

Allergens										
Category	Item	Egg	Milk	Soy	Tree Nuts	Peanuts	Wheat	Fish Shellfish	Sesame	Possibly contains Gluten*
Breakfast	Biscuit (Buttered or Unbuttered)		X	X			X			X
	Breakfast Special	X	X	X			X			X
	Bacon, Egg and Cheese Biscuit	X	X	X			X			X
	Bacon, Egg and Cheese Wrap	X	X	X			X			X
	Chicken Biscuit	X	X	X			X			X
	Chicken, 1 Fillet (breaded, fried)	X	X	X			X			X
	Deluxe Breakfast Plate (no meat)	X	X	X			X			X
	Double Gravy Biscuit		X	X			X			X
	Eggs (Folded or Scrambled)	X	X	X						
	Grits (All Sizes)			X						
	Ham Biscuit		X	X			X			X
	Hashbrowns (All Sizes)		x	X			x			x
	Pancake (No Syrup)	X	X	X			X			X
	Sausage (Patty) Biscuit		X	X			X			X
	Sausage (Patty), Egg and Cheese Biscuit	X	X	X			X			X
	Sausage (Patty), Egg and Cheese Wrap	X	X	X			X			X
	Single Gravy Biscuit		X	X			X			X
	Smoked Sausage (Link) Biscuit		X	X			X			X
	Steak Biscuit		X	X			X			X
Chicken	Jack's - Chicken Finger	X	X	X			X			X
	Bone-In Fried Chicken Breast , 1 pc		X	X			X			X
	Bone-In Fried Chicken Drumstick, 1 pc		X	X			X			X
	Bone-In Fried Chicken Thigh, 1 pc		X	X			X			X
	Bone-In Fried Chicken Wing , 1 pc		X	X			X			X
Sandwiches	Big Bacon	X	X	X			X		x	X
	Big Jack	X	X	X			X		x	X
	Bigger Jack	X	X	X			X		x	X
	Cheeseburger		X	X			X		x	X
	Chicken Fillet Sandwich (Fried)	X	X	X			X		x	X
	Double Cheeseburger		X	X			X		x	X
	Chicken Fillet Sandwich (Grilled)	X	X	X			X		x	X
	Hamburger		X	X			X		x	X
Kid's Meal	Little Jack	X	X	X			X		x	X
	Kid's Meal, Cheeseburger (no drink)		X	X			X		x	X
	Kid's Meal, Chicken Fingers (no drink)	X	X	X			X			X
	Kid's Meal, Hamburger (no drink)		X	X			X		x	X
Salads	Crispy Chicken BLT Salad (No Dressing)	X	X	X			X			X
	BLT Salad (No Dressing)		X	X			X			X
	Grilled Chicken BLT Salad (No Dressing)		X	X			X			X
	Side Salad (No Dressing)		X							
Sides	Cole Slaw (All Sizes)	X		X						
	French Fries (All Sizes)	x	X	X			X			
	Green Beans (All Sizes)			X						
	Mashed Potatoes (All Sizes)		X	X						
Drinks	Coca-Cola (All Sizes)									
	Diet Coke (All Sizes)									
	Diet Dr. Pepper (All Sizes)									
	Dr. Pepper (All Sizes)									
	Hi-C Fruit Punch (All Sizes)									
	Mellow Yellow (All Sizes)									
	Orange Fanta (All Sizes)									
	Sprite (All Sizes)									
	Whole Milk (All Sizes)		X							
	Iced Coffee, Caramel (All Sizes)		X							
	Iced Coffee, Mocha (All Sizes)		X							
	Iced Coffee, Original (All Sizes)		X							
	Iced Coffee, Vanilla (All Sizes)		X							
	Jack's - Iced Tea (Sweet & Unsweet - All Sizes)									
	Jack's - Coffee, Decaf (All Sizes)									
	Jack's - Coffee (All Sizes)									
	Minute Maid Light Lemonade (All Sizes)									
	Orange Juice (All Sizes)									
Desserts	Ice Cream Cone (Cone Only)						X			X
	Chocolate Chip Cookie Dough Ice Cream**		X	X	X		X			X
	Chocolate Ice Cream**		X							
	Cookies & Cream Ice Cream**		X	X			X			X
	Moose Tracks Ice Cream**		X	X	X	X	X			X
	Smoky Mountain Fudge Ice Cream**		X	X		X	X			X
	Strawberry Ice Cream**		X							
	Vanilla Ice Cream**	X	X							
	Chocolate Chip Cookie Dough Milkshake**		X	X	X		X			X
	Chocolate Milkshake (All Sizes)**		X							
	Cookies & Cream Milkshake (All Sizes)**		X	X			X			X
	Moose Tracks Milkshake (All Sizes)**		X	X	X	X	X			X
	Smoky Mountain Fudge Milkshake (All Sizes)**		X	X		X	X			X
	Strawberry Milkshake (All Sizes)**		X							
	Vanilla Milkshake (All Sizes)**	X	X							
	Apple Pie	X	X	X			X			X
	Lemon Pie	X	X	X			X			X
	Strawberry Pie	X	X	X			X			X
Dressings & Sauces	Salad Dressing, Dijon Honey Mustard (1 Packet)	X		X						
	Salad Dressing, Fat Free Raspberry Vinaigrette (1 Packet)									
	Salad Dressing, Thousand Island (1 Packet)	X		X						
	BBQ Dipping Sauce (1 Cup)									
	Buffalo Dipping Sauce (1 Cup)			X						
	Comeback Dipping Sauce (1 Cup)	X		X						
	Honey Mustard Dipping Sauce (1 Cup)	X		X						
	Ranch Dipping Sauce (1 Cup)	X	X	X						

