



MENU GUIDANCE

FOR GUESTS WITH FOOD ALLERGIES

This information is applicable as of 2/18/20

AN IMPORTANT NOTE TO OUR GUESTS

Whether you're craving a traditional breakfast, fresh salad or homestyle favorite, we like to think there's something for everyone at Cracker Barrel. Knowing that some of our guests may have specific dietary needs, we've crafted a variety of dishes to make sure that everyone at the table can enjoy a delicious meal that's right for them.

The information provided in this guide is based upon ingredient statements provided to us by our suppliers and highlights which menu items are prepared without allergen containing ingredients. Our normal kitchen operations involve shared preparation and cooking areas, including common fryer oil; therefore, cross-contact of all our menu items is possible. We have identified menu items cooked in our fryer or on our grill that may come in contact with all allergens. **We cannot guarantee that the menu items listed are completely free of allergens.** Regarding gluten, menu items that do not contain gluten does not necessarily meet the definition of "gluten-free" for those who are highly sensitive. **We recommend our guests with food allergies speak with the restaurant manager prior to placing an order, to make the kitchen aware of your needs.**



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"Sunrise Sampler," "Grandpa's Country Fried Breakfast," "The Cracker Barrel's Country Boy Breakfast," "Smokehouse Breakfast," "Wholesome Fixin's," "Uncle Herschel's Favorite," "Momma's French Toast Breakfast," "Sunday Homestyle Chicken", "Momma's Pancake Breakfast," and "Cracker Barrel," are service marks/trademarks of CBOCS Properties, Inc. ©2020 CBOCS Properties, Inc.

Y - potential risk of cross-contact to all allergens due to cooking method	Preparation		Common Allergies								
X - Menu item contains specific allergen	Fried (Soybean Oil)	Grilled	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Breakfast Menu											
Traditional Favorites											
Two Farm Fresh Eggs		Y	X					X			
Egg Whites		Y	X					X			
Coarse Ground Grits								X			
Meat Choices											
Thick-sliced Bacon		Y									
Smoked Sausage Patties		Y									
Turkey Sausage Patties		Y						X			
Country Fried Steak	Y		X		X			X		X	X
Sirloin Steak (seasoned with garlic butter)		Y			X			X		X	X
Grilled Pork Chops		Y						X			
Hickory-Smoked Country Ham		Y									
Sugar Cured Ham		Y						X			
8 oz. Hamburger Steak (seasoned with garlic butter)		Y			X			X		X	X
Fried Chicken Tenderloins	Y				X			X		X	X
U.S. Catfish Fillet (grilled)		Y		X				X			
U.S. Catfish Fillet (fried)	Y			X							
Sausage Links (regional)		Y			X			X			
Southwest Sausage (regional)		Y						X			
All the Fixins											
Buttermilk Biscuits					X			X		X	X
Sawmill Gravy					X			X		X	X
Butter Cups					X						
Pancakes n' Such (does not include butter, syrup, fruit topping)											
Buttermilk Pancakes		Y	X		X			X		X	X
Pecan Pancakes <i>with pecans</i>		Y	X		X			X	X	X	X
Wild Maine Blueberry Pancakes		Y	X		X			X		X	X
French Toast		Y	X					X		X	X
Eggs-in-the-basket		Y	X					X		X	X

