

# Drinks



- freestyle** (where available) 2.99  
100+ bottomless drink choices per person (0 - 260 Cals)
- Coca-Cola® Bottled Beverages** (where available) 2.79  
(0 - 240 Cals)
- vitaminwater®** (where available) 3.09  
(0 - 130 Cals per 591 ml bottle)
- Sparkling Water** (0 Cals) 3.09
- Dasani® Bottled Water** (0 Cals) 2.79
- Milk or Chocolate Milk** (120 or 160 Cals) 2.79
- Minute Maid® Orange Juice** (160 Cals per 355 ml bottle) 2.79
- Minute Maid® Apple Juice** (180 Cals per 355 ml bottle) 2.79

## Booze & Hot Drinks

See the alcohol and hot drinks menu for a choice of beer, wine, sangria and hot beverages.

## What about dessert?

► Enjoy a tasty treat here, or take it home.

- Naughty Natas** 2.69  
Traditional Portuguese custard tart. (180 Cals)
- Nando's Kisses** 4.29  
Dark chocolate ice cream centered in milk chocolate ice cream, rolled in chocolate shavings. (290 Cals)
- Chocolate Cake** 6.29  
Dark chocolate cake and chocolate fudge nestled between layers of decadent chocolate icing. (550 Cals)
- Classic New York Cheesecake** 5.29  
Light and airy shortbread crust filled with creamy cheesecake. (340 Cals)



► Love is in the (gift) cards.

If you're looking to treat someone (or yourself, we don't judge) might we humbly suggest a gift card? Don't be shy, ask your server today.

Please be aware that all Nando's menu items are made in a kitchen that contains wheat, dairy, nuts, eggs, and soy. If you have any special dietary requirements, please speak to a manager. Our veggie options contain no meat or meat products and we aim to prevent them contacting our chickens in any way (even by phone). Halal chicken is served in some Nando's restaurants. Prices are listed in Canadian Dollars. Applicable taxes and gratuity are not included. The trademarks that appear are the property of their respective trademark owners.

To determine the calories in your meal, simply add the calories of each individual item to calculate your total.

# Nandinos

► At Nando's, we're all kids at heart. So, we've put together a menu just for Nandinos (under 10 years old).

All Nandino meals  
**8.59**

### 1. Choose your main

- Grilled Chicken Skewer Meal** (130 Cals)
- Grilled Chicken Tender Meal** (130 Cals)

### 2. Pick One

- Plain...ish** Marinated with no added spice. (0 Cals)
- PERi-tamer** A mild, sweet sauce. (40 Cals)
- Or choose from our **PERi-ometer**. (25 - 90 Cals)

### 3. Pick your side

- |  |  |
|--|--|
| <b>Classic or PERi-Fries</b> (420 Cals)  | <b>Seasonal PERi-Vegetables</b> (130 Cals) |
| <b>Spiced Rice</b> (240 Cals)            | <b>Coleslaw</b> (210 Cals)                 |
| <b>Garlic Mashed Potatoes</b> (230 Cals) | <b>Casa Salad</b> (80 Cals)                |

### 4. Pick your drink

- Minute Maid® Apple Juice** (180 Cals)
- Minute Maid® Orange Juice** (160 Cals)
- Milk** (120 Cals)
- Chocolate Milk** (160 Cals)

### WE GROW OUR OWN

Nando's started in South Africa in 1987, and we're still true to our roots today. We grow our own PERi-PERi in Southern Africa, with more than 1,400 farmers on almost 500 acres. There's no Nando's without PERi-PERi: It's a chilli, a sauce and a nod to our homeland.



### Kilmany-Jo Liversage

Check out our cover art. Kilmany-Jo has an eye for strangers. And social media. And spray paint. She's also down with the cool kids, having spent a year immersed in Colombian street culture during a UNESCO Aschberg-Medellin residency. Her graffiti style portraiture and mixed-media creations have found their way into exhibitions around the world. And now she's in all of Nando's collections around the world, too! We're insanely lucky.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



Canada Menu Spring 2021

## Choose your heat before you eat

### Xtra HOT (90 Cals)

Like tackling a ferociously fiery dragon.

