

FOOD INTOLERANCES

Not all people can eat all foods. Some foods or ingredients can cause adverse reactions due to individuals' differing body chemistries. These can be described as either food intolerances or food allergies. Food intolerances are reactions to chemicals in food, such as monosodium glutamate (MSG), or the mineral sulfur. Enzyme deficiencies such as lactose intolerance can also lead to discomfort when lactose containing foods are consumed.

Actual food allergies can come on suddenly or may be delayed, and can be very serious. Among the most common allergy-causing foods are:


nuts	wheat
eggs	peanuts
milk	fish
soybeans	



Jack in the Box products may include one or more of the potential allergens listed here. Read ingredient descriptions carefully.

INGREDIENTS
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INGREDIENTS

¹ Items that may cause reactions in some individuals.

AMERICAN CHEESE

American cheese (cultured milk, salt, enzymes, artificial color-if colored), water, cream, sodium citrate, enzyme-modified cheese (cultured milk, water, cream, sodium citrate, sodium phosphate, salt, enzymes, sorbic acid



[preservative], acetic acid, phosphoric acid, artificial color-if colored), salt, sodium phosphate, citric acid, sorbic acid (preservative), lecithin, acetic acid, artificial color-if colored. **Milk, Soy¹**

APPLE TURNOVER Wheat flour (enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), apples (sulfur dioxide and sodium sulfite as preservatives), water, high fructose corn syrup, and partially hydrogenated soybean and cottonseed oil. May contain 2% or less of: citric acid, dextrose, modified food starch, potassium sorbate, salt, spices. Cooked in our shortening blend. **Wheat, Sulfites¹**

BACON PIECES Bacon (cured with water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite), hickory smoke flavoring.

BARBEQUE DIPPING SAUCE Distilled vinegar, tomato paste, brown sugar, corn syrup, high fructose corn syrup, water, salt, modified food starch, molasses, spices, natural flavors, sodium benzoate (preservative), hydrolyzed soy protein, citric acid, garlic powder. **Soy¹**

BARQ's ROOT BEER® Carbonated water, high fructose corn syrup and/or sucrose, water, caramel color, sodium benzoate (to protect taste), citric acid, caffeine, artificial and natural flavors, acacia.

BISCUIT Enriched bleached flour (bleached flour, niacin, reduced iron, thiamin, riboflavin and folic acid), cultured skim milk (cultured skim milk, sodium citrate, locust bean gum, food-starch-modified, carrageenan, mono- and diglycerides, salt), vegetable shortening (partially hydrogenated soybean oil and/or cottonseed oil), water, leavening (baking soda, sodium aluminum phosphate, sodium acid pyrophosphate), may contain 2% or less of the following: sugar, salt, modified cellulose, fumaric acid, sorbate (preservative), natural and artificial flavors. **Wheat, Milk¹**

BLEU CHEESE DRESSING Soybean oil, water, distilled vinegar, corn syrup, egg yolk, bleu cheese (milk, cheese cultures, salt, enzymes and natamycin to

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protect flavor), high fructose corn syrup, salt, propylene glycol alginate, xanthan gum, onion powder, garlic powder, natural bleu cheese flavor, sodium benzoate and potassium sorbate as preservatives, yeast extract, spice, calcium disodium EDTA to protect flavor. **Egg, Milk¹**

BROCCOLI FLORETS broccoli florets, blanched, frozen.

BUTTERMILK DIPPING SAUCE Soybean oil, water, vinegar, maltodextrin, egg yolk, buttermilk solids, salt, autolyzed yeast, sugar, monosodium glutamate, dehydrated onion, titanium dioxide, dehydrated garlic, xanthan gum, fumaric acid, polysorbate 60, potassium sorbate (preservative), sour cream powder [dried sour cream (cream, nonfat milk, cultures), cultured nonfat dried milk, citric acid, BHA (preservative)], propylene glycol alginate, spice, BHT (anti-oxidant), natural flavor, calcium disodium EDTA (to protect flavor). **Eggs, Milk, MSG¹**

BUTTERMILK HOUSE DRESSING Soybean oil, water, distilled vinegar, corn syrup, egg yolk, buttermilk solids, salt, natural flavoring, garlic powder, monosodium glutamate, onion powder, polysorbate 60, xanthan gum, sodium benzoate and potassium sorbate as preservatives, spice, lactic acid and calcium disodium EDTA to protect flavor. **Egg, Milk, MSG¹**

CAPPUCCINO SYRUP Corn syrup, high fructose corn syrup, water, instant coffee, caramel color, sodium benzoate (preservative), citric acid, potassium sorbate (preservative).

