



NUTRITION SURVIVAL GUIDE TO

JACK IN THE BOX

CALORIES AND MACRONUTRIENTS

WWW.PDFITNESSANDNUTRITION.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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BETTER FOR YOU

Chicken Teriyaki Bowl	690	27	134	5	35	6	4.8
Chicken Fajita Pita (Whole Grain)	340	23	35	4	3	12	2.5
Jr. Jack	320	14	33	2	6	15	1.5
Smoothie, Mango - 16 fl. oz.	290	2	72	0	57	0	0.2
Smoothie, Strawberry Banana - 16 fl. oz.	290	2	73	1	57	0	0.2
Smoothie, Strawberry - 16 fl. oz.	270	2	67	1	51	0	0.2
Grilled Chicken Salad	250	30	13	5	6	9	1.9
Chiquita® Apple Bites with Caramel	70	0	17	2	13	0	0.1

BURGERS & MORE

Bacon Ultimate Cheeseburger	910	57	44	2	7	56	5.5
Bacon & Swiss Buttery Jack	890	42	48	3	11	59	3.4
Sirloin Cheeseburger with Bacon	850	49	52	4	14	49	4.7
Sirloin Swiss & Grilled Onions Burger + Bacon	830	49	53	4	14	48	3.9
Classic Buttery Jack	820	37	50	4	12	52	2.9
Ultimate Cheeseburger	820	50	44	2	7	49	4.5
Sirloin Cheeseburger	760	41	52	4	14	43	3.7
Sirloin Swiss & Grilled Onions Burger	740	42	52	4	14	42	2.9
Spicy Sriracha Burger	690	33	38	4	6	46	4
Sourdough Jack®	660	35	39	3	7	41	3.6
Jumbo Jack® Cheeseburger	570	30	45	3	7	30	3.3
Big Cheeseburger	560	29	43	2	6	30	2.9
Jumbo Jack®	490	26	44	3	7	23	2.3
Jr. Bacon Cheeseburger	390	19	32	1	5	21	2.3
Jr. Jack Cheeseburger	370	16	33	2	6	19	2
Cheeseburger	320	16	32	1	5	14	2.1
Jr. Jack	320	14	33	2	6	15	1.5
Hamburger	280	14	32	1	5	11	1.6

CHICKEN & MORE

Chicken Nuggets (20 pc.)	950	38	51	4	1	66	6.1
Homestyle Ranch Chicken Club	710	40	66	4	12	33	4.7
Jack's Spicy Chicken® with Cheese	600	32	62	3	7	25	2.8
Crispy Chicken Strips (4 pc.)	560	33	53	3	0	24	4
Sourdough Grilled Chicken Club	540	39	38	3	6	26	3.7
Jack's Spicy Chicken®	530	28	61	3	6	20	2.1
Chicken Nuggets (10 pc.)	480	19	26	2	0	33	3
Chicken Sandwich with Bacon	470	21	42	2	4	25	2.9
Chicken Sandwich	410	15	42	2	4	21	2.2
Chicken Fajita Pita (Whole Grain)	350	24	36	4	4	12	2.8

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SOMETHING DIFFERENT

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Teriyaki Bowl	690	27	134	5	35	6	4.8
Turkey, Bacon & Cheddar Grilled Sandwich	660	41	53	5	4	31	5.4
Deli Trio Grilled Sandwich	620	36	54	5	4	29	6.1
Bacon Ranch Monster Taco	340	11	19	1	1	24	1.7
Nacho Monster Taco	330	9	23	2	2	22	2.3
Monster Taco	270	9	19	2	1	17	1.6

