ALLERGY CHART

CONTAINS ALLERGEN X

DOES NOT CONTAIN ALLERGEN ✓

We take allergies very seriously, and we understand eating out can be hard when you are impacted by food allergies. You can use our chart as a guide to help you select food options for your family. We will continue to evolve our current recipes and introduce new possibilities into our menu with the best interest of you and your families' health in mind while trying to maintain the authenticity of the recipes from our founder's Peruvian heritage.

	Soy	Gluten/Wheat	Coconut	Dairy	Eggs	Nuts/Tree Nuts	Sesame	Celery	Fish	Crustaceans	Shellfish	Mustard	Peanuts	Lupins	Vegetarian	Vegan
PERUVIAN CHICKEN																
All Peruvian Style Chicken	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
BOWLS																
*Pollo Bowl with Plantains	X	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓		
*Pollo Bowl with Corn	X	✓	✓	X	X	✓	✓	✓	✓	✓	✓	✓	✓	✓		
*Pollo Bowl with Green Beans	X	✓	✓	X	X	✓	✓	✓	✓	✓	✓	✓	✓	✓		
*Pollo Bowl with Brussels Sprouts	X	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓		
**Veggie Bowl with Plantains	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	YES
**Veggie Bowl with Corn	X	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
**Veggie Bowl with Green Beans	X	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
**Veggie Bow with Brussels Sprouts	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
***Lomo Bowl	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
SANDWICHES																
Ultimate Chicken Sandwich	X	X	✓	X	X	✓	✓	X	✓	✓	✓	X	✓	✓		
Peruvian Style Chicken Salad Sandwich	X	X	✓	X	X	✓	✓	X	✓	✓	✓	X	✓	✓		
EMPANADAS																
Pollo Empanada	X	X	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Queso Empanada	✓	X	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
Lomo Empanada	X	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Rice & Bean Empanada	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	YES
SIDES																
Peruvian Style Chicken Fried Rice	X	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Corn	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
Green Beans	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
Plantains	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	YES
French Fries	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	YES
Yuca Fries	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	YES
House Salad	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
House Salad w/ Dressing	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	X	✓	✓		
Black Beans	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	YES
Brussels Sprouts	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
Mac & Cheese	✓	X	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
Cole Slaw	✓	✓	✓	X	X	✓	✓	X	✓	✓	✓	X	✓	✓	YES	
KIDS																
Chicken Tenders	X	X	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓		
SAUCES																
Cilantro (Mild)	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	X	✓	✓	YES	
Aji Amarillo (Med)	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
Rocoto (Hot)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	YES
DESSERTS																
Tres Leches	✓	X	X	X	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
Flan	✓	✓	X	X	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	
DRINKS																
All Beer	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	YES
Chicha Morada	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	YES	YES

*Pollo Bowl (Base: Peruvian Style Chicken Fried Rice, Black Beans, Pulled Pollo)   ** Veggie Bowl (Base: White Rice, Black Beans, Quinoa Cake)   ***Lomo Bowl (White Rice, Onions, Tomatoes, French Fries, Beef)

†Frisco's Chicken is not a gluten, allergen free, vegan, or vegetarian restaurant, and therefore cross contamination is possible.

Frisco's Chicken uses highly refined soy and/or vegetable oil for frying and in dish preparation.