Allergens Reference Guide

Like most restaurants, our restaurants prepare and serve products that contain Soy, Egg, Fish, Milk, Wheat, and Sesame. While a particular ingredient statement may not list one of these allergens, our products may be prepared with equipment that is shared with products containing one or more of these allergens. If you have a food allergy, please consult with your physician before deciding which Jack in the Box® products are right for you. We also recommend checking our Ingredient and Allergen information frequently, as our menu and ingredients may change.

The following menu items were reviewed for the presence of Soy, Egg, Fish, Milk, Peanuts, Crustacean Shellfish, Tree Nuts, Wheat, and Sesame which may cause allergic or other reactions in some individuals. If present in the product, the allergens are listed for that item.

Allergen information does not include salad dressing, crunchy toppings, dipping sauces, or individual sauce packets. See appropriate sections for this information.

Please Note: grilled vegetables, eggs, and some bakery items are prepared in our restaurants with BFVO (Butter Flavored Vegetable Oil). This ingredient will add soy allergen to these prepared items.

9 Major Food Allergens:

Soy



Eggs



Fish



Milk



Peanuts



Crustacean Shellfish



Tree Nuts



Wheat



Sesame



Better For You

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Chicken Fajita Pita made with Whole Grain (no salsa)	SMW	x			x				x	
Chicken Teriyaki Bowl	SWss	x							x	x
Tree Top® Apple Sauce Pouch										
Grilled Chicken Salad with Julienne Chicken*	M				x					
Jr. Jumbo Jack™^	SEMWss	x	x		x				x	x

Burgers & More

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Bacon Double Smashed Jack	SEMW	x	x		x				x	
Bacon & Swiss Buttery Smashed Jack™	SEMW	x	x		x				x	
Bacon Ultimate Cheeseburger™^	SEMWss	x	x		x				x	
Cheeseburger^	SMWss	x			x				x	x
Classic Buttery Smashed Jack™	SEMW	x	x		x				x	
Classic Smashed Jack	SEMW	x	x		x				x	
Double Jack^	SEMWss	x	x		x				x	x
Double Jack (Texas)^	SMWss	x			x				x	x
Hamburger^	SMWss	x			x				x	x
Jr. Bacon Cheeseburger^	SEMWss	x	x		x				x	x
Jr. Jumbo Jack™^	SEMWss	x	x		x				x	x
Jr. Jumbo Jack™ Cheeseburger^	SEMWss	x	x		x				x	x
Jumbo Jack®^	SEMWss	x	x		x				x	x
Jumbo Jack® Cheeseburger^	SEMWss	x	x		x				x	x
Sourdough Bacon Double Smashed Jack	SEMW	x	x		x				x	
Sourdough Jack®	SEMW	x	x		x				x	
Ultimate Cheeseburger™^	SEMWss	x	x		x				x	x

Chicken & More

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Boneless Wings - Buffalo*	W								x	
Boneless Wings - Classic*	W								x	
Boneless Wings - Garlic Parm*	SMW	x			x				x	
Chicken Fajita Pita made with Whole Grain (with salsa)	SMW	x			x				x	
Chicken Fajita Pita made with Whole Grain (no salsa)	SMW	x			x				x	
Chicken Nuggets*	SMW	x			x				x	
Jr. Chicken Sandwich^	SEMWss	x	x		x				x	
Jr. Chicken Sandwich with Bacon^	SEMWss	x	x		x				x	x
Chicken Teriyaki Bowl	SWss	x							x	x
Crispy Chicken Strips*	MW				x				x	
Fish Sandwich (seasonal)^	SEFWss	x	x	x					x	x
Grilled Chicken Sandwich	SEMW	x	x		x				x	
Homestyle Ranch Chicken Club	SEMW	x	x		x				x	
Jack's Spicy Chicken®^	SEWss	x	x						x	x
Jack's Spicy Chicken® with Cheese^	SEMWss	x	x		x				x	x
The Cluck Chicken Sandwich	EMW		x		x				x	

Salads

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Buttermilk Ranch Dressing	EM		x		x					
Garden Salad with Crispy Chicken Strips*	MW				x				x	
Garden Salad with Julienne Chicken*	M				x					
Hidden Valley® Balsamic Vinaigrette Dressing										
Side Salad*	M				x					
Southwest Chicken Salad with Crispy Chicken Strips*	MW				x				x	
Southwest Chicken Salad with Julienne Chicken*	M				x					
Creamy Southwest Dressing	EM		x		x					
Tri-Colored Tortilla Strips										
Wheat Caesar Croutons#	MTW				x			x	x	

