

Nutritionals + Allergens

May 2024



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	100g	100	3	0.5	0	90	430	3	0	1	19	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Cheddar Cheese Slice	30g	120	10	7	0.3	30	210	0	0	0	7	Contains: Milk
Add-on	Chicken Thigh, Plainish	64g	140	9	2.5	0	75	370	0	0	0	13	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Chilli Jam	28g	45	0	0	0	0	45	11	0	8	0.2	May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
Add-on	Cilantro Yogurt	28g	120	12	2	0	25	80	1	0	0	1	Contains: Milk, Egg, Sulphites, Mustard May Contain: Tree Nuts, Sesame, Fish, Soy, Wheat
Add-on	Double Breast, Plainish	200g	200	6	1	0	180	860	6	0	1	38	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Feta Cheese	28g	70	6	4	0	25	260	1	0	1	4	Contains: Milk
Add-on	Garlic Spread	28g	160	16	4	0	0	240	0	0	0	0	Contains: Soy, Sulphites, Gluten
Add-on	Grilled Halloumi Cheese	22g	100	3	5	0.1	30	360	0	0	0	6	Contains: Milk May Contain: Eggs, Shellfish, Soybean protein
Add-on	Grilled Pineapple Slice	40g	20	0	0	0	0	0	5	0	4	0.4	
Add-on	Grilled Pita	60g	140	1	0.1	0	0	0	29	2	1	6	Contain: Wheat
Add-on	Half Avocado	75g	140	11	2	0	0	5	7	5	1	2	Contain: Avocado
Add-on	PERi Ranch	28g	60	5	0.5	0	0	370	4	0	2	0	Contains: Milk, Egg, Soy
Add-on	PERi-PERi Drizzle	5g	20	2	0.2	0	0	65	1	0	0	0.1	
Add-on	PERinaise	28g	90	8	1	0	10	320	6	0	4	0	Contains: Egg, Soy
Add-on	Portuguese Roll	79g	210	1.5	0	0	0	490	44	2	0	7	Contains: Wheat May Contain: Milk, Egg, Soy, Sesame Seeds, Sulphites
Add-on	Pulled Chicken, Plainish	113g	160	4	1	0	105	530	0	0	0	30	May Contain: Milk, Egg, Soy, Sesame Seeds, Sulphites
Add-on	Single Chicken Skewer	106g	130	8	1.5	0	65	270	0	0	0	23	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Veggie Burger Patty, Plainish	113g	140	2.5	0	0	0	460	17	5	0	13	Contains: Soy May Contain: Wheat, Milk, Sesame

Baste	Hot Basting	28g	50	4.8	0.69	0	3	135.43	1.9	0.14	0.43	0.26	
Baste	Lemon and Herb Basting	28g	40	4	0.57	0	0	265.71	4	0.3	0.3	0.09	
Baste	Mango Lime Basting	28g	30	1	0.07	0.23	0	297.57	4.83	0	4.29	0.13	
Baste	Medium Basting	28g	45	4.4	0.63	0	3	240.57	3.9	0.3	0.23	0.09	
Baste	PERi-tamer	100g	200	1.5	0.2	0	0	751	44	0	43.2	0.8	

Beverage	Apple Juice	450g	180	0	0	0	0	40	52	0	48	0	
Beverage	Bottled Water	250g	0	0	0	0	0	0	0	0	0	0	
Beverage	Chocolate Milk	237g	160	2.5	1.5	0	10	0	25	0	25	9	Contains: Milk
Beverage	Mango Lemonade (Regular)	473mL	220	0	0	0	0	20	55	0	52	0	
Beverage	Mango Lemonade (Large)	1L	485	0	0	0	0	44	121	0	114	0	
Beverage	Orange Juice	450g	160	0	0	0	0	30	51	0	45	3	
Beverage	Regular Milk	237g	120	4.5	3	0.1	20	115	11	0	11	9	Contains: Milk
Beverage	Strawberry Lemonade (Regular)	473mL	220	0	0	0	0	15	54	<1	50	0	
Beverage	Strawberry Lemondade (Large)	1L	485	0	0	0	0	44	121	0	114	0	

