The inside scoop

Allergen & Nutritional Guide

April 2026

Nando's®
PERi-PERi CHICKEN

Allergen Guide

If you or a member of your party has food allergy, please alert our management team prior to ordering. The safety of our guests is our priority. Aligned with this priority, we provide the most current allergen menu information available from our food suppliers on the nine most common allergens including egg, fish, milk, peanut, shellfish, sesame, soy, tree nuts, and wheat/gluten. We make every effort to keep this information up-to-date. However, it is possible that ingredient changes and substitutions may occur due to the differences in suppliers, regional recipe revisions, preparation techniques, and/or the season of the year. Limited time offers, test products, or regional items have not been included on these menus. Because of manufacturing processes, routine food preparation techniques, contact among various food items may occur, and therefore we cannot guarantee any food items to be completely allergen-free. If you have specific questions about this allergen information, we recommend that you contact your medical professional. This listing is updated periodically in an attempt to reflect the current status of Nando's products; we suggest you check back each time you dine with us.

Menu Category	Menu Item	Egg	Fish	Milk	Peanut	Shellfish	Sesame	Soy	Tree Nut	Wheat / Gluten	Vegetarian (No Meat)	Vegan (No animal products)
Add-on	**Avocado (1/2 avocado)**										X	X
Add-on	**Boneless Chicken Breast, Single Lobe (1), Plainish**											
Add-on	**Cheddar Cheese (1), Slice**			X							X	
Add-on	**Chicken Thigh (1), Plainish**											
Add-on	**Chicken Thigh Skewer (1), Plainish**											
Add-on	**Chilli Jam, 1 fl. oz.**										X	X
Add-on	**Feta Cheese**			X							X	
Add-on	**Grilled Halloumi Cheese (2) Slices, Plainish**			X							X	
Add-on	**Hummus (1) Scoop**						X				X	X
Add-on	**PERi Honey, 2 fl. oz.**										X	
Add-on	**PERi Pita Croutons**						X	X		X	X	X
Add-on	**PERi Ranch**	X		X							X	
Add-on	**PERi-PERi Drizzle, Bottle**										X	X
Add-on	**PERinaise, 2 fl. oz.**	X									X	
Add-on	**Pickled Cauliflower**										X	X
Add-on	**Pickled Red Onions**										X	X
Add-on	**Pulled Chicken, Plainish**											
Add-on	**Roasted Red Pepper**										X	X
Add-on	**Superseed Crunch**						X			X	X	X
Add-on	**Tomato Cucumber Onion Salad**										X	X
Add-on	**Grilled Pineapple (1) Slice**										X	X
Add-on	**Veggie Burger Patty (1), Plainish**							X		X	X	X
Baste	**Extra Hot, 2 fl. oz.**										X	X
Baste	**Hot, 1 fl. oz.**										X	X
Baste	**Lemon and Herb, 1 fl. oz.**										X	X
Baste	**Mango and Lime, 1 fl. oz.**										X	X
Baste	**Medium, 1 fl. oz.**										X	X
Baste	**PERi Buffalo, 1 fl. oz.**										X	X
Beverage, Alcohol	**Art Car IPA, On Tap**									X	X	X
Beverage, Alcohol	**Borges Lello Red Wine, Bottle**										X	X
Beverage, Alcohol	**Borges Lello Red Wine, Glass**										X	X
Beverage, Alcohol	**Cabernet Sauvignon, On Tap, Carafe**										X	X
Beverage, Alcohol	**Cabernet Sauvignon, On Tap, Glass**										X	X
Beverage, Alcohol	**Chardonnay, On Tap, Carafe**										X	X
Beverage, Alcohol	**Chardonnay, On Tap, Glass**										X	X
Beverage, Alcohol	**Corona Extra**									X	X	X
Beverage, Alcohol	**Dogfish Head, 60 Minute IPA, On Tap**									X	X	X
Beverage, Alcohol	**Gatao Vinho Verde Wine, Bottle**										X	X
Beverage, Alcohol	**Gatao Vinho Verde Wine, Glass**										X	X

Menu Category	Menu Item	Egg	Fish	Milk	Peanut	Shellfish	Sesame	Soy	Tree Nut	Wheat / Gluten	Vegetarian (No Meat)	Vegan (No animal products)
Beverage, Alcohol	**Karbach Brewing Co., Love Street Blonde, On Tap**									X	X	X
Beverage, Alcohol	**Kona Big Wave Golden Ale**									X	X	X
Beverage, Alcohol	**Lagunitas IPA**									X	X	X
Beverage, Alcohol	**Mango Rosalita, Glass**										X	X
Beverage, Alcohol	**Michelob ULTRA, On Tap**									X	X	X
Beverage, Alcohol	**Modelo Especial, Bottle**									X	X	X
Beverage, Alcohol	**Modelo Especial, On Tap**									X	X	X
Beverage, Alcohol	**Mulderbosch Chenin Blanc, 5 oz.**										X	X
Beverage, Alcohol	**Mulderbosch Chenin Blanc, 8 oz.**										X	X
Beverage, Alcohol	**Mulderbosch Chenin Blanc, Bottle**										X	X
Beverage, Alcohol	**Mulderbosch Rosé, 5 oz.**										X	X
Beverage, Alcohol	**Mulderbosch Rosé, 8 oz.**										X	X
Beverage, Alcohol	**Mulderbosch Rosé, Bottle**										X	X
Beverage, Alcohol	**Passion Fruit Frosé, Glass**										X	X
Beverage, Alcohol	**Peach Lemonade Poncha**										X	X
Beverage, Alcohol	**Red Blend, On Tap, Carafe**										X	X
Beverage, Alcohol	**Red Blend, On Tap, Glass**										X	X
Beverage, Alcohol	**Red Wine Sangria, Glass**										X	X
Beverage, Alcohol	**Red Wine Sangria, Pitcher**										X	X
Beverage, Alcohol	**Revolution Brewing Anti-Hero IPA, On Tap**									X	X	X
Beverage, Alcohol	**Sagres**									X	X	X
Beverage, Alcohol	**St Arnold, Art Car IPA, Bottle**									X	X	X
Beverage, Alcohol	**St Arnold, Art Car IPA, On Tap**									X	X	X
Beverage, Alcohol	**Sam Adams Boston Lager, Bottle**									X	X	X
Beverage, Alcohol	**Sauvignon Blanc, On Tap**										X	X
Beverage, Alcohol	**Spier Arts Merlot, Bottle**										X	X
Beverage, Alcohol	**Spier Arts Merlot, Glass**										X	X
Beverage, Alcohol	**Spiked Honey Lavender Lemonade, Glass**										X	X
Beverage, Alcohol	**Spiked Honey Lavender Lemonade, Pitcher**										X	X
Beverage, Alcohol	**Spiked Pineapple Lemonade, Glass**										X	X
Beverage, Alcohol	**Spiked Pineapple Lemonade, Pitcher**										X	X
Beverage, Alcohol	**Spiked Strawberry Rose Lemonade, Glass**										X	X
Beverage, Alcohol	**Spiked Strawberry Rose Lemonade, Pitcher**										X	X
Beverage, Alcohol	**Super Bock, Bottle**									X	X	X
Beverage, Alcohol	**Super Bock, On Tap**									X	X	X
Beverage, Alcohol	**SweetWater 420 Extra Pale Ale, On Tap**									X	X	X
Beverage, Alcohol	**Top Chico Ranch Water**										X	X
Beverage, Alcohol	**Truly Strawberry Lemonade**										X	X
Beverage, Alcohol	**Truly Wild Berry**										X	X