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Sweet Toppings											
100% Pure Natural Syrup											
Our Blueberry Syrup											
Sugar-Free Syrup											
Low-Sugar Fruit Spread											
Country Peach (Warm Fruit & Whipped Topping)					X			X			
Sweet Blackberry (Warm Fruit & Whipped Topping)					X			X			
Cinnamon Spiced Apple (Warm Fruit & Whipped Topping)					X			X			
Wholesome Fixin's											
Egg Whites		Y	X					X			
Coarse Ground Grits								X			
Turkey Sausage Patties		Y						X			
Fresh Fruit n' Yogurt Parfait <i>with granola mix and almonds</i>					X				X	X	X
Apple n' Cinnamon Oatmeal <i>with pecans</i>					X			X	X	X	X
Sunrise Specials											
Egg Sandwich (eggs, Sourdough Bread, Tomato, and Duke's Mayonnaise)		Y	X					X		X	X
Biscuits n' Gravy					X			X		X	X
Apple n' Cinnamon Oatmeal <i>with pecans</i>					X			X	X	X	X
One Egg n' Bacon or Sausage (see menu items for allergen information)											
Meat Biscuits n' Hashbrown Casserole or Fried Apples (see menu items for allergen information)											
Southwestern Specialties											
Southwestern Sausage Hash n' Eggs		Y	X					X			
Southwestern Scramble		Y	X		X			X			

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Side Plates											
Hashbrown Casserole					X			X		X	X
Loaded Hashbrown Casserole		Y			X			X		X	X
Fried Apples											
Wild Maine Blueberry Muffin			X		X			X		X	X
Smoked Sausage Patties		Y									
Thick-sliced Bacon		Y									
Sugar Cured Ham		Y						X			
Hickory-Smoked Country Ham		Y									
Grilled Pork Chops		Y						X			
Country Ham n' Biscuit		Y			X			X		X	X
Sausage n' Biscuit		Y			X			X		X	X
Hashbrown Casserole, Fried Apples n' Biscuit					X			X		X	X
Two Eggs n' Biscuit		Y	X		X			X		X	X
Gravy n' Biscuits					X			X		X	X
Sawmill Gravy					X			X		X	X
Fresh Seasonal Fruit											
Fresh Apple Slices											
Two Eggs any way you like 'em		Y	X					X			
Two Scrambled Egg Whites		Y	X					X			
Yogurt n' Granola <i>contains almonds</i>					X			X	X	X	X
Fresh Fruit n' Yogurt Parfait <i>with granola mix and almonds</i>					X				X	X	X
Multigrain Toast										X	X
English Muffin, Plain (regional)										X	X
Sweet Peppper n' Red Skin Hash (regional)		Y						X			
Kid's Menu											
Cereal and Milk					X					X	X

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Lunch/Dinner Menu											
Daily Dinner Features											
Monday Grilled Country Pork Chops		Y						X			
Tuesday Lemon Pepper Grilled Rainbow Trout		Y		X				X			
Wednesday Broccoli Cheddar Chicken					X			X		X	X
Thursday Turkey n' Dressing (includes gravy, dressing, and cranberry sauce)			X		X			X		X	X
Friday Fish Fry (Cod)	Y			X				X		X	X
Friday Fish Fry (Haddock)	Y			X				X		X	X
Saturday Southern Fried Chicken	Y									X	X
Sunday Homestyle Chicken	Y		X		X			X		X	X
Weekday Lunch Specials											
Monday Baked Chicken n' Dressing (includes dressing)			X		X			X		X	X
Tuesday Meatloaf			X					X		X	X
Wednesday Chicken Pot Pie					X			X		X	X
Thursday Turkey n' Dressing (includes gravy, dressing, and cranberry sauce)			X		X			X		X	X
Monday-Friday Pick 2 Country Combos											
Three Cheese Grilled Cheese		Y			X			X		X	X
Country House Salad with Grilled Chicken		Y			X			X		X	X
Baked Potato (includes butter and sour cream)					X						
Baked Sweet Potato (includes butter and cinnamon brown sugar)					X						
Sandwich n' Burger Platters											
Homestyle Chicken BLT											
Fried Homestyle Chicken BLT	Y		X		X			X		X	X
Grilled Homestyle Chicken BLT		Y	X							X	X
Open-Faced Roast Beef		Y						X		X	X
The Barrel Cheeseburger		Y	X		X			X		X	X
Grilled Reuben (regional)		Y	X		X			X		X	X
Chile Jack Chicken (regional)		Y	X		X					X	X

