

The inside scoop

15th Edition – January 2023



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 cross-contamination but there is still a risk of contamination from these items.

Menu Category	Menu Item	Grams	Calories (kcal)	Fat Calories (fat kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Declared Allergens	Vegetarian (no meat)	Vegan (No animal products)	Dairy-Free
Add-on	Avocado (1/2 avocado)	90	140	120	13	2	0	0	5	8	6	<1	2		X	X	X
Add-on	Boneless Chicken Breast Slices	128	220	90	10	2.5	0	105	730	<1	0	0	31				X
Add-on	Cheddar Cheese	14	60	40	4.5	2.5	0	15	95	0	0	0	3	Milk	X		
Add-on	Chicken Tenders, Plain-ish	113	170	35	3.5	1	0	115	105	0	0	0	34				X
Add-on	Chicken Thigh (1), Plain-ish	64	140	80	9	2.5	0	75	370	0	0	0	13				X
Add-on	Chicken Thigh Skewer (1), Plain-ish	128	200	110	13	3	0	100	490	3	<1	2	18				X
Add-on	Chilli Jam	28	40	0	0	0	0	0	50	10	0	9	0		X	X	X
Add-on	Grilled Halloumi Cheese	62	230	230	190	22	0	40	600	<1	0	0	12	Milk	X		
Add-on	PERi-PERi Drizzle	28	140	130	15	0	0	0	470	1	0	0	0	Tree Nut (Walnut), Sesame Seed	X	X	X
Add-on	Pulled Chicken	128	180	40	4.5	1	0	120	600	1	0	0	34				X
Add-on	PERinaise	28	90	70	8	1	0	10	320	6	0	4	0	Egg, Soy	X		
Add-on	PERi Ranch	28	60	50	5	0.5	0	5	370	4	0	2	0	Milk, Egg, Soy	X		
Add-on	Grilled Pineapple (1 slice)	57	30	0	0	0	0	0	0	8	<1	7	0		X	X	X
Add-on	Veggie Burger Patty, Plain-ish	142	210	40	4.5	0	0	0	420	28	4	<1	15	Soy, Wheat	X	X	X

Baste	Extra Hot Baste	57	90	80	9	0	0	0	760	2	0	<1	0		X	X	X
Baste	Hot Baste	28	45	40	4.5	0	0	0	380	1	0	0	0		X	X	X
Baste	Lemon and Herb Baste	28	10	10	1	0	0	0	170	<1	0	0	0		X	X	X
Baste	Mango and Lime Baste	28	30	10	1	0	0	5	290	5	0	4	0		X	X	X
Baste	Medium Baste	28	25	20	2.5	0	0	0	210	0	0	0	0		X	X	X

Beverage	Blood Orange Mango Lemonade, 16 oz	454	230	0	0	0	0	0	20	57	0	53	1		X	X	X
Beverage	Blood Orange Mango Lemonade, 32 oz	907	450	0	0	0	0	0	45	114	0	107	2		X	X	X
Beverage	Cold Brew	425	25	0	0	0	0	0	40	7	3	2	0		X	X	X
Beverage	Lavender Lemonade, 16 oz	454	80	0	0	0	0	0	20	18	0	17	0		X	X	X
Beverage	Lavender Lemonade, 32 oz	908	150	0	0	0	0	0	40	36	0	35	0		X	X	X
Beverage	Oat Milk Latte	425	180	70	8	0	0	0	170	33	7	18	0		X	X	X
Beverage	Pineapple Lemonade, 16 oz	454	210	0	0	0	0	0	15	53	0	40	0		X	X	X
Beverage	Pineapple Lemonade, 32 oz	907	430	0	0	0	0	0	30	107	0	80	0		X	X	X
Beverage	Strawberry Lemonade, 16 oz	454	210	0	0	0	0	0	15	54	<1	40	0		X	X	X
Beverage	Strawberry Lemonade, 32 oz	907	410	0	0	0	0	0	25	107	1	81	0		X	X	X

Beverage, Alcohol	Blue Moon Belgian White Ale	397	200	0	0	0	0	0	9	15	0	0	2	Wheat, Sulfites	X	X	X
Beverage, Alcohol	Borges Lello Red Wine, Bottle	719	640	0	0	0	0	0	30	19	0	5	1	Sulfites	X	X	X
Beverage, Alcohol	Borges Lello Red Wine, Glass	227	200	0	0	0	0	0	10	6	0	1	0	Sulfites	X	X	X
Beverage, Alcohol	Braai Cabernet, Bottle	719	640	0	0	0	0	0	30	19	0	5	1	Sulfites	X	X	X