Menu Category	Menu Item	Egg	Fish	Milk	Peanut	Shellfish	Sesame	Soy	Tree Nut	Wheat / Gluten	Vegetarian (No Meat)	Vegan (No animal products)
Beverage, Non-Alcoholic	**Barq's Root Beer, 16 oz**										X	X
Beverage, Non-Alcoholic	**Barq's Root Beer, 32 oz**										X	X
Beverage, Non-Alcoholic	**Barq's Root Beer, Nandinos**										X	X
Beverage, Non-Alcoholic	**Blood Orange Mango Lemonade, 16 oz**										X	X
Beverage, Non-Alcoholic	**Blood Orange Mango Lemonade, 32 oz**										X	X
Beverage, Non-Alcoholic	**Blood Orange Mango Lemonade, Gallon**										X	X
Beverage, Non-Alcoholic	**Coke Zero, 16 oz**										X	X
Beverage, Non-Alcoholic	**Coke Zero, 32 oz**										X	X
Beverage, Non-Alcoholic	**Coke Zero, Nandinos, 10 oz**										X	X
Beverage, Non-Alcoholic	**Coke, 16 oz**										X	X
Beverage, Non-Alcoholic	**Coke, 32 oz**										X	X
Beverage, Non-Alcoholic	**Coke, Nandinos, 10 oz**										X	X
Beverage, Non-Alcoholic	**Diet Coke, 16 oz**										X	X
Beverage, Non-Alcoholic	**Diet Coke, 32 oz**										X	X
Beverage, Non-Alcoholic	**Diet Coke, Nandinos, 10 oz**										X	X
Beverage, Non-Alcoholic	**Fanta Orange, 16 oz**										X	X
Beverage, Non-Alcoholic	**Fanta Orange, 32 oz**										X	X
Beverage, Non-Alcoholic	**Fanta Orange, Nandinos, 10 oz**										X	X
Beverage, Non-Alcoholic	**Honey Lavender Lemonade, 16 oz**										X	X
Beverage, Non-Alcoholic	**Honey Lavender Lemonade, 32 oz**										X	X
Beverage, Non-Alcoholic	**Honey Lavender Lemonade, Gallon**										X	X
Beverage, Non-Alcoholic	**La Colombe Oatmilk Latte, Can**										X	X
Beverage, Non-Alcoholic	**Lavender Lemonade, 16 oz**										X	X
Beverage, Non-Alcoholic	**Lavender Lemonade, 32 oz**										X	X
Beverage, Non-Alcoholic	**Lavender Lemonade, Gallon**										X	X
Beverage, Non-Alcoholic	**Pineapple Lemonade, 16 oz**										X	X
Beverage, Non-Alcoholic	**Pineapple Lemonade, 32 oz**										X	X
Beverage, Non-Alcoholic	**Pineapple Lemonade, Gallon**										X	X
Beverage, Non-Alcoholic	**Powerade Mountain Berry Blast, 16 oz**										X	X
Beverage, Non-Alcoholic	**Powerade Mountain Berry Blast, 32 oz**										X	X
Beverage, Non-Alcoholic	**Powerade Mountain Berry Blast, Nandinos, 10 oz**										X	X
Beverage, Non-Alcoholic	**Rubro Peach Iced Tea, 16 oz**										X	X
Beverage, Non-Alcoholic	**Rubro Peach Iced Tea, 32 oz**										X	X
Beverage, Non-Alcoholic	**Rubro Peach Iced Tea, Gallon**										X	X
Beverage, Non-Alcoholic	**Sprite, 16 oz**										X	X
Beverage, Non-Alcoholic	**Sprite, 32 oz**										X	X
Beverage, Non-Alcoholic	**Sprite, Nandinos, 10 oz**										X	X

Menu Category	Menu Item	Egg	Fish	Milk	Peanut	Shellfish	Sesame	Soy	Tree Nut	Wheat / Gluten	Vegetarian (No Meat)	Vegan (No animal products)
Beverage, Non-Alcoholic	**Strawberry Rose Lemonade, 16 oz**										X	X
Beverage, Non-Alcoholic	**Strawberry Rose Lemonade, 32 oz**										X	X
Beverage, Non-Alcoholic	**Strawberry Rose Lemonade, Gallon**										X	X
Beverage, Non-Alcoholic	**Topo Chico**										X	X
Bowls & Salads	**PERi Ranch Crunch Salad, Plainish, Breast (with dressing)**	X		X			X	X		X		
Bowls & Salads	**PERi Ranch Crunch Salad, Plainish, Grilled Halloumi (with dressing)**	X		X			X	X		X		
Bowls & Salads	**PERi Ranch Crunch Salad, Plainish, Pulled Chicken (with dressing)**	X		X			X	X		X		
Bowls & Salads	**PERi Ranch Crunch Salad, Plainish, Thighs (with dressing)**	X		X			X	X		X		
Bowls & Salads	**PERi-PERi Chicken Bowl, Plainish, Breast**						X					
Bowls & Salads	**PERi-PERi Chicken Bowl, Plainish, Grilled Halloumi**			X			X				X	
Bowls & Salads	**PERi-PERi Chicken Bowl, Plainish, Pulled Chicken**						X					
Bowls & Salads	**PERi-PERi Chicken Bowl, Plainish, Thighs**						X					
Bowls & Salads	**PERi Power Bowl, Breast**			X			X			X		
Bowls & Salads	**PERi Power Bowl, Grilled Halloumi**			X			X			X	X	
Bowls & Salads	**PERi Power Bowl, Pulled Chicken**			X			X			X		
Bowls & Salads	**PERi Power Bowl, Thighs**			X			X			X		
Bowls & Salads	**Rainbow Bowl, Plainish, Breast**			X			X			X		
Bowls & Salads	**Rainbow Bowl, Plainish, Grilled Halloumi**			X			X			X	X	
Bowls & Salads	**Rainbow Bowl, Plainish, Pulled Chicken**			X			X			X		
Bowls & Salads	**Rainbow Bowl, Plainish, Thighs**			X			X			X		
Bowls & Salads	**Rainbow Bowl, without Protein**			X			X			X	X	
Bowls & Salads	**Spicy Chicken Caesar, Plainish, Breast (with dressing)**	X	X	X			X	X		X		
Bowls & Salads	**Spicy Chicken Caesar, Plainish, Grilled Halloumi (with dressing)**	X	X	X			X	X		X		
Bowls & Salads	**Spicy Chicken Caesar, Plainish, Pulled Chicken (with dressing)**	X	X	X			X	X		X		
Bowls & Salads	**Spicy Chicken Caesar, Plainish, Thighs (with dressing)**	X	X	X			X	X		X		
Chicken	**1/2 Chicken**											
Chicken	**1/2 Chicken and Chips**											
Chicken	**1/4 Chicken Breast**											
Chicken	**1/4 Chicken Leg**											
Chicken	**1/4 Chicken Leg (2)**											

