

NUTRITION FACTS

	Allergens	Serving Size (g)	Calories per Serving	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Better for You														
Chicken Fajita Pita made with Whole Grain (no salsa)	SMW	220	340	110	12	6	0	55	1000	220	35	4	3	23
Chicken Teriyaki Bowl	SW	499	690	50	6	1	0	40	1910	380	134	5	35	27
Chiquita® Apple Bites with Caramel	M	76	70	0	0	0	0	0	55	85	17	2	13	0
Grilled Chicken Salad*	SM	372	250	90	9	4.5	0	80	750	830	13	5	6	30
Jr. Jack™	SEW	141	320	140	15	5	0.5	30	610	240	33	2	6	14
Smoothie, Mango - 16 fl. oz.	M	411	290	0	0	0	0	0	75	180	72	0	57	2
Smoothie, Strawberry Banana - 16 fl. oz.	M	420	290	0	0	0	0	0	70	210	73	1	57	2
Smoothie, Strawberry - 16 fl. oz.	M	394	270	0	0	0	0	0	70	180	67	1	51	2
Burgers & More														
Bacon & Swiss Buttery Jack™	SEMW	240	890	530	59	25	2	145	1350	440	48	3	11	42
Bacon Ultimate Cheeseburger™	SEMW	284	910	500	56	24	3	165	2200	640	44	2	7	57
Big Cheeseburger	SEMW	181	560	270	30	12	1.5	80	1170	330	43	2	6	29
Cheeseburger	SMW	116	320	130	14	6	1	35	830	190	32	1	5	16
Classic Buttery Jack™	SEMW	270	820	470	52	23	1.5	130	1150	480	50	4	12	37
Hamburger	SW	105	280	90	11	4	0.5	25	620	180	32	1	5	14
Jr. Bacon Cheeseburger	SEMW	120	390	180	21	8	1	45	910	220	32	1	5	19
Jr. Jack™	SEW	141	320	140	15	5	0.5	30	610	240	33	2	6	14
Jr. Jack™ Cheeseburger	SEMW	152	370	170	19	7	1	40	810	260	33	2	6	16
Jumbo Jack®	SEW	218	490	210	23	8	1.5	60	910	400	44	3	7	26
Jumbo Jack® Cheeseburger	SEMW	241	570	270	30	13	1.5	80	1320	430	45	3	7	30
Sirloin Cheeseburger	SEMW	339	760	390	43	18	2	110	1480	610	52	4	14	41
Sirloin Cheeseburger with Bacon	SEMW	357	850	440	49	20	2	130	1690	710	52	4	14	49
Sirloin Swiss & Grilled Onions Burger	SEMW	340	740	380	42	17	2	110	1150	610	52	4	14	42
Sirloin Swiss & Grilled Onions Burger with Bacon	SEMW	359	830	430	48	19	2	125	1560	700	53	4	14	49
Sourdough Jack®	SEMW	224	660	360	41	15	1.5	90	1450	460	39	3	7	35
Spicy Sriracha Burger	SEMW	248	690	410	46	14	1.5	90	1610	480	38	4	6	33
Ultimate Cheeseburger™	SEMW	266	820	440	49	21	3	145	1780	540	44	2	7	50
Chicken & More														
Chicken Fajita Pita made with Whole Grain (with salsa)	SMW	244	350	110	12	6	0	55	1120	230	36	4	4	24
Chicken Fajita Pita made with Whole Grain (no salsa)	SMW	220	340	110	12	6	0	55	1000	220	35	4	3	23
Chicken Nuggets (5 pc.)	SMW	77	240	150	17	2	0	25	600	170	13	1	0	9
Chicken Nuggets (10 pc.)	SMW	153	480	300	33	4.5	0	50	1210	340	26	2	0	19
Chicken Nuggets (20 pc.)	SMW	306	950	600	66	9	0	105	2420	690	51	4	1	38
Chicken Sandwich	SEMW	147	410	190	21	3.5	0	30	880	250	42	2	4	15
Chicken Sandwich with Bacon	SEMW	160	470	220	25	5	0	45	1160	320	42	2	4	21
Crispy Chicken Strips (4 pc.)	SMW	195	560	220	24	3	0	60	1580	550	53	3	0	33
Fish Sandwich (seasonal)	SEFW	168	370	120	13	2	0	30	900	320	47	2	5	17
Homestyle Ranch Chicken Club	SEMW	267	710	290	33	8	0	80	1880	590	66	4	12	40
Jack's Spicy Chicken®	SEMW	242	530	180	20	3	0	55	820	520	61	3	6	28
Jack's Spicy Chicken® with Cheese	SEMW	264	600	230	25	7	0	70	1110	540	62	3	7	32
Sourdough Grilled Chicken Club	SEMW	261	540	230	26	7	0	90	1490	610	38	3	6	39
Something Different														
Bacon Ranch Monster Taco™	SEMW	117	340	220	24	6	0.5	30	660	290	19	1	1	11
Chicken Teriyaki Bowl	SW	499	690	50	6	1	0	40	1910	380	134	5	35	27
Monster Taco™	SMW	118	270	150	17	6	0.5	25	630	250	19	2	1	9
Nacho Monster Taco™	SMW	136	330	200	22	6	0.5	15	930	240	23	2	2	9
Deli Trio Grilled Sandwich	SEMW	273	620	260	29	10	0.5	75	2440	440	54	5	4	36
