

FRENCH TACOS UK

ALLERGEN

Information guide



For more information please visit our website and view the menu section www.frenchtacos.co.uk



For more information on the ingredients within our products please call our phone number 02072863200

Additional Allergen Information

We produce our food in kitchens where allergens are handled by our people, and where equipment and utensils are used for multiple menu items, including those containing allergens. While we try to keep things separate we cannot guarantee any item is allergen free even after ingredients have been removed on request. While there are no nut or peanut ingredients in the products listed on this leaflet we cannot guarantee that our food is completely nut or peanut free.

Please note:

- Our French Fries and can be cooked in the same oil as Fish Cake Chicken Tenders, Nuggets, Falafel, Churros, Mozzarella Fingers, Halloumi, Sweet potato fries,
- Our buns, tacos, wraps and Paninis as well as our vegan taco are toasted in the same toaster as buns topped with sesame seeds.
- Due to the handling of cheese during the preparation of a large number of our menu items, we cannot guarantee our products do not contain traces of milk, including where a request has been made to remove cheese from an order
- Vegan tacos are handled on the same station as the non-vegan tacos.

Main Menu		Vegetarian	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide & Sulphites	Celery
Step 1	Choose a size															
Step 2	choose a filling															
	Marinated Chicken															
	Tandoori chicken									*	*	*				
	Minced Beef															
	Chicken tenders		X		X			*							X	X
	Cordon Bleu		X					X						X		
	Chicken Nuggets		X					X		*				X		X
	Falafel	VE								*			*	*		*
	Pulled Jackfruit (LIMITED)	VE														
Step 3	Choose a Sauce															

	Ketchup	VE															
	Mayonnaise	V			X												
	Garlic Mayo	V			X												
	Barbecue	VE															
	Burger	V			X				X								
	Sweet chilli	VE															
	Chilli	VE															
	Samourai	V	X		X				*								
	Algerienne	V	X		X				X								
	Andalouse	V			X				X								
	Buffalo hot sauce	V						X									
	Salsa hot sauce	VE															
	Chipotle	V			X												
	Yogurt qnd mint				X			X									
	Peri Peri sauce	VE															
	Jerk sauce	VE	X														
Step 4	Choose a Supplement																

	Crispy onion	VE	X													
	Cheddar slice	V						X								
	turkey bacon		*		*			*		*				*		*
	Pepperoni									X				X		
	Halloumi	V						X								
	Boursin	V						X								
	Gouda	V						X								
	smoked Cheese	V						X								
	Feta	V						X								
	Caramelized Onion	VE														
	Peppers	VE														
	Mushroom	VE														
	Black Olives	VE														
	Jalapenos	VE														

	Hummus	V											X			
	Egg	V			X											
	Mozzarella	VE					X									
	Avocado	VE														
	Merguez sausage															
	Sweet potato	VE														
	Tortilla chips	VE														
	Tortilla wraps	VE	X													
	Our house Cheese sauce	V					X									

Our tacos	Vegetarian	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide & Sulphites	Celery
Original		x		x			x		x						
Kentucky		X		X			X		*				*	X	X

Francois			x		x			x		X				X		
Mexican super crunch			X					x								
Le feel good	Chicken		X					X								
	Falafel		X					X		*			*	*		*
	Fish		X			X		X		X						
Big boss			X		X			X		*				X	X	X
Le special			X		X			X		X					X	X
TNT			X		X			X		X					X	X
Veggie		V	X					X		*			X	*		*
Vegan		VE	X											X		X
4 cheesy		V	X					X								
Zero taco		V	X					X								

sides	Vegetarian	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide & Sulphites	Celery
Fries	VE														
Cheesy fries	V						X								
Peri cheesy fries	V						X								
Mozzarella sticks	V	X					X						X		
Halloumi fries	V						X								
Chicken tenders		X													
Onion rings	VE	X													
Chicken wings		X													
Sweet potato fries	VE														
Sweet potato cheesy fries	V						X								

Chicken nuggets		X					X		*				X		X
Curly fries	VE														

Loaded fries and nachos	Vegetarian	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide & Sulphites	Celery
Beefy fries		X		X			X								
Classic loaded fries		*		*			X		*				*		*
Crispy chicken fries		X		X			X							X	X
Spicy beef nachos							X								
Classic nachos	V						X								

Burgers	Vegetarian	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide & Sulphites	Celery
Chicken fillet burger		X		X			X		*			X	*		*
Kentucky burger		*		*			X		*			X	*		*
Dallas burger				X			X		X			X			
Quarter pounder burger				X			X		X			X			
Half pounder burger				X			X		X			X			
Chicken steak burger		X		X			X		*			X	X		X

Milkshakes	Vegetarian	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide & Sulphites	Celery
Kinder Bueno milkshake	V	X					X			X			X		
Ferrero Rocher milkshake	V	X					X			X			X		

Oreo milkshake	V	X					X						X		
Vanilla milkshake	V						X								
Reece's milkshake	V						X				X		X		
Lotus biscoff milkshake	V	X					X						X		
Snickers milkshake	V			X			X				X		X		
Smoothies	VE														
Red smoothie	VE														
Yellow smoothie	VE														
Green smoothie	VE														
Drinks															
Coke cola	VE														
Coke zero	VE														
Sprite	VE														
Fanta orange	VE														

Fanta fruit twist	VE														
Tango apple	VE														
Appletiser	VE														
Capri sun	VE														
7up mojito	VE														
7up exotique	VE														
Pacha strawberry	VE														
Pacha melon	VE														
Pacha lychee	VE														
Pacha peach	VE														
Still water	VE														

Desserts	Vegetarian	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide & Sulphites	Celery
Treleche caramel milk cake	V	X		X			X								
Apple pie		X					*								
Churros	VE	X													

Information correct at time of print, March 2022.

V = Suitable for vegetarians. VE = Suitable for vegans. X = Contains indicated allergen. * = May contain traces of indicated allergen (presence cannot be excluded). Please note our Fries may be cooked in the same oil as the other vegan products.

We are currently operating a reduced menu. Some items are not currently available and some ingredients may be changed.

Test Products, test formulations or regional items have not been included. While the ingredient information is based on standard product Formulations, variations may occur. This listing is updated regularly in an attempt to reflect the current status of our products and may vary from other printed materials in the restaurant. All information on this leaflet applies to UK only and is subject to change without notice.