New! Grilled Chicken Breast Dinner
A tender, boneless breast of chicken, lightly seasoned and grilled. Available topped with your choice of tangy BBQ sauce or lemon hollandaise.

Herb Roasted Chicken
Roasted half-chicken, lightly dusted with herbs. Try it with our seasoned red potatoes.

T-bone Steak A juicy T-bone steak, cooked the way you like it, topped with a golden fried onion ring.

Chicken Strips Dinner
All white meat chicken strips, lightly breaded and crisp fried. Served with honey mustard sauce.

Old-fashioned Pot Roast
Our tender pot roast is topped with carrots, onions and rich, brown gravy. Mashed potatoes highly recommended.

New! Dinner Doubles Express yourself! Choose any two items listed below, for the ultimate dinner delight! Served with today's vegetable, potato, toasted garlic bread and your choice of soup or salad.

Beverages
Juices Orange, Apple, Tomato or Grapefruit available in: Regular Large Carafe

Soft Drinks Coca-Cola, Diet Coke, Sprite

Milk or Chocolate Milk

Hot Tea or Iced Tea

Hot Cocoa

Just for Kids
Funky Face A big chocolate chip pancake with a whipped topping smile. Buttermilk version also available.

Chicken Strips Served with seasoned fries

Rooty Jr. A kids only version of our signature Rooty Tooty. One egg, one strip of bacon, one pork sausage link and one fruit-topped buttermilk pancake.

Silver Five Five silver dollar-sized buttermilk pancakes with an egg and bacon.

Egg Sandwich One egg, one strip of bacon and cheese on a toasted English muffin. Served with hash browns.

Cheese Omelette With two buttermilk pancakes

French Toast Two triangles of French toast rolled in buttermilk pancakes and served with a dill pickle spear.

Pigs In Blankets Two pork sausage links rolled in buttermilk pancakes and served with hash browns.

Hamburger Served with seasoned fries in a basket. Choose:

Drinks

Soft Drinks, Milk, Chocolate Milk, Hot Chocolate

Dessert Ice Cream Sundae

On The Side

Pork Sausage Links, Four Each

Ham

Bacon, Four Strips

English Muffin

Toast

Hash Browns

Dry Cereal

Extra Eggs, Each

House Salad

Desserts

Ice Cream Sundae A goblet of vanilla ice cream smothered with your choice of hot fudge, cool strawberry, warm blueberry or warm cinnamon-apple topping. Plus whipped topping, nuts and a cherry.

Ice Cream Scoop

Fruit Crepe Our delicate fruit crepe is crowned with ice cream and whipped topping. Choice of cool strawberry, warm blueberry or warm cinnamon-apple topping.

Ihop for Me

Just for Kids

Less Than 10 Grams of Fat When Ordered As Described Below:

Jr. Fruit 'n Yogurt A light and refreshing seasonal fruit plate served with low-fat yogurt.

Jr. Scrambled Egg & Pancake Pancake-Served with fruit, your choice of butter or cream cheese, and fresh lemon.

Jr. Cod Fillet Served with fruit, your choice of butter or cream cheese, and fresh lemon.

Jr. Classic Combo Two eggs prepared any style, with two strips of crisp bacon or two savory pork sausage links.

Jr. Cod Moist and tender cod. Served with steamed broccoli and fresh lemon.

Baby Cakes Cakes Scrambled egg substitute served with your choice of one crisp bacon strip or one savory pork sausage link, one silver dollar buttermilk pancake, Promise margarine and sugar-free syrup.

Jr. Cod moist and tender cod. Served with steamed broccoli and fresh lemon.

Carb Conscious

Less Than 15 Grams of Carbohydrates When Ordered As Described Below:

Carb Conscious T-bone Breast

Mouthwatering T-bone steak and four eggs, any style.

Big Breakfast Combo

A meat lover’s delight. Three strips of crisp bacon, three pork sausage links, three grilled ham strips and four eggs, any style.

Classic Combo Four eggs any style with four strips of crisp bacon or four pork sausage links.

Cheeseburger Platter

Aunless all beef patty smothered with American and Provolone cheeses. Served with lettuce, tomato, red onion, mayonnaise and a dill pickle spear.

Carb Conscious T-bone Dinner A juicy, T-bone steak cooked just the way you like it. Served with steamed broccoli.

Great All Around Choices

Less than 15 grams of carbohydrates, 15 grams of fat and 600 calories when ordered as described below:

Simply Chicken Tender, boneless chicken breast, gently grilled. Served with a fresh, green salad, reduced-calorie dressing and steamed broccoli.

Cod Hollandaise Two moist and tender cod filets pan-fried to perfection, then topped with rich hollandaise sauce. Served with steamed broccoli and fresh lemon.

Fewer Fat Grams

Less Than 15 Grams of Fat When Ordered As Described Below:

Fruit 'n Yogurt A light and refreshing platter of seasonal fruit served with low-fat yogurt.

Garden Scramble Prepared with an egg substitute and load with an abundance of fresh mushrooms, green peppers, onions and tomatoes. Served with two buttermilk pancakes, Promise margarine and sugar-free syrup.

Scrambled Eggs & Pancakes Scrambled egg substitute served with two of our famous buttermilk pancakes, Promise margarine and sugar-free syrup.

Boca® Burger Watching Your Delicious Boca Burger meatless patty on a toasted omano-Parmesan bun. Served with a side salad, reduced-calorie dressing and a dill pickle spear.

Simply Chicken Sandwich A tender, grilled chicken breast on a toasted Romano-Parmesan bun with crisp lettuce and fresh tomato. Served with a side salad, reduced-calorie dressing and a dill pickle spear.

Carb Conscious

Less Than 600 Calories When Ordered As Described Below:

Garden Scramble Prepared with an egg substitute and loaded with an abundance of fresh mushrooms, green peppers, onions and tomatoes. Served with two buttermilk pancakes, Promise margarine and sugar-free syrup.

Buttermilk Trio A short stack of our famous buttermilk pancakes topped with Promise margarine and sugar-free syrup.

Ham Scramble Scrambled egg substitute with lean diced ham. Served with two buttermilk pancakes, Promise margarine and sugar-free syrup.

Boca Burger A delicious Boca Burger meatless patty on a toasted Romano-Parmesan bun. Served with a side salad, reduced-calorie dressing and a dill pickle spear.