CARROT SHREDS Carrots.

CHEDDAR CHEESE Cultured pasteurized milk, salt, enzymes and annatto (color) or artificial color, powdered cellulose or microcrystalline cellulose. **Milk¹**

CHEDDAR CHEESE SAUCE (SHARP) Water, aged cheddar cheese (cultured milk, salt, enzymes, calcium chloride), partially hydrogenated soybean and/or cottonseed oil, modified food starch, whey, nonfat milk, natural flavors, maltodextrin, disodium phosphate, buttermilk, sodium citrate, vinegar, salt, mono and diglycerides, lactic acid, carrageenan, artificial color (FDC Yellow #5 and #6). **Milk¹**

CHEESECAKE Cream cheese (milk, cream, cheese cultures, salt, carob bean gum), sour cream (Grade A pasteurized and cultured milk, cream, modified food starch, gelatin, sodium tripolyphosphate, guar gum, carrageenan, mono & diglycerides, potassium chloride), sugar, graham cracker meal [enriched wheat flour (contains: niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), graham flour, sugar, partially hydrogenated vegetable shortening (contains soybean and cottonseed oils), brown sugar, honey, salt, baking soda, artificial flavors], nonfat milk solids, corn syrup, water, whole eggs, margarine (partially hydrogenated soybean oil, water, salt, mono & diglycerides, nonfat dry milk, soy lecithin, artificial flavor, sodium benzoate, & citric acid added as preservatives, beta carotene color, vitamin A palmitate), modified food starch, gelatin, lemon juice, natural & artificial flavor, cinnamon. **Wheat, Milk, Eggs, Soy¹**

CHEESESTICKS Low moisture part-skim mozzarella cheese (pasteurized part-skim milk, salt, enzymes), bleached wheat flour, enriched bleached wheat flour (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), partially

hydrogenated soybean oil, enriched yellow corn flour (corn flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified food starch. Contains 2% or less of each of the following: salt, onion powder, wheat starch, natural butter flavor, whey, sugar, egg, whey protein concentrate, calcium caseinate, sodium aluminum phosphate, lecithin, dextrose, nonfat dried milk, leavening (sodium acid pyrophosphate, sodium bicarbonate), sodium alginate, soy flour, oleoresin, paprika, maltodextrin, artificial flavor, tocopherols, natural flavor, spices, methylcellulose, dehydrated parsley, garlic powder, monoglycerides, triglycerides, extractives of paprika, yeast, sodium ascorbate, EDTA, calcium propionate, caramel color. **Wheat, Egg, Milk, Soy¹**

CHICKEN BREAST PIECES Chicken breast meat, chicken broth, modified food starch, sodium phosphate, whey protein concentrate, and salt. Battered with: water, wheat flour, modified corn starch, corn flour, salt, sugar, whey, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, spice, spice extractive, extractives of paprika. Breaded with bleached enriched wheat flour (niacin, iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, dextrose, natural flavor, yeast, extractives of paprika. Predusted with: wheat flour, modified corn starch, salt, spices, spice extractives. Breeding set in vegetable oil. Cooked in our shortening blend. **Milk, Wheat¹**

CHICKEN FAJITA MEAT Fully cooked, Boneless and skinless chicken breast with rib meat, water, seasoning (lactose, hydrolyzed corn gluten, wheat gluten and soy proteins, salt, spices, onion powder, garlic powder, autolyzed yeast, jalapeno pepper, maltodextrin, soy sauce solids [soybeans, wheat, salt], chicken fat, natural flavor, citric acid, modified corn starch, natural grill flavor (from partially hydrogenated cottonseed and soybean oil), partially hydrogenated cottonseed and soybean oil, monosodium glutamate, ammonium chloride, corn syrup solids, lactic acid, thiamine hydrochloride, tartaric acid, disodium inosinate, disodium guanylate, and not more than 2% silicon dioxide added [as anti-caking agent]), partially hydrogenated soybean oil, sodium phosphate, carrageenan, concentrated lime juice. **Wheat, Soy, MSG¹**

