Nutritionals + Allergens

October 2026

Nando's
PERi-PERi CHICKEN

Category	Menu Item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Add-on	Boneless Breast	100 g	100	3	0.5	0	90	430	3	0	1	19	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Cheddar Cheese Slice	30 g	120	10	7	0.3	30	210	0	0	0	7	Contains: Milk
Add-on	Chicken Thigh, Plainish	64 g	140	9	2.5	0	75	370	0	0	0	13	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Chilli Jam	28 g	45	0	0	0	0	45	11	0	8	0.2	May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
Add-on	Lemon Honey Yogurt	28 g	25	1	0	0	<5	70	3	0	2	<1	Contains: Milk
Add-on	Double Breast, Plainish	200 g	200	6	1	0	180	860	6	0	1	38	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Feta Cheese	28 g	70	6	4	0	25	260	1	0	1	4	Contains: Milk
Add-on	Garlic Spread	28 g	160	16	4	0	0	240	0	0	0	0	Contains: Soy, Sulphites, Gluten
Add-on	Grilled Corn, Plainish (1/2 Cobb)	83 g	130	7	4	0	15	50	16	2	3	3	Contains: Milk
Add-on	Grilled Halloumi Cheese	22 g	100	3	5	0.1	30	360	0	0	0	6	Contains: Milk May Contain: Egg, Shellfish, Soybean protein
Add-on	Grilled Pineapple Slice	40 g	20	0	0	0	0	0	5	0	4	0.4	
Add-on	Grilled Pita	60 g	140	1	0.1	0	0	0	29	2	1	6	Contain: Wheat
Add-on	Half Avocado	75 g	140	11	2	0	0	5	7	5	1	2	Contain: Avocado
Add-on	PERi Honey	50 g	120	0.5	0	0	0	300	31	0	30	0	
Add-on	PERi Pita Croutons	20 g	70	3	0	0	0	190	9	0	1	1	Contains: Sesame, Soy, Wheat
Add-on	PERi-PERi Drizzle	20 g	140	15	0	0	0	470	1	0	0	0	
Add-on	PERinaise	28 g	90	8	1	0	10	320	6	0	4	0	Contains: Egg, Soy
Add-on	Pickled Cauliflower	34 g	10	0	0	0	0	120	2	0	1	0	
Add-on	Pickled Red Onions	14 g	10	0	0	0	0	95	2	0	1	0	
Add-on	Portuguese Roll	79 g	210	1.5	0	0	0	490	44	2	0	7	Contains: Wheat May Contain: Milk, Egg, Soy, Sesame Seeds, Sulphites
Add-on	Portobello Mushroom Slices	20 g	70	8	0.5	0.2	0	120	5	1	0	4	
Add-on	Pulled Chicken, Plainish	113 g	160	4	1	0	105	530	0	0	0	30	May Contain: Milk, Egg, Soy, Sesame Seeds, Sulphites
Add-on	Roasted Red Pepper	35 g	10	0	0	0	0	120	2	>1	2	0	Contains: Sulphites
Add-on	Single Skewer	170 g	130	4.5	0.4	0	50	670	50	5	1	34	
Add-on	Superseed Crunch	28 g	140	11	1	0	0	250	8	3	2	5	Contains: Wheat, Sesame
Add-on	Tomato Cucumber Onion Salad	55 g	10	0	0	0	0	45	2	0	<1	0	
Add-on	Veggie Burger Patty, Plainish	113 g	140	2.5	0	0	0	460	17	5	0	13	Contains: Soy, Wheat May Contain: Milk
Baste	Extra Hot Baste	57 g	90	9	0	0	0	760	2	0	<1	0	
Baste	Hot Baste	28 g	45	4.5	0	0	0	380	1	0	0	0	
Baste	Lemon and Herb Baste	28 g	10	1	0	0	0	170	<1	0	0	0	
Baste	Mango and Lime Baste	28 g	30	1	0	0	5	290	5	0	4	0	
Baste	Medium Baste	28 g	25	2.5	0	0	0	210	0	0	0	0	
Beverage, Alcohol	Bottled Beer		100-165	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Draught Beer	591 mL	250	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Red Wine	148 mL	130	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Red Wine	237 mL	200	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Sangria	177 mL	120	0	0	0	0	10	14	1	8	0	
Beverage, Alcohol	White Wine	148 mL	120	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	White Wine	237 mL	190	0	0	0	0	0	0	0	0	0	
Beverage	Apple Juice	450 g	180	0	0	0	0	40	52	0	48	0	
Beverage	Bottled Water	250 g	0	0	0	0	0	0	0	0	0	0	
Beverage	Chocolate Milk	237 g	160	2.5	1.5	0	10	0	25	0	25	9	Contains: Milk
Beverage	Mango Lemonade (Regular)	473 mL	220	0	0	0	0	20	55	0	52	0	
Beverage	Mango Lemonade (Large)	1 Litre	485	0	0	0	0	44	121	0	114	0	
Beverage	Orange Juice	450 g	160	0	0	0	0	30	51	0	45	3	
Beverage	Regular Milk	237 g	120	4.5	3	0.1	20	115	11	0	11	9	Contains: Milk
Beverage	Strawberry Lemonade (Regular)	473 mL	220	0	0	0	0	15	54	<1	50	0	
Beverage	Strawberry Lemonade (Large)	1 Litre	485	0	0	0	0	44	121	0	114	0	

