

# **FRENCH TACOS UK**

## **ALLERGEN**

Information guide



For more information please visit our website and view the menu section  
[www.frenchtacos.co.uk](http://www.frenchtacos.co.uk)

If you have any further queries please email us at [info@frenchtacos.co.uk](mailto: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.



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

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

|  |                               |   |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|--|-------------------------------|---|---|--|---|--|--|---|--|--|--|---|--|--|--|--|
|  | <b>Caramelized Onion</b>      | X |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Peppers</b>                | X |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Mushroom</b>               | X |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Black Olives</b>           | X |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Jalapenos</b>              | X |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Hummus</b>                 | X |   |  |   |  |  |   |  |  |  | X |  |  |  |  |
|  | <b>Egg</b>                    | X |   |  | X |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Mozzarella</b>             | X |   |  |   |  |  | X |  |  |  |   |  |  |  |  |
|  | <b>Avocado</b>                | X |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Merguez sausage</b>        |   |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Sweet potato</b>           | X |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Tortilla chips</b>         | X |   |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Tortilla wraps</b>         | X | X |  |   |  |  |   |  |  |  |   |  |  |  |  |
|  | <b>Our house Cheese sauce</b> | X |   |  |   |  |  | X |  |  |  |   |  |  |  |  |

| Our tacos            |         | Vegetarian | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | 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      |









| Burgers | V<br>e<br>g<br>e<br>t<br>a<br>r<br>i<br>a<br>n | C<br>e<br>r<br>e<br>a<br>l<br>s<br><br>c<br>o<br>n<br>t<br>a<br>i<br>n<br>g<br><br>G<br>l<br>u<br>t<br>e<br>n | C<br>r<br>u<br>s<br>t<br>a<br>c<br>e<br>a<br>n<br>s | E<br>g<br>g<br>s | F<br>i<br>s<br>h | L<br>u<br>p<br>i<br>n | M<br>i<br>l<br>k | M<br>o<br>l<br>l<br>u<br>s<br>c | M<br>u<br>s<br>t<br>a<br>r<br>d | N<br>u<br>t<br>s | P<br>e<br>a<br>n<br>u<br>t<br>s | S<br>e<br>s<br>a<br>m<br>e<br>s<br>e<br>e<br>d<br>s | S<br>o<br>y<br>a | S<br>u<br>l<br>p<br>h<br>u<br>r<br>D<br>i<br>o<br>x<br>i<br>d<br>e<br>&<br>S<br>u<br>l<br>p<br>h<br>i<br>t<br>e<br>s | C<br>e<br>l<br>e<br>r<br>y |
|---------|--|---|---|------------------|------------------|-----------------------|------------------|---------------------------------|---------------------------------|------------------|---------------------------------|---|------------------|--|----------------------------|
|---------|--|---|---|------------------|------------------|-----------------------|------------------|---------------------------------|---------------------------------|------------------|---------------------------------|---|------------------|--|----------------------------|

|                        |  |  |  |  |  |  |   |  |  |  |  |   |  |  |  |
|------------------------|--|--|--|--|--|--|---|--|--|--|--|---|--|--|--|
| Chicken fillet burger  |  |  |  |  |  |  | X |  |  |  |  | X |  |  |  |
| Kentucky burger        |  |  |  |  |  |  | X |  |  |  |  | X |  |  |  |
| Dallas burger          |  |  |  |  |  |  | X |  |  |  |  | X |  |  |  |
| Quarter pounder burger |  |  |  |  |  |  | X |  |  |  |  | X |  |  |  |
| Half pounder burger    |  |  |  |  |  |  | X |  |  |  |  | X |  |  |  |

| Milkshakes             |  |   |  |  |  |  |   |  |  |   |  |  |   |  |  |
|------------------------|--|---|--|--|--|--|---|--|--|---|--|--|---|--|--|
| Kinder Bueno milkshake |  | X |  |  |  |  | X |  |  | X |  |  | 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.