CHICKEN BREAST FILLET Chicken breast fillet with rib meat, water, partially hydrogenated soybean oil, roast chicken flavor seasoning (dextrose, maltodextrin, chicken flavor [salt, glutamic acid, sweet whey powder, chicken fat, and papain], salt, hydrolyzed corn and soy protein, spices, dehydrated onion, paprika, annatto color), modified food starch and soy protein concentrate, sodium phosphates, salt. **Milk, Soy, MSG¹**

CHICKEN PATTY/ CHICKEN SUPREME PATTY (FULLY COOKED/BREADED) Mostly white meat chicken, water, calcium caseinate, modified food starch, salt, sodium phosphate. Breaded and battered with: bleached wheat flour, water, salt, corn flour, modified food starch, rice flour, spices, yeast, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), monosodium glutamate, partially hydrogenated soybean oil, mono and diglycerides, nonfat milk, oat flour, onion powder, natural flavoring, whey, garlic powder. Breeding set in soybean oil. Cooked in our shortening blend. **Wheat, Milk, MSG¹**

CHILI Water, seasoned cooked beef (beef, salt), beef, tomato paste, seasoning [chili powder (chili pepper, cumin, salt, garlic, oregano), salt, spices, dehydrated onion, garlic powder, caramel color, paprika], textured vegetable protein product (soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium

pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, vitamin B12), white corn syrup (corn syrup, high fructose corn syrup, water, citric acid), modified food starch, masa (yellow corn cooked in lime water), white distilled vinegar, dehydrated onions. **Soy¹**

CHOCOLATE FLAVORED SYRUP High fructose corn syrup, water, cocoa, maltodextrin, sugar, salt, natural and artificial flavors, potassium sorbate (preservative), citric acid, xanthan gum.

COCA-COLA CLASSIC® Carbonated water, high fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors and caffeine.

COFFEE 100% pure coffee.

COFFEE, DECAFFEINATED 100% pure coffee.

COUNTRY CROCK SPREAD, Liquid soybean oil, partially hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, potassium sorbate (preservative), citric acid, calcium disodium EDTA (added to protect flavor), artificial flavors, beta carotene, vitamin A palmitate. **Soy¹**

CREAMER (HALF & HALF CREAMER) Milk, cream, sodium citrate, magnesium oxide, carrageenan, locust bean gum, OR Milk, cream, dipotassium phosphate, OR Milk, cream, Sodium citrate, sodium phosphate. **Milk¹**

CROISSANT Enriched bleached wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), water, margarine (partially hydrogenated soybean and cottonseed oil, liquid soybean oil, water, sugar, vegetable monoglycerides, soy lecithin, potassium sorbate, artificial flavor, citric acid, color), butter, sugar, yeast. Contains 2% or less of the following: whole milk powder, salt, dough conditioner [wheat flour, datem, L-cysteine, enzyme, ascorbic acid, azodicarbonamide (ADA)]. **Wheat, Soy, Milk¹**

CROUTONS Enriched bleached wheat flour (wheat flour, barley malt, niacin [a "B" vitamin], reduced iron, thiamine mononitrate [B1], riboflavin [B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, water, salt, high fructose corn syrup, natural butter flavor with other natural flavors, Contains less than 2% of the following: yeast, whey, soy flour, lecithin, wheat gluten, vinegar, calcium propionate, nonfat milk, maltodextrin, garlic powder, dextrose, onion powder, parsley, spices, turmeric (for color), TBHQ (to preserve freshness). **Wheat, Milk, Soy¹**

DIET COKE® Carbonated water, water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate (preservative), natural flavors, citric acid, caffeine, potassium citrate, aspartame and dimethylpolysiloxane.

DILL PICKLE SLICES Cucumbers, water, distilled vinegar, salt, calcium chloride, alum, sodium benzoate (preservative) natural flavors, polysorbate 80, turmeric, FD&C yellow #5 (tartrazine), FD&C Blue #1.

