



OLD COUNTRY STORE

## Cracker Barrel

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>Cracker Barrel Classics-Breakfast</b>						
Old Timer's Breakfast: Two Eggs	150	3	150	2	0	14
Old Timer's Breakfast: Two Eggs with Three Thick-Sliced Bacon	360	9	610	2	0	28
The Cracker Barrel's Country Boy Breakfast: Three Eggs	210	4.5	210	2	0	19
Build Your Own Homestyle Breakfast: Two Eggs with Spicy Chicken Sausage	370	6.5	910	4	0	35
Build Your Own Homestyle Breakfast: Two Eggs with Impossible Sausage Made From Plants	360	8	780	11	1	26
Build Your Own Homestyle Breakfast: Two Eggs with Sugar Cured Ham	370	6.5	1110	3	0	32
<b>Hearty Country Morning</b>						
New York Strip Steak N' Eggs: Two Eggs	620	9	450	4	1	80
<b>Sunrise Special</b>						
Sunrise Pancake Special	530	10	1840	74	0	6
Egg Sandwich: Two Eggs, Sourdough Bread, Tomato, and Duke's Mayonnaise	470	5	400	44	3	20



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Egg Sandwich: Two Eggs, Sourdough Bread, Tomato, Duke's Mayonnaise, and Two Thick Sliced Bacon	610	9	710	44	3	29
Egg Sandwich: Two Eggs, Sourdough Bread, Tomato, Duke's Mayonnaise, and Sugar Cured Ham	560	6	1340	46	3	32
Egg Sandwich: Two Eggs, Sourdough Bread, Tomato, Duke's Mayonnaise, and Country Ham Sampler	610	7.5	1240	47	3	36
Egg Sandwich: Two Eggs, Sourdough Bread, Tomato, Duke's Mayonnaise, and Impossible Sausage Made From Plants	680	10	1030	53	4	32
Egg Sandwich: Two Eggs, Sourdough Bread, Tomato, Duke's Mayonnaise, and Spicy Chicken Sausage	690	8.5	1160	46	3	43
<b>Biscuit Breakfast</b>						
Biscuit Breakfast with Thick Sliced Bacon Biscuit	300	6	620	23	0	13
Biscuit Breakfast with Smoked Sausage Biscuit	280	6	510	24	0	10
Biscuit Breakfast with Sugar Cured Ham Biscuit	250	3	1250	25	0	15
Biscuit Breakfast with Country Ham Biscuit	290	4.5	1150	26	0	20
Biscuit Breakfast with Impossible Sausage Made From Plants Biscuit	260	4.5	630	27	0	9

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<b>Breakfast Sides</b>						
Hashbrown Casserole	190	3	350	24	2	5
Fried Apples	170	0.5	45	37	6	0
Tomato	5	0	0	1	0	0
Coarse Ground Grits	150	1	370	22	0	0
Fresh Seasonal Fruit	70	0	0	18	3	1
Thick Sliced Bacon: 3 Slices	210	6	460	0	0	14
Spicy Chicken Sausage: 2 Links	220	3.5	760	2	0	21
Impossible Sausage: 2 Patties	210	5	630	9	1	12
Sugar Cured Ham	220	3.5	960	1	0	18
<b>Cracker Barrel Favorites-Lunch and Dinner</b>						
Country Fried Steak: With Sawmill Gravy	600	8	1410	50	1	37
Chicken N' Dumplings	450	2.5	1680	52	6	40
Grilled Chicken Tenders: 6 tenders	270	1.5	620	5	0	48
Hand Breaded Fried Chicken Tenders: 6 Tenders	600	6	2140	26	4	57
Spicy Grilled Catfish: 2 Fillets	260	3	650	2	1	38
<b>Home Cooked Classics</b>						
Smoky Southern Grilled Chicken	280	1.5	720	0	0	58
Fried Farm Raised Catfish: 1 Fillet	400	7	580	9	1	18
<b>Southern Suppers</b>						
Lemon Pepper Grilled Rainbow Trout: 2 Fillets	330	3.5	610	6	1	43
Country Fried Shrimp: With Hushpuppies	900	8	2040	121	16	22

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<b>Country Salads</b>						
Homestyle Grilled Chicken Salad	470	9	920	22	4	46
House Salad	260	6	600	18	3	12
<b>Hot Soups: Cup</b>						
Beef N' Noodle	120	2	510	11	1	10
Chicken Noodle	100	1	720	10	1	7
Chili	190	3	560	21	6	13
Potato	110	0.5	580	19	2	3
Turkey Noodle	120	0	640	12	1	16
Vegetable	80	0	360	16	3	3
<b>Lunch and Dinner Sides</b>						
Applesauce	50	0	0	13	1	0
Breaded Fried Okra	250	2	520	38	2	3
Cheesy Coarse Ground Grits	190	4.5	390	14	0	5
Cole Slaw	250	1	370	22	0	0
Cornbread Dressing	310	3.5	960	33	5	5
Country Green Beans	60	1	310	7	3	1
Dumplings	210	2	940	36	3	5
Mashed Potatoes	200	2	170	25	3	3
Steamed Broccoli	40	0	10	6	4	4
Pinto Beans	140	1	260	21	7	10
Steak Fries	340	2.5	70	51	5	5
Sweet Potato Casserole	190	1	85	36	2	2
Sweet Whole Baby Carrots	90	0	140	18	3	1
Turnip Greens	100	1	380	6	4	10
Beans N' Greens	410	3	990	51	16	32