

Allergens Reference Guide

Like most restaurants, our restaurants prepare and serve products that contain Soy, Egg, Fish, Milk, and Wheat. 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 and Wheat 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.

8 Major Food Allergens:



Better For You

- Chicken Fajita Pita made with Whole Grain (no salsa)
- Chicken Teriyaki Bowl
- Tree Top® Apple Sauce Pouch
- Grilled Chicken Salad with Julienne Chicken*
- Jr. Jack™

*Allergen information does not include salad dressing or crunchy toppings.

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
SMW	x			x				x
SW	x							x
M				x				
SEMW	x	x		x				x

Burgers & More

- Bacon & Swiss Buttery Jack™
- Bacon Ultimate Cheeseburger™
- Cheddar Loaded Cheeseburger
- Cheddar Loaded Cheeseburger, Double Cheeseburger
- Classic Buttery Jack™
- Double Jack
- Double Jack (Texas)
- Hamburger
- Jr. Bacon Cheeseburger
- Jr. Jack™
- Jr. Jack™ Cheeseburger
- Jumbo Jack®
- Jumbo Jack® Cheeseburger
- Sourdough Jack®
- Ultimate Cheeseburger™

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
SEMW	x	x		x				x
SEMW	x	x		x				x
EMW		x		x				x
EMW		x		x				x
SMW	x			x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
SMW	x			x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
SEMW	x	x		x				x

Chicken & More

- Chicken Fajita Pita made with Whole Grain (with salsa)
- Chicken Fajita Pita made with Whole Grain (no salsa)
- Chicken Nuggets
- Chicken Sandwich
- Chicken Sandwich with Bacon
- Crispy Chicken Strips
- Deluxe Fish Sandwich (seasonal)
- Fish Sandwich (seasonal)
- Homestyle Ranch Chicken Club
- Jack's Spicy Chicken®
- Jack's Spicy Chicken® with Cheese
- Sourdough Grilled Chicken Club
- The Cluck Chicken Sandwich
- The Cluck Spicy Chicken Sandwich

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
SMW	x			x				x
SMW	x			x				x
SMW	x			x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
MW				x				x
SEFMW	x	x	x	x				x
SEFMW	x	x	x	x				x
SEMW	x	x		x				x
SEW	x	x						x
SEMW	x	x		x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
EMW		x		x				x
EMW		x		x				x

Something Different

- Chicken Teriyaki Bowl

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
SW	x							x

Salads

- Chicken Club Salad with Crispy Chicken Strips*
- Chicken Club Salad with Julienne Chicken*
- Chicken Salad with Crispy Chicken Strips*
- Grilled Chicken Salad*
- Side Salad*
- Southwest Chicken Salad with Crispy Chicken Strips*
- Southwest Chicken Salad with Julienne Chicken*
- Creamy Southwest Dressing
- Gourmet Seasoned Croutons
- Low Fat Balsamic Vinaigrette Dressing
- Ranch Dressing
- Spicy Corn Sticks

*Allergen information does not include salad dressing or crunchy toppings.

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
MW				x				x
M				x				
MW				x				x
M				x				
MW				x				x
M				x				
EM		x		x				
SMTW	x			x			x	x
EM				x				
T							x	

Snacks & Sides

- Bacon Cheddar Fries
- Bacon Nacho Tacos
- Crispy Chicken Strips
- Egg Roll
- French Fries
- Onion Rings
- Seasoned Curly Fries
- Side Salad*
- Stuffed Jalapeños

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
SM	x			x				
SMW	x			x				x
MW				x				x
SEFW	x	x	x					x
MW				x				x
W								x
MW				x				x

Taco, Monster	SMW	x			x				x
Taco, Regular	SMW	x			x				x
Taco, Tiny (15 pc.)	W								x
Taco, Tiny (Sauced & Loaded)	SMW	x			x				x

*Allergen information does not include salad dressing or crunchy toppings.

Breakfast

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
Bacon Breakfast Jack®	SEMWW	x	x		x				x
Bacon Breakfast Sandwich, Double	SEMWW	x	x		x				x
Bacon Breakfast Sandwich, Stacked	SEMWW	x	x		x				x
Bacon, Egg & Cheese Biscuit	SEMWW	x	x		x				x
Breakfast Jack®	SEMWW	x	x		x				x
Chicken Breakfast Jack®	SEMWW	x	x		x				x
Extreme Sausage® Sandwich	SEMWW	x	x		x				x
Grande Sausage Breakfast Burrito (with salsa)	SEMWW	x	x		x				x
Grande Sausage Breakfast Burrito (no salsa)	SEMWW	x	x		x				x
Grilled Sourdough Swiss Sandwich	SEMWW	x	x		x				x
Hash Brown	W								x
Homestyle Chicken Biscuit	SEMWW	x	x		x				x
Jumbo Breakfast Platter with Bacon	SEMWW	x	x		x				x
Jumbo Breakfast Platter with Sausage	SEMWW	x	x		x				x
Loaded Breakfast Sandwich	SEMWW	x	x		x				x
Meat Lovers Breakfast Burrito (with salsa)	SEMWW	x	x		x				x
Meat Lovers Breakfast Burrito (no salsa)	SEMWW	x	x		x				x
Mini Pancakes	SEMWW	x	x		x				x
Sausage Biscuit	SMW	x			x				x
Sausage Breakfast Jack®	SEMWW	x	x		x				x
Sausage Croissant	SEMWW	x	x		x				x
Sausage, Egg & Cheese Biscuit	SEMWW	x	x		x				x
Spicy Chicken Biscuit	SEMWW	x	x		x				x
Stacked Croissant	SEMWW	x	x		x				x
Supreme Croissant	SEMWW	x	x		x				x
Ultimate Breakfast Sandwich	SEMWW	x	x		x				x