DOUBLE FUDGE CAKE Sugar, buttermilk, enriched bleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, eggs, instant pudding (sugar, modified food starch, dextrose, sodium phosphates, beta

carotene), cocoa processed with alkali, semi-sweet chocolate with added lecithin, cream cheese, margarine (liquid soybean oil, whey, lecithin, mono and diglycerides, beta carotene, sodium benzoate as a preservative), baking soda, salt, invert sugar, natural and artificial flavoring, xanthan gum, gellan gum. **Wheat, Milk, Eggs¹**

DR. PEPPER® Carbonated water, water, sugar and/or corn syrup, caramel color, artificial and natural flavoring, phosphoric acid, caffeine, sodium benzoate (preservative), monosodium phosphate and lactic acid.

EGG (FRIED) Fresh USDA Grade AA medium egg. Cooked with our griddle shortening. **Egg, Soy, Milk¹**

EGG ROLLS Filling Ingredients: cabbage, pork, celery, carrots, onions, vegetable protein product [Soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium Pantothenate, thiamin mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), salt, sugar, monosodium glutamate, water, spice, anchovy fish extract. Crust ingredients: Bleached enriched flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, enriched flour (durum flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), salt, cottonseed oil, eggs, wheat gluten, calcium propionate. Fried in cottonseed oil. Cooked in our shortening blend. **Soy, Wheat, Eggs, Fish, MSG¹**

FISH PORTIONS Alaskan pollock, water, yellow corn flour, bleached wheat flour, salt, leavening (sodium aluminum phosphate, sodium bicarbonate), modified food starch, gelatinized wheat starch, spices, and natural flavors. Fried in partially hydrogenated soybean oil. Cooked in our shortening blend. **Fish, Wheat¹**

FRANK'S RED HOT® BUFFALO DIPPING SAUCE Distilled vinegar, aged cayenne red peppers, salt, modified food starch, partially hydrogenated soybean oil, paprika, xanthan gum, oleoresin paprika, soy lecithin, sodium benzoate (preservative), natural flavor, mono- and diglycerides, guar gum, Polysorbate 60, ground habanero peppers, garlic powder, tocopherol (vitamin E), ascorbyl palmitate and citric acid. **Soy¹**

FRENCH TOAST STICKS Bread: (enriched flour {wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid}, water, corn syrup, contains 2% or less of the following: yeast, salt, partially hydrogenated soybean oil, corn flour, wheat gluten, dough conditioners {may contain one or more of each of the following: mono and diglycerides, ethoxylated mono and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide, calcium carbonate}, yeast nutrients {monocalcium phosphate, calcium sulfate, ammonium sulfate}, calcium propionate added to retard spoilage, turmeric and paprika extractives {coloring}, corn starch), water, enriched bleached wheat flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, sugar, yellow corn flour, contains 2% or less of each of the following: salt, dextrose, nonfat dried milk, dehydrated egg, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), polysorbate 80, whey, natural and artificial flavors, gelatinized wheat starch, modified food starch, guar gum, colored with oleoresin paprika. Fried in partially hydrogenated soybean oil. Cooked in our shortening blend. **Wheat, Milk, Eggs¹**

FRENCH FRIED POTATOES Potatoes, partially hydrogenated vegetable shortening (soybean oil and/or canola oil), modified food starch, rice flour, dextrin, wheat starch, cornstarch, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, xanthan gum, dextrose. Cooked in our shortening blend.

Wheat, Milk¹

FRENCH'S CLASSIC® YELLOW SQUEEZE BOTTLE MUSTARD Distilled vinegar, water, no. 1 grade mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder.

GRAPE JELLY Grape juice (grape juice concentrate, water), corn syrup, high fructose corn syrup, sugar, pectin.

GRIDDLE SHORTENING Partially hydrogenated soybean oil, salt, soy lecithin, artificial flavor enhanced with natural butter flavor, vitamin A palmitate, carotene.

Soy, Milk¹

GRILLED ONIONS Onions grilled with our griddle shortening.

