



**APPLEWOOD**<sup>®</sup>  
FARMHOUSE RESTAURANT

## **Food Allergen Menu Guide**





## Allergy Menu Disclaimer

**\*\*PLEASE READ\*\***

At Applewood Farmhouse Restaurant, we recognize the need for our guests to have access to food allergen information. These recommendations were devised with the most current information from our suppliers and with our most updated recipes and food preparation practices considered. The suggested menu items listed on these pages do not directly contain the specified allergen, **but they may have been manufactured on equipment which also manufactures any given allergen.**

During normal cooking/kitchen procedures, these foods may have come into contact with any given allergen on our own shared kitchen equipment and fryer oil. **\*\*Therefore while we provide this guide for the convenience of our guests, we cannot guarantee that any single menu item is completely free of any given allergen.\*\***

In addition, we recommend that guests with food allergens **avoid fried** menu items due to the high degree of likelihood of cross contamination. (Note: Both apple fritters and fried chicken have their own designated fryers. All other fried items share the same fryer and oil.)

To follow are menus with special recommendations for guests with: Gluten, Dairy, Peanut/ Tree Nut, Egg and Fish/ Shellfish Sensitivities. Thank you for allowing us to serve you in this way.

# Gluten Sensitive Menu

## Breakfast

### Farmhouse Special Breakfast

Two Eggs Cooked to Your Liking, Home-Fried Potatoes  
(Omit Gravy, Cinnamon Fried Apples, Biscuit & Apple Fritters.  
Substitute with a suggested side.)

**Hickory Bacon**

**Smokehouse Sampler**

**Country Sausage Patties**

**Turkey Sausage Patties**

**Country Ham with Red Eye Gravy**

**Sugar Cured Ham**

**Grilled Pork Loin**

**Sirloin Breakfast Steak**

**Two Eggs cooked to order with Two Suggested Sides**

### Farmyard Specials

**Farmyard Omelet**

**Garden Omelet**

**Ham & Cheese Omelet**

**Country Boy Breakfast Skillet**

### Kids' Menu

**Two Eggs cooked to order with Bacon or Sausage  
(omit Biscuit)**

#### **Sides:**

**Applesauce, Apple Butter; Fresh Fruit, Sliced Tomatoes,  
Home-Fried Potatoes, Loaded Home Fried Potatoes**

#### **Side Dishes:**

**1/2 Portion of Country Ham or Sugar Cured Ham,  
Loaded Home- Fried Potatoes, 3 Swaggerty's Sausage Patties,  
3 Slices of Hickory Smoked Bacon. 3 Turkey Sausage Patties**

# Gluten Sensitive Menu

## Lunch

### Farmhouse Favorites

- Sugar Cured Ham
- Hamburger-(without bun)
- Apple Julep Grilled Chicken
- Applewood Pork Loin
- Chicken Cordon Bleu (Grilled) without Sauce
- Chicken Tenders (Grilled)
- Rosemary Chicken
- Grilled Catfish
- Roast turkey (no stuffing/gravy)
- Country Grilled Pork Chops
- Beef Liver and Onions (no Flour)

### Salads/ Soups

**\*\*Gluten free soups are currently unavailable.**

- Pecan Chicken Salad w/Fruit
- Apple Valley Orchard Salad
- Country Chicken Salad (with Grilled Chicken)

### Kids' Menu

- Farm Burger (without bun)
- Chicken Tenders (Grilled)
- Sugar Cured Ham
- Dinner Salad (no Croutons)
- Vegetable Platter

### Farmhouse Sides:

Applesauce, Coleslaw, Mashed Potatoes, Sliced Tomatoes, Fresh Fruit, Corn

### Desserts:

- Vanilla Bean Ice Cream

### Sauces/Dressings:

- All Salad Dressings
- BBQ Sauce
- Red Eye Gravy
- Honey Mustard
- Mayonnaise
- Ketchup
- Apple Butter

# Gluten Sensitive Menu

## Dinner

### Farmhouse Favorites

- Sugar Cured Ham
- Beef Liver & Onions (no Flour)
- Roast Turkey (No Stuffing or Gravy)
- Chicken Cordon Bleu (grilled, no sauce)
- Applewood Pork Loin with Apple Relish
- Apple Julep Grilled Chicken
- Grilled Sirloin Steak (no fried onions)
- Rosemary Chicken
- Grilled Catfish
- Country Pork Chops
- Chicken Tenders-Grilled

### Salads/ Soups

**\*Gluten free soups are currently unavailable.**

- Pecan Chicken Salad with Fruit
- Apple Valley Orchard Salad
- Country Chicken Salad (with Grilled Chicken)

### Kids' Menu

- Farm Burger (without bun)
- Chicken Tenders-Grilled
- Dinner Salad (no Croutons)
- Sugar Cured Ham
- Vegetable Platter

### Farmhouse Sides:

Applesauce, Coleslaw, Mashed Potatoes, Sliced Tomatoes, Corn, Fresh Fruit

### Desserts:

- Vanilla Bean Ice Cream

### Sauces/Dressings:

- All Salad Dressings
- BBQ Sauce
- Red Eyed Gravy
- Honey Mustard
- Mayonnaise
- Ketchup
- Apple Butter