SALADS

Crispy Chicken Club Salad	510	32	36	5	4	28	3.1
SW Crispy Chicken Salad	500	29	52	8	5	23	3.2
Grilled Chicken Club Salad	370	39	11	4	5	20	2.7
SW Grilled Chicken Salad	350	35	27	7	6	15	2.7
Grilled Chicken Salad*	250	30	13	5	6	9	1.9
Ranch Dressing	250	1	5	0	1	25	1
Creamy Southwest Dressing	190	1	3	0	1	19	1.9
Gourmet Seasoned Croutons	70	1	9	0	1	3	0.4
Spicy Corn Sticks	60	1	8	1	0	3	0.2
Low Fat Balsamic Vinaigrette Dressing	25	0	3	0	2	2	0.9
Side Salad*	20	1	4	2	2	0	0

SNACKS AND SIDES

Bacon Cheddar Potato Wedges	600	17	58	5	2	41	3.1
French Fries (Large)	550	6	75	5	1	25	2.5
Stuffed Jalapeños (7 pc.)	510	14	49	3	5	29	4.2
Seasoned Curly Fries (Large)	480	6	52	4	0	28	2.7
Onion Rings	450	6	45	3	5	28	1.6
Egg Roll (3 pc.)	440	16	46	7	6	22	2.4
French Fries (Medium)	430	5	58	4	0	20	2
Seasoned Curly Fries (Medium)	430	5	46	4	0	25	2.4
French Fries (Small)	300	3	40	3	0	14	1.4
Seasoned Curly Fries (Small)	280	3	30	3	0	16	1.5
Stuffed Jalapeños (3 pc.)	220	6	21	1	2	12	1.8
Taco, Regular (1 Taco)	170	6	16	2	1	9	0.9
Egg Roll (1 pc.)	150	5	15	2	2	7	0.8
Chiquita® Apple Bites with Caramel	70	0	17	2	13	0	0.1
Side Salad*	20	1	4	2	2	0	0

BREAKFAST

Grande Sausage Breakfast Burrito	1040	36	68	5	5	70	5.3
Meat Lovers Breakfast Burrito	790	39	50	3	4	50	4.3
Loaded Breakfast Sandwich	710	36	36	2	4	47	4.2
Extreme Sausage® Sandwich	640	27	32	1	4	45	3.3

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Grilled Breakfast Sandwich	620	36	53	4	4	29	4.5
Jumbo Breakfast Platter with Sausage	620	21	47	3	7	39	3.1
Sausage Croissant	560	19	32	2	3	39	1.9
Spicy Chicken Biscuit	550	25	44	2	3	29	2.8
Jumbo Breakfast Platter with Bacon	540	23	47	3	7	29	3.5
Sausage, Egg & Cheese Biscuit	530	18	27	2	3	38	3.1
Ultimate Breakfast Sandwich	520	33	42	2	5	25	4
Supreme Croissant	450	19	32	2	4	27	2.2
Sausage Biscuit	430	11	26	2	3	29	2.4
Sausage Breakfast Jack®	430	19	30	1	4	26	2.2
Bacon, Egg & Cheese Biscuit	410	16	26	2	3	25	3
Sourdough Breakfast Sandwich	410	20	35	2	4	21	2.5
Bacon Breakfast Jack®	310	17	30	1	4	14	2
Breakfast Jack®	280	16	30	1	4	11	2
Biscuit (a la carte)	260	5	25	2	2	14	1.7
Hash Browns	190	2	17	2	0	13	0.9
Mini Pancakes (8 pc.)	140	4	28	1	6	2	0.9

JACK'S MUNCHIE MEALS

Chick-N-Tater Melt	1760	44	151	13	7	109	8.7
Stacked Grilled Cheese Burger	1640	55	143	13	10	93	9.1
Hella-Peño Burger	1560	52	153	13	10	81	9.6
Loaded Nuggets	1550	47	118	11	4	98	9.2
Halfsies (in Munchie Meal)	450	5	53	4	0	24	2.3
Halfsies (a la carte)	390	5	46	4	0	21	2

