

# JACK IN THE BOX FULL NUTRITION GUIDE

The Most Complete Calorie & Nutrition Database 2026

 [Download Complete Menu \(PDF\)](#)

Menu Item	Calories	Fat (g)	Carbs (g)	Protein (g)
 <b>SIGNATURE BURGERS</b>				
Jumbo Jack®	530	28	46	26
Sourdough Jack®	700	45	48	31
Ultimate Cheeseburger™	910	63	50	47
Bacon Ultimate Cheeseburger™	910	63	50	47
Double Jack®	830	52	47	34
Classic Buttery Jack®	820	52	51	37
Bacon & Swiss Buttery Jack®	890	59	50	41
Jr. Bacon Cheeseburger	440	26	32	19
Jr. Jumbo Jack®	420	23	34	19
Jr. Cheeseburger	320	14	33	15
Double Cheeseburger	440	23	34	24
 <b>CHICKEN &amp; FISH</b>				
Jack's Spicy Chicken®	530	27	49	28
Homestyle Ranch Chicken Club	600	29	54	32
Cluck Sandwich	570	31	51	22
BBQ Cluck Sandwich	620	31	63	22
Chicken Fajita Pita	340	10	44	24
Chicken Nuggets (10 pc)	480	31	31	23
Chicken Nuggets (5 pc)	240	15	16	12
Crispy Chicken Strips (3 pc)	480	25	39	26
Fish Sandwich (Seasonal)	410	19	45	16
 <b>TACOS &amp; MUNCHIE MEALS</b>				
Two Tacos (Regular)	340	18	32	12
Tiny Tacos (15 pc)	350	19	34	16
Loaded Tiny Tacos	470	25	42	18
Spicy Nacho Chicken Munchie Meal	1550	85	140	40
Chick-n-Tater Munchie Meal	1590	95	145	42
Hella-peno Burger Munchie Meal	1520	91	134	48
 <b>ALL-DAY BREAKFAST</b>				
Breakfast Jack®	350	18	30	16
Sausage Breakfast Jack®	480	32	30	19
Bacon Breakfast Jack®	350	18	30	18
Loaded Breakfast Sandwich	710	47	36	36
Ultimate Breakfast Sandwich	560	37	30	28
Extreme Sausage® Sandwich	650	49	29	25
Meat Lovers Breakfast Burrito	790	50	48	39
Grande Sausage Burrito	1040	70	68	34
Hash Brown	180	11	16	1
Mini Pancakes (8 pc)	140	1.5	28	3
 <b>SIDES &amp; SNACKS</b>				
French Fries (Medium)	320	15	43	4
Curly Fries (Medium)	350	16	41	3
Onion Rings	400	22	45	4
Stuffed Jalapeños (7 pc)	460	30	37	10
Egg Rolls (3 pc)	430	21	47	14
 <b>SHAKES &amp; DESSERTS</b>				
Oreo® Cookie Shake	690	31	93	12
Chocolate Shake (Reg)	590	28	77	12
Strawberry Shake (Reg)	570	22	74	11
Vanilla Shake (Reg)	570	23	73	11
Mini Churros (5 pc)	200	8	25	3
Chocolate Overload™ Cake	300	15	40	4
NY Style Cheesecake	320	21	28	5
 <b>DRINKS</b>				
Coca-Cola® (Medium)	200	0	53	0
Diet Coke® (Medium)	0	0	0	0
Dr Pepper® (Medium)	190	0	52	0
Iced Coffee (Regular)	180	7	23	2

Disclaimer: Nutritional data is updated for 2026. Values may vary by location.