Jack's Munchie Meals™

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
Chick-N-Tater Melt (a la carte)	SEMWW	x	x		x				x
Chick-N-Tater Melt Munchie Meal*	SEMWW	x	x		x				x
Sauced & Loaded - Extra Cheesy Chili Cheese Curly Fries	SMW	x			x				x
Sriracha Curly Fry Burger Munchie Meal*	SMW	x			x				x
Sriracha Curly Fry Burger (a la carte)	SEMWW	x	x		x				x
Spicy Nacho Chicken Sandwich Munchie Meal*	SMW	x			x				x
Spicy Nacho Chicken Sandwich	SMW	x			x				x
Stacked Grilled Cheese Burger (a la carte)	SEMWW	x	x		x				x
Stacked Grilled Cheese Burger Munchie Meal*	SEMWW	x	x		x				x
Halfsies	W								x

*Allergen information does not include beverage.

Drinks

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
Barqs® Root Beer									
Black Iced Coffee									
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									
Simply Orange® Juice									
Salted Caramel Mocha Creamer	M				x				
Sprite®									
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
Chocolate Overload™ Cake	SEMWW	x	x		x				x
Mini Churros	SEMWW	x	x		x				x
New York Style Cheesecake	SEMPWTW	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				

Kid's Menu

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
Breakfast Jack®	SEMWW	x	x		x				x
Cheeseburger	SMW	x			x				x
Chicken Nuggets	SMW	x			x				x
Chicken Sandwich	SEMWW	x	x		x				x
Crispy Chicken Strips	MW				x				x
Tree Top® Apple Sauce Pouch									
French Fries									
Grilled Cheese Sandwich	SMW	x			x				x
Hamburger	SMW	x			x				x
Mini Pancakes	SEMWW	x	x		x				x
Seasoned Curly Fries	W								x

Value Menu

	Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
Chicken Nuggets	SMW	x			x				x
Chicken Sandwich	SEMWW	x	x		x				x
Chicken Sandwich with Bacon	SEMWW	x	x		x				x
French Fries									
Grilled Cheese Sandwich	SMW	x			x				x
Jr. Bacon Cheeseburger	SEMWW	x	x		x				x
Jr. Jack™	SEMWW	x	x		x				x
Jr. Jack™ Cheeseburger	SEMWW	x	x		x				x
Jumbo Jack®	SEMWW	x	x		x				x
Jumbo Jack® Cheeseburger	SEMWW	x	x		x				x

Tacos, Regular

SMW	x			x					x
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Cheeses

American Cheese
Real Swiss Cheese
Swiss-Style Cheese

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
SM	x			x				
M				x				
SM	x			x				

Dipping Sauces

Barbecue Dipping Sauce
Buttermilk House Dipping Sauce
Creamy Avocado Lime Dipping Sauce
Frank's® RedHot® Buffalo Dipping Sauce
Honey Mustard Dipping Sauce
Jack's Mystery Dipping Sauce
Pancake Syrup
Sweet N' Sour Dipping Sauce
Teriyaki Dipping Sauce

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
E		x						
EM		x		x				
E		x						
E		x						
EM		x		x				
S	x							
SW	x							x

Sandwich Sauces

Creamy Bacon Mayo
Creamy Ranch Sauce
Creamy Sriracha Sauce
Ketchup
Mayonnaise
Mustard
Tartar Sauce (seasonal)

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
E		x						
EM		x		x				
E		x						
E		x						
E		x						
E		x						

Other

Butter Flavored Vegetable Oil
Fire Roasted Salsa
French's® Mustard Packet
Garlic Herb Butter
Gold-n-Sweet® Whipped Spread
Grape Jelly Packet
Grilled Onions
Hot Taco Sauce Packet
Ketchup Packet
Kikkoman® Soy Sauce Packet
Mayonnaise Packet
Secret Sauce Packet
Sour Cream
Strawberry Jam Packet

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
S	x							
SMW	x			x				x
SM	x			x				
SW	x							x
E		x						
E		x						
M				x				

Allergen Key

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

Gourmet Seasoned Croutons and Spicy Corn Sticks are packaged in facilities that also package Tree Nuts

^ New York Style Cheesecake is manufactured on equipment that also processes Peanuts and Tree Nuts