DRINKS

Fanta® Strawberry - 40 oz	570	0	151	0	151	0	0.1
Hi-C/Barq's® Root Beer - 40 oz	550	0	151	0	151	0	0.3
Dr P./Coca-Cola® - 40 oz	500	0	138	0	138	0	0
Minute Maid® Lemonade - 40 oz	490	0	125	0	125	0	0.5
Sprite/Fanta® Orange - 40 oz	450	0	122	0	122	0	0.4
Smoothie, Mango - 24 oz	450	3	114	0	91	0	0.3
Smoothie, Strawberry Banana - 24 oz	440	3	108	2	85	0	0.3
Fanta® Strawberry - 30 oz	420	0	113	0	113	0	0.1
Hi-C/Barq's® Root Beer - 30 oz	410	0	113	0	113	0	0.2
Smoothie, Strawberry - 24 oz	400	3	99	2	77	0	0.3
Dr P./Coca-Cola® - 30 oz	380	0	103	0	103	0	0
Minute Maid® Lemonade - 30 oz	370	0	94	0	94	0	0.4
Sprite/Fanta® Orange - 30 oz	340	0	92	0	92	0	0.3
Iced Coffee, Mocha - 24 oz	320	5	55	1	50	11	0.4
Smoothie, Mango - 16 oz	290	2	72	0	57	0	0.2
Smoothie, Strawberry Banana - 16 oz	290	2	73	1	57	0	0.2
Hi-C/Barq's® Root Beer - 20 oz	280	0	75	0	75	0	0.1
Fanta® Strawberry - 20 oz	280	0	75	0	75	0	0.1

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ADVM	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)	GBK
Smoothie, Strawberry - 16 oz	270	2	67	1	51	0	0.2	
Dr P./Coca-Cola® - 20 oz	250	0	69	0	69	0	0	
Minute Maid® Lemonade - 20 oz	240	0	62	0	62	0	0.3	
Sprite/Fanta® Orange - 20 oz	230	0	61	0	61	0	0.2	
Fanta® Strawberry - 16 oz	230	0	60	0	60	0	0	
Hi-C/Barq's® Root Beer - 16 oz	220	0	60	0	60	0	0.1	
Dr P./Coca-Cola® - 16 oz	200	0	55	0	55	0	0	
Minute Maid® Lemonade - 16 oz	200	0	50	0	50	0	0.2	
Iced Coffee, Mocha - 16 oz	190	3	32	1	30	6	0.2	
Sprite/Fanta® Orange - 16 oz	180	0	49	0	49	0	0.1	
Iced Coffee, Original - 16 oz	180	3	21	0	17	9	0.2	
Minute Maid® Orange Juice - 10 oz	140	2	33	0	30	0	0.1	
Milk, Low Fat 1% - 7 oz	110	9	12	0	12	2	0.3	
Iced Tea Flavoured - 24 oz	80	0	21	0	19	0	0	
Minute Maid® 100% Apple Juice - 6 oz	80	0	21	0	19	0	0	
Coffee, Decaf	5	0	0	0	0	0	0	
Gold Peak® Classic Blend Iced Tea	5	0	2	0	0	0	0	
Aquarius® Bottled Water	0	0	0	0	0	0	0	
Diet Soda	0	0	0	0	0	0	0.1	

SHAKES & DESSERTS

Shake, OREO® Cookie with Whip - 24 oz	1150	17	137	2	107	61	1.3	
Shake, Chocolate with Whip - 24 oz	1120	17	150	2	130	55	1	
Shake, Strawberry with Whip - 24 oz	1090	16	141	1	121	54	0.9	
Vanilla Shake with Whip - 24 oz	980	16	112	1	92	54	0.9	
Shake, OREO® Cookie with Whip 16 - oz	800	12	95	1	74	43	0.9	
Shake, Chocolate with Whip - 16 oz	780	12	103	1	89	38	0.7	
Shake, Strawberry with Whip - 16 oz	760	11	97	0	83	38	0.6	
Mini Churros (10 pc.)	690	7	84	4	25	37	1.4	
Vanilla Shake with Whip - 16 oz	680	11	78	0	64	38	0.6	
Mini Churros (5 pc.)	350	4	42	2	12	18	0.7	
Mini Cookies (5 pc.)	320	3	47	2	27	13	0.4	
New York Style Cheesecake	310	7	32	1	22	17	0.7	
Value French Fries	300	4	57	2	34	7	0.9	