Beverage, Alcohol	Bottled Beer		100-165	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Draught Beer	591mL	250	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Red Wine	148mL	130	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Red Wine	237mL	200	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Sangria	177mL	120	0	0	0	0	10	14	1	8	0	
Beverage, Alcohol	White Wine	148mL	120	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	White Wine	237mL	190	0	0	0	0	0	0	0	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 then 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	PERI-PERi Chicken Bowl (with Boneless Breast)	595g	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 Pulled Chicken)	575g	810	41	5	0	120	2880	92	8	7	30	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
Bowls	PERI-PERi Chicken Bowl (with Boneless Thighs)	703g	1090	60	10	0	280	3420	93	8	8	61	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
Bowls	PERi Chicken Rainbow Bowl (with Boneless Breast)	724g	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	PERi Chicken Rainbow Bowl (with Pulled Chicken)	634g	1140	51	12	1	120	2020	91	10	6	46	Contains: Sesame, Sulphites, Wheat, Gluten, Milk May Contain: Crustacean, Egg, Mustard, Soy, Tree Nuts
Bowls	PERi Chicken Rainbow Bowl (with Boneless Thighs)	762g	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 Vegetarian Bowl	646g	1210	64	20	1	75	2760	99	12	8	32	Contains: Sesame, Sulphites, Wheat, Gluten, Milk May Contain: Crustacean, Egg, Mustard, Soy, Tree Nuts

Condiments	Extra Hot Table Sauce	100g	70	4.68	0.7	4.68	0	2504	4.95	2.92	1.86	1.26	
Condiments	Garlic Table Sauce	100g	60	4.17	0.6	0	0	1878	5	2.4	2.37	0.97	
Condiments	Hot Table Sauce	100g	50	3.61	0.5	3.61	0	2885	4.27	2.48	1.62	0.91	
Condiments	House Dressing	28g	80	8	1	0	0	140	2	0	1	0.1	
Condiments	Medium Table Sauce	100g	60	4.92	0.6	0	0	2148	3.59	2.51	0.69	0.77	

Desserts	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
Desserts	Chocolate Kisses	127g	290	16	11	0	35	110	34	1	31	4	Contains: Milk, Soy, Tree Nuts
Desserts	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
Desserts	New York Cheesecake	106g	340	21	12	0.4	0	250	32	0	22	6	Contains: Milk, Eggs, Wheat May Contain: traces of tree nuts

Handhelds	Spicy Chicken Caesar Wrap	339g	820	48	13	0	105	1790	54	7	5	44	• CHICKEN May Contain: Soy, Wheat, Mustard, Egg • DRESSING Contains: Egg, Milk, Mustard, Soy, Sulphites - May Contain: Crustaceans, Sesame, Wheat, Gluten • TORTILLA Contains: Wheat, Gluten May Contain: Milk, Soy, Sulphites • CHEESE Contains: Milk
Handhelds	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
Handhelds	Chicken Wrap	345g	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	Nandocas' Choice	553g	980	61	15	0	245	2380	48	5	8	76	Contains: Wheat, Gluten, Soy, Sulphites, Egg, Mustard May Contain: Sesame Seeds
Handhelds	Sweet Potato & Halloumi Sandwich	327g	710	35	12	0	35	1280	83	8	15	20	Contains: Wheat, milk, egg, soy May Contain: Crustaceans, Mustard, Sesame seeds, Soy, Sulphites, pecans, walnuts, almonds
Handhelds	Sweet Potato & Halloumi Wrap	361g	790	41	14	0	35	1370	90	11	15	22	Contains: Wheat, Milk, Egg, Soy, Gluten May Contain: Crustaceans, Mustard, Sesame, Soy, Sulphites, peanuts, tree nuts
Handhelds	Thigh & Mighty Sandwich	322g	610	30	6	0	155	1570	53	3	11	33	Contains: Wheat, eggs, mustard, Soy May Contain: Sesame Seeds, Milk, Eggs, Soy, Sulphites
Handhelds	Veggie Burger	267g	430	13	1	0	10	1610	67	8	4	20	Contains: Soy May Contain: Wheat, Gluten, Sesame, Sulphite • PERINAISE SAUCE Add-ons section • ROLL Contains: Wheat, Barley May Contain: Pecans, Walnuts, Almonds, Sesame Seeds, Milk, Eggs, Soy

