

### Milk Allergies

Sourdough Bread (regular and wheat), Westminster Crackers

Apple Bran Muffins

Eggs (fresh shell eggs only)

Grilled Meats: Bacon, Ham, Sausage, Grilled Chicken Tenders, and Hamburger Steak

Dip Items: Meatloaf

Side Items: Apple Sauce, Green Beans, Pinto Beans, Turnip Greens

Tossed Salad, Grilled Chicken Tender Salad or Country Chef Salad (without cheese)

Salad Dressings: Honey French (regular and fat free), Honey Mustard (regular and fat free), Thousand Island (regular and fat free), Reduced Calorie Italian

All fried items should be avoided due to cross-contamination from the cooking oil.

Always inform QA of allergies

### Peanut Allergies

Cracker Barrel does not cook with peanut oil and does not add peanuts to any of our menu items. The core menu items are peanut free. Please carefully check all labels for any promotional items, weekly specials, and regional menu items.

### Egg Allergen

Breads: Biscuits, Sourdough Bread (regular and wheat). Westminster Crackers

Grilled Meats: Bacon, Ham, Sausage, Grilled Chicken Tenders, Hamburger Steak, Ribeye and Sirloin Steaks

Dip Items: Roast Beef and Gravy, Chicken and Dumplings, Turkey and Gravy

Side Items: Apple Sauce, Green Beans, Pinto Beans, Turnip Greens

Tossed Salad, Grilled Chicken Tender Salad or Country Chef Salad (without Egg)

Salad Dressings: Honey French (regular and fat free), Fat Free and Reduced Calorie Italian, Fat Free Ranch, Fat Free Thousand Island

All fried items should be avoided due to cross contamination from the cooking oil

### Wheat (Glutens) Allergies

Eggs and Grilled Meats: Bacon, Sausage, Grilled Catfish, Grilled Chicken Tenders, Hamburger Steak, Ribeye and Sirloin Steaks-be careful to prevent cross contamination from Pancakes and French Toast

Side Items: Apple Sauce, Carrots, Corn, Green Beans, Pinto Beans, Turnip Greens

All fried items should be avoided due to cross-contamination from the cooking oil.