Menu Category	Menu Item	Egg	Fish	Milk	Peanut	Shellfish	Sesame	Soy	Tree Nut	Wheat / Gluten	Vegetarian (No Meat)	Vegan (No animal products)
Chicken	**Boneless Chicken Breast**											
Chicken	**Boneless Chicken Thigh (1)**											
Chicken	**Boneless Chicken Thighs (2)**											
Chicken	**Boneless Chicken Thighs (3)**											
Chicken	**Chicken Livers**			X								
Chicken	**Chicken Thigh Skewer (1)**											
Chicken	**Chicken Thigh Skewers (2)**											
Chicken	**PERi-PERi Wings (12) with PERi Ranch, Plainish**	X		X								
Chicken	**PERi-PERi Wings (24) with PERi Ranch, Plainish**	X		X								
Chicken	**PERi-PERi Wings (40) with PERi Ranch, Plainish**	X		X								
Chicken	**PERi-PERi Wings (60) with PERi Ranch, Plainish**	X		X								
Chicken	**PERi-PERi Wings (80) with PERi Ranch, Plainish**	X		X								
Chicken	**PERi-PERi Wings (100) with PERi Ranch, Plainish**	X		X								
Condiments	**Balsamic Vinaigrette, 2 fl. oz.**										X	X
Condiments	**Balsamic Vinegar, 2 fl. oz.**										X	X
Condiments	**Caesar Dressing, 2 fl. oz.**	X	X	X								
Condiments	**Extra Hot Sauce, 2 fl. oz.**										X	X
Condiments	**Garlic Sauce, 2 fl. oz.**										X	X
Condiments	**Hot Sauce, 2 fl. oz.**										X	X
Condiments	**Ketchup, 2 fl. oz.**										X	X
Condiments	**Lemon & Herb Sauce, 2 fl. oz.**										X	X
Condiments	**Medium Sauce, 2 fl. oz.**										X	X
Condiments	**Olive Oil, 2 fl. oz.**										X	X
Condiments	**PERi Ranch, 2 fl. oz.**	X		X								
Condiments	**PERi Tamer, 2 fl. oz.**										X	X
Condiments	**PERinaise, 2 fl. oz.**	X									X	
Condiments	**Wild Herb Sauce, 2 fl. oz.**										X	X
Dessert	**Naughty Nata**	X		X				X		X	X	
Dessert	**Triple Chocolate Dream Brownie**	X		X				X		X	X	
Handhelds	**Chicken Breast Sandwich, Plainish**	X								X		
Handhelds	**Chicken Burger, Plainish**	X		X						X		
Handhelds	**Garlic Bread CLT**			X				X		X		
Handhelds	**Nandocas' Choice, Plainish**	X						X		X		

Menu Category	Menu Item	Egg	Fish	Milk	Peanut	Shellfish	Sesame	Soy	Tree Nut	Wheat / Gluten	Vegetarian (No Meat)	Vegan (No animal products)
Handhelds	**PERi Wrap, Halloumi**			X			X	X		X		
Handhelds	**PERi Wrap, Thigh**						X	X		X		
Handhelds	**Rainbow Wrap, Halloumi**			X				X		X		
Handhelds	**Rainbow Wrap, Thigh**			X				X		X		
Handhelds	**Spicy Chicken Caesar Wrap**	X	X	X			X	X		X		
Handhelds	**Sweet & Spicy Chicken Wrap, Plainish, Thighs**			X				X		X		
Handhelds	**Sweet Potato & Halloumi Wrap, Plainish**			X				X		X	X	
Handhelds	**Thigh and Mighty Sandwich, Plainish**	X								X		
Handhelds	**Veggie Burger, Plainish**	X						X		X	X	
Nandinos	**Chicken Breast Sandwich, Plainish**									X		
Nandinos	**Drumstick and Thigh, Plainish**											
Nandinos	**Grilled Cheese**			X						X	X	
Nandinos	**Grilled Chicken Breast Strips, Plainish**											
Nandinos	**Mac & Cheese**	X		X				X		X		
Nandinos	**Wings (3), Plainish**											
Nandinos - Sides	**Apple Slices**										X	X
Nandinos - Sides	**Coleslaw, 2.25 oz.**	X									X	
Nandinos - Sides	**Corn (1/2 cob)**			X							X	
Nandinos - Sides	**Garlic Bread**							X		X	X	
Nandinos - Sides	**PERi Chips (aka Fries)**										X	X
Nandinos - Sides	**Portuguese Rice, 2 oz.**										X	X
Nandinos - Sides	**Raw Veggies**										X	X
Nandinos - Sides	**Red Skin Mashed Potatoes, 2 oz.**			X				X		X	X	
Sides	**Coleslaw, Large**	X									X	
Sides	**Coleslaw, Regular**	X									X	
Sides	**Coleslaw, X-Large**	X									X	
Sides	**Corn on the Cob (1 cob)**			X							X	
Sides	**Corn on the Cob (1 cob), No Butter**										X	X
Sides	**Crispy Brussels Sprouts, Large**	X		X							X	
Sides	**Crispy Brussels Sprouts, Regular**	X		X							X	
Sides	**Crispy Brussels Sprouts, X-Large**	X		X							X	
Sides	**Garlic Bread, Large**							X		X	X	
Sides	**Garlic Bread, Regular**							X		X	X	
Sides	**Garlic Bread, X-Large**							X		X	X	

