

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												
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Spicy Mixed Olives	113g	150	13	4.7	0	0	1360	4	0	0	0	May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
Portuguese Garlic Bread	122g	530	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
Hummus and Pita with PERI-Drizzle	238g	920	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												
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Casa Salad (Regular - No Dressing)	113g	80	4.5	3	0.15	15	480	3.5	1	1	5.5	
Casa Salad (Large - No Dressing)	264g	170	9	6	0.3	30	1580	9	3	2	13	
Caesar Salad (Regular)	144g	360	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	72	15	0.4	80	1240	33	5	3	22	• CAESAR DRESSING Contains: Egg, Milk, Mustard, Soy, Sulphites May Contain: Crustaceans, Sesame, Wheat, Gluten
Grilled Chicken and Halloumi Salad	463g	660	29	8	0.1	129	1960	38	7	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 (Large)	431g	450	40	13	0.2	40	2950	20	4	7	15	• OLIVES May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten • FETA CHEESE See In Add-ons section
Avocado & Roasted Pepper Bowl	590g	780	43	5.5	1	17	1715	85	11	8	19	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
SAUCES, BASTES AND DRESSINGS												
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Garlic Table Sauce	100g	60	4.17	0.6	0	0	1878	5	2.4	2.37	0.97	
Medium Table Sauce	100g	60	4.92	0.6	0	0	2148	3.59	2.51	0.69	0.77	
Hot Table Sauce	100g	50	3.61	0.5	3.61	0	2865	4.27	2.48	1.62	0.91	
Extra Hot Table Sauce	100g	70	4.68	0.7	4.68	0	2504	4.95	2.92	1.86	1.26	
PERI-ramer	100g	200	1.5	0.2	0	0	751	44	0	43.2	0.8	
Mango Lime Basting	28g	30	1	0.07	0.23	0	297.57	4.83	0	4.29	0.13	
Lemon and Herb Basting	28g	40	4	0.57	0	0	265.71	4	0.3	0.3	0.09	
Medium Basting	28g	45	4.4	0.63	0	3	240.57	3.9	0.3	0.23	0.09	
Hot Basting	28g	50	4.8	0.69	0	3	135.43	1.9	0.14	0.43	0.26	
House Dressing	28g	80	8	1	0	0	140	2	0	1	0.1	
Buttermilk Chive Dressing	28g	80	8	0.5	0	0	270	2	0	1	0.5	May Contain: Egg, Milk, Mustard
PERI-PERi CHICKEN												
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Whole Flame Grilled Wings (3)	136g	240	13	2.5	0	70	290	1	0	0	23	
Whole Flame Grilled Wings (5)	227g	400	21	4	0	115	480	1	0	1	38	
Whole Flame Grilled Wings (10)	454g	800	42	8	0	230	960	2	0	2	76	
1/4 Chicken Breast	243g	430	28	8	0.2	155	750	0	0	0	38	May Contain: Soy, Wheat, Mustard, Egg
1/4 Chicken Leg	200g	340	24	7	0.2	130	700	0	0	0	30	May Contain: Soy, Wheat, Mustard, Egg
Half Chicken	443g	760	52	15	0.4	285	1450	0	0	0	68	May Contain: Soy, Wheat, Mustard, Egg
Double Leg	400g	680	48	14	0.4	260	1400	0	0	0	60	May Contain: Soy, Wheat, Mustard, Egg

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PERI-PERi CHICKEN (CONT'D)												
Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens	
Double Skewer	220g	260	12	1.5	0	180	850	6	0	2	38	May Contain: Soy, Wheat, Mustard, Egg
Whole Chicken	885g	1520	104	30	1	565	2900	0	0	0	135	May Contain: Soy, Wheat, Mustard, Egg
Grilled Chicken Livers	283g	920	21	5	2	880	570	4	0	0	44	• LIVER BASTE Contains: Milk • GARLIC BREAD See In Fire Starters section • GARLIC SPREAD See In Fire Starters section
PERI-PERi Chicken Bowl	595g	790	32	7	1	100	1790	78	6	7	43	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
NANDINOS												
Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens	
Nandinos Grilled Chicken Skewer	106g	130	8	1.5	0	65	270	0	0	0	23	May Contain: Soy, Wheat, Mustard, Egg
Nandinos Chicken Tenders	106g	130	8	1.5	0	65	270	0	0	0	23	May Contain: Soy, Wheat, Mustard, Egg
PERI-PERi SANDWICHES AND WRAPS												
Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens	
PERI Chicken Sandwich	282g	390	12	1	0	100	1530	48	4	5	26	• 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	24	6	0	125	1340	62	6	11	32	• 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
Chicken Caesar Wrap	281g	410	18	5	0	95	110	50	6	3	30	• 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	13	1	0	10	1610	67	8	4	20	Contains: Soy May Contain: Wheat, Gluten, Sesame, Sulphites • 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	23	7	0.2	30	1420	55	8	6	15	• 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	45	10	14	20	2010	48	3	11	13	• 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	32	6	0.2	25	2030	63	7	11	17	• 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

