

The inside scoop

18th Edition – October 2023



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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
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, Plainish	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 Thigh (1), Plainish	64	140	80	9	2.5	0	75	370	0	0	0	13				X
Add-on	Chicken Thigh Skewer (1), Plainish	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	Hummus Scoop (1.0 ounce)	28	80	0	0	0.5	0	0	120	5	1	<1	2	Sesame Seed	X	X	X
Add-on	PERI-PERi Drizzle	28	140	130	15	0	0	0	470	1	0	0	0		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, Plainish	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	Draft Cold Brew	425	25	0	0	0	0	0	40	7	3	2	0		X	X	X
Beverage	Draft Oat Black & Tan	425	115	35	4	0	0	0	85	17	4	9	2		X	X	X
Beverage	Draft Oat Milk Latte	425	180	70	8	0	0	0	170	33	7	18	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	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	Topo Chico, 11.5 oz	326	0	0	0	0	0	0	5	0	0	0	0		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	Art Car IPA, On Tap	454	270	0	0	0	0	0	0	17	0	0	4	Wheat	X	X	X
Beverage, Alcohol	Arts Merlot, Bottle	719	640	0	0	0	0	0	30	19	0	5	1	Sulfites	X	X	X
Beverage, Alcohol	Arts Merlot, Glass	227	200	0	0	0	0	0	10	6	0	1	0	Sulfites	X	X	X
Beverage, Alcohol	Arts Sauvignon Blanc, Bottle	719	540	0	0	0	0	0	36	19	0	7	0	Sulfites	X	X	X
Beverage, Alcohol	Arts Sauvignon Blanc, Glass	227	170	0	0	0	0	0	11	6	0	2	0	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	Cabernet Sauvignon, On Tap	227	190	0	0	0	0	0	0	6	0	0	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	Cougar Paw Red Ale, On Tap	454	200	0	0	0	0	0	0	25	0	0	2	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	Kolsch, On Tap	454	200	0	0	0	0	0	0	17	0	0	0	Wheat	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	Smoky 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	454	250	0	0	0	0	0	5	4	0	0	0	Wheat	X	X	X
Beverage, Alcohol	Truly Strawberry Lemonade	355	100	0	0	0	0	0	45	3	0	1	0		X	X	X
Beverage, Alcohol	Truly Wild Berry	355	100	0	0	0	0	0	30	2	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, Superseed Crunch, PERi Drizzle with Pita	436	1310	210	23	5	0	<5	2750	153	14	10	35	Wheat, Sesame Seed	X	X	X
Snacks & Shareables	Hummus, Superseed crunch, PERi Drizzle with Pita and Veggies	409	950	180	20	5	0	<5	1750	82	13	10	22	Wheat, Sesame Seed	X	X	X
Snacks & Shareables	Hummus, Superseed Crunch, PERi Drizzle with Veggies	451	770	170	19	5	0	<5	1250	49	13	11	16	Wheat, Sesame Seed	X	X	X
Snacks & Shareables	PERi-PERi Wings (6) with PERi Ranch, Plainish	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	PERi Chicken Kale Caesar, Plainish, Breast (with dressing)	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 (with dressing)	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 (with dressing)	505	620	290	32	6	0	150	1780	39	6	12	47	Egg, Milk, Wheat			
Bowls & Salads	PERi Ranch Crunch Salad, Plainish, Thighs (with dressing)	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, 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	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, Plainish	415	1390	910	101	23	0.5	615	4230	15	0	10	80	Egg, Milk, Soy			
Chicken	PERi-PERi Wings (24) with PERi Ranch, Plainish	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		

Handhelds	Chicken Breast Sandwich, Plainish	335	530	210	23	4	0	85	1200	49	2	11	32	Wheat, Milk, Soy, Egg			
Handhelds	Chicken Burger, Plainish	388	580	230	26	6	0	85	1230	58	3	18	32	Wheat, Milk, Soy, Egg			
Handhelds	Nandocas' Choice, Plainish	496	970	540	60	16	0	175	1630	43	4	6	62	Wheat, Milk, Soy, Egg, Mustard			
Handhelds	PERi Chicken Pita, Plainish	376	730	350	39	8	0	245	1650	47	3	6	33	Wheat, Milk, Soy, Egg			
Handhelds	Spicy Chicken Caesar Pita	323	780	320	35	9	0	125	1640	57	6	3	52	Fish (Anchovy), Wheat, Milk, Egg			
Handhelds	Spicy Chicken Caesar Wrap	354	820	340	38	9	0	125	1530	62	11	8	58	Fish (Anchovy), Wheat, Milk, Egg, Soy, Sesame Seed			
Handhelds	Sweet & Spicy Chicken Wrap, Plainish, Thighs	403	820	380	42	6	0	225	1280	63	8	23	52	Wheat, Milk, Egg, Soy, Sesame Seed			

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Handhelds	Sweet Potato & Halloumi Wrap, Plainish	357	860	420	46	11	0	50	1340	91	11	28	29	Wheat, Milk, Egg, Soy, Sesame Seed	X		
Handhelds	Sweet Potato & Halloumi Pita, Plainish	328	800	390	43	11	0	50	1440	84	6	26	21	Wheat, Milk, Egg, Soy	X		
Handhelds	Sweet Potato & Halloumi Sandwich, Plainish	326	780	400	44	11	0	50	1270	79	6	26	20	Wheat, Milk, Egg, Soy	X		
Handhelds	Thigh and Mighty Sandwich, Plainish	335	600	300	34	7	0	105	1210	49	2	11	27	Wheat, Milk, Soy, Egg			
Handhelds	Veggie Burger, Plainish	349	610	160	17	1.5	0	10	1380	89	8	12	29	Wheat, Milk, Soy, Egg	X		