Menu Category	Menu Item	Egg	Fish	Milk	Peanut	Shellfish	Sesame	Soy	Tree Nut	Wheat / Gluten	Vegetarian (No Meat)	Vegan (No animal products)
Sides	**PERi Chips (aka Fries), Large**										X	X
Sides	**PERi Chips (aka Fries), Regular**										X	X
Sides	**PERi Chips (aka Fries), X-Large**										X	X
Sides	**PERi Honey Sweet Potatoes, Large**			X			X			X	X	
Sides	**PERi Honey Sweet Potatoes, Regular**			X			X			X	X	
Sides	**PERi Honey Sweet Potatoes, X-Large**			X			X			X	X	
Sides	**PERi Mac, Large**	X		X				X		X		
Sides	**PERi Mac, Regular**	X		X				X		X		
Sides	**PERi Mac, X-Large**	X		X				X		X		
Sides	**Portguese Roll**									X	X	X
Sides	**Portuguese Rice, Large**										X	X
Sides	**Portuguese Rice, Regular**										X	X
Sides	**Portuguese Rice, X-Large**										X	X
Sides	**Portuguese Tomato & Cucumber Salad, Large**										X	X
Sides	**Portuguese Tomato & Cucumber Salad, Regular**										X	X
Sides	**Portuguese Tomato & Cucumber Salad, X-Large**										X	X
Sides	**Red Skin Mashed Potatoes, Large**			X				X			X	
Sides	**Red Skin Mashed Potatoes, Regular**			X				X			X	
Sides	**Red Skin Mashed Potatoes, X-Large**			X				X			X	
Sides	**Roasted Brussels Sprouts, Large**	X		X				X			X	
Sides	**Roasted Brussels Sprouts, Regular**	X		X				X			X	
Sides	**Roasted Brussels Sprouts, X-Large**	X		X				X			X	
Snacks & Shareables	**Garlic Sticks**							X		X	X	
Snacks & Shareables	**Halloumi Sticks & Chilli Jam**			X							X	
Snacks & Shareables	**Hummus with Superseed Crunch, PERi Drizzle with Pita**						X	X		X	X	X
Snacks & Shareables	**Hummus with Superseed crunch, PERi Drizzle with Pita & Veggies**						X	X		X	X	X
Snacks & Shareables	**Hummus with Superseed Crunch, PERi Drizzle with Veggies**						X			X	X	X
Snacks & Shareables	**PERi-PERi Wings (6) with PERi Ranch, Plainish**	X		X								
Snacks & Shareables	**Spicy Mixed Olives**										X	X

Nutritional Guide

2,000 calories a day is used for general nutrition advice, but calorie needs vary. The rounding of figures is based on Food and Drug Administration guidelines. Some menu items may not be available at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. If you have specific questions about this nutrition information, we recommend that you contact your medical professional. This listing is updated periodically in an attempt to reflect the current status of Nando's products; we suggest you check back each time you dine with us.

Menu Category	Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Add-on	**Avocado (1/2 avocado)**	160	15	2	0	0	5	9	7	<1	2
Add-on	**Boneless Chicken Breast, Single Lobe (1), Plainish**	190	9	2.5	0	125	410	0	<1	0	28
Add-on	**Cheddar Cheese (1), Slice**	80	7	4	0	20	135	0	0	0	5
Add-on	**Chicken Thigh (1), Plainish**	220	12	3.5	0	140	460	0	2	0	28
Add-on	**Chicken Thigh Skewer (1), Plainish**	240	12	3.5	0	140	470	4	3	2	29
Add-on	**Chilli Jam, 1 fl. oz.**	50	0	0	0	0	60	13	0	12	0
Add-on	**Feta Cheese**	90	8	7	0	20	220	<1	0	<1	5
Add-on	**Grilled Halloumi Cheese (2) Slices, Plainish**	260	24	12	0	45	660	<1	0	0	13
Add-on	**Hummus (1) Scoop**	110	9	1	0	0	200	8	4	1	3
Add-on	**PERi Honey, 2 fl. oz.**	210	1	0	0	0	520	52	0	41	0
Add-on	**PERi Pita Croutons**	60	3	0.5	0	0	140	7	<1	<1	1
Add-on	**PERi Ranch, 2 fl. oz.**	290	30	5	0	15	520	4	0	3	1
Add-on	**PERi-PERi Drizzle, Bottle**	100	10	1	0	0	280	2	0	<1	0
Add-on	**PERinaise, 2 fl. oz.**	220	22	3.5	0	20	650	6	0	4	0
Add-on	**Pickled Cauliflower**	20	0.5	0	0	0	110	3	1	2	<1
Add-on	**Pickled Red Onions**	0	0	0	0	0	30	0	0	0	0
Add-on	**Pulled Chicken, Plainish**	180	11	4	0	175	850	1	4	<1	46
Add-on	**Roasted Red Pepper**	25	0	0	0	0	160	5	3	3	0
Add-on	**Superseed Crunch**	80	5	0	0	0	710	7	2	4	2
Add-on	**Tomato Cucumber Onion Salad**	15	0.5	0	0	0	50	3	<1	2	0
Add-on	**Grilled Pineapple (1) Slice**	15	0	0	0	0	0	4	0	3	0
Add-on	**Veggie Burger Patty (1), Plainish**	210	4.5	0.5	0	0	420	28	4	1	15
Baste	**Extra Hot, 2 fl. oz.**	100	10	0.5	0	0	820	3	<1	<1	<1
Baste	**Hot, 1 fl. oz.**	50	5	0	0	0	410	1	0	0	0
Baste	**Lemon and Herb, 1 fl. oz.**	10	1	0	0	0	180	<1	0	0	0
Baste	**Mango and Lime, 1 fl. oz.**	30	1	0	0	0	310	6	0	5	0
Baste	**Medium, 1 fl. oz.**	25	2.5	0	0	0	220	0	0	3	0
Baste	**PERi Buffalo, 1 fl. oz.**	30	2	0	0	0	650	2	1	0	0
Beverage, Alcohol	**Art Car IPA, On Tap**	270	0	0	0	0	0	17	0	0	4
Beverage, Alcohol	**Borges Lello Red Wine, Bottle**	630	0	0	0	0	30	19	0	5	1
Beverage, Alcohol	**Borges Lello Red Wine, Glass**	200	0	0	0	0	10	6	0	1	0
Beverage, Alcohol	**Cabernet Sauvignon, On Tap, Carafe**	850	0	0	0	0	0	20	0	0	0
Beverage, Alcohol	**Cabernet Sauvignon, On Tap, Glass**	200	0	0	0	0	0	8	0	0	0
Beverage, Alcohol	**Chardonnay, On Tap, Carafe**	830	0	0	0	0	0	18	0	0	0
Beverage, Alcohol	**Chardonnay, On Tap, Glass**	200	0	0	0	0	0	4	0	0	0
Beverage, Alcohol	**Corona Extra**	150	0	0	0	0	0	13	0	0	0
Beverage, Alcohol	**Dogfish Head, 60 Minute IPA, On Tap**	190	0	0	0	0	10	17	0	2	2
Beverage, Alcohol	**Gatao Vinho Verde Wine, Bottle**	620	0	0	0	0	30	19	0	5	0
Beverage, Alcohol	**Gatao Vinho Verde Wine, Glass**	200	0	0	0	0	10	6	0	1	0

