

MAIN MENU ALLERGEN INFORMATION

	DAIRY	EGG	WHEAT	BARLEY	RYE	OATS	SOY	PEANUT	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA	PECAN	PISTACHIO	WALNUT	PINENUT	ONION	GARLIC	SESAME	CRUSTACEAN	MOLLUSC	LUPIN	FISH	SULPHITES
BURGERS																									
BARE BETTY	x	x	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
BETTY'S CLASSIC	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
BETTY'S CLASSIC VEGAN	o	o	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	x	o	o	o	o	o
BETTY'S CLASSIC PLANT	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
BETTY'S DELUXE	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
BETTY'S DOUBLE	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
CHEESEBURGER	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
CHICKEN SUPREME	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	x	x	o	o	o
CRISPY CHICKEN	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	x	x	o	o	o
CRISPY CHICKEN STRIPS BURGER	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	x	x	o	o	o
GRILLED CHICKEN	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
NOOSA SURF CLASSIC	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	x	x	o	o	o
SHROOM BURGER	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	x	x	o	o	o
SPICY CHICKEN	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	x	x	o	o	o
ORIGINAL MILK BUN	x	x	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
RUSTIC WHITE BUN	o	o	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
VEGAN BUN	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
PUMPKIN WRAP	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
SIDES																									
CALAMARI	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	o	x	x	o	o	o
CRISPY CHICKEN STRIPS	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	x	o	x	x	o	o	o
FRIES & SNACK FRIES	o	o	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	x	o	o	o	o	o
FRICKLES	o	x	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o
SWEET POTATO FRIES	o	o	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	x	o	o	o	o	o
ONION RINGS	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	o	o	x	x	o	o	o
ADD-ONS																									
CHEESE	x	o	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
BACON	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
BEEF PATTY	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
BEETROOT	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
CRISPY CHICKEN	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	x	o	x	x	o	o	o
FRIED EGG	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
FRIED PRAWNS	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	x	o	x	x	o	o	o
GRILLED CHICKEN	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	o	o	o	o	o	o	o
PINEAPPLE	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
PLANT BASED PATTY	o	o	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
SHROOM PATTY	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	o	x	o	x	x	o	o	o
SMASHED AVOCADO	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
VEGAN PATTY	o	o	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	o	x	o	o	o	o	o
SAUCES																									
BBQ SAUCE	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	o	o	o	o	o	o
BETTY'S SAUCE	o	x	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
FRENCH'S MUSTARD	o	o	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	o	x	o	o	o	o	o	o
PLAIN MAYO	o	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o
SRIRACHA MAYO	o	x	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
TOMATO SAUCE	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
VEGAN GARLIC MAYO	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	o	o	o	o	o	o
VEGAN SPICY MAYO	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	o	o	o	o	o	o
BOWLS																									
GRILLED CHICKEN, AVO, BACON BOWL	x	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	x	x	o	o	o	o	o	o
GRILLED SALMON SUPER BOWL	x	o	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	o	o	o	o	o	x	o
VEG PATTY SUPER BOWL	x	o	o	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	x	o	o	o	o	o

	DAIRY	EGG	WHEAT	SOY	PEANUT	BARLEY	HAZELNUT	LUPIN	SESAME
ICE CREAM									
CHOCOLATE	x	x	o	o	o	o	o	o	o
VANILLA	x	x	o	o	o	o	o	o	o
THICK SHAKES									
CARAMEL	x	x	o	x	o	o	o	o	o
CHOCOLATE PEANUT BUTTER	x	x	o	o	x	o	o	o	o
STRAWBERRY	x	x	o	x	o	o	o	o	o
PEANUT BUTTER	x	x	o	o	x	o	o	o	o
VANILLA	x	x	o	o	o	o	o	o	o
CHOCOLATE	x	x	o	o	o	o	o	o	o
DESSERTS									
VANILLA COOKIE BUTTER	x	x	x	x	o	x	o	o	o
CHOCOLATE DELUXE	x	x	o	x	o	x	x	o	o
VANILLA PAVLOVA	x	x	o	x	o	o	o	o	o

x = The product contains or may contain allergen
o = May contain traces. The above allergens are not present in this item; however, these allergens are present in some of our supplier products at a manufacturing level.

Betty's Burgers restaurants will endeavour to provide an allergen-free product for its guests; however, Betty's cannot guarantee that these items will be free from traces of these allergens due to potential cross contamination that may occur in restaurant and via our supply chain. If you have an allergy to a specific product, please alert our restaurant team.



PARMI CAMPAIGN	DAIRY	EGG	WHEAT	BARLEY	RYE	OATS	SOY	PEANUT	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA	PECAN	PISTACHIO	WALNUT	PINENUT	ONION	GARLIC	SESAME	CRUSTACEAN	MOLLUSC	LUPIN	FISH	SULPHITES
CHICKEN PARMi	x	x	x	o	o	o	x	o	o	o	o	o	o	o	o	o	o	x	x	x	x	x	o	o	o



BREAKFAST ALLERGEN INFORMATION

ONLY AVAILABLE AT SELECT RESTAURANTS

PARRAMATTA, NSW	DAIRY	EGG	WHEAT	BARLEY	RYE	OATS	SOY	PEANUT	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA	PECAN	PISTACHIO	WALNUT	PINENUT	ONION	GARLIC	SESAME	CRUSTACEAN	MOLLUSC	LUPIN	FISH	SULPHITES
BREAKFAST MENU																									
HASH BROWN	○	○	○	○	○	○	x	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BETTY'S HEALTH BOWL	x	○	○	○	○	x	x	○	○	○	○	○	○	○	○	○	○	○	○	x	○	○	○	○	x
BANANA BREAD	x	x	x	○	○	○	x	○	○	○	○	○	○	○	○	○	○	○	○	x	○	○	○	○	○
SUNNY STACK BURGER	x	x	x	○	○	○	x	○	○	○	○	○	○	○	○	○	○	x	x	○	○	○	○	○	○
SMASHED AVO FETTA WRAP	x	○	x	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
BETTY'S BREAKIE WRAP	x	x	x	○	○	○	x	○	○	○	○	○	○	○	○	○	○	○	x	○	○	○	○	○	○
BACON AVO WRAP	x	x	x	○	○	○	x	○	○	○	○	○	○	○	○	○	○	x	x	x	○	○	○	○	○

SYDNEY INTERNATIONAL AIRPORT	DAIRY	EGG	WHEAT	BARLEY	RYE	OATS	SOY	PEANUT	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA	PECAN	PISTACHIO	WALNUT	PINENUT	ONION	GARLIC	SESAME	CRUSTACEAN	MOLLUSC	LUPIN	FISH	SULPHITES
BREAKFAST MENU																									
BETTY'S BREAKIE WRAP (previously BRUNCH WRAP)	x	x	x	○	○	○	x	○	○	○	○	○	○	○	○	○	○	○	x	○	○	○	○	○	○
BACON AVO WRAP (previously BCLAT WRAP)	x	x	x	○	○	○	x	○	○	○	○	○	○	○	○	○	○	x	x	x	○	○	○	○	○
HASH BROWN	○	○	○	○	○	○	x	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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