Cheddar's SCRATCH KITCHEN

Get a lot. For not a lot.™

Food Allergen Guide

Printed information effective: January 12, 2026

The information here details which menu items contain the most common allergens based on the information provided by our suppliers. We work to keep this information as up-to-date as possible, and suggest you confirm that the allergen guide used is the most current version available. Because all of our dishes are prepared-to-order, our normal kitchen operations may involve shared cooking and preparation areas. Therefore, we cannot guarantee that any menu item can be completely free of allergens. Items cooked on our grill or in our fryer present a special risk for cross-contamination, so we've clearly identified those for you. Unless noted, menu items include all cooking sauces and condiments.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-888-642-7336.

X Menu Item contains the specific allergen (Includes all cooking sauces and condiments)	Fried in Soybean Oil	Grilled	Peanuts	Tree Nuts	Soy	Eggs	Dairy	Wheat	Fish	Molluscan Shellfish	Crustacean Shellfish	Gluten	Sesame
APPETIZERS													
Chips & Homemade Queso	X						X						
Add Seasoned Ground Beef													
Cheddar's Queso Fries	X	X			X	X	X						
Coconut Shrimp (where available)	X			X	X	X		X			X	X	
Buffalo Beer-Battered Fried Shrimp	X				X	X	X	X			X	X	
Honey Butter Croissants					X		X	X				X	
Santa Fe Spinach Dip	X				X		X	X				X	
Homemade Onion Rings	X					X	X	X				X	
Wisconsin Cheese Bites	X					X	X	X				X	
SALADS & SOUP													
Grilled Chicken Pecan Salad (dressing not included)		X		X			X						
Crispy Chicken Tender Salad (dressing not included)	X						X	X				X	
Caesar Pasta Salad - Chicken		X				X	X	X	X			X	
Caesar Pasta Salad - Salmon		X				X	X	X	X			X	
Salmon Strawberry Salad (where available) (dressing not included)		X		X			X		X				
House Salad (Dressing not included)							X	X				X	
Caesar Salad						X	X	X	X			X	
Grilled Shrimp (add on)		X			X						X		
Soup - Potato					X		X	X				X	
DRESSINGS & DIPPING SAUCES													
Homemade Ranch						X	X						
Honey Mustard					X	X							
Chunky Blue Cheese						X	X						
Balsamic Vinaigrette					X								
Strawberry Vinaigrette Dressing (where available)					X								
Honey Lime						X							
Thousand Island						X							
BBQ Sauce													
Country Gravy					X		X	X				X	
Brown Gravy					X		X	X				X	
Honey Hot Sauce													
Cajun Sauce						X	X						

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LUNCH Sides not included													
Veggie Philly		X			X		X	X				X	
Classic Cheeseburger		X			X		X	X				X	
Classic Chicken Sandwich	X				X	X	X	X				X	
Cajun Chicken Bowl		X			X		X						
Fish and Chips	X					X		X	X			X	
Chicken Pot Pie (side salad not included)					X		X	X				X	
Plain Grilled White Fish (includes bed of seasoned rice)					X		X		X				
Blackened		X			X		X		X				
Lemon Pepper		X			X		X		X				
Philly Cheesesteak		X			X		X	X				X	
Baja Chicken (where available)		X			X		X						
Skirt Steak Churrasco (where available)		X											
CHICKEN Sides not included													
Grilled Chicken Alfredo		X			X		X	X				X	
Lemon Pepper Chicken (includes bed of seasoned rice)		X			X		X						
Classic Chicken Tender Platter (sides and sauces not included)	X							X				X	
Buffalo Sauce					X								
Honey Hot Sauce													
Dijon Chicken & Mushrooms (includes bed of seasoned rice)		X			X	X	X						
Key West Chicken & Shrimp (includes bed of seasoned rice)		X			X		X	X			X	X	
Baja Chicken (where available)		X			X		X						
COMFORT FOOD Sides not included													
Homestyle Meatloaf					X	X	X	X				X	
Homemade Chicken Pot Pie (side salad not included)					X		X	X				X	
New Orleans Pasta		X			X		X	X			X	X	
Country Fried Chicken (sides not included)	X				X		X	X				X	
Country Fried Steak (sides not included)	X				X		X	X				X	
Grilled Pork Chops (sides not included)		X			X			X				X	
Spasagna					X	X	X	X				X	
Add Chicken Tenders (3)	X							X				X	
Add Grilled Chicken		X											
Steak Tips with Seasoned Rice					X		X						
SANDWICHES & BURGERS Side not included													
Monte Cristo	X				X	X	X	X				X	
Buffalo Chicken Wrapper - Grilled		X			X	X	X	X				X	
Buffalo Chicken Wrapper - Fried	X				X	X	X	X				X	
Classic Chicken Sandwich	X				X	X	X	X				X	
Smokehouse Burger		X			X		X	X				X	
Classic Burger		X			X	X		X				X	
Cheeseburger		X			X	X	X	X				X	
Bacon Cheeseburger		X			X	X	X	X				X	

