



Frango

Dietary & Allergen Guide

Updated August 2026

Important information

- All fried foods are cooked using vegetable oil.
- All mayonnaise used contains pasteurised eggs.
- All our meats (except pork/bacon products) are sourced from Australian halal-certified suppliers. Frango is not a halal-certified restaurant. While every effort is made to separate meats during the cooking process, we cannot guarantee that cross-contamination will not occur.
- Frango is not a gluten-free restaurant and cannot guarantee that cross-contamination will never occur.
- If you have a severe food allergy or intolerance, please speak with a team member in-store before ordering, as recipes and suppliers can change. Alternatively, please contact info@frangos.com.au
- Our full menu is available at www.frangos.com.au

How to read this guide

✓ Contains listed allergen

🔍 May contain traces of listed allergen

🌿 Suitable for vegetarians

🌱 Suitable for vegans

BBQ CHICKEN & MEATS

Product	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Fish	Crustaceans
BBQ Chicken	—	—	—	—	—	—	—	—	—
BBQ Lamb	—	—	—	—	—	—	—	—	—
BBQ Pork	—	—	—	—	—	—	—	—	—

SAUCES

Product	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Fish	Crustaceans
Chilli 🌿 🌱	—	—	—	—	—	—	—	—	—
Mayo 🌿	—	—	—	✓	—	—	—	—	—
Chilli / Mayo 🌿	—	—	—	✓	—	—	—	—	—
Chilli / Garlic 🌿	🔍	🔍	🔍	🔍	🔍	🔍	🔍	—	—
Frito Sauce 🌿	—	—	—	✓	—	—	—	—	—
Garlic 🌿 🌱	🔍	🔍	🔍	🔍	🔍	🔍	🔍	—	—
Tomato 🌿 🌱	—	—	—	—	—	—	—	—	—
BBQ 🌿 🌱	—	—	—	—	—	—	—	—	—

KIDS MEALS

Product	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Fish	Crustaceans
Chicken Nuggets	✓	✓	✓	✓	—	—	🔍	—	—
Kids' Chicken & Cheese Burger	✓	✓	✓	—	—	—	🔍	—	—

BURGERS, WRAPS & CIABATTAS (standard ingredients, without sauce)

Product	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Fish	Crustaceans
Original Burger	✓	✓	—	—	—	—	✓	—	—
Double Burger	✓	✓	—	—	—	—	✓	—	—
Hot Lover Burger	✓	✓	—	—	—	—	✓	—	—
Fiery Lover Burger	✓	✓	—	—	—	—	✓	—	—
All-Day Brekkie Burger	✓	✓	—	✓	—	—	✓	—	—
King Freddie Burger	✓	✓	✓	—	—	—	🔍	—	—
Veggie Burger 🌿	✓	✓	✓	—	—	—	🔍	—	—
Gourmet Chicken Wrap	✓	—	—	—	—	—	🔍	—	—
King Freddie Wrap	✓	✓	—	—	—	—	🔍	—	—
Gourmet Chicken Wrap (Shredded Chicken)	✓	—	—	—	—	—	🔍	—	—
Chicken Ciabatta	✓	—	—	—	—	—	🔍	—	—
Steak Ciabatta	✓	—	—	—	—	—	🔍	—	—
Chicken BLT	✓	—	—	—	—	—	🔍	—	—
Mighty Thomas Burger	✓	✓	✓	—	—	—	✓	—	—

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SIDES

Product	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Fish	Crustaceans
Seasoned Fries 	—	—	—	—	—	—	—	—	—
Portuguese Rice 	—	✓	✓	—	—	—	—	—	—
Sliced/Cubed Potatoes  		—	—	—	—	—	—	—	—
Chicken Tenders	✓	—	—	—	—	—	—	—	—
Sweet BBQ Corn 	—	✓	✓	—	—	—	—	—	—
Chicken Salt  	—	—	—	—	—	—	—	—	—
FlatBread  	✓	—	—	—	—	—	—	—	—

DESSERTS

Product	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Fish	Crustaceans
Chocolate Mousse 	✓	✓				✓	—	—	—
Tiramisu 	✓	✓		✓		✓	—	—	—
Grandmas Delight 	✓	✓					—	—	—
Grandpas Delight 	✓	✓				✓	—	—	—
Biscoff Dream	✓	✓	✓				—	—	—
Portuguese Tart 	✓	✓		✓		✓		—	—

SALADS

Product	Gluten	Dairy	Soy	Eggs	Peanuts	Tree Nuts	Sesame	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	✓	—	✓	✓	—	—	—	✓	✓

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