

Barry's Cafe Allergy Menu

We offer Gluten Free, Dairy Free, Nut Free, and Soy Free Bread, Burger Buns, and Hot Dog Buns that are toasted in a designated toaster.

All fried food including seafood, chicken, French fries, hash browns, etc. are cooked in 100% canola oil and may be cooked together in the fryer and are not guaranteed to be gluten free

Gluten Free options:

Breakfast:

- All Egg Platters (Except Country Fried Steak and Eggs)
- All Omelets
- Eggs Benedict (Saturday & Sunday only)
- Barry's Burrito
- French Toast
- Pancakes
- Waffles
- Barry's Burrito
- All Breakfast Sandwiches
- Breakfast Sides: Grits, Applesauce, Sliced Tomatoes, Fresh Fruit, and Toast (White)

Lunch:

- All Burgers (Except Veggie Burger)
- Steak and Cheese
- Hot Dogs
- All Sandwiches
- All Turnouts
- All Salads
- All Salad Dressings
- Hamburger Steak Platter Without Gravy
- Lunch Sides: Coleslaw, Fresh Fruit, Potato Chips, and Applesauce

Lactose Free Options:

Breakfast:

- All Egg Platters (Except Country Fried Steak and Eggs)
- All Omelets
- French Toast (must special request no dairy)
- Barry's Burrito
- All Breakfast Sandwiches
- All Breakfast Sides Except English Muffins And Biscuits

Lunch:

- All Burgers
- All Sandwiches Except Grilled Cheese
- All Turnouts

- All Salads
- Dressings: Balsamic Vinaigrette, Oil and Vinegar, and Raspberry Vinaigrette.
- Lunch Sides: Coleslaw, Fresh Fruit, Potato chips, and French Fries.

Egg Free Options:

Breakfast:

- Barry's Burrito
- Sausage and Gravy Over Toast
- Breakfast BLT Without Mayonnaise
- Breakfast Sandwiches Without Egg

Lunch:

- All Burgers
- All Sandwiches
- All Turnouts
- All Salads
- Dressings: Balsamic Vinaigrette, Oil and Vinegar, and Raspberry Vinaigrette
- Lunch Sides: Fresh Fruit, Potato chips, and French Fries

Peanut Free & Tree Nut Free Options

Breakfast:

- All Egg Platters (Except Country Fried Steak and Eggs)
- All Omelets
- Eggs Benedict (Saturday & Sunday only)
- French Toast
- Pancakes (Peanut Free Only)
- Waffles (Peanut Free Only)
- Barry's Burrito
- All Breakfast Sandwiches
- Breakfast sides: Grits, Applesauce, Sliced Tomatoes, Fresh Fruit, Toast (White, Wheat, Rye)

Lunch:

- All Burgers
- Steak and Cheese
- Hot Dogs
- All Sandwiches
- All Turnouts
- All Salads
- All Dressings
- Firefighter Chicken and Rice
- Hamburger Steak Platter

Soy Free Options:

We use soy butter flavored oil for grilling and browning on the flat top. Food can be cooked in a separate pan to avoid cross contamination

****All food is soy free except mayonnaise, salad dressings, gravies, onion rings, and fried chicken****

****These items are cooked to order. Consuming raw or undercooked MEATS, POULTRY, SEAFOOD, SHELLFISH, or EGGS may increase your RISK of food borne illness, especially if you have certain medical conditions.**
