

	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)
HEALTHY DINING These items meet Healthy Dining's Nutrition criteria. See HealthyDiningFinder.com													
Chicken Fajita Pita made with Whole Grain – no salsa	192	320	100	11	5	0.5	65	1110	370	33	4	3	24
Chicken Teriyaki Bowl	479	500	50	5	1	0	35	1460	310	106	4	35	26
Fruit Cup	116	50	0	0	0	0	0	10	230	14	1	11	1
Grilled Chicken Strips (4) - no sauce	143	180	20	2	0.5	0	125	700	590	3	0	2	37
Hamburger Deluxe	155	340	170	18	6	1	40	550	290	31	2	6	14
Smoothie, Mango – 16 fl. oz. cup	411	290	0	0	0	0	0	75	180	72	0	57	2
Smoothie, Pomegranate-Berry – 16 fl. oz. cup	408	280	5	0	0	0	0	70	250	69	0	53	2
Smoothie, Strawberry – 16 fl. oz. cup	408	280	0	0	0	0	0	70	190	68	1	52	2
Smoothie, Strawberry Banana – 16 fl. oz. cup	420	290	0	0	0	0	0	70	210	73	1	57	2
Steak Teriyaki Bowl	479	650	90	10	3	0	45	1740	530	106	4	35	30
JACK'S ULTIMATE SALADS™													
Asian Chicken Salad with Grilled Chicken*	412	180	15	1.5	0	0	65	380	910	22	6	15	22
Asian Chicken Salad with Crispy Chicken*	441	340	120	13	3	3	40	660	880	38	8	14	21
Asian Sesame Dressing	57	190	120	14	2	0	0	630	50	16	0	10	1
Wonton Strips	21	110	50	6	1.5	0	0	45	15	13	2	1	2
Roasted Slivered Almonds	18	110	80	9	0.5	0	0	5	125	4	2	1	4
Chicken Club Salad with Grilled Chicken*	386	320	140	16	7	0	100	780	830	12	4	5	34
Chicken Club Salad with Crispy Chicken*	415	480	250	27	10	3.5	75	1050	790	28	6	5	33
Bacon Ranch Dressing	57	260	240	26	4	0.5	30	700	70	3	0	2	2
Gourmet Seasoned Croutons	28	100	50	5	1	0.5	0	230	15	11	0	1	2
Side Salad*	123	50	25	3	1.5	0	10	60	260	5	2	2	3
Gourmet Seasoned Croutons	28	100	50	5	1	0.5	0	230	15	11	0	1	2
Southwest Chicken Salad with Grilled Chicken*	442	310	110	12	5	0	90	820	930	28	7	6	31
Southwest Chicken Salad with Crispy Chicken*	471	470	210	23	8	3	65	1100	900	44	9	6	30
Creamy Southwest Dressing	57	220	200	22	3.5	0	20	850	65	3	0	1	1
Spicy Corn Sticks	28	130	45	5	1	0	0	150	60	20	<1	0	2
Alternate Dressings													
Lite Ranch Dressing	57	150	130	15	2.5	0	20	560	40	3	0	2	1
Low Fat Balsamic Dressing	57	35	15	1.5	0	0	0	480	25	5	0	3	0
Ranch Dressing	57	310	300	33	5	1	20	470	45	3	0	2	1
BURGERS & MORE													
Bacon Ultimate Cheeseburger	315	980	600	67	27	3	135	1890	490	52	2	11	43
Big Cheeseburger	213	650	350	40	15	1.5	70	1170	280	50	2	9	24
Hamburger	106	280	100	12	4.5	0.5	30	540	210	29	1	5	14
Hamburger (with cheese)	118	320	140	15	7	1	45	730	230	30	1	5	16
Hamburger Deluxe (with cheese)	180	430	230	25	10	1	65	920	320	33	2	7	19
Jumbo Jack® – bunless	249	580	300	33	11	1	50	920	350	51	2	10	20
Jumbo Jack® – bunless	147	230	180	19	9	1	40	270	250	2	1	2	12
Jumbo Jack® – no sauce	239	470	210	23	10	1	40	790	320	47	2	8	20
