

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™
- 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®
- 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
- Deluxe Fish Sandwich (seasonal)
- Fish Sandwich (seasonal)
- Grilled Chicken Sandwich
- Homestyle Ranch Chicken Club
- Jack's Spicy Chicken®
- Jack's Spicy Chicken® with Cheese
- Spicy Chicken Strips
- Spicy Chicken Strips Snack Box
- The Cluck Chicken Sandwich
- The Spicy Cluck Chicken Sandwich

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
MW				x				x
SEFMW	x	x	x	x				x
SEFW	x	x	x					x
SEMW	x	x		x				x
SEMW	x	x		x				x
SEW	x	x						x
SEMW	x	x		x				x
W								x
W								x
EMW		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 Julienne Chicken*
- Chicken Salad with Crispy Chicken Strips*
- 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

Allergens	Soy	Egg	Fish	Milk	Peanuts	Crustacean Shellfish	Tree Nuts	Wheat
MW				x				x
M				x				
MW				x				x
M				x				
MW				x				x
M				x				
EM		x		x				
SMTW	x			x			x	x
EM		x		x				
T							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
MW				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
- 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
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
- Creamy Avocado Lime Dipping Sauce
- Frank's® RedHot® Buffalo Dipping Sauce
- Honey Mustard Dipping Sauce
- Jack's Mystery 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						
E		x						
EM		x		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

- Butter Flavored Vegetable Oil
- Fire Roasted Salsa
- French's® Mustard Packet
- Garlic Herb Butter
- Gold-n-Sweet ® Whipped Spread
- Grape Jelly Packet
- Grilled Onions
- Hot Taco Sauce Packet
- Ketchup Packet
- Kikkoman® Soy Sauce Packet
- Mayonnaise Packet
- Secret Sauce Packet
- Strawberry Jam Packet

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