### HOT (45 Cals)

Highly combustible - proceed with caution.

### Medium (25 Cals)

Hits the spot without scalding your tonsils.

### Lemon & Herb (35 Cals) or Mango & Lime (25 Cals)

A hint of heat, but a tidal wave of flavour.

### Plain...ish (0 Cals)

Marinated in PERi-PERi, but grilled with no added spice. As mild as we go.



## Fire Starters

► Prepare your taste buds for the main event with mouth-watering nibbles.

### PERi-PERi Whole Wings

Our star treats. Marinated for 24 hours and flame-grilled to order.

3 Whole Wings (240 Cals)	5.79
5 Whole Wings (400 Cals)	7.79
10 Whole Wings (800 Cals)	14.79

<b>Garlic Bread</b>	4.29
Stone-baked Portuguese roll smothered in garlic and herb spread. (530 Cals)	

### Hummus with PERi-PERi Drizzle

Tangy PERi-PERi infused oil poured over creamy hummus. Dig in with chunks of warm pita. (920 Cals)

### Spicy Mixed Olives

Green and black olives perked up with mushrooms, garlic, peppers and chilli. (May contain the occasional olive pit.) (150 Cals)



### ► Take home your favourite

PERi-PERi sauce bottles (250 ml) (0-5 Cals per serving)	6.99
PERinaise squeeze bottles (450 ml) (30-45 Cals per serving)	6.99

vegetarian seasonally available

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

# PERi-PERi Chicken

**WHAT WE'RE FAMOUS FOR** Fresh, never frozen chicken marinated for 24 hours in PERi-PERi and flame-grilled to order.

	+1 REG SIDE	+2 REG SIDES
<b>1/2 Chicken</b> First time at Nando's? Look no further than our signature 1/2 chicken. (760 Cals)	14.99	17.29
<b>1/4 Chicken – Breast</b> Succulent and saucy. (430 Cals)	12.69	14.99
<b>1/4 Chicken – Leg</b> For a little dark and delicious. (340 Cals)	11.69	13.99
<b>Double Leg</b> Double your delicious. (680 Cals)	14.29	16.59
<b>Whole Chicken – on its own</b> Best of it all. (1520 Cals)	20.49	

	+1 REG SIDE	+2 REG SIDES
<b>Double Skewers</b> Two skewers of marinated chicken tenders. (260 Cals)	12.59	14.89
<b>Chicken Livers</b> Rich and tasty livers that melt in your mouth served with our garlic bread. (920 Cals)	12.19	14.49
<b>PERi-PERi Whole Wings</b> 10 of our sauciest treats, flame-grilled to order. (800 Cals)	17.39	19.69

**Calories for 1 regular side range from 60 - 420 Cals**

## Sharing Platters

► Bundles of our legendary PERi-PERi chicken – plenty for friends & family to share.

<b>Classic</b> Whole chicken + 2 regular sides + garlic bread. (1370 - 1910 Cals per person)	32.99 (for 2 people)
<b>Full Pack</b> Whole chicken + 2 large sides + garlic bread. (970 - 1710 Cals per person)	39.99 (for 3 people)
<b>Familia</b> Whole chicken + 2 chicken skewers + 2 large sides + garlic bread. (790 - 1370 Cals per person)	46.99 (for 4 people)
<b>Party Pack</b> 2 whole chickens + 3 large sides + garlic bread. (940 - 1530 Cals per person)	66.99 (for 6 people)

## Salads

► Get a little fresh with us.

<b>Caesar Salad</b> The classic, prepared fresh with shredded parmesan and house-made croutons. (890 Cals)	9.69
<b>Casa Salad </b> Our house salad made with fresh mixed greens, cucumbers and grape tomatoes. (170 Cals)	9.19
<b>Mediterranean Salad </b> Roasted red peppers, grape tomatoes, cucumbers, spicy mixed olives and feta cheese, over mixed greens and tossed in our house dressing. (450 Cals)	12.19
<b>Grilled Chicken and Halloumi Salad</b> PERi-PERi chicken with roasted red peppers, flame-grilled corn, marinated chickpeas and grilled halloumi cheese, over mixed greens and tossed in our house dressing. (660 Cals)	13.69

**Add any of these to your salad:**

Halloumi Cheese (100 Cals)	2.29	Chicken (100 Cals)	5.59
Feta Cheese (90 Cals)	2.29	Half Avocado (140 Cals)	1.99

## Nando's Favourites

► Go big on taste with these favourites.