# Dairy Sensitive Menu

## Breakfast

### Farmhouse Special Breakfast

**Two Eggs Cooked to Your Liking, Home Fried Potatoes, Southern Grits,  
and Cinnamon Fried Apples**

*(omit Sausage Gravy and Southern Style Biscuit).*

**Served With one of the Following:**

**Hickory Smoked Bacon  
Country Sausage Patties  
Turkey Sausage Patties  
Smokehouse Sampler  
Country Ham & Red Eyed Gravy  
Sugar Cured Ham  
Sirloin Breakfast Steak  
Pork Chop-Grilled**

### Farmyard Specials

**Garden Omelet (without cheese)  
Farmyard Omelet (without cheese)  
Country Boy Breakfast Skillet (without cheese)  
Ham & Cheese Omelet (without cheese)**

### Suggested Sides

**Apple Butter  
Applesauce  
Cinnamon Fried Apples  
Fresh Fruit  
Southern Grits  
Home Fried Potatoes  
Loaded Home Fried Potatoes (no cheese)**

### Breads

**Currently unavailable without milk ingredient.**

# Dairy Sensitive Menu

## Lunch

### Farmhouse Specials

- Sugar Cured Ham
- Applewood Smoked Pork Loin
- Roasted Turkey (without stuffing/ gravy)
- Chicken Fingers (Grilled)
  - Vegetable Platter with Cup of Vegetable Soup
    - Beef Liver & Onions (no breading)
- Rosemary Chicken
- Apple Julep Grilled Chicken
- Grilled Catfish
- Country Grilled Pork Chops

### Farmhouse Sandwiches

Pecan Chicken Salad Croissant  
LeConte Ground Steak Burger-(without Cheese or Fried Toppings)

### Soups & Salads

Vegetable Soup  
Beef Chili  
Pecan Chicken Salad with Fruit  
Country Chicken Salad (with Grilled Chicken & No Cheese)  
Apple Valley Orchard Salad (No Bleu Cheese)

### Kids' Menu

Farm Burger without Cheese  
Grilled Chicken Fingers  
Sugar Cured Ham  
Dinner Salad (without Cheese or Croutons)  
Vegetable Platter

### Sides:

Sliced Tomatoes, Pinto Beans, Cole Slaw, Applesauce, Fresh Fruit,  
Cinnamon Apples, Turnip Greens, Green Beans, Corn, Onion Rings,

### Desserts:

- Sugar Cookie
- Apple or Blackberry Cobbler
- Pecan Pie

### Sauces/ Dressings:

Ketchup, Mustard, Tartar, BBQ, Mayo, Fat Free Italian, Oil & Vinegar,  
Teriyaki sauce, Apple Butter, Apple Relish, Apple Vinaigrette

### Breads:

Croissant & Hamburger Bun

# Dairy Sensitive Menu

## Dinner

### Farmhouse Specials

- Apple Julep Grilled Chicken
- Meatloaf
- Sugar Cured Ham
- Grilled Pork Chops
- Applewood Pork Loin
- Roast Turkey (without Stuffing/ gravy )
  - Vegetable Platter with cup of Vegetable Soup
- Beef Liver and Onion (no flour)
- Chicken Fingers (Grilled)
- Grilled Catfish
- Grilled Trout
- Grilled Sirloin (no fried onion)
- Rosemary Chicken

### Soups & Salads

Vegetable Soup

Beef Chili

Pecan Chicken Salad with Fruit

Country Chicken Salad (with Grilled Chicken & No Cheese)

Apple Valley Orchard Salad (no bleu cheese)

### Kids' Menu

Farm Burger (no cheese)

Chicken Fingers (Grilled)

Vegetable Platter

Sugar Cured Ham

Dinner Salad (without Croutons or Cheese)

### Sides:

Sliced Tomatoes, Pinto Beans, Cole Slaw, Applesauce, Fresh Fruit,  
Green Beans, Turnip Greens, Corn, Onion Rings

### Desserts:

- Apple Cobbler
- Blackberry Cobbler
- Pecan Pie
- Sugar Cookie

### Sauces/ Dressings:

Ketchup, Mustard, Tartar, BBQ, Mayo, Fat Free Italian, Oil & Vinegar, Teriyaki,  
Apple Relish, Apple Butter, Apple Vinaigrette



## Egg Sensitive Menu

# Breakfast

### Farmhouse Special Breakfast

**Served with Home-Fried Potatoes, Southern Grits,  
Sausage Gravy, and Cinnamon Fried Apples**

**Hickory Smoked Bacon**

**Country Sausage**

**Turkey Sausage**

**Smokehouse Sampler**

**Sirloin Breakfast Steak**

**Sugar Cured Ham**

**Biscuit & Gravy**

**Smoky Mountain Biscuit Benedict (without Egg)**

**Country Ham**

### Farmyard Specials

**Country Boy Breakfast Skillet (without Egg)**

### **Sides:**

**Apple Butter, Applesauce, Cinnamon Apples, Fresh Fruit, Home Fried Potatoes or Loaded Home Fried Potatoes**

### **Side Dishes:**

**1/2 Portion Country Ham or Sugar Cured Ham,  
3 Swaggerty's Sausage Patties, 3 Slices Hickory Smoked Bacon,  
3 Turkey Sausage Patties, Classic Southern Grits,  
Homemade Country Sausage Gravy, Sliced Tomatoes**