Snacks & Sides

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Curly Fries, BBQ Chip									
Curly Fries, Spicy Chili Crisp									
Crispy Chicken Strips*	MW				x				x	
Egg Roll*	SEFW	x	x	x					x	
French Fries										
Jack Wrap - Classic Crispy	EMW		x		x				x	
Jack Wrap - Classic Grilled	EMW		x		x				x	
Jack Wrap - Fajita Crispy	SEMW	x	x		x				x	
Jack Wrap - Fajita Grilled	SEMW	x	x		x				x	
Jack Wrap - Spicy Crispy	EMW		x		x				x	

Jack Wrap - Spicy Grilled	EMW		x		x				x	
Onion Rings*	MW				x				x	
Seasoned Curly Fries	W								x	
Side Salad*										
Stuffed Jalapeños	MW				x				x	
Taco, Regular	SMW	x			x				x	
Tacos, Spicy Tiny*	W								x	
Tacos, Spicy Tiny (Big Box)*	W								x	
Tacos, Spicy Tiny (Sauced & Loaded)	SMW	x			x				x	
Tacos, Tiny*	W								x	
Tacos, Tiny (Sauced & Loaded)	SMW	x			x				x	

Breakfast

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Bacon Breakfast Jack®^	SEMWss	x	x		x				x	x
Bacon, Egg, & Cheese Biscuit	SEMW	x	x		x				x	
Breakfast Jack® ^	SEMWss	x	x		x				x	x
Chicken Breakfast Jack®^	SEMWss	x	x		x				x	x
Extreme Sausage® Sandwich^	SEMWss	x	x		x				x	x
French Toast Sticks*	SW	x							x	
Grande Sausage Breakfast Burrito (with salsa)	SEMW	x	x		x				x	
Grande Sausage Breakfast Burrito (no salsa)	SEMW	x	x		x				x	
Grilled Sourdough Swiss Sandwich	SEMW	x	x		x				x	
Hash Brown										
Jumbo Breakfast Platter with Banana French Toast Sticks & Bacon*	SEMW	x	x		x				x	
Jumbo Breakfast Platter with Banana French Toast Sticks & Sausage*	SEMW	x	x		x				x	
Jumbo Breakfast Platter with French Toast Sticks & Bacon*	SEMW	x	x		x				x	
Jumbo Breakfast Platter with French Toast Sticks & Sausage*	SEMW	x	x		x				x	
Loaded Breakfast Sandwich	SEMW	x	x		x				x	
Meat Lovers Breakfast Burrito (with salsa)	SEMW	x	x		x				x	
Meat Lovers Breakfast Burrito (no salsa)	SEMW	x	x		x				x	
Meat Lovers Croissant	SEMW	x	x		x				x	
Sausage Breakfast Jack®^	SEMWss	x	x		x				x	x
Sausage Croissant	SEMW	x	x		x				x	
Sausage, Egg, & Cheese Biscuit	SEMW	x	x		x				x	
Supreme Croissant	SEMW	x	x		x				x	
Ultimate Breakfast Sandwich^	SEMWss	x	x		x				x	x

Jack's Munchie Meals™

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Burg-R-Tater Melt	SEMW	x	x		x				x	
Burg-R-Tater Melt Munchie Meal	SEMW	x	x		x				x	
Chick-N-Tater Melt	SEMW	x	x		x				x	
Chick-N-Tater Melt Munchie Meal	SEMW	x	x		x				x	
Double Jack^	SEMWss	x	x		x				x	x
Double Jack (Texas)^	SMWss	x			x				x	x
Jack's Spicy Chicken®^	SEWss	x	x						x	x
The Cluck Chicken Sandwich	EMW		x		x				x	
Ultimate Cheeseburger™^	SEMWss	x	x		x				x	x
Halfsies	W								x	
Onion Rings	MW				x				x	
Taco, Regular	SMW	x			x				x	

Drinks

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Barqs® Root Beer									
Berry Purple Daze Red Bull® Infusion									
Berry Purple Daze, Sugar Free Red Bull® Infusion									
Black Iced Coffee									
Boba Iced Coffee	M				x				
Boba Milk Tea	M				x				
Coca-Cola®									
Coca-Cola® Fuze Iced Tea									
Coffee, High Mountain Arabica (Regular & Decaf)									
Dasani® Bottled Water									
Diet Coke®									
Diet Dr. Pepper®									
Dr. Pepper®									
Fanta® Orange									
Fanta® Strawberry									
Gold Peak® Classic Blend Iced Tea									
Hi-C® Fruit Punch									
Jumpin' Jack's Splash									
Jumpin' Jack's Splash, Diet									
Milk, Low Fat 1%	M				x				
Minute Maid® 100% Apple Juice									
Minute Maid® Lemonade									
Red Bull®									
Red Bull®, Sugar Free									
Simply Orange® Juice									
Sour Patch Kids Lemonade									
Sour Patch Kids Twisted Soda	M				x				
Sprite®									
Strawberry Red Daze Red Bull® Infusion									
Strawberry Red Daze, Sugar Free Red Bull® Infusion									
Sweet Cream Iced Coffee, Caramel	M				x				
Sweet Cream Iced Coffee, Mocha	M				x				
Sweet Cream Iced Coffee, Vanilla	M				x				