Nandinos	Chicken Breast Sandwich, Plainish	278	410	130	15	3	0	75	800	37	2	1	31	Wheat			X
Nandinos	Drumstick and Thigh, Plainish	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 Breast Strips, Plainish	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), Plainish	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	Roasted Brussels Sprouts, Regular	199	80	60	7	1	0	5	470	6	<1	3	<1	Milk, Soy, Egg	X		
Sides	Roasted Brussels Sprouts, Large	397	160	120	14	1.5	0	15	940	11	1	6	1	Milk, Soy, Egg	X		
Sides	Roasted Brussels Sprouts, X-Large	794	330	250	28	3	0	25	1880	23	3	12	2	Milk, Soy, Egg	X		
Sides	Crispy Brussels Sprouts, Regular	213	290	210	24	2.5	0	<5	1940	20	7	6	6	Milk, Soy, Egg	X		
Sides	Crispy Brussels Sprouts, Large	426	590	420	47	5	0	5	3890	40	14	12	12	Milk, Soy, Egg	X		
Sides	Crispy Brussels Sprouts, X-Large	851	1180	850	94	10	0	15	7770	80	28	25	25	Milk, Soy, Egg	X		
Sides	Coleslaw, Regular	170	180	130	15	0	0	10	200	12	4	7	2	Egg, Mustard	X		
Sides	Coleslaw, Large	340	360	260	29	0	0	20	400	23	8	13	4	Egg, Mustard	X		
Sides	Coleslaw, X-Large	680	710	530	59	0	0	35	810	46	15	27	8	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

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Sides	Garlic Bread, Regular	99	370	210	24	10	0	<5	550	35	1	1	6	Wheat, Milk, Soy	X		
Sides	Garlic Bread, Large	198	740	420	47	19	0	<5	1100	70	2	2	13	Wheat, Milk, Soy	X		
Sides	Garlic Bread, X-Large	397	1490	850	94	38	0	10	2210	139	4	5	25	Wheat, Milk, Soy	X		
Sides	Golden Cauliflower, Regular	213	150	60	7	1	0	0	580	21	4	14	4	Wheat, Sesame Seed	X		X
Sides	Golden Cauliflower, Large	425	310	120	13	2.5	0	<5	1160	42	8	28	8	Wheat, Sesame Seed	X		X
Sides	Golden Cauliflower, X-Large	851	620	240	27	5	0	<5	2320	85	16	56	17	Wheat, Sesame Seed	X		X
Sides	Macho Peas, Regular	170	250	190	21	8	0	0	330	11	5	0	4	Milk, Soy	X		
Sides	Macho Peas, Large	340	500	380	42	16	0	<5	660	22	9	0	9	Milk, Soy	X		
Sides	Macho Peas, X-Large	680	1000	760	85	31	0	5	1320	45	19	<1	17	Milk, Soy	X		
Sides	Mixed Leaf Side Salad, Regular (with dressing)	82	35	15	1.5	0	0	0	115	4	1	3	<1		X	X	X
Sides	Mixed Leaf Side Salad, Large (with dressing)	165	70	30	3.5	0	0	0	230	9	2	5	2		X	X	X
Sides	Mixed Leaf Side Salad, X-Large (with dressing)	329	140	60	7	0	0	0	460	18	4	10	4		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), Large	312	600	310	34	4	0	0	1980	67	8	<1	7		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, Regular	255	500	270	30	7	0	30	750	52	5	25	8	Milk, Wheat, Sesame Seed	X		
Sides	PERi Honey Sweet Potatoes, Large	511	1000	530	59	13	0	60	1490	104	10	51	17	Milk, Wheat, Sesame Seed	X		
Sides	PERi Honey Sweet Potatoes, X-Large	1021	1990	1070	118	27	0	125	2980	209	21	101	34	Milk, Wheat, Sesame Seed	X		
Sides	PERi Mac, Regular	199	460	250	28	15	0	75	980	36	<1	4	15	Milk, Wheat, Soy	X		
Sides	PERi Mac, Large	397	910	500	56	30	0	150	1950	72	2	7	30	Milk, Wheat, Soy	X		
Sides	PERi Mac, X-Large	794	1820	1000	111	60	1	295	3900	143	3	14	60	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, Regular	142	210	90	10	0.5	0	0	570	36	1	<1	4		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, X-Large	567	850	340	38	2.5	0	0	2300	145	5	3	14		X	X	X
Sides	Red Skin Mashed Potatoes, Regular	184	320	150	17	6	0	0	1050	37	3	4	5	Milk, Soy	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, X-Large	738	1270	600	67	25	0	<5	4200	147	14	14	21	Milk, Soy	X		
Sides	Spicy Kale Caesar Side Salad, Regular (with dressing)	153	320	180	20	6	0	35	710	21	5	5	11	Fish (Anchovy), Wheat, Milk, Egg			
Sides	Spicy Kale Caesar Side Salad, Large (with dressing)	306	630	360	40	12	0	65	1430	43	10	9	22	Fish (Anchovy), Wheat, Milk, Egg			
Sides	Spicy Kale Caesar Side Salad, X-Large (with dressing)	613	1270	710	79	24	0	130	2860	86	20	19	44	Fish (Anchovy), Wheat, Milk, Egg			

