

# JACK IN THE BOX

Complete Breakfast Menu & Nutritional Guide • Full Day Availability

## BREAKFAST MENU AT A GLANCE

MENU CATEGORY	STARTING PRICE	BEST KNOWN FOR
Breakfast Sandwiches	\$2.19	Classic, hearty on-the-go meals like the Supreme Sourdough.
Biscuits & Specials	\$2.69	Warm, flaky biscuits and massive meat-filled burritos.
Waffles	\$2.49	Sweet, comforting waffle sticks paired with syrup or crispy chicken.
Scramblers & Platters	\$4.99	Large, filling trays with eggs, hash browns, and savory meats.
Sweets & Sides	\$2.19	The perfect crispy Hash Browns and sweet French Toast Sticks.
Breakfast Combos	\$5.99	Complete meals including main item, hash browns, and a hot beverage.

## BREAKFAST SANDWICHES

*Budget-friendly, satisfying classics served on fresh buns, toasted sourdough, or buttery croissants.*

ITEM NAME	PRICE RANGE	CALORIES
Breakfast Jack	\$2.19 - \$2.89	350
Sausage Breakfast Jack	\$2.39 - \$3.19	410
Bacon Breakfast Jack	\$2.49 - \$3.29	380
Supreme Sourdough	\$4.29 - \$5.29	520
Sausage Croissant	\$4.29 - \$5.29	510
Extreme Sausage Sandwich	\$4.39 - \$4.99	700
Loaded Breakfast Sandwich	\$5.29 - \$5.99	710
Ultimate Breakfast Sandwich	\$5.49 - \$6.29	520

## BISCUITS & SPECIALS

Deeply indulgent comfort food from golden, flaky biscuits to heavy, savory burritos.

ITEM NAME	PRICE RANGE	CALORIES
Jack's Egg & Cheese Biscuit	\$2.69 - \$3.39	400
Sausage, Egg & Cheese Biscuit	\$3.29 - \$3.99	520
Bacon, Egg & Cheese Biscuit	\$3.29 - \$3.99	470
Meat Lovers Burrito	\$4.49 - \$4.99	680
Grande Sausage Burrito	\$4.49 - \$4.99	1040
Sausage, Egg & Cheese Scramble	\$3.49 - \$4.19	490

## WAFFLES MENU

Light, fluffy, and slightly crispy sweet options that pair wonderfully with hot morning coffee.

ITEM NAME	PRICE RANGE	CALORIES
3 Pcs Waffle Sticks	\$2.49 - \$3.00	280
Chicken & Waffle Sticks	\$5.45 - \$6.49	590

## SCRAMBLERS & PLATTERS

Heavy, filling multi-element meals. Note: Regional items like Portuguese Sausage are available in select markets.

ITEM NAME	PRICE RANGE	CALORIES
Jack's Bacon Egg Cheese Scramble	\$4.99 - \$5.99	900
Jack's Jumbo Breakfast Platter	\$4.99 - \$5.99	920
Spicy Chicken Biscuits	\$4.99 - \$5.99	720
Portuguese Sausage Egg w/ Fried Rice	\$4.99 - \$5.99	880

## SWEETS & SIDES

The perfect golden, affordable additions to complete any breakfast order.

ITEM NAME	PRICE RANGE	CALORIES
Hash Browns	\$2.19 - \$2.69	190
Mini Pancakes (8pc)	\$2.49 - \$3.19	240
French Toast Sticks (4pc)	\$2.59 - \$3.49	350
French Toast Sticks (6pc)	\$3.59 - \$4.49	480

## VALUE BREAKFAST COMBOS

Includes your main item, a crispy hash brown, and a regular hot coffee or fountain drink.

COMBO ITEM	COMBO PRICE	COMBO CALORIES
Breakfast Jack Combo	\$5.99	540 - 680
Sausage Breakfast Jack Combo	\$6.19	600 - 740
Bacon Breakfast Jack Combo	\$6.29	570 - 710
Extreme Sausage Combo	\$7.29	900 - 1030
Supreme Croissant Combo	\$7.29	730 - 860
Sausage Croissant Combo	\$7.29	740 - 880
Bacon, Egg Biscuit Combo	\$6.99	650 - 800
Sausage, Egg Biscuit Combo	\$6.99	700 - 880
Loaded Burrito Combo	\$7.49	950 - 1090
Meat Lovers Burrito Combo	\$7.49	960 - 1120
Jumbo Platter Combo	\$7.49	1150 - 1300

## CORE NUTRITION MATRIX

Vital macro-nutrient tracking data for scanning diet preferences.

BREAKFAST ITEM	CALORIES	FAT (G)	CARBS (G)	PROTEIN (G)
Breakfast Jack	350	18	32	15
Bacon Breakfast Jack	380	22	32	17
Sausage Breakfast Jack	500	34	34	20
Supreme Sourdough	410	22	34	19
Sausage Croissant	560	38	32	21
Meat Lovers Burrito	800	46	52	35
Loaded Breakfast Sandwich	710	42	40	32
Extreme Sausage Sandwich	650	44	36	28
Chicken & Waffle Sticks	590	28	62	22
3PC Waffle Sticks	280	12	38	6
Hash Brown	190	11	20	2

## ★ CHEF RECOMMENDED / FAN FAVORITES

### **Loaded Breakfast Sandwich**

**\$5.29 - \$5.99**

A towering sandwich packed with freshly cracked eggs, hickory-smoked bacon, ham, sausage, and melted cheese. The ultimate high-protein morning fuel.

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### **Meat Lovers Burrito**

**\$4.49 - \$4.99**

Rolled in a warm flour tortilla, this heavy burrito is stuffed with eggs, bacon, sausage, ham, and melted cheddar cheese. Served with fire-roasted salsa.

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### **Supreme Sourdough**

**\$4.29 - \$5.29**

A signature brand twist featuring fried eggs, bacon, ham, and American cheese layered perfectly between crisp, buttered, toasted sourdough bread.

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### **Chicken & Waffle Sticks**

**\$5.45 - \$6.49**

The ultimate sweet and savory pairing. Crispy white meat chicken strips combined with light, fluffy waffle sticks and sweet maple syrup.