

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
- Chiquita® Apple Bites with Caramel
- Grilled Chicken Salad*
- 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				
SM	x			x				
SEMW	x	x		x				x

Burgers & More

- Bacon & Swiss Buttery Jack™
- Bacon Ultimate 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
- Triple Bonus Jack
- 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
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
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
- Spicy Chicken Strips

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
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 Grilled Chicken*
- Grilled Chicken Salad*
- Side Salad*
- Southwest Chicken Salad with Crispy Chicken Strips*
- Southwest Chicken Salad with Grilled 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
SM	x			x				
SM	x			x				
SMW	x			x				x
SM	x			x				
EM		x		x				
SMTW	x			x			x	x
EM		x		x				
T							x	

Snacks & Sides

- Bacon Cheddar Potato Wedges
- Bacon Ranch Monster Taco™

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

Chiquita® Apple Bites with Caramel
 Crispy Chicken Strips
 Egg Roll
 French Fries
 Monster Taco™
 Nacho Monster Taco™
 Onion Rings
 Potato Wedges
 Seasoned Curly Fries
 Side Salad*
 Stuffed Jalapeños
 Taco, Regular

M				x				
SMW	x			x				x
SEFW	x	x	x					x
SMW	x			x				x
SMW	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®
 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
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
SEMW	x	x		x				x
SEMW	x	x		x				x

BRUNCHfast™

Bacon & Chicken Sandwich
 Brunch Burger
 Country Scrambler Plate with Bacon
 Country Scrambler Plate with Maple Sausage Links
 Country Scrambler Plate with Sausage
 Homestyle Potatoes

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
SMW	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

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
W								x

*Allergen information does not include beverage.

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
 Chiquita® Apple Bites with Caramel

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
M				x				

French Fries
 Grilled Cheese Sandwich
 Hamburger
 Mini Pancakes
 Seasoned Curly Fries

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
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
 French Fries
 Grilled Cheese Sandwich
 Jr. Bacon Cheeseburger
 Jr. Jack™
 Jr. Jack™ Cheeseburger
 Jumbo Jack®
 Jumbo Jack® Cheeseburger
 Tacos, Regular

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
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
SMW	x			x				x

Cheeses

American Cheese
 Provolone Cheese
 Real Swiss Cheese
 Swiss-Style Cheese

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