Shakes & Desserts

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Chocolate Chip Stuffed Cookie	SEMW	x	x		x				x	
Chocolate Overload™ Cake	SEMW	x	x		x				x	
Mini Churros	SEMW	x	x		x				x	
New York Style Cheesecake	SEMPTW	x	x		x	x		x	x	
Shake, Chocolate with Whipped Topping	M				x					
Shake, OREO® Cookie with Whipped Topping	SMW	x			x				x	
Shake, Sour Patch Kids with Whipped Topping	M				x					
Shake, Strawberry with Whipped Topping	M				x					
Shake, Vanilla with Whipped Topping	M				x					

Kid's Menu

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Breakfast Jack®^	SEMWss	x	x		x				x	x
Cheeseburger^	SMWss	x			x				x	x
Chicken Nuggets	SMW	x			x				x	
Chicken Sandwich^	SEMWss	x	x		x				x	x
Crispy Chicken Strips	MW				x				x	

French Fries									
French Toast Sticks*	SW	x						x	
Grilled Cheese Sandwich	SMW	x			x			x	
Hamburger^	SMWss	x			x			x	x
Seasoned Curly Fries	W							x	
Tree Top® Apple Sauce Pouch									

Jack's Munchies

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Chicken Nuggets*	SMW	x			x				x	
Double Jr. Jumbo Jack Cheeseburger^	SEMWss	x	x		x				x	x
French Fries										
French Toast Sticks*	SW	x							x	
Grilled Cheese Sandwich	SMW	x			x				x	
Jr. Bacon Cheeseburger^	SEMWss	x	x		x				x	x
Jr. Cheeseburger^	SMWss	x			x				x	x
Jr. Chicken Sandwich^	SEMWss	x	x		x				x	x
Jr. Jumbo Jack™^	SEMWss	x	x		x				x	x
Seasoned Curly Fries	W								x	
Tacos, Regular	SMW	x			x				x	
Tacos, Tiny (5 pc.)*	W								x	

Cheeses

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
American Cheese	SM	x			x					
Real Swiss Cheese	M				x					
Swiss-Style Cheese	SM	x			x					

Dipping Sauces

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
BBQ Dip Cup	E		x							
Buttermilk House Dip Cup	EM		x		x					
Creamy Avocado Lime Dip Cup	E		x							
Frank's® RedHot® Buffalo Dip Cup										
Honey Garlic Sriracha Dip Cup	Sss	x								x
Honey Mustard Dip Cup	E		x							
Jack's Bacony Buttermilk Dip Cup	EM		x		x					
Pancake Syrup										
Sweet N' Sour Dip Cup	S	x								

Sandwich Sauces

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Creamy Bacon Mayo	E		x							
Creamy Ranch Sauce	EM		x		x					
Creamy Sriracha Sauce	E		x							
Ketchup										
Mayonnaise	E		x							
Mustard										
Tartar Sauce (seasonal)	E		x							

Other

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat	Sesame
Butter Flavored Vegetable Oil	S	x								
Fire Roasted Salsa										
French's® Mustard Packet										
Garlic Herb Butter	SMW	x			x				x	
Gold-n-Sweet ® Whipped Spread										
Grape Jelly Packet										
Grilled Onions	SM	x			x					
Hot Taco Sauce Packet										
Ketchup Packet										
Kikkoman® Soy Sauce Packet	SW	x							x	
Mayonnaise Packet	E		x							
Secret Sauce Packet	E		x							
Strawberry Jam Packet										

Allergen Key

S = Soy
E = Egg
F = Fish
M = Milk
P = Peanuts
C = Crustacean Shellfish
T = Tree Nuts
W = Wheat
ss = Sesame

**Allergen information does not include dipping sauces, dressings, or crunchy toppings.*
^ Buns contain sesame in some regions.
 # Wheat Caesar Croutons are packaged in facilities that also package Tree Nuts.
~ New York Style Cheesecake is manufactured on equipment that also processes Peanuts and Tree Nuts.
> Our Pita Bread is processed in a facility that also processes Milk, Soy and Sesame.