Jumbo Jack® (with cheese)	274	670	360	40	15	1.5	75	1290	380	53	2	11	24
Junior Bacon Cheeseburger	122	400	210	23	8	1	55	800	240	30	1	6	18
Sirloin Cheeseburger	381	950	540	60	19	2	145	1920	660	61	4	10	41
Sirloin Cheeseburger (with bacon)	392	1010	580	65	20	2	155	2270	710	62	4	11	46
Sirloin Swiss & Grilled Onions Burger	380	930	530	59	18	2	140	1880	650	60	4	10	42
Sirloin Swiss & Grilled Onions Burger (with bacon)	392	990	570	64	20	2	150	2230	700	61	4	10	47
Sourdough Steak Melt	228	650	360	40	14	2	95	1500	420	34	3	4	37
Sourdough Jack®	228	680	410	46	17	1.5	75	1200	390	41	2	6	26
Ultimate Cheeseburger	304	920	560	63	26	2.5	120	1530	440	52	2	11	38
CHICKEN & MORE													
Chicken Breast Strips (4) (crispy)	201	500	220	25	6	5	80	1260	530	36	3	1	35
Chicken Sandwich	145	400	190	21	4.5	2.5	35	740	240	38	2	4	15
Chicken Sandwich (with bacon)	152	440	210	24	6	2.5	45	970	270	38	2	4	19
Fish & Chips (small)	240	630	310	35	8	10	40	1290	1070	61	5	1	19
Homestyle Ranch Chicken Club	275	720	300	33	9	3	70	1860	470	74	3	9	33
Jack's Spicy Chicken®	251	550	220	24	5	3	50	1050	420	59	4	8	24
Jack's Spicy Chicken® (with cheese)	275	630	270	30	9	3	70	1360	450	61	4	8	29
Sourdough Grilled Chicken Club – bunless	179	230	90	10	4	0	85	1020	470	5	1	3	30
Sourdough Grilled Chicken Club	257	530	250	28	7	2	90	1440	560	34	3	5	36
SNACKS & EXTRAS													
Bacon Cheddar Potato Wedges	260	760	470	52	16	13	45	960	880	53	4	2	21
Egg Roll (1)	57	130	60	6	2	1	5	310	140	15	2	1	5
Egg Rolls (3)	170	400	170	19	6	3	15	920	430	44	6	4	14
Mozzarella Cheese Sticks (3)	69	240	120	14	6	2	25	510	105	20	1	1	10
Mozzarella Cheese Sticks (6)	138	480	240	27	11	3.5	45	1020	210	39	2	1	20
Natural Cut Fries – small	108	290	140	15	3.5	4.5	0	540	750	35	4	1	4
Natural Cut Fries – medium	169	460	210	24	6	7	0	850	1160	55	6	1	6
Natural Cut Fries – large	229	620	290	32	7	9	0	1150	1580	75	8	1	9
Onion Rings (8)	119	500	270	30	6	10	0	420	140	51	3	3	6
Pita Snack, Crispy Chicken	160	390	170	19	4.5	1.5	35	780	200	39	3	2	17
Pita Snack, Fish	153	380	180	19	4.5	2	30	720	170	39	3	2	13
Pita Snack, Grilled Chicken	145	310	120	13	3	0	50	640	210	31	3	2	17
Pita Snack, Steak	152	350	150	16	4.5	0	45	640	200	31	3	2	19
Regular Beef Taco	73	160	70	8	3	1	15	270	190	15	2	3	5
Sampler Trio	256	740	340	38	15	6	55	1720	450	72	7	6	26
Seasoned Curly Fries – small	85	280	140	15	3	5	0	600	400	30	3	1	4
Seasoned Curly Fries – medium	130	420	210	24	5	7	0	920	610	46	5	1	6
Seasoned Curly Fries – large	177	570	290	32	7	10	0	1260	830	63	7	1	8
Stuffed Jalapeños (3)	72	230	110	13	6	2	20	690	105	22	2	2	7
Stuffed Jalapeños (7)	168	530	270	30	13	4.5	45	1600	240	51	4	5	15
ICE CREAM SHAKES & DESSERTS													