GUACAMOLE PACKET Avocado, salt, sugar, onion, red bell pepper, sodium acid pyrophosphate, erythorbic acid (antioxidant), spices xanthan gum, garlic, jalapeño peppers, dextrose, citric acid, corn syrup solids, partially hydrogenated soybean and/or cotton seed oil, lime juice concentrate.

HAM Ham cured with: water, salt, sodium lactate, dextrose, sodium phosphates, soy sauce, sodium ascorbate, natural flavorings, sodium nitrite. **Soy, Wheat¹**

HAMBURGER BUN Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, corn syrup, wheat gluten, salt, yeast, dough conditioners (contains one or more of the following: distilled monoglycerides and/or diacetyl tartaric acid (datem) and/or azodicarbonamide and/or fungal or bacterial enzymes) yeast nutrients (monocalcium phosphate, calcium sulfate, calcium peroxide), calcium propionate as a preservative. **Wheat, May be topped with sesame seeds¹**

HAMBURGER PATTY 100% beef

HASH BROWNS Potatoes, partially hydrogenated vegetable shortening (soybean oil and/or canola oil), dehydrated potato flakes, salt, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin), natural flavoring, disodium dihydrogen pyrophosphate (to promote color retention), dextrose. Cooked in our shortening blend. **Wheat¹**

HOT SAUCE PACKET Water, tomato paste, vinegar, salt, chile peppers, modified food starch, dextrose, maltodextrin, spices, xanthan gum, dehydrated garlic, sodium benzoate (preservative), citric acid, monosodium glutamate, dehydrated onion, beet powder. **MSG¹**

HOT TEA A choice blend of Orange Pekoe and Pekoe Cut Black Tea specially formulated for hot tea.

ICE CREAM SHAKE MIX Milk, cream, sucrose, skim milk, corn syrup, whey, stabilizer (sodium caseinate, cellulose gum, mono- and di-glycerides, disodium

phosphate, soy protein concentrate, carrageenan, guar gum, sodium citrate, polysorbate 65, and dextrose), natural and artificial vanilla, annatto extract (color).
Milk, Soy¹

ICED TEA A choice blend of Orange Pekoe and Pekoe Cut Black Tea specially formulated for iced tea.

ITALIAN LOW CALORIE DRESSING Water, distilled vinegar, high fructose corn syrup, salt, modified food starch, propylene glycolalginatate, dehydrated garlic, dehydrated onion, dehydrated red bell peppers, xanthan gum, potassium sorbate and sodium benzoate as preservatives, dehydrated lemon peel, spices, lemon juice concentrate, artificial color.

JACK'S SPICY CHICKEN FILLET Chicken breast fillets with rib meat, water, seasoning [salt, spice extractives, (hydrolyzed corn protein, autolyzed yeast extract, partially hydrogenated cottonseed and soybean oils, dextrose), citric acid, spice, dehydrated jalapeno pepper], sodium phosphate. Battered and breaded with: Bleached wheat flour, water, wheat flour, yellow corn flour, seasoning (salt, spices, dehydrated garlic, maltodextrin, partially hydrogenated cottonseed and soybean oil, dextrin, spice extractive), durum flour, sugar, salt, hydrolyzed corn gluten, egg white, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), spices, soybean oil, yeast, whey, dextrose, natural flavor. Breading set in vegetable oil. Cooked in our shortening blend. **Wheat, Egg, Milk¹**

JULIENNE CHICKEN Chicken breast with rib meat, water, sugar, modified food starch, salt, sodium phosphate, flavorings and garlic.

JUMBO BUN Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less of each of the following: salt, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), cornstarch, sodium stearyl lactylate, soybean oil, corn flour, artificial color, natural flavor, calcium propionate as a preservative. **May be topped with Sesame Seeds.¹**

JUMBO PATTY Beef, salt

KETCHUP / KETCHUP PACKET Tomato concentrate, high fructose corn syrup, corn syrup, distilled vinegar, salt, natural flavorings.

MALT VINEGAR PACKET Malt vinegar, salt, and caramel color.

MARINARA SAUCE Water, tomato paste, high fructose corn syrup, sugar, salt, spices, citric acid, garlic powder, phosphoric acid, sodium benzoate and potassium sorbate as preservatives, xanthan gum.

