

Nutritionals + Allergens



Nando's[®]

PERI-PERI CHICKEN



*All Menu items made with Nando's basting, sauces, and/or PERI-PERi Drizzle do contain Sulphites with level of Sulphite being less than 10 ppm.

FIRE STARTERS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Mixed Olives (113g)	150	0	13	4.7	0	0	1360	4	0	0	0	May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
Portugese Garlic Bread (122g)	530	0	31.5	8	18	0	730	47	2	0	7	• ROLL Contains: Wheat, Barley May Contain: Pecans, Walnuts, Almonds, Sesame Seeds, Milk, Eggs, Soy • GARLIC SPREAD Contains: Milk May Contain: Crustaceans, Egg, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
PERi-PERi Nuts (40g)	620	0	19	3	0	0	410	12	1	3	7	May Contain: Peanuts and other Tree Nuts
PERi-PERi Chicken Sliders (3) (288g)	560	0	25	4	0	160	980	56	3	11	28	• SLIDER BUNS Contains: Wheat, Eggs May Contain: Pecans, Walnuts, Almonds, Milk, Soy • CHICKEN May Contain: Soy, Wheat, Mustard, Egg • YOGURT DRESSING Contains: Egg, Milk, Mustard, Sulphites May Contain: Tree nuts & derivatives, Sesame Seeds, Fish, Soy, Wheat, Gluten • CHILLI JAM May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
PERi-PERi Portabello Sliders (3) (330g)	570	0	29	8	0.3	135	2110	62	4	12	19	• CHILLI JAM May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten • YOGURT DRESSING Contains: Egg, Milk, Mustard, Sulphites May Contain: Tree nuts & derivatives, Sesame Seeds, Fish, Soy, Wheat, Gluten • SLIDER BUNS Contains: Wheat, Eggs May Contain: Pecans, Walnuts, Almonds, Milk, Soy • HALLOUMI See in Add-ons Section
Hummus and Pita with PERi-Drizzle (238g)	920	0	24	0.2	0	0	1020	75	6	0	12	• HUMMUS Contains: Sesame, Sulphites May Contain: Crustaceans, Egg, Milk, Mustard, Soy, Wheat, Gluten • PITA Contains: Wheat
SALADS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Casa Salad Regular (No Dressing) (113g)	80	0	4.5	3	0.15	15	480	3.5	1	1	5.5	
Casa Salad Large (No Dressing) (264g)	170	0	9	6	0.3	30	1580	9	3	2	13	
Caesar Salad Regular (144g)	360	0	25.5	6	0.1	23	395	11	2	1	8.5	• CAESAR DRESSING Contains: Egg, Milk, Mustard, Soy, Sulphites May Contain: Crustaceans, Sesame, Wheat, Gluten
Caesar Salad Large (443g)	890	0	72	15	0.4	80	1240	33	5	3	22	• CAESAR DRESSING Contains: Egg, Milk, Mustard, Soy, Sulphites May Contain: Crustaceans, Sesame, Wheat, Gluten
Chicken and Halloumi Salad (428g)	660	0	29	8	0.1	120	1960	38	6	4	33	• NANDO'S HOUSE DRESSING Contains: Mustard May Contain: Crustaceans, Egg, Milk, Sesame, Soy, Sulphites, Wheat, Gluten • HALLOUMI See in Add-ons Section • CHICKEN BREAST May Contain: Soy, Wheat, Mustard, Egg
Mediterranean Salad (431g)	450	0	40	12.7	0.2	40	2950	20	4	7	15	• OLIVES May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten • FETA CHEESE Contains: Milk