Cheesecake	103	310	140	16	9	1	55	220	180	34	0	23	7
Chocolate Ice Cream Shake – 16 fl oz. cup	351	750	320	36	24	1.5	115	280	740	95	1	84	12
Chocolate Ice Cream Shake – 24 fl oz. cup	685	1430	620	69	46	3	240	550	1470	179	2	156	24
Chocolate Overload Cake™	93	300	60	7	1.5	0	40	350	260	57	2	34	4
Mini Churros (5 piece)	85	320	160	17	5	3.5	5	270	45	39	2	11	3
Mini Churros (10 piece)	170	650	310	35	10	7	10	540	90	78	4	21	6
ORED® Cookie Ice Cream Shake – 16 fl oz. cup	337	760	360	40	26	1.5	115	360	630	87	1	68	12
ORED® Cookie Ice Cream Shake – 24 fl oz. cup	664	1450	680	75	48	3	240	670	1310	166	2	132	24
Strawberry Ice Cream Shake – 16 fl oz. cup	349	730	320	35	24	2	115	240	630	90	0	76	11
Strawberry Ice Cream Shake – 24 fl. oz. cup	681	1400	610	68	45	3	240	490	1310	170	1	144	23
Vanilla Ice Cream Shake – 16 oz. cup	314	650	320	35	24	1.5	115	230	630	70	0	59	11
Vanilla Ice Cream Shake – 24 oz. cup	629	1290	610	68	45	3	240	470	1310	141	1	118	23

*Nutritional data does not include dressing or condiments

Food Quality & Safety at JACK IN THE BOX®

“We don’t make it ‘til you order it!” means our sandwiches are prepared fresh with quality ingredients, just the way you want it. Since some guests have dietary needs and concerns, we’ve prepared this brochure of complete nutritional data for our menu items, and we’ve listed ingredients that could be potential allergens. In addition, at www.jackinthebox.com, you’ll find an updated tool to help you calculate the 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. 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 Bold Roast 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.

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 11 grams of fat. It contains 16 grams of whole grain per serving. You can omit the shredded cheese and lower the fat by 5 grams.
- Instead of fries, try a side salad with low fat balsamic dressing.
- Substitute our low fat balsamic dressing on any of Jack’s Ultimate Salads.™
- Skip the mayonnaise and mayonnaise-based sauces. Omitting mayonnaise can skim 100 or more calories and 12 grams of fat off your favorite sandwich or burger.
- Try our all white meat Grilled Chicken Strips. They are a tasty choice with only 2 grams of fat.
- 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.

	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)
DRINKS													
Barg s™ Root Beer – 20 fl. oz.	420	180	0	0	0	0	0	40	0	50	0	50	0
Coca Cola Classic® – 20 fl. oz.	420	170	0	0	0	0	0	0	0	46	0	46	0
Bold Roast Coffee (reg. or decaf)	312	5	0	0	0	0	0	5	170	1	0	0	0
Coffee Creamer – Half & Half (1 packet)	9	10	10	1	0.5	0	0	0	15	0	0	0	0
Equal® Sweetener (1 packet)	1	5	0	0	0	0	0	0	0	1	0	1	0