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Menu Category	Menu Item	Grams	Calories (kcal)	Fat Calories (fat kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Declared Allergens	Vegetarian (no meat)	Vegan (No animal products)	Dairy-Free
Beverage, Alcohol	Braai Cabernet, Glass	227	200	0	0	0	0	0	10	6	0	1	0	Sulfites	X	X	X
Beverage, Alcohol	Cabernet Sauvignon, On Tap	227	190	0	0	0	0	0	0	6	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Cara Viva Red Wine, Bottle	719	640	0	0	0	0	0	30	19	0	5	1	Sulfites	X	X	X
Beverage, Alcohol	Cara Viva Red Wine, Glass	227	200	0	0	0	0	0	10	6	0	1	0	Sulfites	X	X	X
Beverage, Alcohol	Cara Viva White Wine, Bottle	719	540	0	0	0	0	0	36	19	0	7	0	Sulfites	X	X	X
Beverage, Alcohol	Cara Viva White Wine, Glass	227	170	0	0	0	0	0	11	6	0	2	0	Sulfites	X	X	X
Beverage, Alcohol	Corona Extra	340	150	0	0	0	0	0	0	13	0	0	0	Wheat	X	X	X
Beverage, Alcohol	DC Brau Seasonal	397	260 - 360	0	0	0	0	0	0	21	0	0	3	Wheat	X	X	X
Beverage, Alcohol	Gatao Vinho Verde Wine, Bottle	719	640	0	0	0	0	0	30	19	0	5	0	Sulfites	X	X	X
Beverage, Alcohol	Gatao Vinho Verde Wine, Glass	227	200	0	0	0	0	0	10	6	0	1	0	Sulfites	X	X	X
Beverage, Alcohol	Indaba Chardonnay, Bottle	719	640	0	0	0	0	0	30	19	0	5	0	Sulfites	X	X	X
Beverage, Alcohol	Indaba Chardonnay, Glass	227	200	0	0	0	0	0	10	6	0	1	0	Sulfites	X	X	X
Beverage, Alcohol	Indaba Mosaic Red Blend, Bottle	720	560	0	0	0	0	0	0	17	0	0	<1	Sulfites	X	X	X
Beverage, Alcohol	Indaba Mosaic Red Blend, Glass	227	180	0	0	0	0	0	0	5	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Lagunitas IPA	397	210	0	0	0	0	0	0	12.8	0	0	0	Wheat	X	X	X
Beverage, Alcohol	Original Sangria, Glass	255	140	0	0	0	0	0	10	21	2	12	<1	Sulfites	X	X	X
Beverage, Alcohol	Original Sangria, Pitcher	850	600	0	0	0	0	0	40	70	6	42	2	Sulfites	X	X	X
Beverage, Alcohol	Peach Lemonade Poncha	170	160	0	0	0	0	0	0	31	<1	27	<1	Sulfites	X	X	X
Beverage, Alcohol	Passion Fruit Frosé	227	220	0	0	0	0	0	30	32	0	31	0	Sulfites	X	X	X
Beverage, Alcohol	Rose Sangria, Glass	255	210	0	0	0	0	0	10	16	<1	15	1	Sulfites	X	X	X
Beverage, Alcohol	Rose Sangria, Pitcher	850	700	5	0.5	0	0	0	35	53	3	49	4	Sulfites	X	X	X
Beverage, Alcohol	Sagres	330	150	0	0	0	0	0	0	13	0	0	0	Wheat	X	X	X
Beverage, Alcohol	Sam Adams Boston Lager	340	180	0	0	0	0	0	0	15	0	0	0	Wheat	X	X	X
Beverage, Alcohol	Sauvignon Blanc, On Tap	227	190	0	0	0	0	0	10	5	0	2	0	Sulfites	X	X	X
Beverage, Alcohol	Smokey Rosalita	170	320	0	0	0	0	0	60	34	0	33	0	Sulfites	X	X	X
Beverage, Alcohol	Spiked Blood Orange Mango Lemonade	227	180	0	0	0	0	0	20	31	0	28	<1		X	X	X
Beverage, Alcohol	Spiked Pineapple Lemonade	227	180	0	0	0	0	0	15	31	0	19	0		X	X	X
Beverage, Alcohol	Spiked Strawberry Lemonade	227	180	0	0	0	0	0	15	30	0	18	0		X	X	X
Beverage, Alcohol	Super Bock	340	190	0	0	0	0	0	5	3	0	1	0	Wheat	X	X	X
Beverage, Alcohol	Truly Wild Berry	355	100	0	0	0	0	0	30	2	0	1	0		X	X	X
Beverage, Alcohol	Truly Strawberry Lemonade	355	100	0	0	0	0	0	45	3	0	1	0		X	X	X