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.

Allergy Caution: All Nando's menu items are made in a kitchen that contains wheat, dairy, nuts, fish, egg and soy. We do our best to prevent it, but there is still a risk of contamination of these items.
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.

Category	Menu Item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Bowls	Chicken & Spiced Rice Bowl (with Boneless Thighs)	582 g	1200	26	5	0	175	1360	9	0	6	43	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat (Gluten), Mustard, Egg
Bowls	Chicken & Spiced Rice Bowl (with Boneless Breast)	582 g	1080	14	2	0	140	1370	12	0	7	40	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat (Gluten), Mustard, Egg
Bowls	Chicken & Spiced Rice Bowl (with Grilled Halloumi)	504 g	1080	14	6	0.1	80	940	9	0	6	27	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat (Gluten), Mustard, Egg
Bowls	Chicken & Spiced Rice Bowl (with Pulled Chicken)	595 g	1140	15	2.5	0	155	1470	9	0	6	51	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat (Gluten), Mustard, Egg
Bowls	PERi-PERi Chicken Bowl (with Boneless Breast)	595 g	790	32	7	1	100	1790	78	6	7	43	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
Bowls	PERi-PERi Chicken Bowl (with Boneless Thighs)	703 g	1090	60	10	0	280	3420	93	8	8	61	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
Bowls	PERi-PERi Chicken Bowl (with Grilled Halloumi)	520 g	730	38	9	0	30	2930	92	8	8	21	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
Bowls	PERi-PERi Chicken Bowl (with Pulled Chicken)	575 g	810	41	5	0	120	2880	92	8	7	30	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
Bowls	Rainbow Bowl	646 g	1210	64	20	1	75	2760	99	12	8	32	Contains: Sesame, Sulphites, Wheat, Gluten, Milk May Contain: Crustacean, Egg, Mustard, Soy, Tree Nuts
Bowls	Rainbow Bowl (with Boneless Breast)	724 g	1260	59	13	1	145	2930	99	12	8	52	Contains: Sesame, Sulphites, Wheat, Gluten, Milk May Contain: Crustacean, Egg, Mustard, Soy, Tree Nuts
Bowls	Rainbow Bowl (with Boneless Thighs)	762 g	1420	74	18	1.5	325	2700	91	10	6	66	Contains: Sesame, Sulphites, Wheat, Gluten, Milk May Contain: Crustacean, Egg, Mustard, Soy, Tree Nuts
Bowls	Rainbow Bowl (with Grilled Halloumi)	631 g	1010	59	20	0	70	2600	96	12	8	30	Contains: Sesame, Sulphites, Wheat, Gluten, Milk May Contain: Crustacean, Egg, Mustard, Soy, Tree Nuts
Bowls	Rainbow Bowl (with Pulled Chicken)	634 g	1140	51	12	1	120	2020	91	10	6	46	Contains: Sesame, Sulphites, Wheat, Gluten, Milk May Contain: Crustacean, Egg, Mustard, Soy, Tree Nuts