*Items have the potential to contain gluten, or may come in contact with other products containing gluten. Jack's is unable to guarantee any menu item as "gluten free".

**All ice cream & milk shake flavors have the potential to contain tree nuts and/or peanuts, or may come into contact with other products containing tree nuts and/or peanuts. Jack's is unable to guarantee any ice cream or milk shake served as "tree nut and/or peanut free".

THIS INFORMATION IS VALID ONLY FOR SELECT U.S. JACK'S FAMILY RESTAURANTS. JACK'S RELIED ON OUR SUPPLIERS' STATEMENTS OF INGREDIENTS IN DECIDING WHICH PRODUCTS DID NOT CONTAIN CERTAIN ALLERGENS. SUPPLIERS MAY CHANGE THE INGREDIENTS IN THEIR PRODUCTS OR THE WAY THEY PREPARE THEIR PRODUCTS, SO PLEASE CHECK THIS LIST TO MAKE SURE THAT THE MENU ITEM YOU LIKE STILL MEETS YOUR DIETARY REQUIREMENTS.

FROM TIME TO TIME WE MAY SUBSTITUTE PRODUCTS DUE TO INVENTORY SHORTAGES. WE CAN'T BE SURE THAT THE SUBSTITUTE PRODUCTS WILL BE FREE OF THE ALLERGEN YOU WISH TO AVOID.

AS WE COOK, PREPARE, AND SERVE YOUR MEAL, THE LISTED MENU OPTION MAY COME IN CONTACT WITH THE ALLERGEN YOU WANT TO AVOID. FOR EXAMPLE, WE MIGHT COOK THE LISTED MENU OPTION ON THE SAME BROILER AS A MENU ITEM THAT CONTAINS THE ALLERGEN YOU WANT TO AVOID. JACK'S CANNOT GUARANTEE THAT ANY MENU ITEM WILL BE PREPARED COMPLETELY FREE OF THE ALLERGEN IN QUESTION.

This allergen information only applies to the following restaurants (with the exception of the Wheat/Gluten menu, which applies to all Jack's Family Restaurants). Please contact the Manager if you have any questions.