



Allergen Guide

This information is applicable as of 9/17/19

Spring Stores

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.**

"Sunrise Sampler," "Grandpa's Country Fried Breakfast," "The Cracker Barrel's Country Boy Breakfast," "Smokehouse Breakfast," "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. ©2019 CBOCS Properties, Inc.

Breakfast 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	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Traditional Favorites											
Two Farm Fresh Eggs		Y	X					X			
Egg Whites		Y	X					X			
Course Ground Grits								X			
Hashbrown Casserole					X			X		X	X
Fried Apples											
Meat Choices											
Thick-sliced Bacon		Y									
Smoked Sausage Patties		Y									
Turkey Sausage Patties		Y						X			
Chicken Fried Chicken	Y							X		X	X
Country Fried Steak	Y		X		X					X	X
Sirloin Steak (cooked with butter)		Y			X						
Hickory-Smoked Country Ham		Y									
Sugar Cured Ham		Y									
Sirloin Steak Tips		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
Sunrise Specials											
Egg Sandwich (with cheese and sweet n' smoky mayo)		Y	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)											
Biscuits n' Gravy					X			X		X	X
Apple n' Cinnamon Oatmeal					X			X	X	X	X
Kid's Menu											
Cereal and Milk					X					X	X
*see menu items for allergen information											

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	Fried (Soybean Oil)	Grilled	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Side Plates											
Thick-sliced Bacon		Y									
Smoked Sausage Patties		Y									
Turkey Sausage Patties		Y						X			
Sausage Links (regional)		Y			X			X			
Southwest Sausage (regional)		Y						X			
Hickory-Smoked Country Ham		Y									
Sugar Cured Ham		Y									
Biscuits n' Gravy					X			X		X	X
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
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
Fresh Seasonal Fruit											
Fresh Apple Slices											
Yogurt n' Granola <i>with almonds</i>					X			X	X	X	X
Fresh Fruit n' Yogurt Parfait <i>with granola mix and almonds</i>					X				X	X	X
Two Farm Fresh Eggs		Y	X					X			
Egg Whites		Y	X					X			
Course Ground Grits								X			
Sweet Toppings											
100% Pure Natural Syrup											
Our Blueberry Syrup					X						
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			

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Lunch/Dinner Menu											
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	Fried (Soybean Oil)	Grilled	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Daily Dinner Features											
Monday Maple Bacon Grilled Chicken		Y	X		X			X			
Tuesday Meatloaf			X					X		X	X
Wednesday Chicken n' Dumplings					X			X		X	X
Thursday Turkey n' 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
Cracker Barrel Favorites											
Country Fried Steak	Y		X		X					X	X
*with Sawmill Gravy					X			X		X	X
Meatloaf			X					X		X	X
Roast Beef								X		X	X
Chicken n' Dumplings					X			X		X	X
Fried Chicken Livers	Y				X					X	X
Sugar Cured Ham		Y									
Hickory-Smoked Country Ham		Y									
U.S. Farm-raised Catfish (grilled)		Y		X				X			
U.S. Farm-raised Catfish (fried)	Y			X							
Barrel-cut Sugar Ham		Y									
Cracker Barrel Sampler (see menu item choices for allergen information)											
Signature Fried Chicken											
Southern Fried Chicken	Y									X	X
Sunday Homestyle Chicken	Y		X		X			X		X	X
Home Cooked Classics											
Chicken Pot Pie			X		X			X		X	X
Fried Chicken Tender Bowl	Y				X			X		X	X
Sirloin Steak Tips		Y			X			X		X	X
Country Vegetable Plate (see Vegetables n' Sides)											
Beans n' Greens			X								
Southern Suppers											
Grilled Chicken Tenders		Y									
Fried Chicken Tenderloins	Y				X			X		X	X
BBQ Sauce								X			
Honey Mustard Sauce			X								
Country Fried Shrimp (with hushpuppies and tartar sauce)	Y		X	X	X		X	X		X	X
Grilled Sirloin Steak		Y		X				X		X	X
Creole Grilled Shrimp		Y			X		X	X		X	X
Lemon Pepper Grilled Rainbow Trout		Y		X				X			
Bowl of Pinto Beans											
Bowl of Turnip Greens			X								