Turkey, Bacon, & Cheddar Grilled Sandwich	SEMW	252	660	280	31	11	0.5	95	2160	460	53	5	4	41
Salads														
Chicken Club Salad with Crispy Chicken*	SMW	377	510	250	28	9	0	65	1220	730	36	5	4	32
Chicken Club Salad with Grilled Chicken*	SM	376	370	180	20	9	0	105	1060	780	11	4	5	39
Grilled Chicken Salad*	SM	372	250	90	9	4.5	0	80	750	830	13	5	6	30
Side Salad*		115	20	0	0	0	0	0	10	230	4	2	2	1
Southwest Chicken Salad with Crispy Chicken*	SMW	431	500	210	23	7	0	55	1260	830	52	8	5	29
Southwest Chicken Salad with Grilled Chicken*	SM	430	350	140	15	6	0	90	1090	880	27	7	6	35
Creamy Southwest Dressing	EM	50	190	70	19	3	0	20	740	55	3	0	1	1
Gourmet Seasoned Croutons	SMC(F&W)	14	70	25	3	0	0	0	150	10	9	0	1	1
Low Fat Balsamic Vinaigrette Dressing		43	25	15	1.5	0	0	0	370	40	3	0	2	0
Ranch Dressing	SEM	50	250	220	25	4	0	25	410	55	5	0	1	1
Spicy Corn Sticks	(F#)	12	60	25	2.5	0	0	0	60	25	8	1	0	1
Snacks & Sides														
Bacon Cheddar Potato Wedges	SMW	252	600	370	41	9	0	30	1250	810	58	5	2	17
Chiquita® Apple Bites with Caramel	M	76	70	0	0	0	0	0	55	85	17	2	13	0
Egg Roll (1 pc.)	SEFW	58	150	70	7	1.5	0	5	320	140	15	2	2	5
Egg Roll (3 pc.)	SEFW	174	440	200	22	5	0	20	950	430	46	7	6	16
French Fries (Small)		94	300	120	14	1	0	0	540	380	40	3	0	3
French Fries (Medium)		137	430	180	20	2	0	0	780	550	58	4	0	5
French Fries (Large)		176	550	230	25	2.5	0	0	1010	720	75	5	1	6
Onion Rings	SMW	97	450	250	28	2	0	0	620	140	45	3	5	6
Seasoned Curly Fries (Small)	W	85	280	150	16	1.5	0	0	610	350	30	3	0	3
Seasoned Curly Fries (Medium)	W	130	430	220	25	2	0	0	940	530	46	4	0	5
Seasoned Curly Fries (Large)	W	147	480	250	28	2.5	0	0	1060	600	52	4	0	6
Side Salad*		115	20	0	0	0	0	0	10	230	4	2	2	1
Stuffed Jalapeños (3 pc.)	MW	71	220	110	12	4.5	0	15	730	90	21	1	2	6
Stuffed Jalapeños (7 pc.)	MW	165	510	260	29	10	0.5	40	1690	210	49	3	5	14
Taco, Regular (1 Taco)	SMW	81	170	80	9	3	0	15	360	180	16	2	1	6
Breakfast														
Bacon Breakfast Jack®	SEMW	115	310	120	14	5	0	240	790	190	30	1	4	17
Bacon, Egg & Cheese Biscuit	SEMW	128	410	230	25	12	0	240	1180	190	26	2	3	16
Biscuit (a la carte)	SMW	68	260	120	14	7	0	0	690	75	25	2	2	5
Breakfast Jack®	SEMW	125	280	100	11	4.5	0	240	780	190	30	1	4	16
Extreme Sausage® Sandwich	SEMW	196	640	410	45	17	0.5	305	1330	330	32	1	4	27
Grande Sausage Breakfast Burrito (with salsa)	SEMW	381	1040	630	70	20	0.5	390	2130	530	68	5	5	36
Grande Sausage Breakfast Burrito (no salsa)	SEMW	358	1040	630	70	20	0.5	390	2010	520	67	4	4	35
Grilled Breakfast Sandwich	SEMW	253	620	260	29	10	0	490	1810	380	53	4	4	36
Hash Browns	W	64	190	110	13	1	0	0	350	230	17	2	0	2
Jumbo Breakfast Platter with Bacon	SEMW	247	540	260	29	6	0	345	1390	410	47	3	7	23
Jumbo Breakfast Platter with Sausage	SEMW	267	620	350	39	9	0	360	1250	410	47	3	7	21
Loaded Breakfast Sandwich	SEMW	242	710	420	47	16	0	515	1690	420	36	2	4	36
Meat Lovers Breakfast Burrito (with salsa)	SEMW	316	790	450	50	21	0.5	410	1710	370	50	3	4	39
Meat Lovers Breakfast Burrito (no salsa)	SEMW	292	780	450	50	21	0.5	410	1590	360	48	2	3	39
Mini Pancakes (8 pc.)	SEMW	71	140	15	1.5	0	0	0	350	0	28	1	6	4
Sausage Biscuit	SMW	107	430	260	29	12	0	30	960	280	26	2	3	11
Sausage Breakfast Jack®	SEMW	145	430	240	26	10	0	265	860	230	30	1	4	19
Sausage Croissant	SEMW	159	560	350	39	16	0.5	275	760	220	32	2	3	19
Sausage, Egg & Cheese Biscuit	SEMW	158	530	340	38	16	0	265	1240	230	27	2	3	18
Sourdough Breakfast Sandwich	SEMW	152	410	190	21	8	0	250	1010	220				

