

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™

Bonus Jack (Quad)

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™

White Cheddar Cheeseburger

White Cheddar Cheeseburger (Double)

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
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
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

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
SEFMW	x	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

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*

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	

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

[illegible]

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

[illegible]

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
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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
 Tres Leches Cup with Strawberry

SEM	W	x	x		x			x
SEM	W	x	x		x			x
SEM	P	T	W	x	x		x	x
M				x				
SEM	W	x		x				x
M				x				
M				x				
SEM	W	x	x		x			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
SEM	W	x		x				x
SM	W			x				x
SM	W			x				x
SEM	W	x		x				x
SM	W			x				x
				x				
SM	W	x		x				x
SM	W			x				x
SEM	W	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
SM	W			x				x
SEM	W	x		x				x
SEM	W	x		x				x
				x				
SM	W			x				x
SEM	W	x		x				x
SEM	W	x		x				x
SEM	W	x		x				x
SEM	W	x		x				x
SEM	W	x		x				x

Cheeses

American Cheese
 Real Swiss Cheese
 Swiss-Style Cheese

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