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Snacks & Shareables	Garlic Sticks	198	740	420	47	19	0	<5	1100	70	2	2	13	Wheat, Milk, Soy	X		
Snacks & Shareables	Halloumi Sticks & Chilli Jam	220	640	460	51	29	0	110	1750	21	<1	19	33	Milk	X		
Snacks & Shareables	Hummus with PERi Drizzle and Pita	408	1200	120	13	3	0	0	1930	150	15	15	33	Wheat, Sesame Seed	X	X	X
Snacks & Shareables	Hummus with PERi Drizzle and Veggies	308	650	90	10	3	0	0	1100	42	12	10	13	Sesame Seed	X	X	X
Snacks & Shareables	PERi-PERi Wings (6) with PERi Ranch, Plain-ish	229	750	500	55	12	0	320	2250	10	0	7	56	Milk, Egg, Soy			
Snacks & Shareables	Spicy Mixed Olives	170	220	180	20	0	0	0	2050	7	5	0	0		X	X	X

Bowls & Salads	Avocado & Roasted Pepper Bowl	575	770	310	34	4	0	0	2480	102	15	9	15	Sesame Seed	X	X	X
Bowls & Salads	Chicken Caesar Salad, with dressing	401	690	600	67	9	0	170	1290	15	7	5	40	Fish (Anchovy), Wheat, Milk, Egg			
Bowls & Salads	Marinated Tomato, Halloumi & Chicken Salad, with dressing	498	630	330	36	11	0	140	1390	32	5	10	48	Wheat, Milk			
Bowls & Salads	PERi Chicken Kale Caesar, Plainish, Breast	581	1060	670	75	12	0	200	2480	43	10	7	55	Egg, Milk, Wheat, Fish (Anchovy)			
Bowls & Salads	PERi Chicken Kale Caesar, Plainish, Thighs	610	1200	810	90	16	0	280	2730	43	10	8	55	Egg, Milk, Wheat, Fish (Anchovy)			
Bowls & Salads	PERi Ranch Crunch Salad, Plainish, Breast	505	620	290	32	6	0	150	1780	39	6	12	47	Egg, Milk, Wheat			
Bowls & Salads	PERi Ranch Crunch Salad, Plainish, Thighs	534	750	420	46	10	0	230	2030	39	6	12	46	Egg, Milk, Wheat			
Bowls & Salads	PERi-PERi Chicken Bowl, Plainish, Breast	627	870	290	32	4.5	0	120	2520	95	8	9	47	Sesame Seed			X
Bowls & Salads	PERi-PERi Chicken Bowl, Plainish, Tenders	598	790	220	25	3.5	0	115	2580	95	8	8	47	Sesame Seed			X
Bowls & Salads	PERi-PERi Chicken Bowl, Plainish, Thighs	655	1000	420	47	9	0	210	2630	95	8	9	50	Sesame Seed			X
Bowls & Salads	PERi-PERi Chicken Rainbow Bowl, Plainish, Breast	737	1090	490	55	11	0	155	2610	99	12	10	55	Milk, Wheat, Sesame Seed			
Bowls & Salads	PERi-PERi Chicken Rainbow Bowl, Plainish, Thighs	756	1220	620	69	15	0	235	2860	99	12	10	54	Milk, Wheat, Sesame Seed			
Bowls & Salads	Pulled Chicken, Feta & Avo Bowl	563	890	420	47	8	0	140	2070	91	11	3	48	Milk			
Bowls & Salads	Rainbow Vegetarian Bowl	633	1020	530	59	20	0	70	2600	96	12	8	30	Milk, Wheat, Sesame Seed	X		