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Vegetables n' Sides											
Country Sides											
Buttermilk Biscuits					X			X		X	X
Cornbread			X		X			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											
Fresh Steamed Broccoli								X		X	X
Turnip Greens											
Mixed Green Side Salad											
*with Dressing (see Salad Dressings for allergen information)											
Brussel Sprouts n' Kale Salad <i>contains pecans</i>									X		
Cole Slaw			X					X			
Fresh Seasonal Fruit											
Fresh Apple Slices											
Fried Apples											
Country Side of the Day											
Boiled Cabbage (Sun, Wed)											
Cornbread Dressing (Mon, Thurs)			X		X			X		X	X
Lima Beans (Tues, Fri, Sat)								X			
Sweet Potato Casserole (Thurs) <i>contains pecans</i>					X			X	X		
Premium Sides											
Loaded Baked Sweet Potato					X			X	X		
Loaded Baked Potato					X						
Loaded Hashbrown Casserole		Y			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								
Soups											
Beef n' Noodle Soup			X		X			X		X	X
Chicken Noodle Soup			X		X			X		X	X
Chili			X		X			X		X	X
Clam Chowder					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

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Weekday Lunch Features											
Monday Maple Bacon Grilled Chicken		Y	X		X			X			
Tuesday Meatloaf			X					X		X	X
Wednesday Chicken n' Dumplings					X			X		X	X
Thursday Turkey n' Dressing			X		X			X		X	X
Monday-Friday Pick 2 Country Combos											
Fried Bologna Sandwich		Y			X			X		X	X
Country House Salad with Grilled Chicken		Y									
Loaded Baked Potato					X						
Loaded Baked Sweet Potato					X			X	X		
Salads											
Chef Salad			X		X					X	X
Homestyle Chicken Salad (grilled)		Y	X		X					X	X
Homestyle Chicken Salad (fried)	Y		X		X					X	X
Southern Chicken Caesar Salad (grilled)		Y	X	X	X					X	X
Southern Chicken Caesar Salad (fried)	Y		X	X	X					X	X
House Salad					X					X	X
Sandwich n' Burger Platters											
Homestyle Chicken BLT (grilled)		Y	X							X	X
Homestyle Chicken BLT (fried)	Y		X		X			X		X	X
Open-Faced Roast Beef								X		X	X
The Barrel Cheeseburger		Y	X		X			X		X	X
Kid's Menu											
Grilled Chicken Tenders		Y									
Fried Chicken Tenderloins	Y				X			X		X	X
BBQ Sauce								X			
Honey Mustard Sauce			X								
Country Fried Shrimp			X	X	X		X	X		X	X
Chicken n' Dumplings											
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					X			X	X		
Ice Cream					X			X			
Crafted Coffee (Iced or Hot)											
Latte, regular					X						
Vanilla Latte					X						
Caramel Latte					X						
Mocha					X						

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Iced Tea n' Beverages											
Blue Sky Sodas (Blood Orange or Black Cherry)											
Unsweetened Iced Tea											
Sweetened Iced Tea											
Raspberry Iced Tea											
Lemonade											
Raspberry Lemonade											
Hot Chocolate					X						
Milk (skim, reduced fat, whole, chocolate)					X						
Orange Juice											
Apple Juice											
Grapefruit Juice											
Soft Drinks (Cocoa-Cola, Sprite, Mello Yello, Dr. Pepper, Diet Coke, Diet Dr. Pepper)											
Tomato Juice											
Stewart's Bottled Sodas (Root Beer, Diet Root Beer, Orange n' Cream)											
Chilled Apple Cider											
Coffee (decaf or regular)											
Hot Tea (Twinings® of London)											
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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