

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.

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.

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 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



in the box®