



MENU GUIDANCE

FOR GUESTS WITH FOOD ALLERGIES

This information is applicable as of 3/8/24

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 Old Country Store®. 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 and are marked with a **"Y."** **Fried and Grilled items should NOT be consumed if you have a food allergy. 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.**

Table of Contents

Breakfast		Lunch n' Dinner	
Cracker Barrel Classics	1	Southern Suppers	5
Hot off the Griddle	2	Vegetables n' Sides	6
Country Mornings	2	Weekday Lunch Features	7
Sunrise Specials	2	Country Salads	7
Barrel Bites	2	Sandwich n' Burger Platters	7
Southwest Specialties	3	Salad Dressings	7
Breakfast Sides	3	Hot Soups	7
Kid's Breakfast Menu	3	Kid's Lunch/Dinner Menu	8
Lunch n' Dinner		Beverages	8
Downhome Daily Deals	4	Desserts	8
Barrel Bites	4		
Cracker Barrel Favorites	4		
Cracker Barrel Samplers	5		
Signature Fried Chicken	5		
Home Cooked Classics	5		

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Breakfast Menu												
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	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Cracker Barrel Classics												
Two Farm Fresh Eggs		Y	X						X			
Egg Whites		Y	X						X			
Buttermilk Biscuits					X				X		X	X
Sawmill Gravy					X				X		X	X
Butter Cups					X							
Meats												
Thick-sliced Bacon		Y										
Smoked Sausage Patties		Y										
Hickory-Smoked Country Ham		Y										
Sugar Cured Ham		Y							X			
Premium Meats												
Country Fried Steak (plain)*	Y		X		X						X	X
*with Sawmill Gravy					X				X		X	X
Fried Sunday Homestyle Chicken® (plain)*	Y		X		X				X		X	X
*with Sawmill Gravy					X				X		X	X
Grilled Chicken Tenders		Y							X			
8 oz. Hamburger Steak (seasoned with garlic butter glaze)		Y			X		X		X		X	X
Sirloin Steak Tips (seasoned with garlic butter glaze)		Y			X		X		X		X	X
Sirloin Steak (seasoned with garlic butter glaze)		Y			X		X		X		X	X
Spicy Chicken Sausage		Y							X			
Impossible™ Sausage Made From Plants		Y							X			
U.S. Catfish Fillet (grilled)		Y		X					X			
U.S. Catfish Fillet (fried)*	Y			X								
*with Tartar Sauce			X						X			
Crispy Fried Cornmeal-Breaded Haddock Fillet (participating stores only)*	Y		X	X					X			
*with Tartar Sauce			X						X			

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	Fried (Soybean Oil)	Grilled	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
X - Menu item contains specific allergen												
Hot off the Griddle (does not include syrup)												
Buttermilk Pancakes		Y	X		X				X		X	X
Pecan Pancakes <i>with pecans</i>		Y	X		X				X	X	X	X
French Toast		Y	X						X		X	X
Fresh Berry French Toast Bake			X		X				X		X	X
Stuffed Cheesecake Pancakes		Y	X		X				X		X	X
Syrups												
100% Pure Natural Syrup												
Strawberry Syrup												
Our Blueberry Syrup					X							
Sugar-Free Syrup												
Low-Sugar Fruit Spread												
Country Peach (Warm Fruit & Whipped Topping)					X				X			
Cinnamon Spiced Apple (Warm Fruit & Whipped Topping)					X				X			
Chocolate Whipped Cream					X							
Country Mornings												
Biscuit Benny (no meat)*			X		X				X		X	X
*see meat choices for allergen information												
Bacon n' Egg Hashbrown Casserole	Y	Y	X		X				X		X	X
Steak n' Egg Hashbrown Casserole	Y	Y	X		X		X		X		X	X
Sunday Homestyle Chicken® n' French Toast with whipped butter	Y	Y	X		X				X		X	X
Sunrise Specials												
Egg Sandwich (with Sourdough Bread and Mayonnaise)		Y	X						X		X	X
Biscuits n' Gravy					X				X		X	X
Biscuit Breakfast (see menu items for allergen information)	Y	Y										
Barrel Bites												
Biscuit Beignets	Y				X						X	X
*with Butter Pecan Syrup					X				X			
Loaded Hashbrown Casserole Tots	Y				X				X		X	X
*with Buttermilk Ranch			X		X							

