FRENCH TACOS UK ALLERGEN

Information guide



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

If you have any further queries please email us at info@frenchtacos.co.uk



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

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 that are described as such 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.
- Milkshakes containing nuts are made in the same equipment as those without nuts

Mai	in Menu	V eg et ar ia n	Cereal s contai ning Gluten	Crustaceans	E	F i s h	L u p i n	M i I k	M o I I u s c	M us ta rd	N u t s	P e a n u t	Sesam e seeds	S o y a	Sulphu r Dioxid e & Sulphit es	Celer y
Step 1	Choose a size															
Step 2	choose a filling															
	Marinated Chicken															
	Tandoori chicken									*	*	*				
	Minced Beef															

	Chicken tenders		Х	Х		*					Х	X
	Cordon Bleu		Х			Х				Х		
	Chicken Nuggets		Х			Х	*			Х		Х
	Falafel	Х					*		*	*		*
	Pulled Jackfruit (LIMITED)	Х										
Step 3	Choose a Sauce											
	Ketchup	Х										
	Mayonnaise	Х		Х								
	Garlic Mayo	Х		Х								
	Barbecue	Х								Х		X
	Burger	Х		Х			Х					
	Sweet chilli	Х										
	Chilli	Х										
	Samourai	Х	Х	Х			*					
	Algerienne	Х	X	Х			Х					_
	Andalouse	Х		Х			Х					
	Buffalo hot sauce	Х				Х						

	Salsa hot sauce	Х								
	Chipotle	Х		Х						
	Yogurt qnd mint			Х		Х				
	Peri Peri sauce	Х								
	Jerk sauce	Х	Х							
Step 4	Choose a Supplement									
	Crispy onion	Х	Х							
	Cheddar slice	Х				Х				
	turkey bacon		*	*		*	*		*	*
	Pepperoni						Х		Х	
	Halloumi	Х				Х				
	Boursin	Х				Х				
	Gouda	Х				Х				
	smoked Cheese	Х				Х				
	Feta	Х				Х				

Caramelized Onion	X									
Peppers	Х									
Mushroom	Х									
Black Olives										
	X									
Jalapenos	Х									
Hummus	Х							Х		
Egg	Х		X							
Mozzarella	Х				Х					
Avocado	Х									
Merguez sausage										
Sweet potato	Х									
Tortilla chips	Х									
Tortilla wraps	Х	Х								
Our house Cheese sauce	X				Х					

Our	tacos	V eg et ar ia n	Cereal s contai ning Gluten	Crustaceans	E g g s	F i s h	L u p i n	M i I k	M o I I u s c	M us ta rd	N u t s	P e a n u t s	Sesam e seeds	S o y a	Sulphu r Dioxid e & Sulphit es	Celer Y
Original			Х		х			х		Х						
Kentucky			Х		Х			Х		*				*	Х	Х
Francois			х		х			х		Х				Х		
Mexican super o	runch		Х					х								
Lo fool good	Chicken		Х					Х								
Le feel good	Falafel		Х					Х		*			* *	r		*
	Fish		Х			Х		Х		Х						
Big boss			X		Х			Х		*				Х	Х	X
Le special			Х		Х			Х		Х					Х	Х

TNT		X	Х		X	Х				X	Х
Veggie	Х	Х			Х	*		Х	*		*
Vegan	Х	Х							Х		Х
4 cheesy		Х			Х						
Zero taco		X			X						

	V	Cereal	С	E	F	L	M	M	М	N	Р	Ses	S	Sulphu	Celer
sides	eg	S	r	g	i	u	i	0	us	u	е	am	0	r	У
31463	et	contai	u	g	S	р	-1	-1	ta	t	а	е	У	Dioxid	
	ar	ning	S	S	h	i	k	- 1	rd	S	n	see	а	e &	
	ia	Gluten	t			n		u			u	ds		Sulphit	
	n		а					S			t			es	
			С					С			S				
			е												
			а												
			n												
			S												
									_						_
Fries	X														

Cheesy fries	Х				Х				
Peri cheesy fries	Х				Х				
Mozzarella sticks	Х	Х			Х			Х	
Halloumi fries	Х				Х				
Chicken tenders		X							
Onion rings	Х	X							
Chicken wings		Х							
Sweet potato fries	Х								
Sweet potato cheesy fries	Х				Х				
Chicken nuggets		Х			Х	*		Х	Х
Curly fries	Х								

