

Snacks & Shareables

Garlic Bread (530 Cals)  	4.99
Traditional Portuguese roll with garlic and herb spread.	
Hummus with PERi-PERi Drizzle (840 Cals) 	7.99
Topped with superseed crunch. Dig in with chunks of warm pita.	
Spicy Mixed Olives (150 Cals) 	5.99
Green and black olives perked up with mushrooms, garlic, peppers and chilli. May contain pits.	
Grilled Halloumi Cheese Sticks & Dip (640 Cals)  New	9.99
Served with our new chilli jam for dipping.	
5 PERi-PERi Whole Wings (320 Cals)	13.90



10 PERi-PERi Whole Wings (640 Cal)

24.90

Handhelds

PERi-PERi CHICKEN	+1 REG SIDE	+2 REG SIDES
Chicken Sandwich (390 Cals) 	15.99	18.19
PERi-PERi chicken breast, served with arugula, pickled red onions, tomato and PERinaise on a traditional Portuguese roll.		
Garlic Bread CLT (700 Cals)	16.99	19.19
Pulled chicken, cheddar cheese, arugula and tomato served on warm buttery garlic bread.		
Nandocas' Choice (870 Cals)	20.19	22.39
Flame-grilled butterfly chicken breast on garlic bread topped with coleslaw.		
Thigh & Mighty Sandwich (610 Cals)	20.19	22.39
Two boneless thighs, arugula, tomato, pickled red onions, PERinaise.		
Chicken Wrap (560 Cals)	17.49	19.69
Our flame-grilled chicken breast with a mix of crunchy veggies, sweet chilli jam and our tangy lemon honey yogurt sauce.		
Classic Chicken Caesar Wrap (700 Cals)	16.99	19.19
Pulled chicken, romaine, parmesan cheese, classic Caesar dressing.		
VEG PERiDISE		
Veggie Burger (430 Cals) 	15.99	18.19
Served on a traditional Portuguese roll with arugula, tomato and PERinaise.		
Portobello Mushroom & Halloumi Wrap (920 Cals) 	16.49	18.69
Portobello mushrooms, halloumi cheese, tangy lemon honey yogurt, chilli jam, arugula, and tomatoes.		

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.

Choose your spice

Our PERi-PERi chilli pepper – the African Bird's Eye chilli – is mixed with garlic, fresh lemons and other tasty ingredients to make our bastes in a range of flavours and heat.

XTRA HOT

Like tackling a ferociously fiery dragon.

HOT

Highly combustible – proceed with caution.

MEDIUM

Hits the spot without scalding your tonsils.

LEMON & HERB or MANGO & LIME

A hint of heat, but a tidal wave of flavour.

PLAIN...ISH

Marinated in PERi-PERi, but grilled with no added spice. As mild as we go.



Sharing Platters

Full Platter 	49.99
(730 – 1310 Cals per person) Whole chicken + 2 large sides + garlic bread.	
Family Platter New	64.99
(630 – 1330 Cals per person) Whole chicken + 2 chicken tender skewers + 3 large sides + garlic bread.	
Jumbo Platter	79.99
(640 – 1220 Cals per person) 2 whole chickens + 4 large sides + garlic bread.	

Sides

PERi-Fries (420 / 610 Cals) 
Spiced Rice (240 / 480 Cals) 
Garlic Mashed Potatoes (230 / 470 Cals) 
Coleslaw (270 / 530 Cals) 
Flame-Grilled Corn on the Cob (160 / 310 Cals)  

 Nando's Favourite  Seasonally Available  Vegetarian



PERi-PERi Chicken

WHAT WE'RE FAMOUS FOR. Fresh chicken marinated for 24 hours in PERi-PERi and flame-grilled to order.

	+1 REG SIDE	+2 REG SIDES
1/2 Chicken (760 Cals) 	18.19	20.39
1/4 Chicken – Breast (430 Cals)	15.69	17.89
1/4 Chicken – Leg (340 Cals)	14.69	16.89
Double Leg (680 Cals)	18.19	20.39
2 Chicken Tender Skewers (260 Cals) New	17.19	19.39
Boneless Butterfly Chicken Breast (240 Cals)	18.19	20.39
3 Boneless Thighs (950 Cals) New	20.19	22.39
Chicken Livers (920 Cals) Served with our garlic bread.	15.49	17.69
10 Whole Wings (640 Cals)	28.19	30.39
Whole Chicken (1520 Cals)	31.79	33.99

	REGULAR	LARGE
Seasonal PERi-Vegetables (130 / 260 Cals) 		
Casa Salad (35 / 70 Cals) 		
PERi Mac (340 / 670 Cals) 	+1.50	+3.00
Classic Caesar Salad (470 / 940 Cals)	+2.50	+5.00
Roasted Brussels Sprouts (170 Cals) 	+2.80	
Available only in regular size.		

