



MENU GUIDANCE

FOR GUESTS WITH FOOD ALLERGIES

This information is applicable as of 10/22/24



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 (including allergens and meat) 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												
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 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 buttery garlic sauce)		Y			X				X		X	X
Sirloin Steak Tips (seasoned with buttery garlic sauce)		Y			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			

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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
Signature Fried Apple French Toast Bake			X		X				X		X	X
Signature Fried Apple French Toast Bake (Take Home Meal)			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			
Hearty Country Mornings												
Biscuit Benny (no meat)*			X		X				X		X	X
*see meat choices for allergen information												
New York Strip Steak n' Eggs*												
*with New York Strip Steak (seasoned with buttery garlic sauce)		Y							X		X	X
*with Two Farm Fresh Eggs		Y	X						X			
Bacon n' Egg Hashbrown Casserole	Y	Y	X		X				X		X	X
Steak n' Egg Hashbrown Casserole	Y	Y	X		X				X		X	X
Homestyle Chicken n' French Toast with whipped butter	Y	Y	X		X				X		X	X
Sunrise Specials												
Sunrise Pancake Special (see menu items for allergen information)												
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
The Daily Dish												
Monday Chicken n' Rice		Y			X				X		X	X
Tuesday Country Fried Pork Chops	Y				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
Friday Fish Fry: Fried Cod Fillets	Y			X					X		X	X
*with Tartar Sauce			X						X			
Saturday Southern BBQ Ribs									X			
Sunday Chicken Pot Pie			X		X				X		X	X
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							
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							
Early Dinner Deals												
Chicken n' Dumplins					X				X		X	X
Meatloaf			X						X		X	X
Homestyle Chicken	Y		X		X				X		X	X
Smoky Southern Grilled Chicken		Y							X			
Sirloin Steak Tips (seasoned with garlic butter sauce)		Y			X				X		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												
Cracker Barrel Favorites												
Country Fried Steak (plain)*	Y		X		X						X	X
*with Sawmill Gravy					X				X		X	X
Pot Roast					X				X		X	X
*with Mashed Potatoes					X				X			
Meatloaf			X						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 (see sauces for allergen information)	Y		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			
Hashbrown Casserole Shepherd's Pie		Y			X				X		X	X
Cracker Barrel Samplers												
New York Strip Steak n' Shrimp Combo												
New York Strip Steak (seasoned with garlic butter sauce)		Y							X		X	X
Country Fried Shrimp*	Y				X			X			X	X
*with Hushpuppy	Y		X		X				X		X	X
*with Cocktail Sauce				X								
New York Strip Steak n' Chicken Combo												
New York Strip Steak (seasoned with garlic butter sauce)		Y							X		X	X
Smoky Southern Grilled Chicken		Y							X			
Fried Chicken Tenders	Y		X		X				X		X	X
Classics Sampler												
Meatloaf			X						X		X	X
Homestyle Chicken	Y		X		X				X		X	X
Chicken n' Dumplins					X				X		X	X

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X - Menu item contains specific allergen												
Signature Fried Chicken												
Southern Fried Chicken	Y										X	X
Homestyle Chicken	Y		X		X				X		X	X
Home Cooked Classics												
Maple Bacon Grilled Chicken		Y	X		X				X			
Hamburger Steak (seasoned with buttery garlic sauce)		Y							X		X	X
Hamburger Steak: Smothered with Onions and Roast Beef Gravy		Y			X				X		X	X
Smoky Southern Grilled Chicken		Y							X			
Country Vegetable Plate (see Vegetables n' Sides)												
Southern Suppers												
New York Strip Steak		Y							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								

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	Fried (Soybean Oil)	Grilled	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Vegetables n' Sides												
Bread Choice												
Buttermilk Biscuits					X				X		X	X
Corn Muffins			X		X				X		X	X
Sourdough Bread											X	X
Multigrain Bread							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
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 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			
Bacon Macaroni n' Cheese					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-Friday Chicken n' Dumplings					X				X		X	X
Monday-Friday 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	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		
Vegetable Soup					X				X		X	X
Country Salads												
Homestyle Chicken Salad (grilled Smoky Southern Chicken Breast)		Y	X		X				X		X	X
Homestyle Chicken Salad (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 (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				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	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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