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	Fried (Soybean Oil)	Grilled	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
X - Menu item contains specific allergen												
Breakfast Sides												
Breakfast Sides												
Hashbrown Casserole					X				X		X	X
Fried Apples												
Tomato Slices												
Coarse Ground Grits									X		X	X
Premium Sides												
Fresh Seasonal Fruit												
Two Buttermilk Pancakes with whipped butter		Y	X		X				X		X	X
Hashbrown Casserole Tots	Y				X				X		X	X
Loaded Hashbrown Casserole		Y			X				X		X	X
Meats												
Thick-sliced Bacon		Y										
Smoked Sausage Patties		Y										
Spicy Chicken Sausage		Y							X			
Impossible™ Sausage Made From Plants		Y							X			
Sugar Cured Ham		Y							X			
Hickory-Smoked Country Ham		Y										
Miscellaneous												
Multigrain Toast							X				X	X
Kid's Breakfast Menu												
Mini Confetti Pancakes (without butter)		Y	X		X				X		X	X
Mini Buttermilk Pancakes (without butter)		Y	X		X				X		X	X
Egg n' Biscuit		Y	X		X				X		X	X
Biscuit Breakfast Sandwich (see menu items for allergen information)												
Kid's Milk Straw												

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Lunch/Dinner Menu												
Y - potential risk of cross-contact to all allergens due to cooking method X - Menu item contains specific allergen	Preparation		Common Allergies									
	Fried (Soybean Oil)	Grilled	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Downhome Daily Deals												
Monday Chicken n' Dumplings					X				X		X	X
Tuesday Meatloaf			X						X		X	X
Wednesday Broccoli Cheddar Chicken					X				X		X	X
Thursday Turkey n' Dressing (includes turkey and gravy) *with Cornbread Dressing					X				X		X	X
Friday Fish Fry: Fried Cod Fillets *with Tartar Sauce	Y			X					X		X	X
Country Coastal Sampler												
Fried Cod Fillets	Y			X					X		X	X
Fried Shrimp *with Hushpuppy *with Tartar Sauce	Y				X			X			X	X
*with Cocktail Sauce				X					X			
Saturday Fried Pork Chops	Y				X				X		X	X
Sunday Homestyle Chicken®	Y		X		X				X		X	X
Barrel Bites												
Biscuit Beignets *with Butter Pecan Syrup	Y				X						X	X
Loaded Hashbrown Casserole Tots *with Buttermilk Ranch	Y				X				X		X	X
Country Fried Pickles *with Buttermilk Ranch	Y				X						X	X
White Cheddar Cheese Bites *with Buttermilk Ranch	Y			X	X				X		X	X
Cracker Barrel Favorites												
Country Fried Steak (plain) *with Sawmill Gravy	Y		X		X						X	X
Meatloaf			X						X		X	X
Roast Beef					X				X		X	X
Chicken n' Dumplings					X				X		X	X
Chicken Fried Chicken (Homestyle Chicken with Sawmill Gravy)	Y		X		X				X		X	X
Grilled Chicken Tenders		Y							X			
Hand-breaded Chicken Tenders (choice of dipping sauce below)	Y		X		X				X		X	X
Dill Pickle Ranch			X		X							
Honey Mustard			X									
BBQ Sauce									X			
Sugar Cured Ham		Y							X			
Hickory-Smoked Country Ham		Y										
U.S. Farm-raised Catfish (grilled)		Y		X					X			
U.S. Farm-raised Catfish (fried) *with Tartar Sauce	Y			X					X			
Cracker Barrel Sampler (see menu item choices for allergen information)												