Condiments	Extra Hot Table Sauce	100 g	70	4.68	0.7	4.68	0	2504	4.95	2.92	1.86	1.26	
Condiments	Garlic Table Sauce	100 g	60	4.17	0.6	0	0	1878	5	2.4	2.37	0.97	
Condiments	Hot Table Sauce	100 g	50	3.61	0.5	3.61	0	2865	4.27	2.48	1.62	0.91	
Condiments	House Dressing	28 g	80	8	1	0	0	140	2	0	1	0.1	Contains: Mustard
Condiments	Medium Table Sauce	100 g	60	4.92	0.6	0	0	2148	3.59	2.51	0.69	0.77	
Desserts	Chocolate Cake	1 Slice	690	42	21	0.3	70	430	71	4	47	8	Contains: Milk, Egg, Soy, Wheat May Contain: Peanuts, Tree Nuts, Sulphites
Desserts	Nando's Kisses	127 g	290	16	11	0	35	110	34	1	31	4	Contains: Milk, Soy, Tree Nuts
Desserts	Naughty Nata	75 g	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
Desserts	New York Cheesecake	1 Slice	600	38	22	1	155	570	54	1	40	10	Contains: Milk, Egg, Soy, Wheat May Contain: Peanuts, Tree Nuts, Sulphites
Handhelds	Chicken Sandwich	282 g	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
Handhelds	Chicken Wrap	345 g	560	24	3.5	0	85	740	60	7	62	31	• 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 May Contain: Milk, Soy, Sulphites
Handhelds	Classic Chicken Caesar Wrap	297 g	700	41	9	0	170	1490	56	10	2	54	Contains: Egg, Fish, Milk, Wheat, Suphites, Mustard
Handhelds	Garlic Bread CLT	289 g	700	45	17	0	200	1680	39	6	3	57	Contains: Wheat, Soy, Milk May Contain: Egg, Soy, Sulphites, Sesame
Handhelds	Nandocas' Choice	357 g	870	44	12	0	255	1660	49	5	8	68	Contains: Egg, Soy, Wheat, Sulphites, Mustard
Handhelds	Portobello Mushroom & Halloumi Wrap	397 g	920	56	1	0	55	1430	86	7	31	24	Contains: Milk, Wheat
Handhelds	The Chickle	397 g	980	47	11	0.3	140	2220	63	3	11	37	Contains: Eggs, Milk, Mustard, Sesame Seeds, Soy, Sulphites, Wheat, Gluten May Contain: Fish
Handhelds	Thigh & Mighty Sandwich	322 g	610	30	6	0	155	1570	53	3	11	33	Contains: Wheat, Egg, Mustard, Soy May Contain: Sesame Seeds, Milk, Egg, Soy, Sulphites
Handhelds	Veggie Burger	267 g	430	13	1	0	10	1610	67	8	4	20	Contains: Soy, Wheat May Contain: Sulphite • PERINAISE SAUCE | Add-ons section • ROLL | Contains: Wheat, Barley May Contain: Pecans, Walnuts, Almonds, Sesame Seeds, Milk

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.

Allergy Caution: All Nando's menu items are made in a kitchen that contains wheat, dairy, nuts, fish, egg and soy. We do our best to prevent it, but there is still a risk of contamination of these items.
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.

