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
Tree Top® Apple Sauce Pouch									
Grilled Chicken Salad with Julienne Chicken*	M				x				
Jr. Jumbo Jack™^	SEMWss	x	x		x				x	x
Teriyaki Grilled Chicken Bowl	SWss	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
Chicken Nuggets*	SMW	x			x				x	
Chicken Supreme	SEMW	x	x		x				x	
Chicken Supreme Lunchie Meal*~	SEMW	x	x		x				x	
Double Chicken Supreme	SEMW	x	x		x				x	
Fajita Crispy Chicken Bowl	SEMW	x	x		x				x	
Fajita Grilled Chicken Bowl	SEM	x	x		x					
Jr. Chicken Sandwich^	SEMWss	x	x		x				x	
Jr. Chicken Sandwich with Bacon^	SEMWss	x	x		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
Teriyaki Crispy Chicken Bowl	SMWss	x			x				x	x
Teriyaki Grilled Chicken Bowl	SWss	x							x	x
The Cluck Chicken Sandwich	EMW		x		x				x	

~Nutrition information includes 20fl. oz Coca Cola (Regular Drink)

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
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	EMW		x		x				x	
Jack Wrap - Fajita Grilled	EMW		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, 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	
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
Chicken Supreme 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	

^Nutrition information includes 30fl. oz Coca Cola (Regular Drink)

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, The Peach Edition (White Peach) Red Bull® Infusion									
Black Iced Coffee									
Boba Iced Coffee	M				x				
Boba Milk Tea	M				x				
Coca-Cola®									
Coca-Cola®									
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									
Milk, Low Fat 1%	M				x				
Minute Maid® 100% Apple Juice									
Minute Maid® Lemonade									
Red Bull®									
Red Bull®, The Peach Edition (White Peach)									
Simply Orange® Juice									
Sprite®									
Strawberry Red Daze Red Bull® Infusion									
Strawberry Red Daze, The Peach Edition (White Peach) 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 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, Strawberry with Whipped Topping	M				x					
Shake, Vanilla with Whipped Topping	M				x					
Sugar Cookie	SEMW	x	x		x				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				
Jack's Boss Sauce	E		x						
Jack's Good Good Sauce	EM		x		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.