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SAUCES, BASTES AND DRESSINGS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Garlic Table Sauce (100g)	60	0	4.17	0.6	0	0	1878	5	2.4	2.37	0.97	
Medium Table Sauce (100g)	60	0	4.92	0.6	0	0	2148	3.59	2.51	0.69	0.77	
Hot Table Sauce (100g)	50	0	3.61	0.5	3.61	0	2865	4.27	2.48	1.62	0.91	
Extra Hot Table Sauce (100g)	70	0	4.68	0.7	4.68	0	2504	4.95	2.92	1.86	1.26	
PERi-tamer (100g)	200	0	1.5	0.2	0	0	751	44	0	43.2	0.8	
Mango Lime Basting (28g)	30	0	1	0.07	0.23	0	297.57	4.83	0	4.29	0.13	
Lemon and Herb Basting (28g)	40	0	4	0.57	0	0	265.71	4	0.3	0.3	0.09	
Medium Basting (28g)	45	0	4.4	0.63	0	3	240.57	3.9	0.3	0.23	0.09	
Hot Basting (28g)	50	0	4.8	0.69	0	3	135.43	1.9	0.14	0.43	0.26	
House Dressing (28g)	80	0	8	1	0	0	140	2	0	1	0.1	
Buttermilk Chive Dressing (28g)	80	0	8	0.5	0	0	270	2	0	1	0.5	May Contain: Egg, Milk, Mustard
PERi PERi CHICKEN	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Whole Flame Grilled Wings (3) (136g)	240	0	13	2.5	0	70	290	1	0	0	23	
Whole Flame Grilled Wings (5) (227g)	400	0	21	4	0	115	480	1	0	1	38	
Whole Flame Grilled Wings (10) (454g)	800	0	42	8	0	230	960	2	0	2	76	
1/4 Chicken Breast (243g)	430	0	28	8	0.2	155	750	0	0	0	38	May Contain: Soy, Wheat, Mustard, Egg
1/4 Chicken Leg (200g)	340	0	24	7	0.2	130	700	0	0	0	30	May Contain: Soy, Wheat, Mustard, Egg
Half Chicken (443g)	760	0	52	15	0.4	285	1450	0	0	0	68	May Contain: Soy, Wheat, Mustard, Egg
Double Leg (400g)	680	0	48	14	0.4	260	1400	0	0	0	60	May Contain: Soy, Wheat, Mustard, Egg
Double Skewer (220g)	260	0	12	1.5	0	180	850	6	0	2	38	May Contain: Soy, Wheat, Mustard, Egg
Whole Chicken (885g)	1520	0	104	30	1	565	2900	0	0	0	135	May Contain: Soy, Wheat, Mustard, Egg
Grilled Chicken Livers (283g)	920	0	21	5	2	880	570	4	0	0	44	<ul style="list-style-type: none"> • LIVER BASTE Contains: Milk • GARLIC BREAD See in Fire Starters Section • GARLIC SPREAD See in Fire Starters Section
NANDINOS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
NandinOs Grilled Chicken Skewer (106g)	130	0	8	1.5	0	65	270	0	0	0	23	May Contain: Soy, Wheat, Mustard, Egg
NandinOs Chicken Tenders (106g)	130	0	8	1.5	0	65	270	0	0	0	23	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi SANDWICHES AND WRAPS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken Sandwich (254g)	390	0	12	1	0	100	1530	48	3	4	26	<ul style="list-style-type: none"> • PERINAISE SAUCE Contains: Egg, Mustard, Soy May Contain: Crustaceans, Milk, Sesame, Sulphites, Wheat, Gluten • ROLL Contains: Wheat, Barley May Contain: Pecans, Walnuts, Almonds, Sesame Seeds, Milk, Eggs, Soy
Chicken Wrap (368g)	460	0	24	6	0	125	1340	62	6	11	32	<ul style="list-style-type: none"> • CHILLI JAM May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten • DRESSING Contains: Egg, Milk, Mustard, Sulphites May Contain: Tree nuts & derivatives, Sesame Seeds, Fish, Soy, Wheat, Gluten • TORTILLA Contains: Wheat, Gluten