MAYO-ONION SAUCE Soybean oil, water, egg yolk, high fructose corn syrup, distilled vinegar, salt, onion powder, mustard seed, sodium benzoate and potassium sorbate (added as preservatives), xanthan gum, natural and artificial flavors, calcium disodium EDTA (added to protect flavor). **Egg¹**

MAYONNAISE PACKET Soybean oil, water, egg yolk, vinegar, high fructose corn syrup, salt, spice, calcium disodium EDTA (to protect flavor). **Egg¹**

MILK, 2% LOW FAT Lowfat milk, nonfat dry milk, vitamin A palmitate and vitamin D3 added. **Milk**¹

MINUTE MAID LEMONADE® High fructose corn syrup and/or sucrose, water, citric acid, potassium benzoate (to protect taste), modified food starch, glycerol ester of wood rosin, natural and artificial flavors, brominated vegetable oil, yellow no. 5.

MUSTARD Water, distilled vinegar, mustard seed, salt, turmeric, spices.

MUSTARD PACKET Water and vinegar, mustard seed, salt, turmeric, spices, natural flavor.

ONION RINGS Onion, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate riboflavin, folic acid), water, bleached wheat flour, salt, yellow corn flour, dried whey, modified corn starch, vegetable shortening (contains one or more of the following partially hydrogenated oils: soybean, cottonseed, canola oil), dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), spice, xanthan gum, soy flour, malted barley flour (contains sulfites), yeast, buttermilk powder, nonfat dried milk. Cooked in our shortening blend. **Wheat, Milk, Soy, Sulfites**¹

ORANGE JUICE Water, orange juice concentrate.

OREO COOKIE CRUMBS Sugar, enriched wheat flour (contains niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], vegetable shortening (partially hydrogenated soybean oil), cocoa, (processed with alkali), high fructose corn syrup, corn flour, whey, corn starch, baking soda, salt, soy lecithin (emulsifier), vanillin (an artificial flavor), chocolate. **Wheat, Milk, Soy**¹

PITA BREAD Enriched wheat flour [(niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour, ascorbic acid as dough conditioner], water, yeast, salt. **Wheat**¹

PORK SAUSAGE Pork, salt, spices, sugar, monosodium glutamate, spice extractives. **MSG**¹

POTATO WEDGES Potatoes, batter mix [wheat flour, modified food starch, salt, cornstarch, rice flour, sugar, dextrin, leavening (sodium acid pyrophosphate, sodium bicarbonate), guar gum], partially hydrogenated soybean oil. **Wheat**¹

PRECOOKED BACON Precooked bacon. Smoke flavor added. Cured with water, salt, smoke flavoring, sugar, sodium phosphates, sodium erythorbate (made from sugar), sodium nitrite.

RICE Enriched (niacin, iron, thiamin, folacin) milled rice coated with corn syrup.

SALSA Diced tomatoes, tomato puree (water, tomato paste), tomato juice, onions, vinegar, green chiles, dehydrated onions, salt, cilantro, garlic powder, jalapeno peppers, water, citric acid, sodium benzoate (preservative), calcium chloride, modified cornstarch, xanthan gum.

SEASONED CURLY FRIES Potatoes, partially hydrogenated vegetable oil (contains soybean and/or canola oil), bleached wheat flour, salt, modified food starch, yellow cornmeal, garlic powder, spices, onion powder, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), yellow corn flour, natural flavors, chili peppers, colored with oleoresin paprika, cellulose gum, dextrose. Cooked in our shortening blend. **Wheat¹**

SECRET SAUCE Water, soybean oil, tomato paste, vinegar, high fructose corn syrup, mustard, onion*, egg yolk, corn syrup, salt, Worcestershire Sauce (vinegar, water, molasses, corn syrup, salt, caramel color, garlic, sugar, spices, anchovies, tamarind, natural flavor), A-1 steak sauce® (water, distilled vinegar, tomato paste, corn syrup, raisins, salt, herbs and spices, orange base, orange peel, garlic*, caramel color, onion*), xanthan gum, Tabasco® sauce (vinegar, red pepper, salt), sodium benzoate and potassium sorbate (added as preservatives), spice, oleoresin paprika. *Dehydrated. **Egg, Fish, Sulfites¹**

SHORTENING BLEND A blend of partially hydrogenated soybean and cottonseed oils, TBHQ (preservative), citric acid, dimethylpolysiloxane (anti-foam agent).