	٧	Cereal	С	E	F	L	М	М	М	N	Р	Ses	S	Sulphu	Celer
Loaded fries and nachos	eg	s	r	g	i	u	i	0	us	u	е	am	o	r	У
Loaded Tries and Hachos	et	contai	u	g	S	р	-1	-1	ta	t	а	е	у	Dioxid	
	ar	ning	S	S	h	i	k	- 1	rd	S	n	see	а	e &	
	ia	Gluten	t			n		u			u	ds		Sulphit	
	n		а					S			t			es	
			С					С			S				
			е												
			а												
			n												
			s												

Beefy fries	Х	Х		Х					
Classic loaded fries	*	*		Х	*		*		*
Crispy chicken fries	Х	Х		X				Х	Х
Spicy beef nachos				X					
Classic nachos				Х					

V eg et ar ia n	Cereal s contai ning Gluten	C r u s t a c e a n s	g g s	F i s h	L u p i n	M i l k	M o l u s c	M us ta rd	N u t s	P e a n u t	Ses am e see ds	S o y a	Sulphu r Dioxid e & Sulphit es	Celer y
						Х					X			
						Х					X			
						Х					Х			
						Х					X			
						Х					X			
													•	
	Х					Х			Х			Х		
	eg et ar ia	eg s et contai ar ning ia Gluten n	eg s r et contai u ning s ia Gluten t n a c e a n s s	eg s r g g s s s ia ning s s s ia Gluten t n a c c e a n s s	eg contai u g s s ning s s h ia Gluten t n c e e a n s s	eg s r g i u p s p i i i i i i i i i i i i i i i i i	eg s r g i u i ar ning s s h i k n n s S N N N N N N N N N N N N N N N N N N	eg contai u g s p l l l ar ning s s s h i k l u s c c c e a n s s c c e a n s s c c e a n s s c c e a n s s c c c e a n s s c c c e a n s s c c c e a n s s c c c c e a n s s c c c c e a n s s c c c c e a n s s c c c c c c c c c c c c c c c c c	et contai u g s p I I I ta ta ning s s s h i k I rd n u s c c e a n s s l x X X X X X X X X X X X X X X X X X X	eg s r g i u i o us u t ta t ta r ning s s s h i k l rd s Gluten n s X X X X X X X X X X X X X X X X X	eg s r g i u i o us u e et contai u g s p I I ta ta t a ar ning s s s h i k I rd s n u u n u s s c e a a n s s l x x x x x x x x x x x x x x x x x	eg contai u g s s h i l l l ta t a e e see ds n l l l l ta t a e e see ds n l l l l ta t a t a a e e see ds n l l l l l ta t a l t a a c e ds l l l l l l l l l l l l l l l l l l	eg contai u g g s h i l l l ta t t a e e am o y a i l l l rd s n u t t s see ds l l l rd s n u t t s see ds l l l rd s n u t t s see ds l l l rd s n u t t s s l l l rd s n u t t s s l l l rd s n u t t s s l l l rd s n u t t s s l l l rd s n u t t s s l l l rd s n u t t s s l l l rd s n u u t t s s l l l rd s n u u t t s s l l l l l l l l l l l l l l l l	eg s r g si u i l ta t a e e am o r Dioxid e & S n see a e & Sulphit es

Ferrero rocher milkshake		Х			Х		X		Х	
Oreo milkshake	Х	Х			Х				Х	
Vanilla milkshake	Х				Х					
Reece's milkshake	Х				Х			Х	Х	
Lotus biscoff milkshake	Х	Х			Х				Х	
Snickers milkshake	Х		Х		Х			Х	Х	
Smoothies	VE									
Red smoothie	Х									
Yellow smoothie	Х									
Green smoothie	Х									
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		Cereals containing Gluten	Cr us ta ce a ns	Eggs	F i s h	L u p i n	M i l k	M o I I u s c	M u s t a r d	N u t s	Pe a n ut s	S e s a m e s e d s	S o y a	Sul phu r Dio xid e & Sul phi tes	
Treleche caramel milk cake		X		X			Х								
Apple pie		Х					*								
Churros	V E	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.