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PERI-PERi SANDWICHES AND WRAPS (CONT'D)	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken Caesar Wrap (281g)	410	0	18	5	0	95	110	50	6	3	30	<ul style="list-style-type: none"> • CHICKEN May Contain: Soy, Wheat, Mustard, Egg • DRESSING Contains: Egg, Milk, Mustard, Soy, Sulphites • May Contain: Crustaceans, Sesame, Wheat, Gluten • TORTILLA Contains: Wheat, Gluten • CHEESE Contains: Milk
Veggie Sandwich (267g)	430	0	13	1	0	10	1610	67	8	4	20	<ul style="list-style-type: none"> • Contains: Soy • May Contain: Wheat, Gluten, Sesame, Sulphite • PERINAISE SAUCE See in Add-ons Section • ROLL Contains: Wheat, Barley • May Contain: Pecans, Walnuts, Almonds, Sesame Seeds, Milk, Eggs, Soy
Veggie Wrap (426g)	490	0	23	7	0.2	30	1420	55	8	6	15	<ul style="list-style-type: none"> • CHILLI JAM May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten • YOGURT DRESSING Contains: Egg, Milk, Mustard, Sulphites • May Contain: Tree nuts & derivatives, Sesame Seeds, Fish, Soy, Wheat, Gluten • TORTILLA Contains: Wheat, Gluten • FETA CHEESE Contains: Milk • TOMATO CONCASSE May Contain: Crustaceans, Egg, Fish, Milk, Mustard, Sesame, Shellfish, Soy, Sulphites, Wheat, Gluten
Portobello and Halloumi Sandwich (284g)	530	0	45	10	14	20	2010	48	3	11	13	<ul style="list-style-type: none"> • CHILLI JAM May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten • YOGURT DRESSING Contains: Egg, Milk, Mustard, Sulphites • May Contain: Tree nuts & derivatives, Sesame Seeds, Fish, Soy, Wheat, Gluten • HALLOUMI See in Add-ons Section • GARLIC BREAD See in Fire Starters Section • GARLIC SPREAD See in Fire Starters Section
Portobello and Halloumi Wrap (317g)	530	0	32	6	0.2	25	2030	63	7	11	17	<ul style="list-style-type: none"> • CHILLI JAM May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten • YOGURT DRESSING Contains: Egg, Milk, Mustard, Sulphites • May Contain: Tree nuts & derivatives, Sesame Seeds, Fish, Soy, Wheat, Gluten • TORTILLA Contains: Wheat, Gluten • HALLOUMI See in Add-ons Section
ADD-ONS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
PERi-Drizzle (5g)	20	0	2	0.2	0	0	65	1	0	0	0.1	
Chili Jam (28g)	45	0	0	0	0	0	45	11	0	8	0.2	<ul style="list-style-type: none"> • May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
PERinase (28g)	80	0	7	0.5	0	10	510	0	1	1	0	<ul style="list-style-type: none"> • Contains: Egg, Mustard, Soy • May Contain: Crustaceans, Milk, Sesame, Sulphites, Wheat, Gluten
Cheddar Cheese (30g)	120	0	10	7	0.3	30	210	0	0	0	7	<ul style="list-style-type: none"> • Contains: Milk
Grilled Pineapple (40g)	20	0	0	0	0	0	0	5	0	4	0.4	
Grilled Halloumi Cheese (22g)	100	0	3	5	0.1	30	360	0	0	0	6	<ul style="list-style-type: none"> • Contains: Milk • May Contain: Eggs, Shellfish, Soybean protein
Single Chicken Skewer (106g)	130	0	8	1.5	0	65	270	0	0	0	23	<ul style="list-style-type: none"> • May Contain: Soy, Wheat, Mustard, Egg

ADD-ONS (CONT'D)	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Boneless Breast (100g)	100	0	3	0.5	0	90	430	3	0	1	19	May Contain: Soy, Wheat, Mustard, Egg
Portuguese Roll (79g)	210	0	1.5	0	0	0	490	44	2	0	7	Contains: Wheat, Barley May Contain: Pecans, Walnuts, Almonds, Sesame Seeds, Milk, Eggs, Soy
Grilled Pita (60g)	140	0	1	0.1	0	0	0	29	2	1	6	Contains: Wheat
Butter Pots (4.5g)	30	0	3.5	2.5	0.1	10	35	0	0	0	0.1	Contains: Milk
SIDES	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Coleslaw (Regular) (113g)	210	0	19	1.5	0	0	440	8	2	1	1	• COLESLAW DRESSING Contains: Egg, Mustard May Contain: Tree Nuts and derivatives, Dairy, Fish, Soy, Wheat, Gluten, Sulphites, Mustard • COLESLAW MIX May Contain: Sesame, Milk, Egg, Fish, Soy, Wheat, Mustard, Sulphites, Canola Oil
Coleslaw (Large) (340g)	620	0	57	4.5	0	0	1310	23	6	14	3	• COLESLAW DRESSING Contains: Egg, Mustard May Contain: Tree Nuts and derivatives, Dairy, Fish, Soy, Wheat, Gluten, Sulphites, Mustard • COLESLAW MIX May Contain: Sesame, Milk, Egg, Fish, Soy, Wheat, Mustard, Sulphites, Canola Oil
Coleslaw (Shareable) (680g)	1240	0	115	9	0	0	2610	45	11	29	6	• COLESLAW DRESSING Contains: Egg, Mustard May Contain: Tree Nuts and derivatives, Dairy, Fish, Soy, Wheat, Gluten, Sulphites, Mustard • COLESLAW MIX May Contain: Sesame, Milk, Egg, Fish, Soy, Wheat, Mustard, Sulphites, Canola Oil
Classic Fries (Regular) (214g)	420	0	23	1.5	0.2	0	930	48	4	0	4	
Classic Fries (Large) (314g)	610	0	34	2.1	0.3	0	1371	70	5	0	0	
PERI-Fries (Regular) (214g)	420	0	23	1.5	0.2	0	1480	48	4	0	4	
PERI-Fries (Large) (314g)	610	0	34	2.1	0.3	0	2171	70	5	0	7	
Classic Wedges (Regular) (214g)	390	0	20	1.5	0.1	0	70	48	3	0	4	
Classic Wedges (Large) (366g)	660	0	35	2.5	0.2	0	940	82	6	0	6	
PERI-Wedges (Regular) (214g)	390	0	20	1.5	0.1	0	620	48	3	0	4	
PERI-Wedges (Large) (366g)	660	0	35	2.5	0.2	0	940	82	6	0	6	
PERI-Chippers (Regular) (170g)	400	0	17	2	0	7	1166	26	3	1	2	
PERI-Chippers (Large) (397g)	760	0	40	5	0	17	2724	61	6	3	5	
Corn (Regular) (146g)	160	0	3.5	1.5	0	5	30	32	0	0	5	Contains: CORN (REGULAR) (146g)
Corn (Large) (292g)	310	0	7	3	0	10	60	62	0	0	9	Contains: CORN (LARGE) (292g)
PERI-Vegetable Mix (Regular) (170g)	130	0	9	0.5	0	0	470	10	2	5	2	May Contain: Crustaceans, Egg, Fish, Milk, Mustard, Sesame, Shellfish, Soy, Sulphites, Wheat, Gluten
PERI-Vegetable Mix (Large) (340g)	260	0	18	1	0	0	940	20	4	10	4	May Contain: Crustaceans, Egg, Fish, Milk, Mustard, Sesame, Shellfish, Soy, Sulphites, Wheat, Gluten
Garlic Mash (Regular) (170g)	230	0	13	3	3.5	0	610	27	3	1	2	• POTATOES Contains: Milk • GARLIC SPREAD See Garlic Bread in Fire Starters Section
Garlic Mash (Large) (340g)	470	0	25	6	7	0	1220	54	7	2	5	• POTATOES Contains: Milk • GARLIC SPREAD See Garlic Bread in Fire Starters Section
Spiced Rice (Regular) (170g)	240	0	5	2	0.5	0	650	44	1	0	4	Contains: Milk
Spiced Rice (Large) (340g)	480	0	11	3.5	1.5	15	1290	89	1	0	8	Contains: Milk
Spiced Rice (Shareable) (680g)	970	0	22	7	3	30	2580	178	3	0	16	Contains: Milk
PERI-Spinach (198g)	60	0	4	0.5	0	0	320	9	1	3	1	

