

# Allergens Reference Guide

Like most restaurants, our restaurants prepare and serve products that contain Egg, Fish, Milk, Soy, 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. If you have any questions regarding allergens in our restaurants, please contact Guest Relations at 1-800-955-5225.

The following menu items were reviewed for the presence of **Peanut, Tree Nut, Wheat, Soy, Milk, Egg, Fish, and Crustacean Shellfish**, which may cause allergic or other reactions in some individuals. If present in the product, the allergens are listed for that item.

Nutrition information does not include salad dressing, crunchy toppings, dipping sauces, or individual sauce packets. Please see appropriate sections for this information.

## 8 Major Food Allergens:



## Better For You

- Chicken Fajita Pita made with Whole Grain (no salsa)
- Chicken Teriyaki Bowl
- Grilled Chicken Strips w/Teriyaki Dipping Sauce
- Hamburger Deluxe
- Chiquita® Apple Bites with caramel
- Mango Smoothie - 16oz.
- Smoothie, Strawberry - 16oz.
- Strawberry Banana Smoothie - 16oz.

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

## Burgers & More

- All-American Jack™
- Bacon Ultimate Cheeseburger™
- Big Cheeseburger
- Bourbon Barbeque Steak Grilled Sandwich
- Hamburger
- Hamburger (w/Cheese)
- Hamburger Deluxe
- Hamburger Deluxe (w/Cheese)
- Jumbo Jack®
- Jumbo Jack® (w/Cheese)
- Junior Bacon Cheeseburger
- Sirloin Cheeseburger
- Sirloin Cheeseburger (w/Bacon)
- Sirloin Swiss & Grilled Onion Burger
- Sirloin Swiss & Grilled Onion Burger (w/Bacon)
- Sourdough Jack®
- Sourdough Steak Melt
- Sourdough Ultimate Cheeseburger™
- Ultimate Cheeseburger™

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

## Chicken & Fish

- Chicken Fajita Pita made with Whole Grain (no salsa)
- Chicken Fajita Pita made with Whole Grain (w/salsa)
- Chicken Sandwich
- Chicken Sandwich (w/Bacon)
- Chicken Strips, Crispy (4 pc.)
- Chicken Strips, Grilled (4 pc.)
- Fish and Chips (seasonal) w/Large French Fries
- Fish and Chips (seasonal) w/Medium French Fries
- Fish and Chips (seasonal) w/Small French Fries
- Fish Sandwich (seasonal)
- Homestyle Ranch Chicken Club
- Jack's Spicy Chicken®
- Jack's Spicy Chicken® (w/Cheese)
- Really Big Chicken Sandwich™
- Sourdough Grilled Chicken Club

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
SMW	x			x				x
SMW	x							x
SEMWW	x	x		x				x
SEMWW	x	x		x				x
SMW	x			x				x
SM	x			x				
FW			x					x
FW			x					x
FW			x					x
SEFW	x	x	x					x
SEMWW	x	x		x				x
SEMWW	x	x		x				x
SEMWW	x	x		x				x
SEMWW	x	x		x				x
SEMWW	x	x		x				x

## Something Different

- Grilled Sandwich, Deli Trio
- Grilled Sandwich, Turkey, Bacon & Cheddar
- Teriyaki Bowl, Chicken

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

## Salads

- Chicken Club Salad w/Crispy Chicken Strips\*
- Chicken Club Salad w/Grilled Chicken Strips\*
- Grilled Chicken Salad\*
- Side Salad
- Southwest Chicken Salad w/Crispy Chicken Strips\*
- Southwest Chicken Salad w/Grilled Chicken Strips\*
- Bacon Ranch Dressing
- Creamy Southwest Dressing
- Gourmet Seasoned Croutons
- Lite Ranch Dressing
- Low Fat Balsamic Vinaigrette Dressing
- Spicy Corn Sticks

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				
SEM	x	x		x				
EM		x		x				
SMW	x			x				x
EM		x		x				
(T#)							x	

