

# 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:

**Egg**



**Fish**



**Milk**



**Peanuts**



**Crustacean Shellfish**



**Soy**



**Tree Nuts**



**Wheat**



## 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™
- BBQ Bacon Double Cheeseburger
- 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®
- Spicy Sriracha Burger
- Ultimate Cheeseburger™

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
SEMW	x	x		x				x
SEMW	x	x		x				x
SMW	x			x				x
SMW	x			x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
SMW	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
- Fish Sandwich (seasonal)
- Fish Sandwich without Tartar Sauce (seasonal)
- Homestyle Ranch Chicken Club
- Jack's Spicy Chicken®
- Jack's Spicy Chicken® with Cheese
- Sourdough Grilled Chicken Club

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
SMW	x			x				x
SEFMW	x	x	x	x				x
SFMW	x		x	x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
SEMW	x	x		x				x
SEMW	x	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\*
- 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
SMW	x			x				x
M				x				
M				x				
SMW	x			x				x
M				x				
EM		x		x				
SMTW	x			x			x	x
EM		x		x				
T							x	

## Snacks & Sides

- Bacon Cheddar Potato Wedges
- Bacon Nacho Tacos
- Chiquita® Apple Bites with Caramel

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

Crispy Chicken Strips  
 Egg Roll  
 French Fries  
 Onion Rings  
 Potato Wedges  
 Seasoned Curly Fries  
 Side Salad\*  
 Stuffed Jalapeños  
 Taco, Regular

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

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

## Breakfast

Bacon Breakfast Jack®  
 Bacon, Egg & Cheese Biscuit  
 Breakfast Jack®  
 Donut Holes  
 Extreme Sausage® Sandwich  
 Grande Sausage Breakfast Burrito (with salsa)  
 Grande Sausage Breakfast Burrito (no salsa)  
 Grilled Sourdough Swiss Sandwich  
 Hash Brown  
 Homestyle Chicken Biscuit  
 Jumbo Breakfast Platter with Bacon  
 Jumbo Breakfast Platter with Sausage  
 Loaded Breakfast Sandwich  
 Meat Lovers Breakfast Burrito (with salsa)  
 Meat Lovers Breakfast Burrito (no salsa)  
 Mini Pancakes  
 Sausage Biscuit  
 Sausage Breakfast Jack®  
 Sausage Croissant  
 Sausage, Egg & Cheese Biscuit  
 Spicy Chicken Biscuit  
 Supreme Croissant  
 Ultimate Breakfast Sandwich

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
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
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
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

## Jack's Munchie Meals™

Chick-N-Tater Melt (a la carte)  
 Chick-N-Tater Melt Munchie Meal\*  
 Sriracha Curly Fry Burger Munchie Meal\*  
 Sriracha Curly Fry Burger (a la carte)  
 Spicy Nacho Chicken Sandwich Munchie Meal\*  
 Spicy Nacho Chicken Sandwich  
 Stacked Grilled Cheese Burger (a la carte)  
 Stacked Grilled Cheese Burger Munchie Meal\*  
 Halfsies

\*Allergen information does not include beverage.

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

## Drinks

Aquarius® Purified Water  
 Barqs® Root Beer  
 Coca-Cola®  
 Coffee, Premium Roast (Regular & Decaf)  
 Diet Coke®  
 Diet Dr. Pepper®  
 Dr. Pepper®  
 Fanta® Orange  
 Fanta® Strawberry  
 Gold Peak® Classic Blend Iced Tea  
 Hi-C® Fruit Punch  
 Iced Coffee, Caramel  
 Iced Coffee, Mocha  
 Iced Coffee, Original  
 Jumpin' Jack's Splash  
 Jumpin' Jack's Splash, Diet  
 Milk, Low Fat 1%  
 Minute Maid® 100% Apple Juice  
 Minute Maid® Lemonade  
 Minute Maid® Orange Juice  
 Sprite®

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

## Shakes & Desserts

Chocolate Overload™ Cake  
 Mini Churros  
 New York Style Cheesecake  
 Shake, Chocolate with Whipped Topping  
 Shake, OREO® Cookie with Whipped Topping  
 Shake, Strawberry with Whipped Topping  
 Shake, Vanilla with Whipped Topping

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

## Kid's Menu

Breakfast Jack®  
 Cheeseburger  
 Chicken Nuggets  
 Chicken Sandwich  
 Crispy Chicken Strips  
 Tree Top® Apple Sauce Pouch  
 French Fries  
 Grilled Cheese Sandwich  
 Hamburger  
 Mini Pancakes  
 Seasoned Curly Fries

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

## Value Menu

Chicken Nuggets  
 Chicken Sandwich  
 Chicken Sandwich with Bacon

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

French Fries  
 Grilled Cheese Sandwich  
 Jr. Bacon Cheeseburger  
 Jr. Jack™  
 Jr. Jack™ Cheeseburger  
 Jumbo Jack®  
 Jumbo Jack® Cheeseburger  
 Tacos, Regular

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

## 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  
 Frank's® RedHot® Buffalo Dipping Sauce  
 Honey Mustard 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						
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						

## Other

Fire Roasted Salsa  
 French's® Mustard Packet  
 Garlic Herb Butter  
 Grape Jelly Packet  
 Grilled Onions  
 Hot Taco Sauce Packet  
 Ketchup Packet  
 Kikkoman® Soy Sauce Packet  
 Kraft® Mayonnaise Packet  
 Pride® 40% Vegetable Oil Whipped Spread  
 Secret Sauce Packet  
 Sour Cream  
 Strawberry Jam Packet

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