BEVERAGES	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cappuccino (260g)	220	0	6	3.5	0.1	20	120	18	3	17	10	Contains: Milk
Americano (260g)	0	0	0.5	0.3	0	0	10	6	3	5	1	
Espresso (85g)	0	0	0.5	0.3	0	0	3	6	3	5	1	
Galao (260g)	90	0	6	3.5	0.1	20	120	18	3	17	10	Contains: Milk
Hot Chocolate (200g)	310	0	4	2.5	0.3	15	160	19	0	17	8	Contains: Milk May Contain: Gluten
Green Tea (200g)	0	0	0	0	0	0	10	0	0	0	0	
Earl Grey Tea (200g)	0	0	0	0	0	0	10	0	0	0	0	
Peppermint Tea (200g)	0	0	0	0	0	0	10	0	0	0	0	
Bottled Water (250g)	0	0	0	0	0	0	0	0	0	0	0	
Orange Juice (450g)	160	0	0	0	0	0	30	51	0	45	3	
Apple Juice (450g)	180	0	0	0	0	0	40	52	0	48	0	
Regular Milk (237g)	120	0	4.5	3	0.1	20	115	11	0	11	9	Contains: Milk
Chocolate Milk (237g)	160	0	2.5	1.5	0	10	0	25	0	25	9	Contains: Milk
Bottled Beer	100-165	0	0	0	0	0	0	0	0	0	0	
Draught Beer (20oz)	250	0	0	0	0	0	0	0	0	0	0	
Sangria (6oz)	110	0	0	0	0	0	1	0	0	4	0	
Red Wine (5oz)	130	0	0	0	0	0	0	0	0	0	0	
White Wine (5oz)	120	0	0	0	0	0	0	0	0	0	0	
Red Wine (8oz)	200	0	0	0	0	0	0	0	0	0	0	
White Wine (8oz)	190	0	0	0	0	0	0	0	0	0	0	
DESSERTS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Natas (75g)	180	0	10	0.5	2	65	160	20	0	9	3	Contains: Wheat, Milk, Egg, Soy May Contain: Oats, Barley, Rye, Triticale, Peanuts, Tree Nuts, Sesame Seeds, Sulphites, Mustard
Chocolate Kisses (127g)	290	0	16	11	0	35	110	34	1	31	4	
Chocolate Cake (175g)	550	0	23	0	0	50	650	83	4	60	6	Contains: Wheat, Dairy, Eggs, Soy, Sulphites May Contain: traces of tree nuts
New York Cheesecake (106g)	340	0	21	12	0.4	0	250	32	0	22	6	Contains: Milk, Eggs, Wheat May Contain: traces of tree nuts