Category	Menu Item	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	Chicken Breast Strips Meal	63 g	110	5	1	0	50	370	0	0	0	15	May Contain: Soy, Wheat, Mustard, Egg
Nandinos	Mac & Cheese Meal	184 g	310	15	7	0	35	640	30	0	5	2	Contains: Milk, Wheat
PERi-PERi Chicken	1/2 Chicken	443 g	760	52	15	0.4	285	1450	0	0	0	68	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	1/4 Chicken - Breast	243 g	430	28	8	0.2	155	750	0	0	0	38	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	1/4 Chicken - Leg	200 g	340	24	7	0.2	130	700	0	0	0	30	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	2 Chicken Tender Skewers	340 g	260	9	1	0	105	1350	36	10	1	68	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	3 Boneless Thighs	319 g	950	48	11	0	325	1920	3	0	2	57	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	Boneless Butterfly Chicken Breast	142 g	240	11	2.5	0	115	850	1	0	0	24	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	Chicken Livers	283 g	920	21	5	2	880	570	4	0	0	44	Liver Baste: contains Milk Garlic Bread: contains Wheat, Soy, Gluten, Sulphites May Contain: Milk, Egg, Soy, Sesame Seeds
PERi-PERi Chicken	Chicken Thigh Skewer	110 g	120	8	2	0	60	290	2	0	1	11	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	Double Leg	400 g	680	48	14	0.4	260	1400	0	0	0	60	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	PERi-PERi Wings (10)	280 g	640	36	10	0	395	1300	0	0	0	78	
PERi-PERi Chicken	PERi-PERi Wings (20)	560 g	1270	72	20	0	785	2590	0	0	0	156	
PERi-PERi Chicken	Whole Chicken	885 g	1520	104	30	1	565	2900	0	0	0	135	May Contain: Soy, Wheat, Mustard, Egg
Salads	Caesar Salad, Large	312 g	940	89	12	0	45	1350	21	3	4	13	Contains: Egg, Fish, Milk, Wheat, Suplhites, Mustard
Salads	Classic Chicken Caesar Salad, Large (with Boneless Breast)	410 g	1130	98	15	0	170	1760	21	4	4	41	Contains: Egg, Fish, Milk, Wheat, Sulphites, Mustard
Salads	Classic Chicken Caesar Salad, Large (with Boneless Thighs)	508 g	1370	112	19	0	320	2280	21	7	4	69	Contains: Egg, Fish, Milk, Wheat, Sulphites, Mustard
Salads	Classic Chicken Caesar Salad, Large (with Grilled Halloumi)	374 g	1160	103	21	1	95	1910	36	3	19	23	Contains: Egg, Fish, Milk, Wheat, Sulphites, Mustard
Salads	Classic Chicken Caesar Salad, Large (with Pulled Chicken)	411 g	1100	99	16	0	195	2090	22	7	5	53	Contains: Egg, Fish, Milk, Wheat, Sulphites, Mustard
Salads	Mediterranean Salad	457 g	370	29	10	0	15	950	15	5	11	11	Contains: Milk
Salads	Mediterranean Salad (with Boneless Breast)	557 g	470	32	11	0	140	1380	18	5	12	30	Contains: Milk
Salads	Mediterranean Salad (with Boneless Thighs)	632 g	760	55	17	0	265	1690	15	5	11	49	Contains: Milk
Salads	Mediterranean Salad (with Grilled Halloumi)	479 g	470	32	15	0.1	80	950	15	5	11	17	Contains: Milk
Salads	Mediterranean Salad (with Pulled Chicken)	570 g	530	33	11	0	155	1480	15	5	11	41	Contains: Milk
Sides	Apple Slices	213 g	120	0	0	0	0	0	29	6	20	<1	
Sides	Brussels Sprouts (Roasted), Regular	159 g	170	7	1	0	0	590	23	8	5	7	Contains: Soy, Wheat, Sulphites
Sides	Brussels Sprouts (Roasted), Large	318 g	330	14	1.5	0	0	1170	47	16	11	15	Contains: Soy, Wheat, Sulphites
Sides	Caesar Salad, Regular	156 g	470	44	6	0	20	680	11	2	3	6	Contains: Egg, Fish, Milk, Wheat, Sulphites, Mustard
Sides	Caesar Salad, Large	312 g	940	89	12	0	45	1350	21	3	4	13	Contains: Egg, Fish, Milk, Wheat, Sulphites, Mustard
Sides	Casa Salad, Regular (No Dressing)	161 g	35	1	0	0	0	60	6	3	3	2	
Sides	Casa Salad, Large (No Dressing)	323 g	70	2.5	0	0	0	120	12	5	6	4	
Sides	Classic Fries, Regular	214 g	420	23	1.5	0.2	0	930	48	4	0	4	
Sides	Classic Fries, Large	314 g	610	34	2.1	0.3	0	1371	70	5	0	0	

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.

Allergy Caution: All Nando's menu items are made in a kitchen that contains wheat, dairy, nuts, fish, egg and soy. We do our best to prevent it, but there is still a risk of contamination of these items.
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.