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COMBINATIONS Sides not included													
Chicken Tenders & Grilled Shrimp	X				X	X	X	X			X	X	
Chicken Tenders & Coconut Shrimp (where available)	X			X	X	X		X			X	X	
Chicken Tenders & Beer-Battered Fried Shrimp	X							X			X	X	
Half Rack of Ribs & Grilled Shrimp		X			X		X	X			X	X	
Half Rack of Ribs & Coconut Shrimp (where available)	X	X		X	X	X		X			X	X	
Half Rack of Ribs & Beer-Battered Fried Shrimp	X	X						X			X	X	
Half Rack of Ribs & Chicken Tenders	X	X			X	X		X				X	
Top Sirloin Steak & Grilled Shrimp		X			X		X	X			X	X	
Top Sirloin Steak & Coconut Shrimp (where available)	X	X		X	X	X	X	X			X	X	
Top Sirloin Steak & Beer-Battered Fried Shrimp	X	X			X		X	X			X	X	
Top Sirloin Steak & Ribs		X			X		X						
Top Sirloin & Chicken Tenders	X	X			X	X	X	X				X	
STEAKS & RIBS Sides not included													
Top Sirloin Steak		X			X		X						
14 oz. Ribeye Steak		X			X		X						
16 oz. Bone-In Ribeye Steak		X			X		X						
Skirt Steak Churrasco (where available)		X											
Hickory Smoked Baby Back Ribs (Half Rack)		X											
SEAFOOD Sides not included													
Grilled Shrimp Alfredo		X			X		X	X			X	X	
Plain Grilled White Fish (includes seasoned rice)					X		X		X				
Blackened		X			X		X		X				
Lemon Pepper		X			X		X		X				
Cornmeal Whitefish	X					X	X	X	X			X	
Beer-Battered Fried Shrimp Platter	X							X			X	X	
Coconut Shrimp Platter (where available)	X			X	X	X		X			X	X	
Beer-Battered Fish Platter (where available)	X					X		X	X			X	
Blackened Mahi Mahi (where available)		X			X		X		X				
Plain Grilled Salmon (includes seasoned rice)					X		X		X				
Blackened		X			X								
Bourbon Glazed		X			X		X	X				X	
Beer-Battered Fish & Shrimp Platter	X					X		X	X		X	X	
Bourbon-Glazed Salmon & Shrimp (includes seasoned rice)		X			X		X	X	X		X	X	
8 oz. Bourbon-Glazed Salmon & Shrimp (includes bed of seasoned rice)		X			X		X	X	X		X	X	