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

ADD-ONS	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
PERI-Drizzle	5g	20	2	0.2	0	0	65	1	0	0	0.1	
Chili Jam	28g	45	0	0	0	0	45	11	0	8	0.2	May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
PERInase	28g	80	7	0.5	0	10	510	0	1	1	0	Contains: Egg, Mustard, Soy May Contain: Crustaceans, Milk, Sesame, Sulphites, Wheat, Gluten
Cheddar Cheese	30g	120	10	7	0.3	30	210	0	0	0	7	Contains: Milk
Grilled Pineapple	40g	20	0	0	0	0	0	5	0	4	0.4	
Grilled Halloumi Cheese	22g	100	3	5	0.1	30	360	0	0	0	6	Contains: Milk May Contain: Eggs, Shellfish, Soybean protein
Single Chicken Skewer	106g	130	8	1.5	0	65	270	0	0	0	23	May Contain: Soy, Wheat, Mustard, Egg
Boneless Breast	100g	100	3	0.5	0	90	430	3	0	1	19	May Contain: Soy, Wheat, Mustard, Egg
Portuguese Roll	79g	210	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	1	0.1	0	0	0	29	2	1	6	Contains: Wheat
Butter Pots	4.5g	30	3.5	2.5	0.1	10	35	0	0	0	0.1	Contains: Milk
Half Avocado	75g	140	11	2	0	0	5	7	5	1	2	Contains: Avocado
SIDES	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Coleslaw (Regular)	113g	210	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	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	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	23	1.5	0.2	0	930	48	4	0	4	
Classic Fries (Large)	314g	610	34	2.1	0.3	0	1371	70	5	0	0	
PERI-Fries (Regular)	214g	420	23	1.5	0.2	0	1480	48	4	0	4	
PERI-Fries (Large)	314g	610	34	2.1	0.3	0	2171	70	5	0	7	
Classic Wedges (Regular)	214g	390	20	1.5	0.1	0	70	48	3	0	4	
Classic Wedges (Large)	366g	660	35	2.5	0.2	0	940	82	6	0	6	
PERI-Wedges (Regular)	214g	390	20	1.5	0.1	0	620	48	3	0	4	
PERI-Wedges (Large)	366g	660	35	2.5	0.2	0	940	82	6	0	6	
Corn (Regular)	146g	160	3.5	1.5	0	5	30	32	0	0	5	Contains: Corn
Corn (Large)	292g	310	7	3	0	10	60	62	0	0	9	Contains: Corn
PERI-Vegetable Mx (Regular)	170g	130	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 Mx (Large)	340g	260	18	1	0	0	940	20	4	10	4	May Contain: Crustaceans, Egg, Fish, Milk, Mustard, Sesame, Shellfish, Soy, Sulphites, Wheat, Gluten

SIDES (CONT'D)	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Garlic Mash (Regular)	170g	230	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	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	5	2	0.5	0	650	44	1	0	4	Contains: Milk
Spiced Rice (Large)	340g	480	11	3.5	1.5	15	1290	89	1	0	8	Contains: Milk
Spiced Rice (Shareable)	680g	970	22	7	3	30	2580	178	3	0	16	Contains: Milk
Macho Peas (Large)	368g	895	70	15	0	0	920	44	18	15	15	Contains: Milk, Soy
Macho Peas (Regular)	184g	450	35	7	0	0	460	22	9	7	7	Contains: Milk, Soy
Brussels Sprouts	213g	310	12	8	1	40	340	2	2	1	2	Contains: Milk, Soy, Sulphites, Gluten
BEVERAGES	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Cappuccino	260g	220	6	3.5	0.1	20	120	18	3	17	10	Contains: Milk
Americano	260g	0	0.5	0.3	0	0	10	6	3	5	1	
Espresso	85g	0	0.5	0.3	0	0	3	6	3	5	1	
Galao	260g	90	6	3.5	0.1	20	120	18	3	17	10	Contains: Milk
Hot Chocolate	200g	310	4	2.5	0.3	15	160	19	0	17	8	Contains: Milk, Soy May Contain: Gluten
Green Tea	200g	0	0	0	0	0	10	0	0	0	0	
Earl Grey Tea	200g	0	0	0	0	0	10	0	0	0	0	
Peppermint Tea	200g	0	0	0	0	0	10	0	0	0	0	
Bottled Water	250g	0	0	0	0	0	0	0	0	0	0	
Orange Juice	450g	160	0	0	0	0	30	51	0	45	3	
Apple Juice	450g	180	0	0	0	0	40	52	0	48	0	
Regular Milk	237g	120	4.5	3	0.1	20	115	11	0	11	9	Contains: Milk
Chocolate Milk	237g	160	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	
Draught Beer	20oz	250	0	0	0	0	0	0	0	0	0	
Sangria	6oz	110	0	0	0	0	1	0	0	4	0	
Red Wine	5oz	130	0	0	0	0	0	0	0	0	0	
White Wine	5oz	120	0	0	0	0	0	0	0	0	0	
Red Wine	8oz	200	0	0	0	0	0	0	0	0	0	
White Wine	8oz	190	0	0	0	0	0	0	0	0	0	
DESSERTS	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Natas	75g	180	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	16	11	0	35	110	34	1	31	4	Contains: Milk, Soy, Tree Nuts
Chocolate Cake	175g	550	23	0	0	50	650	83	4	60	6	Contains: Wheat, Dairy, Eggs, Soy, Sulphites May Contain: traces of tree nuts
New York Cheesecake	104g	340	21	12	0.4	0	250	32	0	22	6	Contains: Milk, Eggs, Wheat May Contain: traces of tree nuts