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X - Menu item contains specific allergen												
Cracker Barrel Samplers												
Cracker Barrel Classics Sampler												
Meatloaf			X						X		X	X
Sunday Homestyle Chicken®	Y		X		X				X		X	X
Chicken n' Dumplings					X				X		X	X
Skillet Sirloin Steak Sampler												
Grilled Sirloin Steak (seasoned with garlic butter glaze)		Y					X		X		X	X
Fried Shrimp	Y				X			X			X	X
*with Hushpuppy	Y		X		X				X		X	X
*with Cocktail Sauce				X					X			
Grilled Chicken Tenders		Y							X			
Hand-breaded Chicken Tenders (choice of dipping sauce below)	Y		X		X				X		X	X
Dill Pickle Ranch			X		X							
Honey Mustard			X									
BBQ Sauce									X			
Tips, Tenders, and Shrimp Sampler												
Steak Sirloin Tips (seasoned with garlic butter glaze)		Y					X		X		X	X
Fried Shrimp	Y				X			X			X	X
*with Hushpuppy	Y		X		X				X		X	X
*with Cocktail Sauce				X								
Grilled Chicken Tenders		Y							X			
Hand-breaded Chicken Tenders (choice of dipping sauce below)	Y		X		X				X		X	X
Dill Pickle Ranch			X		X							
Honey Mustard			X									
BBQ Sauce									X			
Signature Fried Chicken												
Southern Fried Chicken	Y										X	X
Sunday Homestyle Chicken®	Y		X		X				X		X	X
Buffalo Buttermilk Ranch Mac n' Cheese	Y		X		X				X		X	X
Home Cooked Classics												
Monday Maple Bacon Grilled Chicken		Y	X		X				X			
Hamburger Steak (seasoned with garlic butter glaze)		Y					X		X		X	X
Hamburger Steak: Smothered with Onions and Roast Beef Gravy		Y			X		X		X		X	X
Chicken Pot Pie			X		X				X		X	X
U.S. Farm-raised Catfish (grilled)		Y		X					X			
U.S. Farm-raised Catfish (fried)	Y			X								
*with Tartar Sauce			X						X			
Country Vegetable Plate (see Vegetables n' Sides)												
Southern Suppers												
Grilled Sirloin Steak (seasoned with garlic butter glaze)		Y					X		X		X	X
Lemon Pepper Grilled Rainbow Trout		Y		X					X			
Country Fried Shrimp	Y				X			X			X	X
*with Hushpuppy	Y		X		X				X		X	X
*with Cocktail Sauce				X								
Crispy Fried Cornmeal-Breaded Haddock Fillet (participating stores only)	Y			X					X			
*with Tartar Sauce			X						X			

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X - Menu item contains specific allergen												
Vegetables n' Sides												
Bread Choice												
Buttermilk Biscuits					X				X		X	X
Corn Muffins			X		X				X		X	X
Country Sides												
Coarse Ground Grits									X		X	X
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												
Steamed Broccoli*									X		X	X
*add Cheese Sauce					X				X		X	X
Turnip Greens												
Cole Slaw			X						X			
Fried Apples												
Sweet Potato Casserole <i>contains pecans</i>					X				X	X		
Cornbread Dressing			X		X				X		X	X
Premium Sides												
Fresh Seasonal Fruit												
Two Buttermilk Pancakes with whipped butter		Y	X		X				X		X	X
Hashbrown Casserole Tots	Y				X				X		X	X
Loaded Hashbrown Casserole		Y			X				X		X	X
Loaded Baked Sweet Potato <i>contains pecans</i>					X				X	X		
Loaded Baked Potato					X							
Loaded Mashed Potatoes					X				X			
Hashbrown Casserole Tots	Y				X				X		X	X
Bacon Macaroni n' Cheese					X				X		X	X
Loaded Hashbrown Casserole		Y			X				X		X	X
Bowl of Pinto Beans												
Bowl of Turnip Greens*												
*with Egg Wedge garnish			X									
Beans n' Greens*												
*with Egg Wedge garnish on Greens			X									