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MADE FROM SCRATCH SIDES													
Broccoli Cheese Casserole					X	X	X	X				X	
Loaded Baked Potato					X		X						
Loaded Baked Potato with Bacon		X			X		X						
Idaho Mashed Potatoes					X		X						
Add Country Gravy					X		X	X				X	
Add Brown Gravy					X		X	X				X	
Add Cheese & Bacon		X			X		X						
French Fries	X				X								
Homemade Queso & Bacon French Fries	X	X			X		X						
Red Beans & Rice					X		X						
Southern Green Beans													
Fresh Steamed Broccoli					X		X						
Sweet Baby Carrots													
Seasoned Rice					X		X						
Freshly Made Coleslaw						X							
Buttered Off-The-Cob Corn					X								
Fried Plantains (where available)	X												
Black Beans & Rice (where available)					X		X						
House Salad (Dressing not included)							X	X				X	
Caesar Salad						X	X	X	X			X	
Sautéed Mushrooms					X								
KIDS MEALS													
Kid's Chicken Tenders	X						X	X				X	
Kid's Grilled Cheese		X			X		X	X				X	
Kid's Junior Burger		X			X			X				X	X
Kid's Grilled Chicken		X			X		X						
Kid's BBQ Chicken (includes seasoned rice)		X			X		X						
Kid's Fried Shrimp	X							X			X	X	
Kid's Coconut Shrimp (where available)	X			X	X	X		X			X	X	
Kid's Penne Pasta Alfredo (does not include garlic bread)					X		X	X				X	
Kid's Penne Pasta & Butter (does not include garlic bread)					X			X				X	
Kid's Penne Pasta Alfredo with Chicken		X			X		X	X				X	
Garlic Bread					X		X	X				X	
Kid's Penne Pasta with Marinara					X		X	X				X	
DESSERTS													
Cheddar's Legendary Monster Cookie			X		X	X	X	X				X	
Carrot Cake				X	X	X	X	X				X	
Classic Cheesecake					X	X	X	X				X	
Hot Fudge Cake Sundae			X		X	X	X	X				X	
Fried Apple Pie	X						X	X				X	

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GLUTEN-FRIENDLY MENU **Gluten-friendly items are modified to be made without gluten-containing ingredients.**													
GLUTEN-FRIENDLY SALADS													
Grilled Chicken Pecan Salad (dressing not included)		X		X			X						
Chicken Caesar Salad		X				X	X		X				
Salmon Caesar Salad		X				X	X		X				
Salmon Strawberry Salad (where available) (dressing not included)		X		X			X		X				
GLUTEN-FRIENDLY SCRATCH BURGERS **Side not included**													
Bacon Cheeseburger		X				X	X						
Smokehouse Burger		X					X						
The Original Burger		X				X							
The Original Burger with Cheddar Cheese		X				X	X						
GLUTEN-FRIENDLY ENTREES **Sides not included**													
Top Sirloin Steak		X			X								
14 oz. Ribeye Steak		X			X		X						
16 oz. Bone-In Ribeye Steak		X			X		X						
Skirt Steak Churrasco (where available)		X											
House Smoked Baby Back Ribs		X											
Top Sirloin Steak & Ribs		X			X								
Top Sirloin Steak & Grilled Shrimp		X			X		X				X		
Half Rack of Ribs & Grilled Shrimp		X			X		X				X		
Lemon Pepper Chicken		X			X		X						
Key West Chicken & Shrimp		X			X		X				X		
Dijon Chicken & Mushrooms		X			X	X	X						
Baja Chicken (where available)		X			X		X						
Grilled Mahi Mahi (where available)		X			X		X		X				
Lemon Pepper White Fish		X			X		X		X				
Plain Grilled Salmon (includes seasoned rice)		X			X		X		X				
Blackened		X			X								
GLUTEN-FRIENDLY SIDES													
Idaho Mashed Potatoes					X		X						
Cheese & Bacon Mashed Potatoes		X			X		X						
Loaded Baked Potato					X		X						
Red Beans & Rice					X		X						
Southern Green Beans													
Buttered Off-The-Cob Corn					X								
Fresh Steamed Broccoli					X		X						
Sweet Baby Carrots													
Seasoned Rice					X		X						
Freshly Made Coleslaw						X							
Black Beans & Rice (where available)					X		X						
House Salad (Dressing not included)							X						