Menu Category	Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beverage, Alcohol	**Karbach Brewing Co., Love Street Blonde, On Tap**	150	0	0	0	0	30	10	0	2	2
Beverage, Alcohol	**Kona Big Wave Golden Ale**	130	0	0	0	0	0	10	0	0	1.5
Beverage, Alcohol	**Lagunitas IPA**	190	0	0	0	0	15	14	0	2	3
Beverage, Alcohol	**Mango Rosalita, Glass**	280	0	0	0	0	330	47	0	41	0
Beverage, Alcohol	**Michelob ULTRA, On Tap**	100	0	0	0	0	147	3	0	0	1
Beverage, Alcohol	**Modelo Especial, Bottle**	140	0	0	0	0	20	14	0	0	1
Beverage, Alcohol	**Modelo Especial, On Tap**	140	0	0	0	0	20	14	0	0	1
Beverage, Alcohol	**Mulderbosch Chenin Blanc, 5 oz.**	120	0	0	0	0	–	5	0	–	0
Beverage, Alcohol	**Mulderbosch Chenin Blanc, 8 oz.**	190	0	0	0	0	–	8	0	–	0
Beverage, Alcohol	**Mulderbosch Chenin Blanc, Bottle**	600	0	0	0	0	–	25	0	–	<1
Beverage, Alcohol	**Mulderbosch Rosé, 5 oz.**	130	0	0	0	0	10	6	0	6	<1
Beverage, Alcohol	**Mulderbosch Rosé, 8 oz.**	200	0	0	0	0	10	9	0	9	<1
Beverage, Alcohol	**Mulderbosch Rosé, Bottle**	620	0	0	0	0	40	29	0	29	3
Beverage, Alcohol	**Passion Fruit Frosé, Glass**	230	0	0	0	0	80	42	0	39	0
Beverage, Alcohol	**Peach Lemonade Poncha**	280	0	0	0	0	20	30	2	27	<1
Beverage, Alcohol	**Red Blend, On Tap, Carafe**	630	0	0	0	0	0	0	0	0	0
Beverage, Alcohol	**Red Blend, On Tap, Glass**	200	0	0	0	0	0	0	0	0	0
Beverage, Alcohol	**Red Wine Sangria, Glass**	280	0	0	0	0	15	37	<1	33	0
Beverage, Alcohol	**Red Wine Sangria, Pitcher**	1190	0	0	0	0	60	151	2	137	<1
Beverage, Alcohol	**Revolution Brewing Anti-Hero IPA, On Tap**	220	0	0	0	0	10	20	1	1	3
Beverage, Alcohol	**Sagres**	150	0	0	0	0	0	13	0	0	0
Beverage, Alcohol	**St Arnold, Art Car IPA, Bottle**	200	0	0	0	0	10	13	1	1	3
Beverage, Alcohol	**St Arnold, Art Car IPA, On Tap**	200	0	0	0	0	10	13	1	1	3
Beverage, Alcohol	**Sam Adams Boston Lager**	170	0	0	0	0	20	17	1	1	2
Beverage, Alcohol	**Sauvignon Blanc, On Tap**	190	0	0	0	0	10	5	0	2	0
Beverage, Alcohol	**Spier Arts Merlot, Bottle**	630	0	0	0	0	0	0	0	0	0
Beverage, Alcohol	**Spier Arts Merlot, Glass**	200	0	0	0	0	0	0	0	0	0
Beverage, Alcohol	**Spiked Honey Lavender Lemonade, Glass**	180	0	0	0	0	10	29	0	27	0
Beverage, Alcohol	**Spiked Honey Lavender Lemonade, Pitcher**	680	0	0	0	0	50	120	0	116	<1
Beverage, Alcohol	**Spiked Pineapple Lemonade, Glass**	160	0	0	0	0	5	25	0	23	0
Beverage, Alcohol	**Spiked Pineapple Lemonade, Pitcher**	650	0	0	0	0	30	120	0	113	<1
Beverage, Alcohol	**Spiked Strawberry Rose Lemonade, Glass**	190	0	0	0	0	10	31	0	30	0
Beverage, Alcohol	**Spiked Strawberry Rose Lemonade, Pitcher**	710	0	0	0	0	50	129	0	123	<1
Beverage, Alcohol	**Super Bock, Bottle 11.2 fl. oz.**	130	0	0	0	0	0	14	0	0	1
Beverage, Alcohol	**Super Bock, On Tap**	150	0	0	0	0	0	13	0	0	0
Beverage, Alcohol	**SweetWater 420 Extra Pale Ale, On Tap**	180	0	0	0	0	0	12	0	0	2
Beverage, Alcohol	**Topo Chico Ranch Water**	100	0	0	0	0	20	2	0	0	0
Beverage, Alcohol	**Truly Strawberry Lemonade**	100	0	0	0	0	75	3	0	1	0
Beverage, Alcohol	**Truly Wild Berry**	100	0	0	0	0	30	2	0	1	0