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



Blackberry Shake w/Whipped Topping - 16 oz  
 Blackberry Shake w/Whipped Topping - 24 oz  
 Chocolate Shake w/Whipped Topping - 16 oz  
 Chocolate Shake w/Whipped Topping - 24 oz  
 Mini Churros (10 pc.)  
 Mini Churros (5 pc.)  
 NY Style Cheesecake  
 OREO® Cookie Shake w/Whipped Topping - 16 oz  
 OREO® Cookie Shake w/Whipped Topping - 24 oz  
 Root Beer Float - 16 oz  
 Root Beer Float - 24 oz  
 Strawberry Shake w/Whipped Topping - 16 oz  
 Strawberry Shake w/Whipped Topping - 24 oz  
 Vanilla Shake w/Whipped Topping - 16 oz  
 Vanilla Shake w/Whipped Topping - 24 oz

SM	x			x				
SM	x			x				
SM	x			x				
SM	x			x				
SEMW	x	x		x				x
SEMW	x	x		x				x
SEMW (PT <sup>^</sup> )	x	x		x	x		x	x
SMW	x			x				x
SMW	x			x				x
SM	x			x				
SM	x			x				
SM	x			x				
SM	x			x				
SM	x			x				
SM	x			x				

### Kid's Combos

Breakfast Jack®  
 Chicken Strips, Crispy (2 pc.)  
 Chicken Strips, Grilled (2 pc.)  
 French Fries - Kid's  
 French Toast Sticks (2 pc.)  
 Grilled Cheese  
 Hamburger  
 Hamburger (w/Cheese)  
 Mini Pancakes  
 Seasoned Curly Fries - Kid's  
 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
SM	x			x				
W								x
SEMW	x	x		x				x
SMW	x			x				x
SW	x							x
SMW	x			x				x
SEMW	x	x		x				x
W								x
M				x				

### Value Menu

Big Cheeseburger  
 Chicken Sandwich  
 Grilled Cheese  
 Hamburger Deluxe  
 Hamburger Deluxe (w/Cheese)  
 Jumbo Jack®  
 Jumbo Jack® (w/Cheese)  
 Junior Bacon Cheeseburger  
 Side Salad  
 Beef Taco (2 Tacos)

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

### Cheeses

American Cheese  
 Provolone Cheese  
 Real Cheddar 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				
M				x				
SM	x			x				

### Dipping Sauces

Barbecue Dipping Sauce  
 Buttermilk House Dipping Sauce  
 Fire Roasted Salsa  
 Frank's® RedHot® Buffalo Dipping Sauce  
 Honey Mustard Dipping Sauce  
 Log Cabin® Syrup  
 Sweet & Sour Dipping Sauce  
 Tartar Sauce  
 Teriyaki Dipping Sauce  
 Zesty Marinara Sauce

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

### Substitute Sauces

Chipotle Sauce (0.70 oz.)  
 Creamy Italian Sauce (0.44 oz.)  
 Creamy Ranch Sauce (0.53 oz.)  
 Ketchup (0.57 oz.)  
 Mayo-Onion (0.27 oz.)  
 Mustard (0.23 oz.)  
 Peppercorn Mayo (1.00 oz.)  
 Sun Dried Tomato Sauce (0.57 oz.)

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

### Other

Fire Roasted Salsa (1 oz.)  
 Grape Jelly  
 Grilled Onions  
 Ketchup  
 Malt Vinegar  
 Mayonnaise  
 Mustard  
 Pride Margarine Spread  
 Red Onion (2 pc.)  
 Secret Sauce  
 Sour Cream  
 Soy Sauce  
 Strawberry Jelly  
 Taco Sauce

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

#### Allergen Key

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

# Spicy Corn Sticks are packaged in a facility that also packages Tree Nuts

^ Our Cheesecake is manufactured on equipment that also processes Peanuts and Tree Nuts