Chicken	1/2 Chicken	272	540	270	29	8	0	300	970	0	0	0	68				X
Chicken	1/2 Chicken and Chips	428	840	420	47	10	0	300	1960	34	4	<1	72				X
Chicken	1/4 Chicken Breast	160	290	130	14	3.5	0	150	570	0	0	0	42				X
Chicken	1/4 Chicken Leg	118	260	150	16	4	0	160	420	0	0	0	28				X
Chicken	1/4 Chicken Leg (2)	235	520	300	32	8	0	320	840	0	0	0	56				X
Chicken	Boneless Chicken Breast	227	390	160	18	4	0	185	1300	<1	0	0	55				X
Chicken	Boneless Chicken Thigh (1)	64	140	80	9	2.5	0	75	370	0	0	0	13				X
Chicken	Boneless Chicken Thighs (2)	128	280	170	19	4.5	0	145	740	<1	0	0	26				X
Chicken	Boneless Chicken Thighs (3)	191	420	250	28	7	0	220	1110	<1	0	0	39				X
Chicken	Chicken Livers	340	450	240	26	6	0	1135	1460	7	<1	<1	47	Milk			
Chicken	Chicken Thigh Skewer (1)	128	200	110	13	3	0	100	490	3	<1	2	18				X
Chicken	Chicken Thigh Skewers (2)	255	400	220	26	6	0	200	980	6	1	4	36				X
Chicken	PERi-PERi Wings (12) with PERi Ranch, Plain-ish	415	1390	910	101	23	0.5	615	4230	15	0	10	80	Egg, Milk, Soy			
Chicken	PERi-PERi Wings (24) with PERi Ranch, Plain-ish	1168	2840	1860	206	48	1.5	1265	8420	29	0	20	160	Egg, Milk, Soy			

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Condiments	Balsamic Vinaigrette	28	40	25	3	0	0	0	170	3	0	3	0		X	X	X
Condiments	Balsamic Vinegar	28	25	0	0	0	0	0	5	5	0	4	0	Sulfites	X	X	X
Condiments	Caesar Dressing	28	170	170	19	1.5	0	20	260	<1	0	0	<1	Fish (Anchovy), Milk, Egg			
Condiments	Extra Hot Sauce	28	20	10	1	0	0	0	730	1	0	0	0		X	X	X
Condiments	Garlic Sauce	28	15	10	1	0	0	0	630	1	0	0	0		X	X	X
Condiments	Hot Sauce	28	15	10	1	0	0	0	710	1	0	0	0		X	X	X
Condiments	Ketchup	28	30	0	0	0	0	0	260	8	0	6	0		X	X	X
Condiments	Lemon & Herb Sauce	28	35	25	3	0	0	0	320	2	0	1	0		X	X	X
Condiments	Medium Sauce	28	15	10	1	0	0	0	640	1	0	0	0		X	X	X
Condiments	Olive Oil	28	250	260	28	4	0	0	0	0	0	0	0		X	X	X
Condiments	PERi Ranch	28	60	50	5	0.5	0	5	370	4	0	2	0	Milk, Egg, Soy			
Condiments	PERi Tamer	28	45	5	0.5	0	0	0	135	9	0	9	0		X	X	X
Condiments	PERinaise	28	90	70	8	1	0	10	320	6	0	4	0	Soy, Egg	X		
Condiments	Wild Herb Sauce	28	15	10	1	0	0	0	640	1	0	0	0		X	X	X
Condiments	XXX Hot Sauce	28	80	15	1.5	0	0	0	730	2	0	0	0		X	X	X

Dessert	Barely Baked Brownie	71	250	100	11	0	0	50	90	39	2	31	3	Wheat, Milk, Soy, Egg	X		
Dessert	Carrot Cake	241	900	560	62	23	1	150	760	80	3	56	9	Wheat, Milk, Soy, Egg, Tree Nuts, (Walnut)	X		
Dessert	Mango Gelado	75	90	35	4	0	0	0	0	23	2	19	4	Milk, Egg	X		
Dessert	Naughty Natas	50	150	70	8	4	0	70	105	17	0	10	3	Wheat, Milk, Soy, Egg	X		
Dessert	Raspberry White Chocolate Cheesecake	176	620	380	43	26	0	85	500	49	0	33	9	Wheat, Milk, Soy, Egg, Tree Nuts	X		