Category	Menu Item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Allergens
Sides	Classic Wedges, Regular	214 g	390	20	1.5	0.1	0	70	48	3	0	4	
Sides	Classic Wedges, Large	366 g	660	35	2.5	0.2	0	940	82	6	0	6	
Sides	Coleslaw, Regular	170 g	270	20	1.5	0	5	660	18	4	13	3	Contains: Egg, Sulphites, Mustard
Sides	Coleslaw, Large	340 g	530	40	3	0	10	1320	36	8	25	6	Contains: Egg, Sulphites, Mustard
Sides	Coleslaw, Shareable	680 g	1060	80	6	0	25	2630	73	16	51	11	Contains: Egg, Sulphites, Mustard
Sides	Flame-Grilled Corn on the Cob, Regular	146 g	160	3.5	1.5	0	5	30	32	0	0	5	Contains: Corn
Sides	Flame-Grilled Corn on the Cob, Large	292 g	310	7	3	0	10	60	62	0	0	9	Contains: Corn
Sides	Garlic Mashed Potatoes, Regular	170 g	230	13	3	3.5	0	610	27	3	1	2	Potatoes: contains Milk Garlic Bread: contains Wheat, Soy, Gluten, Sulphites May Contain: Milk, Egg, Soy, Sesame Seeds
Sides	Garlic Mashed Potatoes, Large	340 g	470	25	6	7	0	1220	54	7	2	5	Potatoes: contains Milk Garlic Bread: contains Wheat, Soy, Gluten, Sulphites May Contain: Milk, Egg, Soy, Sesame Seeds
Sides	PERi-Fries, Regular	214 g	420	23	1.5	0.2	0	1480	48	4	0	4	
Sides	PERi-Fries, Large	314 g	610	34	2.1	0.3	0	2171	70	5	0	7	
Sides	PERi Mac, Regular	191 g	340	17	8	0	35	690	33	0	5	3	Contains: Milk & Wheat
Sides	PERi Mac, Large	383 g	670	34	15	0	35	1390	66	0	11	6	Contains: Milk & Wheat
Sides	PERi-Wedges, Regular	214 g	390	20	1.5	0.1	0	620	48	3	0	4	
Sides	PERi-Wedges, Large	366 g	660	35	2.5	0.2	0	940	82	6	0	6	
Sides	Seasonal PERi-Vegetables, Regular	142 g	130	9	0.5	0	0	270	13	4	8	2	
Sides	Seasonal PERi-Vegetables, Large	284 g	260	18	1	0	0	540	25	8	15	5	
Sides	Spiced Rice, Regular	170 g	240	5	2	0.5	0	650	44	1	0	4	Contains: Milk
Sides	Spiced Rice, Large	340 g	480	11	3.5	1.5	15	1290	89	1	0	8	Contains: Milk
Sides	Spiced Rice, Shareable	680 g	970	22	7	3	30	2580	178	3	0	16	Contains: Milk
Snacks & Shareables	Garlic Bread	122 g	530	31.5	8	18	0	730	47	2	0	7	Contains: Wheat, Soy, Gluten, Sulphites May Contain: Milk, Egg, Soy, Sesame Seeds
Snacks & Shareables	Grilled Halloumi Cheese Sticks & Dip (a.k.a. Chilli Jam)	219 g	640	49	28	0	110	1670	33	0	29	33	Contains: Milk May Contain: Crustaceans, Egg, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
Snacks & Shareables	Hummus and Pita with PERi-PERi Drizzle	291 g	840	37	1.5	0	0	1370	97	8	3	20	• HUMMUS | Contains: Sesame, Sulphites May Contain: Crustaceans, Egg, Milk, Mustard, Soy, Wheat, Gluten • PITA | Contains: Wheat
Snacks & Shareables	PERi-PERi Whole Wings (5)	140 g	320	18	5	0	195	650	0	0	0	39	
Snacks & Shareables	PERi-PERi Whole Wings (10)	280 g	640	36	10	0	395	1300	0	0	0	78	
Snacks & Shareables	Spicy Mixed Olives	113 g	150	13	4.7	0	0	1360	4	0	0	0	May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten

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.

Allergy Caution: All Nando's menu items are made in a kitchen that contains wheat, dairy, nuts, fish, egg and soy. We do our best to prevent it, but there is still a risk of contamination of these items.
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.