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Snacks & Shareables	Garlic Bread	122g	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)	219g	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	291g	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 with PERi Ranch (5)	155g	460	26	4.5	0	120	850	5	0	3	38	May Contain: Milk, Egg, Soy
Snacks & Shareables	PERi-PERi Whole Wings with PERi Ranch (10)	510g	920	142	9	0	240	1700	10	0	6	76	May Contain: Milk, Egg, Soy
Snacks & Shareables	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

Nandinos	Grilled Chicken Breast Strips	63g	110	5	1	0	50	370	0	0	0	15	May Contain: Soy, Wheat, Mustard, Egg
Nandinos	Mac & Cheese	184g	310	15	7	0	35	640	30	0	5	2	Contains: Milk, Wheat

PERi-PERi Chicken	1/4 Chicken Breast	243g	430	28	8	0.2	155	750	0	0	0	38	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	1/4 Chicken Leg	200g	340	24	7	0.2	130	700	0	0	0	30	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	2 Boneless Thighs	175g	390	26	7	0	215	740	0	0	0	38	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	Boneless Butterfly Chicken Breast	142g	240	11	2.5	0	115	850	1	0	0	24	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	Chicken Thigh Skewer	110g	120	8	2	0	60	290	2	0	1	11	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	Chicken Thigh Skewers	220g	240	15	3.5	0	115	590	4	1	2	22	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	Double Leg	400g	680	48	14	0.4	260	1400	0	0	0	60	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	Chicken Livers Meal	283g	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, Seams Seeds
PERi-PERi Chicken	Half Chicken	443g	760	52	15	0.4	285	1450	0	0	0	68	May Contain: Soy, Wheat, Mustard, Egg
PERi-PERi Chicken	PERi-PERi Whole Wings (10)	454g	800	42	8	0	230	960	2	0	2	76	
PERi-PERi Chicken	Whole Chicken	885g	1520	104	30	1	565	2900	0	0	0	135	May Contain: Soy, Wheat, Mustard, Egg

Salads	PERi Ranch Crunch Salad (with Boneless Breast)	513g	660	49	11	0	150	2570	20	5	11	42	Contains: Egg, Milk, Wheat May Contain: Soy, Sesame
Salads	PERi Ranch Crunch Salad (with Pulled Chicken)	471g	650	49	11	0	120	1840	19	5	11	38	Contains: Egg, Milk, Wheat May Contain: Soy, Sesame
Salads	PERi Ranch Crunch Salad (with Boneless Thighs)	598g	910	71	16	0	300	3070	21	5	11	54	Contains: Egg, Milk, Wheat May Contain: Soy, Sesame
Salads	Spicy Chicken Kale Caesar Salad (with Boneless Breast)	581g	1060	75	12	0	200	2480	43	10	8	55	Contains: Egg, Milk, Wheat, Soy, Mustard, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame
Salads	Spicy Chicken Kale Caesar Salad (with Pulled Chicken)	556g	1020	90	14	0	190	2680	22	8	8	37	Contains: Egg, Milk, Wheat, Soy, Mustard, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame
Salads	Spicy Chicken Kale Caesar Salad (with Boneless Thighs)	683g	1300	109	19	0	345	3220	22	8	8	64	Contains: Egg, Milk, Wheat, Soy, Mustard, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame

