### 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 our order, we follow the strictest guidelines to ensure the highest food quality and safety. Our restaurant items follow other type ingredients and of lettuce.”

> **LIFESTYLE CHOICES**

Jack in the Box® restaurants make wise decisions as part of your healthy lifestyle and diet. Remember to consult your physician before deciding. 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 alterments, customize your food. Some examples:

- **Concentrate** or **Chicken Fillet Frito** made with whole grain, which is tasty and filling, with just 2 grams of fat. It contains 9 grams of whole grain per serving. You can add the shredded cheddar cheese and leave the hot chip.

- **Steak** on a roll with butter-based balsamic dressing.

- **Substitute** how it’s balsamic dressing, or any Jack’s Ultimate Salad™

- **Skip** the cheese and dressing-based sauce. Balsamic dressing can contain 100 or more calories and 17 grams of fat and add the ingredients you prefer.

- **Try** an all-white grilled Chicken Strip. They are a tasty choice with only 2 grams of fat.

- **For more** items, see the chart, which adds to the contaminants and sugars.

- **Pack out** the cheddar, bacon, cheese, pickles, mayonnaise, and products. Instead, try your sandwich with another contaminant and the balsamic.

### Food Allergies

- The declared guidelines for Americans recommend excluding certain food allergens. Even if you may cause food allergies, such as tree nut allergy, leading to an allergic reaction.

### Dipping Sauces

- **Low Fat Balsamic Dressing**

- **Creamy Southwest Dressing**

- **Gourmet Seasoned Croutons**

- **Asian Sesame Dressing**

### Nutritional Facts 2009

- **Minute Maid® Lemonade – 20 fl. oz. cup**

- **Dannon® Spring Water, Bottled**

- **Barq's® Root Beer – 20 fl. oz.**

- **Sweet 'N Low® Sugar Substitute (1 packet)**

- **Equal® Sweetener (1 packet)**

- **Coffee Creamer – Half & Half (1 packet)**

### Trash & Skins

- **SOYBEANS (such as soy sauce, soy protein, soy lecithin)**

- **CRUSTACEAN SHELLFISH (such as shrimp, crab, lobster)**

- **TREE NUTS (such as walnuts, cashews, almonds)**

### In House Snacks & Desserts

- **Vanilla Ice Cream Shake – 16 oz. cup**

- **OREO® Cookie Ice Cream Shake – 16 fl oz. cup**

- **Mini Churros (5 piece)**

- **Stuffed Jalapeños (3)**

- **Seasoned Curly Fries - large**

- **Pita Snack, Grilled Chicken**

- **Natural Cut Fries - medium**

- **Jack's Spicy Chicken® (with cheese)**

- **Homestyle Ranch Chicken Club**

- **Fish & Chips (small)**

- **CHICKEN & MORE**

- **Ultimate Cheeseburger**

- **Sirloin Swiss & Grilled Onions Burger**

- **Jumbo Jack® – no sauce**

- **Hamburger**

- **Side Salad*”

- **Chicken Club Salad with Crispy Chicken*”

- **Chicken Club Salad with Grilled Chicken*”

- **Chicken Teriyaki Bowl**

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Ingredients

Chicken Breast, Water, Modified Food Starch (Tapioca, Water, Xanthan Gum, Guar gum), Modified Corn Starch, Sodium Phosphates and Salt.

Soy Protein, Spices, Dehydrated Onion, Paprika, Annatto Color), Partially Hydrogenated Soybean Oil, Seasoning (Modified Corn Starch and Soy Protein concentrate), Natural Flavor, Sodium Benzoate and Potassium Sorbate (as preservatives), Calcium Propionate added to retard spoilage), Water, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Eggs, Margarine (Soybean Oil, Water, Salt, Lecithin, Natural and Artificial Flavor, Beta Carotene, Vitamin A Palmitate, Whey), Water, Semi Sweet Chocolate with Added Soy Lecithin, Food Starch - Modified, Corn Syrup, Baking Soda, Salt, Natural and Artificial Flavor, Natural Antimicrobial, & Black Pepper.  Served with Sausage Crumbles.