# Egg Sensitive Menu

## Lunch

### Farmhouse Favorites

- Chicken Cordon Bleu (grilled)
- Apple Julep Grilled Chicken
- Chicken & Dumplings
- Pork Chops
- Grilled Chicken Tenders
  - Shepherd's Pie
- Beef Liver & Onions (no breading)
- Applewood Pork Loin
- Sugar Cured Ham
- Rosemary Chicken
- Grilled Catfish (no tartar sauce)
- Roast Turkey (without stuffing)

### Farmhouse Sandwiches

LeConte Ground Steak Burger  
The Big Chick (grilled)

### Soups & Salads

Vegetable Soup  
White Bean Chicken Chili  
Beef Chili  
Broccoli Cheddar Soup  
Apple Valley Orchard Salad

### Kids' Menu

- Mac & Cheese
- Farmburger
- Sugar Cured Ham
- Dinner Salad (no croutons)
- Chicken & Dumplings
- Grilled Chicken Tenders
- Vegetable Platter

### Sides:

Sliced Tomatoes, Pinto Beans, Applesauce, Apple Relish, Green Beans, Cinnamon Apples, Mashed Potatoes, Dumplings, Fresh Fruit Turnip Greens, Mac n Cheese, Onion Rings, Corn

### Desserts:

- Vanilla Bean Ice Cream
- Apple or Blackberry Cobbler

### Breads:

Biscuits & Hamburger Bun

### Sauces & Dressings:

- Apple Butter
- BBQ Sauce
- All Gravies
- Fat Free Italian Dressing
- Teriyaki Sauce
- Oil & Vinegar
- Apple Vinaigrette

# Egg Sensitive Menu

## Dinner

### Farmhouse Favorites

- Chicken Cordon Bleu-Grilled
- Apple Julep Grilled Chicken
- Sugar Cured Ham
- Chicken & Dumplings
- Pork Chops
- Grilled Chicken Tenders
- Roast Turkey (without Stuffing)
- Grilled Sirloin Steak (No fried onion)
- Shepherd's Pie
- Beef Liver & Onions (no breading)
- Rosemary Chicken
- Grilled Catfish (no tartar sauce)
- Applewood Pork Loin

### Soups & Salads

- Vegetable Soup
- White Bean Chicken Chili
- Beef Chili
- Broccoli Cheddar Soup
- Country Chicken Salad (grilled chicken)
- Apple Valley Orchard Salad

### Kids' Menu

- Mac & Cheese
- Farmburger
- Vegetable Platter
- Dinner Salad
- Chicken & Dumplings
- Grilled Chicken Tenders
- Sugar Cured Ham

### Sides:

Tomatoes, Pinto Beans, Applesauce, Green Beans, Mashed Potatoes, Dumplings, Turnip Greens, Mac n Cheese, Corn, Onion Rings

### Desserts:

- Vanilla Bean Ice Cream
- Apple Cobbler
- Blackberry Cobbler

### Breads:

Dinner Rolls & Hamburger Buns

### Sauces & Dressings:

- All Gravies
- BBQ
- Apple Relish
- Apple Vinaigrette
- Apple Butter
- Teriyaki
- Oil & Vinegar
- Fat Free Italian

# Peanut / Tree Nut Sensitive

## \* Food To Avoid \*

We are pleased to provide an abundance of options for our Peanut/ Tree Nut sensitive guests. We do not use any Peanut Oil or Peanuts in this restaurant. Our Tree Nut Sensitive guests may order from any of our regular menu items with the following EXCEPTIONS:

### Breakfast

Savannah Pecan Pancakes - Contains pecans

### Lunch

Pecan Chicken Salad Croissant – Contains pecans

### Salads

Pecan Chicken Salad with Fruit- Contains Pecans

### Sides

Nani's Sweet Potato Casserole - Contains Pecans

### Desserts

- Pecan Pie - Contains Pecans
- Apple Spice Cake - Contains pecans

## Fish/Shellfish Sensitive

### \*Food To Avoid\*

**We are pleased to provide an abundance of options for our Fish/ Shellfish sensitive guests. Please order from any of our regular menu items with the following EXCEPTIONS:**

**\*\*NOTE: Any of our menu items which are fried SHARE A DEEP FRYER WITH FISH (NOT SHELLFISH). The only items which have dedicated, separate fryers are the Apple Fritters and the Fried Chicken. All of our grills and cooking equipment are SHARED and therefore, please order with your best discretion.**

### Lunch & Dinner

**Trout Cakes**

**Meatloaf - (Contains Worcestershire with Anchovies)**

**Grilled/Fried Catfish**