SLICED JALAPEÑO PEPPERS Jalapeño chiles, water, vinegar, salt, calcium chloride.

SOUR CREAM PACKET Skim milk, cream, food starch- modified, nonfat dry milk, lactic acid, natural and artificial flavors, guar gum, citric acid, salt, potassium sorbate (added to retard spoilage). **Milk¹**

SOURDOUGH BREAD Enriched flour (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains 2% or less of the following: soybean oil, salt, dough conditioners (mono and diglycerides, ethoxylated mono and diglycerides, calcium iodate, enzymes), acetic acid, yeast nutrients (ammonium sulfate, calcium sulfate), citric acid. **Wheat¹**

SOY SAUCE PACKET Water, wheat, soybeans, salt, sodium benzoate (preservative). **Wheat, Soy¹**

SPRITE® Carbonated water, high fructose corn syrup and/or sucrose, water, citric acid, natural flavors, sodium citrate, sodium benzoate (to protect taste) and dimethylpolysiloxane.

STEAK ROLL Enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, high fructose corn syrup. Contains 2% or less of each of the following: yeast, salt, wheat gluten, partially hydrogenated soybean oil, sodium stearoyl lactylate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), whey, calcium propionate added to retard spoilage, calcium peroxide, cornstarch. **Wheat, Milk¹**

STRAWBERRY BANANA SYRUP Sugar, high fructose corn syrup, strawberries, water, bananas, natural and artificial flavors, modified food starch, citric acid, sodium benzoate (preservative), potassium sorbate (preservative), FD&C Red #40.

STRAWBERRY SYRUP High fructose corn syrup, water, sugar, citric acid, artificial strawberry flavor, sodium benzoate (preservative), FD&C Red #40.

STUFFED JALAPEÑOS Jalapeño peppers (peppers, salt, acetic acid, sodium benzoate (preservative), pasteurized process cheddar cheese [cheddar cheese (milk, cheese culture, salt, enzymes), water, milkfat, sodium phosphate, sodium hexametaphosphate, salt, artificial color], bleached wheat flour, pasteurized process monterey jack cheese [monterey jack cheese (milk, salt, cheese cultures, enzymes), water, sodium phosphate, cream, salt, sorbic acid (preservative)], water, yellow corn flour, wheat flour, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), modified food starch, yellow corn germ, salt, dextrose, wheat starch, whey, sugar, oleoresin capsicum, dried onion, partially hydrogenated soybean oil, wheat gluten, rice flour, corn starch, dehydrated parmesan cheese (milk, cheese cultures, salt, enzymes), dehydrated romano cheese (cow's milk, cheese cultures, salt, enzymes, lactic acid), sodium caseinate, hydrolyzed oat flour, sorbitol, dried garlic, caramel color, hydroxypropyl methylcellulose, natural flavors, mono & diglycerides, leavening (sodium aluminum phosphate, sodium bicarbonate). **Milk, Wheat**¹

SWEET AND SOUR DIPPING SAUCE High fructose corn syrup, vinegar, water, brown sugar, modified food starch, pineapple juice concentrate, salt, natural flavor, sodium benzoate (preservative), spices, citric acid, xanthan gum, extractives of paprika.

SWISS-STYLE CHEESE Swiss cheese (cultured milk, salt, enzymes), water, sodium citrate, enzyme-modified cheese (cultured milk, water, cream, sodium citrate, salt, sodium phosphate, enzymes, sorbic acid [preservative]), salt, cream, sodium phosphate, sorbic acid (preservative), citric acid, lecithin. **Milk, Soy**¹

TABLE SYRUP Corn syrup, high fructose corn syrup, water, artificial flavor, potassium sorbate (preservative), caramel color, citric acid

