

Cracker Barrel Individual Sides Menu 2026

newcrackerbarrelmenu.com

Every side, with prices, calories, and top picks. Individual sides are stand-alone dishes you can order on their own or add to any entrée. Most entrées already come with one or two sides included; individual sides let you swap in something different, add extras, or order a side-only meal. Prices below are national estimates, so check your local restaurant or the app before ordering.

Premium Sides

Side Item	Price	Calories
Bacon Mac n' Cheese	\$3.49	380
Loaded Baked Potato	\$3.49	520–580
Loaded Baked Sweet Potato	\$3.49	620
Loaded Hashbrown Casserole	\$3.49	300–350
Loaded Mashed Potatoes	\$3.49	320
Hashbrown Casserole Tots	\$3.49	280
Broccoli Cheese Casserole	\$3.69	290
Fresh Fruit	\$3.99–\$4.29	60–70
Chicken n' Dumplin's Soup Cup	\$4.79	130
Vegetable Soup Cup	\$4.39	80
Bowl of Pinto Beans	\$6.49	470
Bowl of Turnip Greens	\$6.49	250
Beans n' Greens	\$8.59	410
Country Vegetable Plate	\$10.49	160+ (varies by choice)

Country Sides (Classic Southern Sides)

Side Item	Price	Calories
Hashbrown Casserole	\$3.29–\$3.59	210–270
Macaroni n' Cheese	\$3.79	310
Mashed Potatoes with Gravy	\$3.59	210
Fried Apples	\$3.79	180
Cole Slaw	\$3.59	160
Turnip Greens	\$3.29	60
Country Green Beans	\$3.29	60
Fried Okra	\$3.29	250
Steak Fries	\$3.29	320
Baby Carrots	\$3.29	90
Seasoned Rice	\$3.29	140
Corn	\$3.29	130

Side Item	Price	Calories
Pinto Beans	\$3.29	150
Dumplings	\$3.29	190
Sawmill Gravy or Brown Gravy	\$1.19–\$1.49	60–100
Buttermilk Biscuits (4)	\$2.29	600
Corn Muffins (4)	\$2.29	560

Breakfast Sides (Available All Day)

Side Item	Price	Calories
Smoked Sausage Patties	\$3.79	340
Thick-Sliced Bacon	\$3.79	220
Coarse Ground Grits	\$2.99	140
Fried Apples	\$3.79	180
Two Buttermilk Pancakes	\$3.99	350
Hashbrown Casserole	\$3.29	210–270
Sawmill Gravy	\$1.49	100

Best Sides to Order

Hashbrown Casserole: The one most people mention first. Crispy on the edges, soft in the middle, topped with melted cheese.

Bacon Mac n' Cheese: The richer, heavier cousin of the classic Macaroni n' Cheese.

Fried Apples: Sweet, cinnamon-forward flavor that works at breakfast, lunch, or dinner, almost like a light dessert.

Turnip Greens & Country Green Beans: The go-to vegetable sides, seasoned and slow-simmered Southern-style.

Loaded Baked Potato & Loaded Hashbrown Casserole: The two most-ordered Premium Sides; they double as a small meal on their own.

Nutrition and Calorie Breakdown

Calories range from 60 for Turnip Greens and Country Green Beans to 620 for the Loaded Baked Sweet Potato.

Side Category	Typical Calorie Range	Sodium Level	Best For
Creamy sides (mashed potatoes, mac n' cheese)	210–380	High	Comfort food cravings
Loaded/casserole sides	280–620	High	Bigger appetites, sharing
Fried sides (okra, fries)	250–320	Medium-high	Crunch and texture
Vegetable sides (greens, beans, carrots)	60–150	Medium	Lighter, balanced plates
Fruit and cold sides (fresh fruit, cole slaw)	60–180	Low-medium	Lower-calorie add-ons

Lighter and Diet-Friendly Options

- Fresh Fruit (60–70 calories)
- Turnip Greens or Country Green Beans (60 calories)
- Baby Carrots (90 calories)
- Vegetable Soup Cup (80 calories)
- Corn (130 calories)

Vegetarian Sides

Corn, baby carrots, fresh fruit, and seasoned rice are common picks. However, many Southern-style sides, including turnip greens, pinto beans, and country green beans, are often seasoned with meat. Ask your server how each side is prepared, or confirm with the official allergen guide.

Tips for Ordering Individual Sides

- Check the current menu with prices and pictures on the official app before you go, since photos help set expectations for portion size.
- Ask about substitutions. Most entrées let you swap an included side for a different one at no extra charge; only premium options cost the difference.
- Order sides à la carte for a lighter meal. Two or three individual sides can easily replace a full entrée.
- Watch for seasonal sides. Cracker Barrel rotates a few limited-time sides throughout the year.
- Sides travel well for takeout. Casseroles and mashed potatoes reheat better than fried items.

Frequently Asked Questions

Can I order individual sides without a main dish?

Yes. Most sides can be ordered on their own, no entrée required.

How much do Cracker Barrel individual sides cost?

Most standard sides cost \$2.99 to \$3.79, gravies and breads run \$1.19 to \$2.29, premium sides cost \$3.49 to \$4.79, and bowls go up to \$10.49.

What is the most popular side at Cracker Barrel?

Hashbrown Casserole is generally considered the most popular side, followed closely by Bacon Mac n' Cheese and Fried Apples.

Are Cracker Barrel sides good for sharing?

Some are. Larger bowl-style sides like the Country Vegetable Plate or Beans n' Greens work well for two people sharing, while standard sides are closer to a single portion.

Does Cracker Barrel have lighter or lower-calorie side options?

Yes. Fresh Fruit, Turnip Greens, Country Green Beans, and Baby Carrots are all under 100 calories.

Can I substitute a side that comes with my entrée?

Usually yes. Most meals allow a free swap for a standard side, with a small upcharge for a premium option.

What sides does Cracker Barrel have?

Premium sides like Bacon Mac n' Cheese, Country sides like Turnip Greens and Fried Apples, and Breakfast sides like grits and bacon, plus soup cups and fresh fruit.

Is there a Cracker Barrel sides menu PDF?

Yes. Download the sides menu PDF from newcrackerbarrelmenu.com for every side with price and calories. Confirm current prices with your local restaurant.

What is the Cracker Barrel vegetable plate?

The Country Vegetable Plate lets you choose several country sides as a meal for about \$10.49. Calories start around 160 and rise with your choices.

Does Cracker Barrel have vegetarian sides?

Corn, baby carrots, fresh fruit, and seasoned rice are common vegetarian picks, but some Southern sides use meat seasoning. Ask your server or check the allergen guide.

How many calories are in Cracker Barrel sides?

Most sides range from 60 calories for turnip greens and green beans to about 620 for the Loaded Baked Sweet Potato.

Final Thoughts

The Cracker Barrel Individual Sides Menu works because it doesn't overcomplicate things. You get familiar, homestyle dishes that pair with almost anything else on the menu, from a quick breakfast to a full family dinner. Check current pricing on the app before you go, and you'll always know exactly what you're getting.

Disclaimer: Prices and calories are national estimates and vary by location. Confirm with your local restaurant before ordering. More menus at newcrackerbarrelmenu.com.