VALUE MENU

Chicken Nuggets (20 pc.)	950	38	51	4	1	66	6.1	
Jumbo Jack® Cheeseburger	570	30	45	3	7	30	3.3	
Big Cheeseburger	560	29	43	2	6	30	2.9	
Jumbo Jack®	490	26	44	3	7	23	2.3	
Chicken Nuggets (10 pc.)	480	19	26	2	0	33	3	
Chicken Sandwich with Bacon	470	21	42	2	4	25	2.9	
Chicken Sandwich	410	15	42	2	4	21	2.2	
Jr. Bacon Cheeseburger	390	19	32	1	5	21	2.3	
Jr. Jack™	370	16	33	2	6	19	2	

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Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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CHEESES & DIPPING SAUCES

Pancake Syrup	120	0	31	0	21	0	0.1
Buttermilk House Dipping Sauce	110	0	2	0	0	11	0.4
Real Cheddar Cheese	70	4	1	0	0	6	0.3
Real Swiss Cheese	70	5	0	0	0	6	0
Provolone Cheese	60	4	0	0	0	5	0.4
Honey Mustard Dipping Sauce	60	0	10	0	9	2	0.6
Teriyaki Dipping Sauce	50	1	11	0	9	1	1.2
American Cheese	40	2	0	0	0	4	0.5
Swiss Style Cheese	40	2	1	0	0	3	0
Barbecue Dipping Sauce	40	0	10	0	8	0	0.7
Sweet N' Sour Dipping Sauce	40	0	10	0	8	0	0.4
Franks® Red Hot® Buffalo Dipping Sauce	10	0	1	1	0	0	1.8

SANDWICH SAUCES

Peppercorn Mayo (1.50 oz.)	280	1	1	0	1	31	1
Creamy Bacon Mayo (0.68 oz.)	120	1	1	0	0	13	0.5
Creamy Sriracha Sauce (0.78 oz.)	120	0	1	0.2	1	13	0.7
Creamy Tomato Sauce (0.72 oz.)	110	0	2	0	1	11	0.5
Creamy Ranch Sauce (0.61 oz.)	90	0	1	0	1	10	0.5
Garlic Herb Butter (0.50 oz.)	90	0	0	0	0	10	0.4
Sun Dried Tomato Sauce (0.60 oz.)	80	0	1	0	1	8	0.4
Creamy Italian Sauce (0.46 oz.)	70	0	1	0	0	7	0.4
Tartar Sauce (0.47 oz.)	70	0	1	0	0	8	0.3
Mayo-Onion Sauce (0.25 oz.)	45	0	0	0	0	5	0.1
Ketchup (0.57 oz.)	20	0	5	0	3	0	0.4
Mustard (0.19 oz.)	5	0	0	0	0	0	0.2

OTHER

Kraft® Real Mayonnaise (1 packet)	90	0	0	0	0	10	0.2
Sour Cream (1 packet)	60	1	2	0	1	5	0.1
Strawberry Jam (1 packet)	40	0	10	0	9	0	0
Grape Jelly (1 packet)	35	0	9	0	6	0	0
Secret Sauce (1 packet)	30	0	3	0	2	2	0.2
Pride® Margarine Spread (1 packet)	20	0	0	0	0	3	0.1
Fire Roasted Salsa (1 oz.)	10	0	2	0	1	0	0.3
Grilled Onions (0.71 oz.)	10	0	2	0	1	0	0
Ketchup (1 packet)	10	0	3	0	2	0	0.2
French's® Mustard (1 packet)	5	0	0	0	0	0	0.2
Kikkoman® Soy Sauce (1 packet)	5	1	0	0	0	0	0.9
Red Onions (2 slices)	5	0	1	0	1	0	0
Hot Taco Sauce (1 packet)	0	0	0	0	0	0	0.2