Splenda® No Calorie Sweetener	1	0	0	0	0	0	0	0	0	<1	0	0	0
Sugar (1 packet)	3	10	0	0	0	0	0	0	0	3	0	3	0
Sweet 'N Low® Sugar Substitute (1 packet)	1	5	0	0	0	0	0	0	0	1	0	1	0
Dannon® Spring Water, Bottled	500	0	0	0	0	0	-	0	0	0	0	0	0
diet Coke® – 20 fl. oz. cup	420	0	0	0	0	0	0	15	40	0	0	0	0
Dr. Pepper® – 20 fl. oz. cup	420	150	0	0	0	0	0	50	0	42	0	42	0
Fanta® Orange – 20 fl. oz. cup	420	150	0	0	0	0	0	50	0	41	0	41	0
Fanta® Strawberry – 20 fl. oz. cup	420	150	0	0	0	0	0	10	0	41	0	41	0
Fresh Brewed Iced Tea – 20 fl. oz. cup	420	5	0	0	0	0	0	20	220	2	0	0	0
Iced Coffee, Caramel – 16 fl. oz. cup	403	90	15	1.5	1	0	10	55	250	17	0	16	4
Iced Coffee, Caramel – 24 fl. oz. cup	675	150	30	3	2	0	15	95	420	25	0	24	7
Iced Coffee, Original – 16 fl. oz. cup	403	100	15	1.5	1	0	10	55	250	17	0	17	4
Iced Coffee, Original – 24 fl. oz. cup	675	160	30	3	2	0	15	95	420	26	0	25	7
Iced Coffee, Vanilla – 16 fl. oz. cup	403	100	15	2	1	0	10	55	250	18	0	17	4
Iced Coffee, Vanilla – 24 fl. oz. cup	675	160	30	3	2	0	15	95	420	27	0	26	7
Minute Maid® Lemonade – 20 fl. oz. cup	420	160	0	0	0	0	0	65	20	42	0	42	0
Orange Juice – 10 fl. oz. cup	300	140	0	0	0	0	0	25	220	32	2	27	2
Smoothie, Mango – 24 fl. oz. cup	609	450	0	0	0	0	5	105	260	114	0	91	3
Smoothie, Pomegranate-Berry – 24 fl. oz. cup	606	430	5	0	0	0	5	105	380	108	0	85	4
Smoothie, Strawberry – 24 fl. oz. cup	609	440	0	0	0	0	5	105	270	108	2	84	3
Smoothie, Strawberry Banana – 24 fl. oz. cup	607	440	0	0	0	0	5	100	300	108	2	85	3
Sprite® – 20 fl. oz. cup	420	160	0	0	0	0	0	40	0	42	0	42	0
BREAKFAST													
Bacon Breakfast Jack®	113	300	120	14	5	0.5	215	730	180	29	1	4	16
Bacon, Egg & Cheese Biscuit	144	440	230	26	11	1	220	1030	180	37	2	2	16
Biscuit & Gravy	229	450	250	28	12	0.5	25	1320	150	39	2	2	9
Breakfast Jack®	125	290	110	12	4.5	0	220	760	210	29	1	4	17
Denver Breakfast Bowl	297	720	480	53	18	7	440	1310	510	37	5	2	25
Extreme Sausage™ Sandwich	213	670	430	48	17	1.5	290	1300	370	31	2	5	29
Hash Brown Sticks (5)	73	230	140	16	4	4.5	0	330	160	20	2	0	2
Hearty Breakfast Bowl	214	760	540	60	20	7	445	1350	430	34	4	1	26
Homestyle Chicken Biscuit	174	520	330	26	10	3	40	1230	290	52	2	1	20
Meaty Breakfast Burrito - no salsa	233	610	330	36	14	0.5	450	1360	320	39	5	2	32
Original French toast Sticks (4)	121	470	210	23	5	5	25	450	120	58	4	14	7
Sausage Breakfast Jack®	154	450	250	28	10	1	245	840	250	29	1	4	20
Sausage Croissant	174	580	350	39	13	4	255	770	260	37	2	5	21
Sausage, Egg & Cheese Biscuit	184	590	360	40	16	1.5	245	1140	260	38	2	2	20
Steak & Egg Burrito - no salsa	289	790	430	48	15	3.5	450	1320	430	52	6	2	37
Sourdough Breakfast Sandwich	156	420	220	24	8	2	230	980	230	31	2	3	20
Supreme Croissant	151	450	230	25	9	3.5	235	860	240	36	1	5	20
