



# MENU GUIDANCE

## FOR GUESTS WITH FOOD ALLERGIES

This information is applicable as of 10/25/22

## 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.**

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Breakfast Menu											
<b>Y - potential risk of cross-contact to all allergens due to cooking method</b>	Preparation		Common Allergies								
<b>X - Menu item contains specific allergen</b>	Fried (Soybean Oil)	Grilled	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten
<b>Cracker Barrel Classics</b>											
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						
<b>Meats</b>											
Thick-sliced Bacon		Y									
Smoked Sausage Patties		Y									
Country Ham		Y									
Sugar Cured Ham		Y						X			
<b>Premium Meats</b>											
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			
Hamburger Steak (seasoned with garlic butter)		Y			X			X		X	X
Sirloin Steak (seasoned with garlic butter)		Y			X			X		X	X
Spicy Chicken Sausage		Y						X			
Impossible™ Sausage Made From Plants		Y						X			
Country Ham		Y									
Sugar Cured Ham		Y						X			
U.S. Catfish Fillet (grilled)		Y		X				X			
U.S. Catfish Fillet (fried)	Y			X							

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<b>Pancakes n' Such</b> (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
Stuffed Cheesecake Pancakes		Y	X		X			X		X X
Sunday Homestyle Chicken® n' French Toast with whipped butter	Y	Y	X		X			X		X X
<b>Sweet Toppings</b>										
100% Pure Natural Syrup										
Strawberry Syrup										
Our Blueberry Syrup										
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					
<b>Sunrise Specials</b>										
Egg Sandwich (with Sourdough Bread and Duke's Mayonnaise)		Y	X					X		X X
Biscuit Breakfast (see menu items for allergen information)		Y								
Biscuits n' Gravy					X			X		X X
<b>Barrel Bites</b>										
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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<b>Y - potential risk of cross-contact to all allergens due to cooking method</b>	<b>Preparation</b>		<b>Common Allergies</b>								
	<b>Fried (Soybean Oil)</b>	<b>Grilled</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanut</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Gluten</b>
<b>X - Menu item contains specific allergen</b>											
<b>Breakfast Sides</b>											
<b>Breakfast Sides</b>											
Hashbrown Casserole					X			X		X	X
Fried Apples											
Tomato Slices											
Coarse Ground Grits								X			
<b>Premium Sides</b>											
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
<b>Meats</b>											
Thick-sliced Bacon		Y									
Smoked Sausage Patties		Y									
Spicy Chicken Sausage		Y									
Impossible™ Sausage Made From Plants		Y						X			
Sugar Cured Ham		Y						X			
Country Ham		Y									
<b>Miscellaneous</b>											
Multigrain Toast										X	X
<b>Kid's Breakfast Menu</b>											
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)											
Hashbrown Casserole					X			X		X	X
Kid's Milk Straw											

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Lunch/Dinner Menu											
<b>Y - potential risk of cross-contact to all allergens due to cooking method</b>	Preparation		Common Allergies								
<b>X - Menu item contains specific allergen</b>	Fried (Soybean Oil)	Grilled	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten
<b>Daily Dinner Features</b>											
Monday Chicken n' Dumplins					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 plus cornbread dressing)			X		X			X		X	X
Friday Fish Fry	Y			X				X		X	X
Saturday Fried Pork Chops	Y				X			X		X	X
Sunday Pot Roast Supper					X			X		X	X
<b>Barrel Bites</b>											
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						
Country Fried Pickles	Y									X	X
*with Buttermilk Ranch			X		X						
White Cheddar Cheese Bites	Y		X		X			X		X	X
*with Buttermilk Ranch			X		X						
<b>Cracker Barrel Favorites</b>											
Country Fried Steak (plain)	Y		X		X					X	X
*with Sawmill Gravy					X			X		X	X
Meatloaf			X					X		X	X
Roast Beef								X		X	X
Chicken n' Dumplins					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			
Country Ham		Y									
U.S. Farm-raised Catfish (grilled)		Y		X				X			
U.S. Farm-raised Catfish (fried)	Y			X							
Cracker Barrel Sampler (see menu item choices for allergen information)											
<b>Signature Fried Chicken</b>											
Southern Fried Chicken	Y									X	X
Sunday Homestyle Chicken®	Y		X		X			X		X	X
Sweet n' Smoky Glazed Tenders (with maple bacon glaze)	Y		X		X			X		X	X
*with Ranch Dipping Sauce			X		X						