<b>1/2 Chicken and PERi-Fries</b> You can't beat our signature 1/2 chicken. Served with an order of regular PERi-Fries to fully satisfy your craving. (1180 Cals)	14.99
<b>PERi-PERi Chicken Bowl </b> Portuguese rice topped with PERi-PERi chicken, arugula, roasted red peppers, corn and hummus. (790 Cals)	13.99
<b>Avocado &amp; Roasted Pepper Bowl </b> Avocado, roasted red peppers, corn, hummus and arugula served over Portuguese rice. (780 Cals)	12.99

## PERi-PERi Sandwiches & Wraps

PERi-PERi Chicken	+1 REG SIDE	+2 REG SIDES
<b>Chicken Sandwich</b> Our flame-grilled PERi-PERi chicken breast served with arugula, tomato and PERinaise on a stone-baked Portuguese roll. (390 Cals)	11.59	13.89
<b>Chicken Wrap</b> Grilled chicken tenders with crispy leaf lettuce, tomato, cucumber, sweet chilli jam and our tangy cilantro yogurt. (460 Cals)	11.59	13.89
<b>Chicken Caesar Wrap</b> Warm pulled chicken tossed with Caesar dressing, romaine lettuce and parmesan cheese. (410 Cals)	11.59	13.89

**Double the chicken for 5.59 (100 Cals)**

► Add any of these to your sandwich or wrap:

Halloumi Cheese (100 Cals)	2.29
Feta Cheese (90 Cals)	2.29
Half Avocado (140 Cals)	1.99

## Sides

	REGULAR	LARGE
► Choose a winning combination.	4.19	7.19
<b>PERi-Fries (420 / 610 Cals) </b>		
<b>Spiced Rice (240 / 480 Cals) </b>		
<b>Garlic Mashed Potatoes (230 / 470 Cals) </b>		
<b>PERi-Wedges (390 / 660 Cals) </b>		
<b>Macho Peas (330 / 655 Cals) </b>		
<b>Flame-Grilled Corn on the Cob (160 / 310 Cals) </b>		
<b>Coleslaw (210 / 620 Cals) </b>		
<b>Seasonal PERi-Vegetables (130 / 260 Cals) </b>		
<b>Casa Salad (80 / 170 Cals) </b>		
<b>Caesar Salad (360 / 890 Cals)</b>	+1.30	+2.50
<b>Brussels Sprouts (310 Cals) </b>	+2.49	

**Add PERinaise for 1.59 (80 Cals)**

## Shareable Sides

► Big enough to share with friends and family.	10.99 (for 4 people)
<b>Spiced Rice (240 Cals per person) </b>	
<b>Coleslaw (310 Cals per person) </b>	

Veg PERidise	+1 REG SIDE	+2 REG SIDES
<b>Veggie Sandwich </b> Veggie burger served on a stone-baked Portuguese roll with crispy leaf lettuce, tomato and PERinaise. (430 Cals)	11.09	13.39
<b>Veggie Wrap </b> Warm PERi-vegetables with crispy leaf lettuce, cilantro yogurt, sweet chilli jam and crumbled feta. (490 Cals)	11.09	13.39
<b>Portobello Mushroom Halloumi Sandwich or Wrap </b> Your choice of a stone-baked Portuguese garlic roll or a wrap with crispy leaf lettuce, tomato, chilli jam and cilantro yogurt. (530 Cals)	11.59	13.89

Grilled Pineapple Slice (20 Cals)	1.59
Cheddar Cheese Slice (120 Cals)	1.29
Roasted Portobello Mushroom (25 Cals)	3.59