Ultimate Breakfast Sandwich	249	570	240	27	10	1	445	1700	370	49	2	8	34
KID'S MEALS													
Applesauce (1 portion cup)	113	100	0	0	0	0	0	0	70	25	1	23	0
Cheeseburger	106	280	100	12	4.5	5	30	540	210	29	1	5	14
Crispy Chicken Strips (2)	100	250	110	12	3	3	40	630	270	18	2	1	17
Grilled Cheese Sandwich	94	330	160	18	6	1.5	25	730	110	31	2	3	11
Grilled Chicken Strips (2)	100	250	110	12	3	3	40	630	270	18	2	1	17
Hamburger with cheese	118	320	140	15	7	1	45	730	230	30	1	5	16
2½ Reduced Fat Milk Chug – 8 fl. oz.*	100	130	45	5	3	0	25	130	-	13	0	13	10
1½ Chocolate Low Fat Milk Chug – 8 fl. oz.	100	200	25	2.5	1.5	-	5	230	-	34	1	33	11
Natural Out Fries – kids portion	77	210	100	11	2.5	3	0	360	530	25	3	0	3
CHEESES													
American Cheese (1 slice)	12	45	30	3.5	2	0	10	180	15	1	0	0	2
Real Swiss Cheese (1 slice)	18	70	50	6	3.5	0	20	80	20	0	-	0	5
Swiss-Style Cheese (1 slice)	12	40	30	3	2	0	10	150	10	1	0	0	2
DIPPING SAUCES													
Barbecue Dipping Sauce (1 portion cup)	28	45	0	0	0	0	0	330	65	11	0	4	0
Buttermilk House Dipping Sauce (1 portion cup)	25	130	110	13	2	0	10	210	15	3	0	0	0
Fire Roasted Salsa (1 portion cup)	21	5	0	0	0	0	0	105	5	1	0	1	0
Frank's® Red Hot® Buffalo Dipping Sauce (1 portion cup)	28	10	0	0	0	0	0	840	15	2	0	0	0
Honey Mustard Dipping Sauce (1 portion cup)	28	60	15	2	0	0	0	220	20	11	0	9	0
Ketchup (1 packet)	9	10	0	0	0	0	0	105	30	2	0	2	0
Log Cabin® Syrup (1 portion cup)	62	190	0	0	0	0	0	35	15	49	0	18	0
Mayonnaise (1 packet)	12	80	80	9	1.5	0	5	40	-	0	0	0	0
Mustard (1 packet)	6	5	0	0	0	0	0	50	5	1	0	0	0
Sweet & Sour Dipping Sauce (1 portion cup)	28	45	0	0	0	0	0	160	5	11	0	6	0
Taco Sauce (1 packet)	9	0	0	0	0	0	0	80	20	0	0	0	0
Tartar Sauce (1 portion cup)	43	210	200	22	3.5	0	20	370	30	2	0	1	0
Teriyaki Dipping Sauce (1 portion cup)	28	60	10	1	0	0	0	530	20	11	0	10	1
Vinegar (1 packet)	9	0	0	0	0	0	0	20	0	0	0	0	0
Zesty Marinara Sauce (1 portion cup)	25	15	0	0	0	0	0	200	10	4	0	2	0
SUBSTITUTE SAUCES													
Ketchup	19	20	0	0	0	0	0	220	65	5	0	5	0
Mayo-Onion Sauce (0.5 oz.)	14	90	90	10	1.5	0	5	85	10	1	0	0	0
Mustard	10	5	5	0	0	-	0	115	-	1	0	0	0
Peppercon Mayo (1 oz.)	28	190	180	20	3.5	0	15	250	15	1	0	0	0
Smoky Cheddar Mayo (1 oz.)	28	210	200	22	3.5	0	20	220	0	1	0	1	1
Chipotle Sauce	20	110	100	12	2	0	10	230	5	1	0	1	0
OTHER													
Country Crock® Spread (1 packet)	5	25	25	2.5	0.5	0.5	0	45	0	0	0	0	0
Grape Jelly (1 packet)	14	35	0	0	0	0	0	10	0	9	0	9	0
Short Sliced Onions, Grilled	20	10	5	0	0	0	0	250	20	1	0	1	0
Strawberry Jelly (1 packet)	14	35	0	0	0	0	0	5	0	9	0	8	0
Red Onion Rings	11	5	0	0	0	0	0	15	1	0	0	1	0
Sour Cream (1 packet)	28	60	45	5	3	0	15	25	35	2	<1	1	1
Soy Sauce (1 packet)	9	5	0	0	0	0	0	480	35	1	0	0	1