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<b>X - Menu item contains specific allergen</b>											
<b>Home Cooked Classics</b>											
Maple Bacon Grilled Chicken		Y	X		X			X			
Hamburger Steak (seasoned with garlic butter)		Y			X			X		X	X
Hamburger Steak: Smothered with Onions and Roast Beef Gravy		Y			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							
Country Vegetable Plate (see Vegetables n' Sides)											
<b>Southern Suppers</b>											
Grilled Sirloin Steak (seasoned with garlic butter)		Y			X			X		X	X
Lemon Pepper Grilled Rainbow Trout		Y		X				X			
Country Fried Shrimp (with hushpuppies and tartar sauce)	Y		X	X	X		X	X		X	X
<b>Vegetables n' Sides</b>											
<b>Bread Choice</b>											
Buttermilk Biscuits					X			X		X	X
Corn Muffins			X		X			X		X	X
<b>Country Sides</b>											
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											
Cole Slaw			X					X			
Fried Apples											
Sweet Potato Casserole <i>contains pecans</i>					X			X	X		
Coarse Ground Grits								X			

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<b>X - Menu item contains specific allergen</b>											
<b>Vegetables n' Sides (continued)</b>											
<b>Premium Sides</b>											
Loaded Baked Sweet Potato <i>contains pecans</i>					X			X	X		
Loaded Baked Potato					X						
Hashbrown Casserole Tots	<b>Y</b>				X			X		X	X
Bacon Macaroni n' Cheese					X			X		X	X
Loaded Hashbrown Casserole		<b>Y</b>			X			X		X	X
Two Buttermilk Pancakes with whipped butter		<b>Y</b>	X		X			X		X	X
Fresh Seasonal Fruit											
Bowl of Pinto Beans											
Bowl of Turnip Greens (egg wedge garnish with greens)			X								
Beans n' Greens (egg wedge garnish with greens)			X								
<b>Weekday Lunch Features</b>											
Monday Chicken n' Dumplins					X			X		X	X
Tuesday Meatloaf			X					X		X	X
Wednesday Broccoli Cheddar Chicken					X			X		X	X
Thursday Turkey n' Dressing			X		X			X		X	X
<b>Monday-Friday Pick 2 Country Combos</b>											
Country House Salad with Grilled Chicken		<b>Y</b>			X					X	X
Loaded Baked Potato					X						
Loaded Baked Sweet Potato <i>contains pecans</i>					X			X	X		
<b>Country Salads</b>											
Homestyle Chicken Salad (grilled Smoky Southern Chicken Breast)		<b>Y</b>	X		X			X		X	X
Homestyle Chicken Salad (Sunday Homestyle Chicken® Breast)	<b>Y</b>		X		X			X		X	X
Chef Salad			X		X			X		X	X
House Salad					X					X	X
<b>Sandwich n' Burger Platters</b>											
Homestyle Chicken BLT (grilled Smoky Southern Chicken Breast)		<b>Y</b>	X							X	X
Homestyle Chicken BLT (Sunday Homestyle Chicken® Breast)	<b>Y</b>		X		X			X		X	X
The Barrel Cheeseburger		<b>Y</b>	X		X			X		X	X

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<b>Salad Dressings</b>											
Balsamic Herb Vinaigrette											
Blue Cheese			X		X						
Buttermilk Ranch			X		X						
Honey Mustard			X								
Dill Pickle Ranch			X		X						
<b>Hot Soups</b>											
Beef n' Noodle Soup			X		X			X		X	X
Chicken Noodle Soup			X		X			X		X	X
Chili			X		X			X		X	X
Potato Soup					X			X		X	X
Turkey Noodle Soup			X		X			X		X	X
Vegetable Soup					X			X		X	X
Pot Roast Soup					X			X		X	X
<b>Kid's Lunch/Dinner Menu</b>											
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 (includes cocktail sauce, hushpuppies, and steak fries)	Y		X	X	X		X	X		X	X

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<b>X - Menu item contains specific allergen</b>											
<b>Crafted Coffee (Iced or Hot)</b>											
Latte, regular					X						
Vanilla Latte					X						
Caramel Latte					X						
Mocha					X						
<b>Iced Tea n' Beverages</b>											
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)											
<b>Desserts</b>											
Double Fudge Coca-Cola® Cake (includes one scoop of ice cream)			X		X			X		X	X
Biscuit Beignets	Y				X					X	X
*with Butter Pecan Syrup					X			X			
Peach Cobbler (includes one scoop of ice cream)					X			X		X	X



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