Menu Category	Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beverage, Non-Alcoholic	**Barq's Root Beer, 16 oz**	200	0	0	0	0	90	54	1	54	0
Beverage, Non-Alcoholic	**Barq's Root Beer, 32 oz**	400	0	0	0	0	180	108	1	107	0
Beverage, Non-Alcoholic	**Barq's Root Beer, Nandinos**	120	0	0	0	0	55	34	1	34	0
Beverage, Non-Alcoholic	**Blood Orange Mango Lemonade, 16 oz**	230	0	0	0	0	20	57	0	53	1
Beverage, Non-Alcoholic	**Blood Orange Mango Lemonade, 32 oz**	450	0	0	0	0	45	114	0	107	2
Beverage, Non-Alcoholic	**Blood Orange Mango Lemonade, Gallon**	2750	0	0	0	0	190	796	21	456	4
Beverage, Non-Alcoholic	**Coke Zero, 16 oz**	0	0	0	0	0	55	0	1	0	0
Beverage, Non-Alcoholic	**Coke Zero, 32 oz**	0	0	0	0	0	105	0	1	0	0
Beverage, Non-Alcoholic	**Coke Zero, Nandinos, 10 oz**	0	0	0	0	0	35	0	1	0	0
Beverage, Non-Alcoholic	**Coke, 16 oz**	190	0	0	0	0	55	52	1	52	0
Beverage, Non-Alcoholic	**Coke, 32 oz**	380	0	0	0	0	105	103	1	103	0
Beverage, Non-Alcoholic	**Coke, Nandinos, 10 oz**	120	0	0	0	0	35	32	1	32	0
Beverage, Non-Alcoholic	**Diet Coke, 16 oz**	0	0	0	0	0	65	0	1	0	0
Beverage, Non-Alcoholic	**Diet Coke, 32 oz**	0	0	0	0	0	130	1	1	0	0
Beverage, Non-Alcoholic	**Diet Coke, Nandinos, 10 oz**	0	0	0	0	0	40	0	1	0	0
Beverage, Non-Alcoholic	**Fanta Orange, 16 oz**	200	0	0	0	0	50	53	1	53	0
Beverage, Non-Alcoholic	**Fanta Orange, 32 oz**	390	0	0	0	0	100	106	1	106	0
Beverage, Non-Alcoholic	**Fanta Orange, Nandinos, 10 oz**	120	0	0	0	0	30	33	1	33	0
Beverage, Non-Alcoholic	**Honey Lavender Lemonade, 16 oz**	230	0	0	0	0	25	57	0	55	0
Beverage, Non-Alcoholic	**Honey Lavender Lemonade, 32 oz**	460	0	0	0	0	50	114	0	110	0
Beverage, Non-Alcoholic	**Honey Lavender Lemonade, Gallon**	1840	1	0	0	0	190	465	0	440	2
Beverage, Non-Alcoholic	**La Colombe Oatmilk Latte, Can**	130	4	0	0	0	290	24	5	6	2
Beverage, Non-Alcoholic	**Lavender Lemonade, 16 oz**	80	0	0	0	0	20	18	0	17	0
Beverage, Non-Alcoholic	**Lavender Lemonade, 32 oz**	150	0	0	0	0	40	36	0	35	0
Beverage, Non-Alcoholic	**Lavender Lemonade, Gallon**	790	0	0	0	0	210	190	0	180	0
Beverage, Non-Alcoholic	**Pineapple Lemonade, 16 oz**	190	0	0	0	0	10	51	0	48	0
Beverage, Non-Alcoholic	**Pineapple Lemonade, 32 oz**	390	0	0	0	0	25	102	0	95	<1
Beverage, Non-Alcoholic	**Pineapple Lemonade, Gallon**	1560	1	0	0	0	90	407	1	382	3
Beverage, Non-Alcoholic	**Powerade Mountain Berry Blast, 16 oz**	110	0	0	0	0	150	29	1	29	0
Beverage, Non-Alcoholic	**Powerade Mountain Berry Blast, 32 oz**	220	0	0	0	0	300	59	1	58	0
Beverage, Non-Alcoholic	**Powerade Mountain Berry Blast, Nandinos, 10 oz**	70	0	0	0	0	95	18	1	18	0
Beverage, Non-Alcoholic	**Rubro Peach Iced Tea, 16 oz**	80	0	0	0	0	0	21	0	21	0
Beverage, Non-Alcoholic	**Rubro Peach Iced Tea, 32 oz**	160	0	0	0	0	0	43	0	43	0
Beverage, Non-Alcoholic	**Rubro Peach Iced Tea, Gallon**	640	0	0	0	0	0	170	0	170	0
Beverage, Non-Alcoholic	**Sprite, 16 oz**	180	0	0	0	0	95	50	1	50	0
Beverage, Non-Alcoholic	**Sprite, 32 oz**	360	0	0	0	0	190	99	1	99	0
Beverage, Non-Alcoholic	**Sprite, Nandinos, 10 oz**	110	0	0	0	0	60	31	1	31	0

Menu Category	Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beverage, Non-Alcoholic	**Strawberry Rose Lemonade, 16 oz**	250	0	0	0	0	25	63	0	60	0
Beverage, Non-Alcoholic	**Strawberry Rose Lemonade, 32 oz**	510	0	0	0	0	50	126	0	120	<1
Beverage, Non-Alcoholic	**Strawberry Rose Lemonade, Gallon**	2030	1	0	0	<5	190	503	1	480	3
Beverage, Non-Alcoholic	**Topo Chico**	0	0	0	0	0	5	0	0	0	0
Bowls & Salads	**PERi Ranch Crunch Salad, Plainish, Breast (with dressing)**	730	56	18	0	170	1500	22	6	10	40
Bowls & Salads	**PERi Ranch Crunch Salad, Plainish, Grilled Halloumi (with dressing)**	790	71	27	0	90	1740	22	5	11	25
Bowls & Salads	**PERi Ranch Crunch Salad, Plainish, Pulled Chicken (with dressing)**	710	58	19	0	220	1930	23	9	11	58
Bowls & Salads	**PERi Ranch Crunch Salad, Plainish, Thighs (with dressing)**	970	70	22	0	320	2010	22	9	10	68
Bowls & Salads	**PERi-PERi Chicken Bowl, Plainish, Breast**	690	25	4.5	0	125	1640	80	14	7	39
Bowls & Salads	**PERi-PERi Chicken Bowl, Plainish, Grilled Halloumi**	750	40	13	0	45	1890	80	13	8	23
Bowls & Salads	**PERi-PERi Chicken Bowl, Plainish, Pulled Chicken**	670	28	6	0	175	2080	81	17	8	57
Bowls & Salads	**PERi-PERi Chicken Bowl, Plainish, Thighs**	960	58	14	0	195	3150	86	24	11	64
Bowls & Salads	**PERi Power Bowl, Breast**	800	47	12	0	140	1330	50	16	6	45
Bowls & Salads	**PERi Power Bowl, Grilled Halloumi**	860	62	21	0	60	1580	50	15	7	29
Bowls & Salads	**PERi Power Bowl, Pulled Chicken**	780	50	14	0	190	1770	51	19	7	63
Bowls & Salads	**PERi Power Bowl, Thighs**	1040	62	17	0	295	1840	50	19	6	73
Bowls & Salads	**Rainbow Bowl, Plainish, Breast**	970	55	13	0	140	2060	80	19	5	46
Bowls & Salads	**Rainbow Bowl, Plainish, Grilled Halloumi**	1040	70	22	0	60	2310	81	18	6	31
Bowls & Salads	**Rainbow Bowl, Plainish, Pulled Chicken**	960	58	15	0	190	2500	82	22	6	64
Bowls & Salads	**Rainbow Bowl, Plainish, Thighs**	1210	70	18	0	295	2570	80	22	5	75
Bowls & Salads	**Rainbow Bowl, without Protein**	780	46	11	0	15	1650	80	18	5	18
Bowls & Salads	**Spicy Chicken Caesar, Plainish, Breast (with dressing)**	640	48	9	0	170	1610	17	5	4	39
Bowls & Salads	**Spicy Chicken Caesar, Plainish, Grilled Halloumi (with dressing)**	710	63	18	0	85	1850	17	4	4	24
Bowls & Salads	**Spicy Chicken Caesar, Plainish, Pulled Chicken (with dressing)**	630	50	10	0	220	2040	18	8	4	57
Bowls & Salads	**Spicy Chicken Caesar, Plainish, Thighs (with dressing)**	890	63	13	0	320	2120	17	8	4	67
Chicken	**1/2 Chicken**	560	22	8	0	540	2610	0	8	0	90
Chicken	**1/2 Chicken and Chips**	890	31	10	0	540	3450	30	10	2	92
Chicken	**1/4 Chicken Breast**	320	10	3	0	210	1260	0	3	0	58
Chicken	**1/4 Chicken Leg**	260	13	4	0	260	930	<1	4	0	36
Chicken	**1/4 Chicken Leg (2)**	520	25	8	0	525	1860	2	7	0	71