TACO/MONSTER TACO Beef, water, textured vegetable protein (soy flour, caramel color), soy grits, seasoning [chili pepper, maltodextrin, spices, wheat flour, salt, dry garlic, hydrolyzed soy protein, corn and wheat gluten, monosodium glutamate, dry onion, disodium inosinate, disodium guanylate, partially hydrogenated cottonseed and soybean oil, succinic acid, silicon dioxide (added to prevent caking)], salt, tomato paste, worcestershire sauce (distilled vinegar, molasses, corn syrup, anchovies, tamarind, natural flavor, sulfiting agent). Tortilla Ingredients: ground corn, water lime. Cooked in our shortening blend. **Soy, Wheat, Fish, MSG, Sulfites**¹

TACO SAUCE Water, tomato paste, vinegar, salt, chile peppers, modified food starch, dextrose, maltodextrin, spices, xanthan gum, dehydrated garlic, sodium benzoate and potassium sorbate (added as preservatives), citric acid, monosodium glutamate, dehydrated onion, beet powder. **MSG**¹

TARTAR SAUCE Soybean oil, cucumber, water, vinegar, high fructose corn syrup, egg yolk, egg, salt, dehydrated onion, lemon juice concentrate, dehydrated garlic, xanthan gum, sodium benzoate, and potassium sorbate (added as preservatives), spice and natural flavor. **Egg**¹

TERIYAKI SAUCE Water, seasoning [sugar, dehydrated soy sauce (wheat, soybeans, maltodextrin, salt), modified food starch, brown sugar, natural flavor (maltodextrin, pineapple juice concentrate, gum acacia, propylene glycol, natural flavor), caramel color, sesame oil, silicon dioxide, xanthan gum, flavoring, citric acid, tartaric acid], sherry wine, sugar, spice, garlic, sodium benzoate (preservative). **Wheat, Soy, Sulfites¹**

THOUSAND ISLAND DRESSING Water, soybean oil, high fructose corn syrup, distilled vinegar, pickle relish (cucumbers, corn syrup, distilled vinegar, salt, xanthan gum, sodium benzoate as a preservative, alum, peppers, spices, natural flavors, calcium chloride, polysorbate 80), corn syrup, modified food starch, egg yolk, salt, tomato paste solids, dehydrated onion, spices, sodium benzoate, and potassium sorbate as preservatives, extractives of paprika and calcium disodium EDTA to protect flavor. **Egg¹**

WESTERN BARBEQUE SAUCE High fructose corn syrup, molasses, tomato paste, water, distilled vinegar, raisin juice concentrate, salt, modified food starch, brown sugar, spices, natural smoke flavor, dehydrated garlic, dehydrated onion, celery seed, sodium benzoate added as preservative, paprika.

¹ At the end of each ingredient statement, items have been bolded that may cause reactions in some individuals.

Nutritional information in this brochure was obtained from Silliker Laboratories Inc., other approved laboratories and Genesis R & D Nutrition Analysis Program from ESHA Research, Salem, Oregon. Some items in this brochure may not be available in your area, and slight variations may occur in each product depending on the local supplier and the season of the year. Sodium and potassium values in soft drinks may vary due to local water supplies. Diabetic exchanges have been calculated using the Exchange Lists for Meal Planning, 1995, American Diabetes Association, Inc. We hope this nutritional information will help you satisfy your dietary needs at JACK IN THE BOX®. The following trademarks are owned by Jack in the Box, Inc.: JACK IN THE BOX®, BREAKFAST JACK®, JUMBO JACK®, JACK'S SPICY CHICKEN® and the Jack image. Coca-Cola classic, diet Coke, Sprite, Minute Maid, and Barq's Root Beer are trademarks of the Coca-Cola Co. Dr. Pepper is a trademark owned by the Dr. Pepper Co. A-1 is a trademark owned by Del Monte Corporation, a division of Nabisco Brands, Inc. Oreo® is a trademark of Nabisco Brands, Co. Franks Red Hot is a trademark owned by Reckitt Benckiser. Tabasco is a trademark owned by McIlhenny Co. Country Crock Spread is a trademark owned by Van DerBergh Foods Co. ServSafe is a trademark owned by the National Restaurant Association Education Foundation. The ingredient and nutrient information contained in this booklet is effective as of November 2001. JACK IN THE BOX® restaurants will update and revise the information semi-annually to reflect changes in ingredients and the addition and removal of products from our menu. Products in test and some regional items are not included in this booklet.

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