I learned a FROG is a finished room over Garage. ADU is different. Main difference is kitchen with sink.  
If one has a kitchen then one needs a ADU permit , if kitchen was installed later then home owner might be asked to either install new boards inside with higher fire code. Or remove kitchen. An inspector will come and inspect to issue a ADU.  
Once ADU is issued property taxes will also change. It will be 6% on The ADU as it is considered 2nd home and one will loose some of the tax free write off when selling.  
  
However any home owner have the right to rent out rooms to 3 other individuals on ones property with or without ADU  
  
In other words it is legal to rent frog out without ADU permit as long as frog has no kitchen sink.

Frederik Winther Nov 3, 2013