Menu Category	Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken	**Boneless Chicken Breast**	390	18	5	0	250	820	0	2	0	56
Chicken	**Boneless Chicken Thigh (1)**	220	12	3.5	0	140	460	0	2	0	28
Chicken	**Boneless Chicken Thighs (2)**	440	24	7	0	275	920	0	4	0	56
Chicken	**Boneless Chicken Thighs (3)**	660	35	10	0	415	1380	0	6	0	85
Chicken	**Chicken Livers**	470	32	7	0	820	1820	7	2	<1	41
Chicken	**Chicken Thigh Skewer (1)**	240	12	3.5	0	140	470	4	3	2	29
Chicken	**Chicken Thigh Skewers (2)**	480	24	7	0	280	940	9	6	5	58
Chicken	**PERi-PERi Wings (12) with PERi Ranch, Plainish**	1190	89	19	0	495	2340	6	0	5	95
Chicken	**PERi-PERi Wings (24) with PERi Ranch, Plainish**	2380	178	39	0	990	4680	11	0	10	190
Chicken	**PERi-PERi Wings (40) with PERi Ranch, Plainish**	3970	296	64	1	1650	7800	18	<1	16	317
Chicken	**PERi-PERi Wings (60) with PERi Ranch, Plainish**	5240	368	84	1	2440	10390	18	<1	16	473
Chicken	**PERi-PERi Wings (80) with PERi Ranch, Plainish**	7940	592	129	1.5	3300	15600	37	2	32	634
Chicken	**PERi-PERi Wings (100) with PERi Ranch, Plainish**	9220	664	149	1.5	4090	18190	37	2	32	790
Condiments	**Balsamic Vinaigrette, 2 fl. oz.**	90	6	0	0	0	370	8	0	7	0
Condiments	**Balsamic Vinegar, 2 fl. oz.**	50	0	0	0	0	10	10	0	8	0
Condiments	**Caesar Dressing, 2 fl. oz.**	260	29	2.5	0	25	610	<1	0	0	1
Condiments	**Extra Hot Sauce, 2 fl. oz.**	35	2.5	0	0	0	1630	3	<1	<1	<1
Condiments	**Garlic Sauce, 2 fl. oz.**	35	2.5	0	0	0	1380	3	<1	<1	0
Condiments	**Hot Sauce, 2 fl. oz.**	30	2	0	0	0	1570	2	<1	<1	0
Condiments	**Ketchup, 2 fl. oz.**	60	0	0	0	0	520	16	0	12	0
Condiments	**Lemon & Herb Sauce, 2 fl. oz.**	70	6	0	0	0	690	5	<1	3	0
Condiments	**Medium Sauce, 2 fl. oz.**	30	2.5	0	0	0	1420	2	<1	<1	0
Condiments	**Olive Oil, 2 fl. oz.**	240	27	3.5	0	0	0	0	0	0	0
Condiments	**PERi Ranch, 2 fl. oz.**	290	30	5	0	15	520	4	0	3	1
Condiments	**PERi-Tamer, 2 fl. oz.**	120	1.5	0	0	0	310	26	<1	25	0
Condiments	**PERinaise, 2 fl. oz.**	220	22	3.5	0	20	650	6	0	4	0
Condiments	**Wild Herb Sauce, 2 fl. oz.**	35	2.5	0	0	0	1430	3	<1	<1	0
Dessert	**Naughty Nata**	150	8	4	0	70	105	19	2	9	3
Dessert	**Triple Chocolate Dream Brownie**	310	17	9	0	50	105	38	2	26	4
Handhelds	**Chicken Breast Sandwich, Plainish**	500	22	4.5	0	135	1120	40	3	5	35
Handhelds	**Chicken Burger, Plainish**	600	29	8	0	155	1250	44	3	8	41
Handhelds	**Garlic Bread CLT**	730	44	18	0.5	215	1690	46	6	5	67
Handhelds	**Nandocas' Choice, Plainish**	870	47	12	0	255	1630	47	5	6	67