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Fancy Fixin's											
Chicken n' Dumplins					X			X		X	X
Meatloaf			X					X		X	X
Country Fried Steak (with gravy)	Y		X		X			X		X	X
U.S. Farm Raised Grilled Catfish (grilled)		Y		X				X			
U.S. Farm Raised Catfish (fried)	Y			X							
Haddock (grilled)		Y	X	X	X			X		X	X
Roast Beef								X		X	X
Chicken Fried Chicken (Homestyle Chicken with gravy)	Y		X		X			X		X	X
Grilled Sirloin Steak (seasoned with garlic butter)		Y			X			X		X	X
Chicken Tenderloins (grilled)		Y									
Chicken Tenderloins (fried)	Y				X			X		X	X
BBQ Sauce								X			
Honey Mustard Sauce			X								
Lemon Pepper Grilled Rainbow Trout		Y		X				X			
Country Fried Shrimp (with hushpuppies and Cocktail Sauce)	Y		X	X	X		X	X		X	X
Chili Jack Chicken (regional)		Y			X						
Country Dinner Plates											
Chicken Tenderloins (grilled)		Y									
Chicken Tenderloins (fried)	Y				X			X		X	X
BBQ Sauce								X			
Honey Mustard Sauce			X								
Half-Pound Hamburger Steak (seasoned with garlic butter)		Y			X			X		X	X
Grilled Pork Chop		Y						X			
Sugar Cured Ham		Y						X			
Hickory-Smoked Country Ham		Y									
Lemon Pepper Grilled Rainbow Trout		Y		X				X			
U.S. Farm-Raised Catfish (grilled)		Y		X				X			
U.S. Farm-Raised Catfish (fried)	Y			X							
Fried Chicken Livers	Y				X					X	X
Homemade Chicken n' Dumplins					X			X		X	X
Country Vegetable Plate (see Country Vegetables n' Sides)											

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Signature Fried Chicken											
Southern Fried Chicken	Y									X	X
Sunday Homestyle Chicken	Y		X		X			X		X	X
Wholesome Fixin's											
Apple Cider BBQ Chicken Breast		Y						X			
Grilled Chicken Tenderloins		Y									
Lemon Pepper Grilled Rainbow Trout		Y		X				X			
Wholesome Vegetable Platter (see Wholesome Fixin's Sides)											
Country Salads											
Chef Salad (includes cheese, egg, and croutons)			X		X			X		X	X
Homestyle Fried Chicken Salad (includes cheese, egg, and croutons)	Y		X		X			X		X	X
Homestyle Grilled Chicken Salad (includes cheese, egg, and croutons)		Y	X		X			X		X	X
Southern Grilled Chicken Caesar (includes dressing, cheese, and croutons)		Y	X	X	X			X		X	X
Southern Fried Chicken Caesar (includes dressing, cheese, and croutons)	Y		X	X	X			X		X	X
House Salad (includes cheese and croutons)					X			X		X	X
Sourdough Croutons					X			X		X	X
Salad Dressings											
Fat-Free Italian											
Balsamic Herb Vinaigrette											
Blue Cheese			X		X						
Buttermilk Caesar			X	X	X						
Buttermilk Ranch			X		X						
Honey French								X			
Honey Mustard			X								
Thousand Island			X								
Cracker Barrel Specialties											
Bowl of Pinto Beans											
Bowl of Turnip Greens (egg wedge garnish with greens)			X								
Beans n' Greens (egg wedge garnish with greens)			X								