LIFESTYLE CHOICES

Jack in the Box® wants you to make wise decisions as part of your balanced lifestyle and diet. Remember to consult your physician before dieting. Learn about the nutritional contents of your favorite Jack in the Box foods; then make choices by substituting or even removing ingredients to reduce calories or otherwise customize your food. Some examples:

- Consider our Chicken Fajita Pita made with whole grain, which is tasty and filling with just 12 grams of fat. It contains 16 grams of whole grain per serving. You can omit the shredded cheese and lower the fat by 7 grams.
- Substitute our Low Fat Balsamic Vinaigrette Dressing on any of Jack's Salads.

- Skip the mayonnaise and mayonnaise-based sauces. Omitting mayonnaise can save up to 45 calories and 4.5 grams of fat off your favorite sandwich or burger.
- For more flavor, use ketchup, mustard or barbecue sauce, all of which are fat free.
- Hold the cheese. Shaving just one slice of cheese off a hamburger can save 40 calories and 3 grams of fat.
- Reduce sodium by limiting cheese, bacon, ham, ketchup, mayonnaise and pickles. Instead, top your sandwich with extra tomatoes and lettuce.
- If you are looking for lower-carbohydrate options, ask for any burger or chicken “bunless.” Our restaurant team will make it without the bun and serve it in a tray, so it’s easy to eat.

FOR LOWER CALORIE MEAL OPTIONS, TRY...



Bacon Breakfast Jack® and a Regular Premium Roast Coffee
310 CALORIES



Breakfast Jack® and Minute Maid® Orange Juice (10 oz.)
420 CALORIES



Grilled Chicken Salad with Low-Fat Balsamic Vinaigrette Dressing and Croutons, and Aquarius® Bottled Water
340 CALORIES



Chicken Sandwich and a Medium Gold Peak® Iced Tea (30 oz.)
420 CALORIES



Crispy Chicken Strips (4 pc.) with Frank's RedHot® Dipping Sauce, and a Small Diet Coke®
570 CALORIES

FOR A LOWER SODIUM MEAL OPTION, TRY...



Jr. Jack® and a Small Coca-Cola®
615 mg OF SODIUM

CHECK OUT OUR WEBSITE WWW.JACKINTHEBOX.COM FOR MORE UP-TO-DATE NUTRITIONAL INFORMATION

FOOD QUALITY AND SAFETY AT JACK IN THE BOX®

Since some guests have dietary needs and concerns, we've prepared this brochure of complete nutritional data for our menu items, and products containing major food allergens have been identified. In addition, at www.jackinthebox.com, you'll find the most up-to-date nutritional content of our food.

From selecting ingredients, to preparing your order, we follow the strictest guidelines to ensure the highest food quality and safety. For example, our restaurant team hand-slices ripe tomatoes and heads of lettuce every day. We use real eggs, whole-muscle chicken breasts and 100 percent ground beef. We offer real ice cream shakes that are thick and rich, and our coffee is freshly brewed with Arabica coffee beans.

Jack in the Box® has been recognized by the FDA and USDA for its comprehensive, “farm to fork” system of managing product quality and safety. We have a maintenance program for all safety, cleanliness and food-preparation standards to be followed.

FOOD ALLERGIES

The following food sources have been identified as the most common allergy causing ingredients, accounting for 90% of all food allergies:

- Peanuts (such as peanut flavor, peanut butter)
- Tree nuts (such as walnuts, cashews, almonds)
- Wheat
- Soybeans (such as soy sauce, soy protein, soy lecithin)
- Milk (such as cheese, casein, whey)
- Eggs
- Fish (such as bass, flounder, cod)
- Crustacean shellfish (such as shrimp, crab, lobster)

Jack in the Box products may contain one or more of the eight major food allergens listed above.

The menu items listed in this brochure 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.

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 reviewing our ingredient and allergen information frequently at www.jackinthebox.com as our menu items and ingredients may change.

If you have any questions regarding allergens in our restaurants, please contact Guest Relations at 1-858-522-4716.

NUTRITION FACTS 2015

