

Frango

**DIETARY
& ALLERGEN
INFORMATION**

**MARCH
2025**

www.frangos.com.au



ALLERGEN INFORMATION - MARCH 2025



- All fried foods are cooked using canola oil.
- All mayonnaise used contains pasteurised eggs.
- All our meats (except pork) are sourced from Australian halal certified suppliers however we are not a halal certified restaurant and cannot guarantee that cross contamination will never occur
- We are not a Gluten-Free restaurant and cannot guarantee that cross contamination will never occur.

KEY:

- ✓ Contains Listed Allergen
- 🔍 May Contain Traces Of Listed Allergen



BBQ CHICKEN & MEATS

PRODUCT	Vegetarian	Vegan	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Fish	Crustaceans
BBQ Chicken											
BBQ Lamb											
BBQ Pork											



SAUCES

PRODUCT	Vegetarian	Vegan	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Fish	Crustaceans
Chilli	✓	✓									
Mayo	✓					✓					
Chilli/Mayo	✓					✓					
Frito Sauce	✓					✓					
Garlic	✓	✓	🔍	🔍	🔍	🔍	🔍	🔍	🔍		
Tomato	✓	✓									
BBQ	✓	✓									



BURGERS, WRAPS & CIABATTAS (WITHOUT SAUCE)

PRODUCT	Vegetarian	Vegan	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Fish	Crustaceans
Original Burger			✓	✓					✓		
Double Burger			✓	✓					✓		
Hot Lover Burger			✓	✓					✓		
Fiery Lover Burger			✓	✓					✓		
All-Day Brekkie Burger			✓	✓		✓			✓		
King Freddie Burger			✓		✓				🔍		
Veggie Burger	✓		✓	✓	✓				🔍		
Gourmet Wrap (Fillet)			✓						🔍		
Gourmet Wrap (Tenders)			✓						🔍		
Gourmet Wrap (Shredded Chicken)			✓						🔍		
Chicken Ciabatta			✓						🔍		
Steak Ciabatta			✓						🔍		
Chicken BLT			✓						🔍		

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SIDES

PRODUCT	Vegetarian	Vegan	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Fish	Crustaceans
Seasoned Fries	✓	✓									
Portuguese Rice	✓			✓	✓						
Sliced/Cubed Potatoes	✓	✓	🔍								
Chicken Breast Tenders			✓								
Sweet BBQ Corn	✓			✓	✓						
Frango Chicken Salt	✓										
Frango Flat Bread	✓	✓	✓								



DESSERTS

PRODUCT	Vegetarian	Vegan	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Fish	Crustaceans
Chocolate Mousse	✓		✓	✓	🔍	🔍	🔍	✓			
Tiramisu	✓		✓	✓	🔍	✓	🔍	✓			
Grandmas Delight	✓		✓	✓	🔍	🔍	🔍	✓			
Grandpas Delight	✓		✓	✓	🔍	🔍	🔍	✓			
Portuguese Tarts	✓		✓	✓	🔍	✓	🔍	✓	🔍		



SALADS

PRODUCT	Vegetarian	Vegan	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Fish	Crustaceans
Greek Salad	✓			✓							
Tabouli	✓	✓	✓								
Coleslaw	✓					✓					
Potato Salad	✓			✓		✓					
Pesto Chicken Pasta			✓	✓	✓	✓	✓	✓			
Madeira Garden Salad	✓	✓									
Mixed Leaf Salad	✓			✓							
Carrot & Bean Salad	✓	✓									
Mixed Bean Salad	✓	✓									
Seafood Salad			✓		✓	✓				✓	✓



KIDS MEALS (WITHOUT SAUCE)

PRODUCT	Vegetarian	Vegan	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Fish	Crustaceans
Chicken Nuggets			✓	✓	✓	✓			🔍		
Kid's Chicken & Cheese Burger			✓	✓	✓				🔍		