Menu Category	Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Handhelds	**PERi Wrap, Halloumi**	880	46	15	0	45	1820	96	14	5	28
Handhelds	**PERi Wrap, Thigh**	1080	45	11	0	275	2240	101	20	8	72
Handhelds	**Rainbow Wrap, Halloumi**	1020	60	23	0	65	2030	94	17	8	33
Handhelds	**Rainbow Wrap, Thigh**	1200	60	18	0	295	2290	93	21	8	76
Handhelds	**Spicy Chicken Caesar Wrap**	790	45	12	0	205	2250	64	12	4	64
Handhelds	**Sweet & Spicy Chicken Wrap, Plainish, Thighs**	840	34	10	0	280	1570	67	12	17	67
Handhelds	**Sweet Potato & Halloumi Wrap, Plainish**	800	36	15	0	45	1670	97	13	31	26
Handhelds	**Thigh and Mighty Sandwich, Plainish**	740	37	9	0	285	1630	40	6	5	64
Handhelds	**Veggie Burger, Plainish**	520	18	2.5	0	10	1130	68	6	6	22
Nandinos	**Chicken Breast Sandwich, Plainish**	380	11	2.5	0	125	760	35	3	2	35
Nandinos	**Drumstick and Thigh, Plainish**	260	13	4	0	260	930	<1	4	0	36
Nandinos	**Grilled Cheese**	430	24	13	0	60	690	40	0	4	16
Nandinos	**Grilled Chicken Breast Strips, Plainish**	190	9	2.5	0	125	410	0	<1	0	28
Nandinos	**Mac & Cheese**	210	10	4	0	20	750	22	<1	4	8
Nandinos	**Wings (3), Plainish**	190	11	3	0	120	390	0	0	0	23
Nandinos - Sides	**Apple Slices**	120	0	0	0	0	0	31	5	23	<1
Nandinos - Sides	**Coleslaw, 2.25 oz.**	100	10	0.5	0	5	220	5	2	3	1
Nandinos - Sides	**Corn (1/2 cob)**	80	5	2.5	0	10	40	10	1	3	2
Nandinos - Sides	**Garlic Bread**	180	9	3	0	0	290	21	<1	1	5
Nandinos - Sides	**PERi Chips (aka Fries)**	160	4.5	1	0	0	420	15	1	<1	1
Nandinos - Sides	**Portuguese Rice, 2 oz.**	90	2	0	0	0	250	16	1	0	2
Nandinos - Sides	**Raw Veggies**	15	0	0	0	0	60	3	<1	2	<1
Nandinos - Sides	**Red Skin Mashed Potatoes, 2 oz.**	70	3.5	1	0	0	140	8	<1	1	1
Sides	**Coleslaw, Large**	460	43	3	0	25	980	21	7	12	4
Sides	**Coleslaw, Regular**	230	21	1.5	0	10	490	10	4	6	2
Sides	**Coleslaw, X-Large**	930	85	6	0	50	1950	42	14	24	9
Sides	**Corn on the Cob (1 cob)**	120	5	3	0	10	45	19	2	6	3
Sides	**Corn on the Cob (1 cob), No Butter**	90	1.5	0	0	0	15	19	2	6	3
Sides	**Crispy Brussels Sprouts, Large**	980	91	11	0	15	780	27	12	9	14
Sides	**Crispy Brussels Sprouts, Regular**	490	46	5	0	10	390	14	6	4	7
Sides	**Crispy Brussels Sprouts, X-Large**	1970	183	22	0.5	30	1560	54	24	17	28
Sides	**Garlic Bread, Large**	740	37	12	0	0	1140	83	4	5	20
Sides	**Garlic Bread, Regular**	370	18	6	0	0	570	42	2	3	10
Sides	**Garlic Bread, X-Large**	1480	73	24	0	<5	2280	166	7	11	40

Menu Category	Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sides	**PERi Chips (aka Fries), Large**	660	18	4.5	0	0	1670	59	5	3	5
Sides	**PERi Chips (aka Fries), Regular**	330	9	2.5	0	0	840	30	3	2	3
Sides	**PERi Chips (aka Fries), X-Large**	1320	36	9	0	0	3340	118	11	6	10
Sides	**PERi Honey Sweet Potatoes, Large**	840	29	14	0	35	3050	131	18	80	19
Sides	**PERi Honey Sweet Potatoes, Regular**	420	15	7	0	15	1530	66	9	40	9
Sides	**PERi Honey Sweet Potatoes, X-Large**	1690	59	27	0	70	6110	263	36	160	38
Sides	**PERi Mac, Large**	640	32	11	0.5	35	1970	69	2	9	18
Sides	**PERi Mac, Regular**	320	16	5	0	20	990	35	<1	5	9
Sides	**PERi Mac, X-Large**	1280	65	22	1	70	3950	138	4	18	37
Sides	**Portguese Roll**	180	1.5	0	0	0	350	34	1	1	6
Sides	**Portuguese Rice, Large**	300	7	1	0	0	860	55	5	0	5
Sides	**Portuguese Rice, Regular**	150	3.5	0	0	0	430	27	2	0	3
Sides	**Portuguese Rice, X-Large**	610	14	2	0	0	1730	110	9	0	11
Sides	**Portuguese Tomato & Cucumber Salad, Large**	70	2.5	0	0	0	200	11	2	7	2
Sides	**Portuguese Tomato & Cucumber Salad, Regular**	35	1.5	0	0	0	100	5	1	4	<1
Sides	**Portuguese Tomato & Cucumber Salad, X-Large**	140	5	0.5	0	0	390	22	4	15	3
Sides	**Red Skin Mashed Potatoes, Large**	340	17	5	0	0	710	41	4	6	6
Sides	**Red Skin Mashed Potatoes, Regular**	170	9	2.5	0	0	350	21	2	3	3
Sides	**Red Skin Mashed Potatoes, X-Large**	690	35	10	0	0	1420	82	8	12	12
Sides	**Roasted Brussels Sprouts, Large**	460	38	6	0	15	880	29	11	9	10
Sides	**Roasted Brussels Sprouts, Regular**	230	19	3	0	10	440	14	5	5	5
Sides	**Roasted Brussels Sprouts, X-Large**	930	75	12	0	30	1770	58	21	19	21

Snacks & Shareables	**Garlic Sticks**	740	37	12	0	0	1140	83	4	5	20
Snacks & Shareables	**Halloumi Sticks & Chilli Jam**	660	50	28	0	110	1760	28	<1	26	33
Snacks & Shareables	**Hummus with Superseed Crunch, PERi Drizzle with Pita**	1080	63	8	0	0	2630	119	25	18	29
Snacks & Shareables	**Hummus with Superseed crunch, PERi Drizzle with Pita & Veggies**	880	57	7	0	0	2210	87	23	17	23
Snacks & Shareables	**Hummus with Superseed Crunch, PERi Drizzle with Veggies**	680	51	5	0	0	1790	54	22	17	16
Snacks & Shareables	**PERi-PERi Wings (6) with PERi Ranch, Plainish**	670	52	11	0	250	1300	4	0	3	48
Snacks & Shareables	**Spicy Mixed Olives**	230	19	3	0	<5	1880	14	7	0	2