea (16 fl oz)	0	0	0	0	0	0	0	0	0	0	1
Organic Green Tea (20 fl oz)	5	0	0	0	0	0	5	0	0	0	1
Golden Chamomile Tea (12 fl oz)	0	0	0	0	0	0	0	1	0	0	0
Golden Chamomile Tea (16 fl oz)	0	0	0	0	0	0	0	1	0	0	0
Golden Chamomile Tea (20 fl oz)	5	0	0	0	0	0	5	1	0	0	0
English Breakfast Tea (12 fl oz)	0	0	0	0	0	0	10	1	0	0	0
English Breakfast Tea (16 fl oz)	0	0	0	0	0	0	10	1	0	0	0
English Breakfast Tea (20 fl oz)	5	0	0	0	0	0	15	2	0	0	0
Cold Signature Brews											
Nitro Cold Brew Coffee (12 fl oz)	0	0	0	0	0	0	0	2	0	0	0
Nitro Cold Brew Coffee (16 fl oz)	0	0	0	0	0	0	0	2	0	0	0
Nitro Cold Brew Coffee (20 fl oz)	0	0	0	0	0	0	0	3	0	0	0
Cold Brew Iced Coffee (12 fl oz)	0	0	0	0	0	0	0	2	0	0	0
Cold Brew Iced Coffee (16 fl oz)	0	0	0	0	0	0	0	2	0	0	0
Cold Brew Iced Coffee (20 fl oz)	0	0	0	0	0	0	0	2	0	0	0
Iced Café Latte (12 fl oz)	90	35	3.5	2.5	0	15	90	9	0	9	6
Iced Café Latte (16 fl oz)	130	45	5	3	0	20	125	13	0	12	8
Iced Café Latte (20 fl oz)	160	60	6	4	0	25	160	16	0	15	10
Iced Mocha Latte (12 fl oz)	250	40	4.5	3	0	15	135	43	2	41	8
Iced Mocha Latte (16 fl oz)	330	60	6	4	0	20	180	57	3	55	10
Iced Mocha Latte (20 fl oz)	410	70	8	5	0	25	230	72	4	69	13
Iced Americano (12 fl oz)	5	0	0	0	0	0	10	1	0	0	0
Iced Americano (16 fl oz)	10	0	0	0	0	0	15	2	0	0	0
Iced Americano (20 fl oz)	10	0	0	0	0	0	20	2	0	0	0



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Fountain Drinks											
Pepsi (16 oz)	200	0	0	0	0	0	40	55	0	55	0
Pepsi (20 oz)	250	0	0	0	0	0	50	68	0	68	0
Pepsi (30 oz)	380	0	0	0	0	0	75	103	0	103	0
Diet Pepsi (16 oz)	0	0	0	0	0	0	45	0	0	0	0
Diet Pepsi (20 oz)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi (30 oz)	0	0	0	0	0	0	90	0	0	0	0
Sierra Mist (16 oz)	190	0	0	0	0	0	45	49	0	49	0
Sierra Mist (20 oz)	230	0	0	0	0	0	60	62	0	62	0
Sierra Mist (30 oz)	350	0	0	0	0	0	90	93	0	93	0
Dr. Pepper (16 oz)	200	0	0	0	0	0	75	53	0	52	0
Dr. Pepper (20 oz)	250	0	0	0	0	0	90	67	0	65	0
Dr. Pepper (30 oz)	380	0	0	0	0	0	140	100	0	98	0
Mountain Dew (16 oz)	230	0	0	0	0	0	80	61	0	61	0
Mountain Dew (20 oz)	280	0	0	0	0	0	100	77	0	77	0
Mountain Dew (30 oz)	430	0	0	0	0	0	150	115	0	115	0
Root Beer (16 oz)	200	0	0	0	0	0	95	52	0	52	0
Root Beer (20 oz)	250	0	0	0	0	0	115	65	0	65	0
Root Beer (30 oz)	380	0	0	0	0	0	175	98	0	98	0
Cream Soda (16 oz)	200	0	0	0	0	0	85	51	0	51	0
Cream Soda (20 oz)	250	0	0	0	0	0	110	63	0	63	0
Cream Soda (30 oz)	380	0	0	0	0	0	165	95	0	95	0