



CRAVING MORE PROTEIN?

MEALS WITH | **30+** GRAMS OF PROTEIN

BREAKFAST

Good Morning Breakfast (38 grams)

Two scrambled egg whites with coarse ground grits, a side of fresh fruit, sliced tomatoes, and turkey sausage (390 cal).

LUNCH & DINNER

Grilled Catfish (33 grams)

Two spicy grilled U.S. farm-raised catfish fillets (260 cal). Served with two or three classic sides.

Lemon Pepper Rainbow Trout (39 grams)

Two seasoned trout fillets, grilled to perfection (410 cal). Served with two or three classic sides.

Louisiana-style Shrimp Skillet (37 grams)

Grilled shrimp in a zesty Creole sauce with seasoned rice and grilled parmesan bread (780 cal). Served with two or three classic sides.

Turkey n' Gravy (37 grams)

Roasted turkey in savory gravy with cornbread dressing and pecan-topped sweet potato casserole, with a sampling of cranberry relish (840 cal). Served with one or two classic sides.

Bowl of Pinto Beans (37 grams)

MEALS WITH | **40+** GRAMS OF PROTEIN

BREAKFAST

Sugar Cured Ham (45 grams)

Available as part of The Country Boy, Uncle Herschel's Favorite or as a la carte.

Country Ham (49 grams)

Available as part of The Country Boy, Uncle Herschel's Favorite or as a la carte.

LUNCH & DINNER

Sugar Cured Ham (45 grams)

Served with two or three classic sides.

Country Ham (49 grams)

Served with two or three classic sides.

Homestyle Grilled Chicken Salad (40 grams)

Smokehouse grilled chicken over fresh greens garnished with hardboiled egg, tomatoes, cucumbers, croutons, and Colby cheese (440 cal).

MEALS WITH | **50+** GRAMS OF PROTEIN

BREAKFAST

Steak & Eggs (81 grams)

10 oz New York strip steak grilled to order your way with buttery garlic sauce, two eggs, and warm buttermilk biscuits (900 cal). Served with one classic side.

LUNCH & DINNER

New York Strip Steak (67 grams)

Tender, juicy 10 oz New York strip steak grilled to order with buttery garlic sauce (470 cal). Served with two or three classic sides.

Steak and Grilled Chicken Combo (96 grams)

10 oz New York strip steak grilled to order* and topped with buttery garlic sauce, paired with a smokehouse grilled chicken breast (660 cal). Served with two or three classic sides.

Grilled Chicken Tenders (57 grams)

Juicy chicken tenderloins marinated and grilled just right (320 cal). Served with two or three classic sides.

Smoky Southern Grilled Chicken (58 grams)

Two grilled chicken breasts seasoned with our smoky Southern-style spice blend (380 cal). Served with two or three classic sides.

Big Easy Steak & Shrimp (81 grams)

10 oz New York strip steak grilled to order* topped with grilled shrimp and a zesty Creole sauce (660 cal). Served with two or three classic sides.

Slow-Braised Pot Roast (74 grams)

Rib roast simmered low and slow with carrots, onions, and celery in a rich gravy (520 cal). Served with mashed potatoes. Served with one or two classic sides.

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.

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