Sides	Apple Slices	213g	120	0	0	0	0	0	29	6	20	<1	
Sides	Brussels Sprouts (Roasted), Regular	199g	80	7	1	0	5	470	6	<1	3	<1	Contains: Milk, Soy, Sulphites, Gluten, Egg
Sides	Brussels Sprouts (Roasted), Large	397g	160	14	1.5	0	15	940	11	1	6	1	Contains: Milk, Soy, Sulphites, Gluten, Egg
Sides	Casa Salad (Regular - No Dressing)	113g	80	4.5	3	0.15	15	480	3.5	1	1	5.5	May Contain: Wheat, Milk, Egg, Soy
Sides	Casa Salad (Large - No Dressing)	264g	170	9	6	0.3	30	1580	9	3	2	13	May Contain: Wheat, Milk, Egg, Soy
Sides	Classic Fries (Regular)	214g	420	23	1.5	0.2	0	930	48	4	0	4	

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Sides	Classic Fries (Large)	314g	610	34	2.1	0.3	0	1371	70	5	0	0	
Sides	Classic Wedges (Regular)	214g	390	20	1.5	0.1	0	70	48	3	0	4	
Sides	Classic Wedges (Large)	366g	660	35	2.5	0.2	0	940	82	6	0	6	
Sides	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
Sides	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
Sides	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
Sides	Corn (Regular)	146g	160	3.5	1.5	0	5	30	32	0	0	5	Contains: CORN
Sides	Corn (Large)	292g	310	7	3	0	10	60	62	0	0	9	Contains: CORN
Sides	Garlic Mash (Regular)	170g	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 Mash (Large)	340g	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	Golden Cauliflower (Regular)	213g	150	7	1	0	0	580	21	4	14	4	Contains: Wheat, Sesame Seed
Sides	Golden Cauliflower (Large)	425g	310	13	2.5	0	5	1160	42	8	28	8	Contains: Wheat, Sesame Seed
Sides	Macho Peas (Regular)	170g	410	32	7	0	0	430	20	9	7	7	Contains: Milk, Soy
Sides	Macho Peas (Large)	340g	830	65	14	0	0	850	41	17	14	14	Contains: Milk, Soy
Sides	PERI-Fries (Regular)	214g	420	23	1.5	0.2	0	1480	48	4	0	4	
Sides	PERI-Fries (Large)	314g	610	34	2.1	0.3	0	2171	70	5	0	7	
Sides	PERI Honey Sweet Potatoes (Regular)	232g	350	13	5	0	25	780	53	6	22	8	Contains: Milk, Wheat, Sesame Seed
Sides	PERI Honey Sweet Potatoes (Large)	397g	530	13	9	0	50	1030	94	9	42	13	Contains: Milk, Wheat, Sesame seed
Sides	PERI Mac (Regular)	191g	340	17	8	0	35	690	33	0	5	3	Contains: Milk & Wheat
Sides	PERI Mac (Large)	383g	670	34	15	0	35	1390	66	0	11	6	Contains: Milk & Wheat
Sides	PERI-Vegetable Mix (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
Sides	PERI-Vegetable Mix (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	PERI-Wedges (Regular)	214g	390	20	1.5	0.1	0	620	48	3	0	4	
Sides	PERI-Wedges (Large)	366g	660	35	2.5	0.2	0	940	82	6	0	6	
Sides	Spiced Rice (Regular)	170g	240	5	2	0.5	0	650	44	1	0	4	Contains: Milk
Sides	Spiced Rice (Large)	340g	480	11	3.5	1.5	15	1290	89	1	0	8	Contains: Milk
Sides	Spiced Rice (Shareable)	680g	970	22	7	3	30	2580	178	3	0	16	Contains: Milk
Sides	Spicy Kale Caesar (Regular)	153g	320	20	6	0	35	710	21	5	5	11	• CAESAR DRESSING Contains: Egg, Milk, Mustard, Soy, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame, Wheat, Gluten
Sides	Spicy Kale Caesar (Large)	306g	630	40	12	0	65	1430	43	10	9	22	• CAESAR DRESSING Contains: Egg, Milk, Mustard, Soy, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame, Wheat, Gluten

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