Handheld	Chicken Breast Pita, Plain-ish	298	480	130	14	2	0	115	990	49	4	9	40	Wheat, Milk, Soy, Egg			
Handheld	PERi Chicken Pita, Plain-ish	355	680	320	35	7	0	220	1560	47	3	6	45	Wheat, Milk, Soy, Egg			
Handheld	Chicken Breast Sandwich, Plain-ish	335	530	210	23	4	0	85	1200	49	2	11	32	Wheat, Milk, Soy, Egg			
Handheld	Chicken Breast Wrap, Plain-ish	357	670	220	25	3.5	3.5	125	1220	68	11	24	45	Wheat, Milk, Egg, Soy, Sesame Seed			

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Handheld	Chicken Burger, Plain-ish	388	580	230	26	6	0	85	1230	58	3	18	32	Wheat, Milk, Soy, Egg			
Handheld	Chicken Caesar Wrap	356	820	380	42	11	3.5	165	1960	58	12	6	52	Fish (Anchovy), Wheat, Milk, Egg, Soy, Sesame Seed			
Handheld	Nandocas' Choice, Plain-ish	496	970	540	60	16	0	175	1630	43	4	6	62	Wheat, Milk, Soy, Egg, Mustard			
Handheld	Spicy Chicken Caesar Pita	323	780	320	35	9	0	125	1640	57	6	3	52	Fish (Anchovy), Wheat, Milk, Egg	X		
Handheld	Spicy Chicken Caesar Wrap	354	820	340	38	9	0	125	1530	62	11	8	58	Fish (Anchovy), Wheat, Milk, Egg, Soy, Sesame Seed			
Handheld	Sweet & Spicy Chicken Wrap, Plainish, Thighs	403	820	380	42	6	0	225	1280	63	8	23	52	Wheat, Milk, Egg, Soy, Sesame Seed			
Handheld	Sweet Potato & Halloumi Wrap, Plain-ish	357	860	420	46	11	0	50	1340	91	11	28	29	Wheat, Milk, Egg, Soy, Sesame Seed	X		
Handheld	Sweet Potato & Halloumi Pita, Plain-ish	328	800	390	43	11	0	50	1440	84	6	26	21	Wheat, Milk, Egg, Soy	X		
Handheld	Sweet Potato & Halloumi Sandwich, Plain-ish	326	780	400	44	11	0	50	1270	79	6	26	20	Wheat, Milk, Egg, Soy	X		
Handheld	Thigh and Mighty Sandwich, Plain-ish	335	600	300	34	7	0	105	1210	49	2	11	27	Wheat, Milk, Soy, Egg			
Handheld	Veggie Burger, Plain-ish	349	610	160	17	1.5	0	10	1380	89	8	12	29	Wheat, Milk, Soy, Egg	X		

Nandinos	Chicken Breast Sandwich, Plain-ish	278	410	130	15	3	0	75	800	37	2	1	31	Wheat			X
Nandinos	Drumstick and Thigh, Plain-ish	118	260	150	16	4	0	160	420	0	0	0	28				
Nandinos	Grilled Cheese	92	310	160	17	10	0.5	45	550	28	2	4	11	Wheat, Milk, Soy	X		
Nandinos	Grilled Chicken Tenders, Plain-ish	113	170	35	3.5	1	0	115	105	0	0	0	34				X
Nandinos	Grilled Chicken Breast Strips, Plain-ish	128	220	90	10	2.5	0	105	730	<1	0	0	31				X
Nandinos	Mac & Cheese	184	390	210	23	13	0	75	800	30	<1	3	14	Wheat, Milk	X		
Nandinos	Wings (3), Plain-ish	99	240	150	16	4	0	130	450	0	0	0	20				X
Nandinos - Sides	Apple Slices	213	120	0	0	0	0	0	0	29	6	20	<1		X	X	X
Nandinos - Sides	Coleslaw	113	120	90	10	0	0	5	135	8	3	4	1	Egg, Mustard	X		
Nandinos - Sides	Corn (1/2 cob)	83	130	60	7	4	0	15	50	16	2	3	3	Milk	X		
Nandinos - Sides	Garlic Bread	50	190	110	12	5	0	0	280	17	<1	<1	3	Wheat, Milk, Soy	X		
Nandinos - Sides	PERi Chips (aka Fries)	99	190	100	11	1.5	0	0	630	21	2	0	2		X	X	X
Nandinos - Sides	Portuguese Rice	85	130	50	6	0	0	0	340	22	<1	0	2		X	X	X
Nandinos - Sides	Raw Veggies	156	45	0	0	0	0	0	50	10	3	5	1		X	X	X
Nandinos - Sides	Red Skin Mashed Potatoes	113	190	90	10	4	0	0	650	23	2	2	3	Milk, Soy	X		

