

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.

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				
SEW	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
- 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
SW	x							x
SEMW	x	x		x				x
SEW	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
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
SEFW	x	x	x					x
SFW	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
- Steak Teriyaki Bowl

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
SW	x							x
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™
- Chiquita® Apple Bites with Caramel

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

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

\*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 Breakfast 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

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

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
W								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

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
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

\*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
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  
Chiquita® Apple Bites with Caramel  
French 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
M				x				

Grilled Cheese Sandwich  
Hamburger  
Mini Pancakes  
Seasoned Curly Fries

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

Cheeses

American Cheese  
Provolone Cheese  
Real Swiss Cheese  
Swiss-Style Cheese

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

Sandwich Sauces

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

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

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

SMW	x			x				x
SW	x							x
SEMW	x	x		x				x
W								x

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
SEW	x	x						x
SEMW	x	x		x				x
SEW	x	x						x
SEMW	x	x		x				x
SMW	x			x				x

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

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

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						

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				