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X - Menu item contains specific allergen												
Weekday Lunch Features												
Monday Chicken n' Dumplings					X				X		X	X
Tuesday Meatloaf			X						X		X	X
Wednesday Broccoli Cheddar Chicken					X				X		X	X
Thursday Turkey n' Dressing (includes turkey and gravy)					X				X		X	X
*with Cornbread Dressing			X		X				X		X	X
Monday-Friday Pick 2 Country Combos												
House Salad					X						X	X
Loaded Baked Potato					X							
Loaded Baked Sweet Potato <i>contains pecans</i>					X				X	X		
Country Salads												
Homestyle Chicken Salad (grilled Smoky Southern Chicken Breast)		Y	X		X				X		X	X
Homestyle Chicken Salad (Sunday Homestyle Chicken® Breast)	Y		X		X				X		X	X
House Salad					X						X	X
Sandwich n' Burger Platters												
Homestyle Chicken BLT (grilled Smoky Southern Chicken Breast)		Y	X				X				X	X
Homestyle Chicken BLT (Sunday Homestyle Chicken® Breast)	Y		X		X		X		X		X	X
The Barrel Cheeseburger		Y	X		X		X		X		X	X
Salad Dressings												
Balsamic Herb Vinaigrette												
Blue Cheese			X		X							
Buttermilk Ranch			X		X							
Honey Mustard			X									
Dill Pickle Ranch			X		X							
Hot Soups												
Beef n' Noodle Soup			X		X				X		X	X
Chicken Noodle Soup			X		X				X		X	X
Chicken Pot Pie Soup					X				X		X	X
Chili			X		X				X		X	X
Country Potato Soup					X				X		X	X
Potato Soup					X				X		X	X
Turkey Noodle Soup			X		X				X		X	X
Hearty Vegetable Beef Soup			X						X		X	X
Vegetable Soup					X				X		X	X

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X - Menu item contains specific allergen												
Kid's Lunch/Dinner Menu												
Lil' Barrel Cheeseburgers		Y			X						X	X
Grilled Cheese Sandwich		Y			X				X		X	X
Grilled Chicken Tenders		Y							X			
Hand-breaded Fried Chicken Tenders	Y		X		X				X		X	X
BBQ Sauce									X			
Dill Pickle Ranch			X		X							
Honey Mustard Sauce			X									
Macaroni n' Cheese					X				X		X	X
Country Vegetable Plate (see Vegetables n' Sides)												
Crispy Rockin' Shrimp (shrimp only)	Y				X			X			X	X
*with Hushpuppy	Y		X		X				X		X	X
*with Steak Fries	Y											
*with Cocktail Sauce				X								
Crafted Coffee (Iced or Hot)												
Latte, regular					X							
Vanilla Latte					X							
Caramel Latte					X							
Mocha					X							
Iced Tea n' Beverages												
Unsweetened Iced Tea												
Sweetened Iced Tea												
Peach Tea												
Southern Half n' Half												
Lemonade												
Hot Chocolate					X							
Milk (skim, reduced fat, whole, chocolate)					X							
Orange Juice												
Apple Juice												
Soft Drinks (Cocoa-Cola®, Sprite, Mello Yello, Dr. Pepper, Diet Coke, Cocoa-Cola® Zero Sugar, Cocoa-Cola® Cherry, Seagram's Ginger Ale)												
Stewart's Bottled Soda Root Beer												
Coffee (decaf or regular)												
Hot Tea (Twinings® of London)												
Desserts												
Double Fudge Coca-Cola® Cake*			X		X				X		X	X
*with one Scoop Vanilla Ice Cream					X				X			
Biscuit Beignets*	Y				X						X	X
*with Butter Pecan Syrup					X				X			
Peach Cobbler*									X		X	X
*with one Scoop Vanilla Ice Cream					X				X			

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