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Country Vegetables n' Sides											
Hashbrown Casserole					X			X		X	X
Mashed Potatoes					X			X			
Steak Fries	Y										
Macaroni n' Cheese					X			X		X	X
Dumplings					X			X		X	X
Breaded Fried Okra	Y									X	X
Sweet Whole Baby Carrots								X			
Whole Kernel Corn								X			
Pinto Beans											
Country Green Beans											
Fresh Steamed Broccoli								X		X	X
Turnip Greens											
Mixed Green Side Salad, Plain											
Cole Slaw			X					X			
Fresh Seasonal Fruit											
Fresh Apple Slices											
Fried Apples											
Buttermilk Biscuits					X			X		X	X
Corn Muffins			X		X			X		X	X
Country Side of the Day											
Boiled Cabbage (Sun, Wed)											
Cornbread Dressing, no gravy (Mon, Thurs)			X		X			X		X	X
Lima Beans (Tues, Fri, Sat)								X			
Sweet Potato Casserole (Thurs) <i>contains pecans</i>					X			X	X		
Extras											
Baked Sweet Potato (plain)											
Brown Sugar Cinnamon and Butter					X						
Baked Potato (plain)											
Butter and Sour Cream					X						
Loaded Hashbrown Casserole		Y			X			X		X	X
Turkey Gravy					X			X		X	X
Roast Beef Gravy								X		X	X

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Hot Soups											
Beef n' Noodle Soup (includes croutons)			X		X			X		X	X
Chicken Noodle Soup (includes croutons)			X		X			X		X	X
Chicken Pot Pie Soup (includes croutons)					X			X		X	X
Chili			X		X			X		X	X
Clam Chowder					X		X	X		X	X
Country Potato Soup (includes croutons)					X			X		X	X
Potato Soup (includes croutons)					X			X		X	X
Turkey Noodle Soup (includes croutons)			X		X			X		X	X
Hearty Beef n' Vegetable Soup (includes croutons)			X					X		X	X
Vegetable Soup (includes croutons)					X			X		X	X
Tortilla Soup (regional)					X			X		X	X
Kid's Menu											
Grilled Chicken Tenderloins		Y									
Fried Chicken Tenderloins	Y				X			X		X	X
BBQ Sauce								X			
Honey Mustard Sauce			X								
Country Fried Shrimp (with hushpuppies and Cocktail Sauce)	Y		X	X	X		X	X		X	X
Chicken n' Dumplings					X			X		X	X
Macaroni n' Cheese					X			X		X	X
Country Vegetable Plate (see Vegetables n' Sides)											
Hamburger		Y	X							X	X
Grilled Cheese Sandwich		Y			X			X		X	X
Kid's Nut Sundae <i>with almonds</i> (see choice of toppings below)											
with Hot Fudge Sauce					X			X	X		
with Caramel Sauce					X			X	X		
with Chocolate Sauce					X			X	X		
Ice Cream					X			X			

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Iced Tea n' Beverages											
Blue Sky (Blood Orange or Black Cherry)											
Regular Latte					X						
Vanilla Latte					X						
Caramel Latte					X						
Mocha Latte					X						
Unsweetened Iced Tea											
Sweetened Iced Tea											
Raspberry Iced Tea											
Lemonade											
Raspberry Lemonade											
Coca-Cola											
Sprite											
Mello Yello											
Dr Pepper											
Diet Coke											
Diet Dr Pepper											
Regular Coffee											
Decaf Coffee											
Regular Hot Tea											
Decaffeinated Hot Tea											
100% Florida Orange Juice											
Apple Juice											
Tomato Juice											
Grapefruit Juice											
Stewart's Diet Root Beer											
Stewart's Root Beer											
Stewart's Orange n' Cream											
Milk (skim, reduced fat, whole, chocolate)					X						
Hot Chocolate					X						
Chilled Apple Cider											
Desserts											
Blackberry Cobbler (includes one scoop of ice cream)					X			X		X	X
Peach Cobbler (includes one scoop of ice cream)					X			X		X	X
Double Fudge Coca-Cola® Cake (includes one scoop of ice cream)			X		X			X		X	X
Apple Dumplin (includes two scoops of ice cream) <i>contains pecans</i>					X			X	X	X	X
All American Apple Pie (includes one scoop of ice cream)					X					X	X

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