Sides	Brussels Sprouts	213	240	130	15	4.5	0	0	640	23	9	6	8	Milk, Soy	X		
Sides	Butternut Squash & Corn	158	140	35	4	0.5	0	0	280	27	5	13	2		X	X	X
Sides	Caesar Side Salad	113	200	160	17	6	0	35	400	3	1	<1	6	Fish (Anchovy), Wheat, Milk, Egg	X	X	X
Sides	Charred Sweet Potato, Large	170	260	60	7	1	0	0	380	48	7	10	4		X	X	X
Sides	Charred Sweet Potato, Regular	85	130	30	3.5	0	0	0	190	24	4	5	2		X	X	X

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Menu Category	Menu Item	Grams	Calories (kcal)	Fat Calories (fat kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Declared Allergens	Vegetarian (no meat)	Vegan (No animal products)	Dairy-Free
Sides	Coleslaw, Large	340	360	260	29	0	0	20	400	23	8	13	4	Egg, Mustard	X		
Sides	Coleslaw, Regular	170	180	130	15	0	0	10	200	12	4	7	2	Egg, Mustard	X		
Sides	Corn on the Cob (1 cob)	158	200	70	8	4	0	15	50	32	4	7	5	Milk	X		
Sides	Corn on the Cob (1 cob), No Butter	150	140	20	2.5	0	0	0	0	32	4	7	5		X	X	X
Sides	Crispy Brussels Sprouts	173	90	70	8	1	0	5	580	6	<1	3	<1	Milk, Soy, Egg	X		
Sides	Garlic Bread, Large	198	740	420	47	19	0	<5	1100	70	2	2	13	Wheat, Milk, Soy	X		
Sides	Garlic Bread, Regular	99	370	210	24	10	0	<5	550	35	1	1	6	Wheat, Milk, Soy	X		
Sides	Golden Cauliflower	234	330	240	27	3	0	0	580	21	4	14	4	Wheat, Sesame Seed	X		X
Sides	Hummus Scoop (1.0 ounce)	28	80	0	0	0.5	0	0	120	5	1	<1	2	Sesame Seed	X	X	X
Sides	Macho Peas, Large	340	500	380	42	16	0	<5	660	22	9	0	9	Milk, Soy	X		
Sides	Macho Peas, Regular	170	250	190	21	8	0	0	330	11	5	0	4	Milk, Soy	X		
Sides	Mixed Leaf Side Salad	82	50	80	8	0	0	0	140	6	2	4	<1		X	X	X
Sides	PERi Chips (aka Fries), Large	312	600	310	34	4	0	0	1980	67	8	<1	7		X	X	X
Sides	PERi Chips (aka Fries), Regular	156	300	150	17	2	0	0	990	34	4	0	4		X	X	X
Sides	PERi Chips (aka Fries), X-Large	624	1200	620	69	8	0	0	3960	135	15	2	14		X	X	X
Sides	PERi Honey Sweet Potatoes	255	500	270	30	7	0	30	750	52	5	25	8	Milk	X		
Sides	PERi Mac	199	460	250	28	15	0	75	980	36	<1	4	15	Milk, Wheat, Soy	X		
Sides	Portuguese Roll	71	180	20	2.5	0	0	0	350	34	<1	<1	6	Wheat	X	X	X
Sides	Portuguese Rice, Large	284	420	170	19	1	0	0	1150	73	3	1	7		X	X	X
Sides	Portuguese Rice, Regular	142	210	90	10	0.5	0	0	570	36	1	<1	4		X	X	X
Sides	Red Skin Mashed Potatoes, Large	369	630	300	33	12	0	0	2100	73	7	7	11	Milk, Soy	X		
Sides	Red Skin Mashed Potatoes, Regular	184	320	150	17	6	0	0	1050	37	3	4	5	Milk, Soy	X		
Sides	Spicy Caesar Side Salad	153	320	180	20	6	0	35	710	21	5	5	11	Fish (Anchovy), Wheat, Milk, Egg			
Sides	Turmeric Roasted Cauliflower, Large	170	180	120	13	2	0	0	210	15	6	6	6		X	X	X
Sides	Turmeric Roasted Cauliflower, Regular	85	90	60	6	1	0	0	105	7	3	3	3		X	X	X

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