Bowls & Salads

Choice of Boneless Breast, Pulled Chicken or Grilled Halloumi. Boneless Thighs are available for an additional 2.99.

BOWLS



PERi-PERi Chicken Bowl (730 – 1090 Cals) 

Spiced Rice topped with PERi-PERi chicken, arugula, roasted red peppers, cut roasted corn and hummus.

15.99

Chicken & Spiced Rice Bowl (1080 – 1200 Cals) New	12.99
Our legendary Spiced Rice topped with PERi-PERi chicken tenders. Big flavour. No fuss.	

Rainbow Bowl (1010 – 1420 Cals)	18.99
Avocado, tomato cucumber & onion salad, seasonal pickled vegetables, hummus, feta, superseed crunch, on Spiced Rice, drizzled with Lemon & Herb PERi-PERi.	

SALADS

Mediterranean Salad (370 – 760 Cals)  New	15.99
Crisp salad mix, ripe grape tomatoes, cucumbers, red onion, olives, roasted red peppers and topped with crumbled feta cheese. Lightly dressed with our house dressing.	

Classic Chicken Caesar Salad (940 – 1370 Cals)	17.99
PERi-PERi chicken breast, PERi pita croutons, shaved parmesan, classic Caesar dressing, and romaine.	

EXTRAS

Single Skewer (130 Cals) New	6.99
Chicken Breast (100 Cals)	7.49
Chicken Thigh (140 Cals)	7.49
Pulled Chicken (160 Cals)	5.99
Veggie Burger Patty (140 Cals)	5.39
Halloumi Cheese (100 Cals)	2.59
Feta Cheese (70 Cals)	2.59
Cheddar Cheese Slice (120 Cals)	1.49
Half Avocado (140 Cals)	1.99
Grilled Pineapple Slice (20 Cals)	1.79
PERinaise (90 Cals)	1.99
PERi-PERi Drizzle (140 Cals)	1.49
Chilli Jam (45 Cals) New	1.29

PERinaise Squeeze Bottle (30 – 45 Cals per serving)	7.99
PERi-PERi Sauce Bottle (0 – 5 Cals per serving)	7.99

Refreshments

 ORIGINAL TASTE 190 Cals	 0 Cals	 ZERO SUGAR 0 Cals	 190 Cals	 170 Cals
Go Bottomless (0 - 260 Cals) where available				3.49
Coca-Cola® Bottled Beverages (0 - 240 Cals) where available				3.79
House-made Lemonade (220 / 485 Cals) Available in rotating flavours.				3.99 / 7.99 (473 mL) (1 Litre)
vitaminwater® (0 - 130 Cals) where available				3.79
Sparkling Water (0 Cals)				3.59
Dasani® Bottled Water (0 Cals)				3.79
Milk or Chocolate Milk (120 or 160 Cals)				3.39
Minute Maid® Orange Juice (160 Cals)				3.79
Minute Maid® Apple Juice (180 Cals)				3.79

Alcohol

The Booze menu lists all the wine, beer and sangria options.

What about Dessert?



Naughty Nata (180 Cals)  Traditional Portuguese custard tart.	2.99
Nando's Kisses (290 Cals)  Dark chocolate ice cream centered in milk chocolate ice cream, rolled in chocolate shavings.	6.49
Chocolate Cake (690 Cals)  Dark chocolate cake and chocolate fudge nestled between layers of decadent chocolate icing.	7.49
Classic New York Cheesecake (600 Cals)  Rich and creamy with a graham cracker crust.	7.29

Nandinos

At Nando's, we're all just kids at heart. So, we've put together a menu just for Nandinos (under 10 years old).

1. CHOOSE YOUR MAIN
Chicken Breast Strips Meal (110 Cals)
Mac & Cheese Meal (310 Cals)

2. PICK ONE
Plain...ish Marinated with no added spice. (0 Cals)
PERi-tamer A mild, sweet sauce. (40 Cals)
Or choose from our PERi-ometer. (25 - 90 Cals)

3. PICK YOUR SIDE
Classic or PERi-Fries  (420 Cals)
Spiced Rice  (240 Cals)
Garlic Mashed Potatoes  (230 Cals)
Apple Slices  (120 Cals)
Coleslaw  (270 Cals)

4. PICK YOUR DRINK
Minute Maid® Apple Juice (180 Cals)
Minute Maid® Orange Juice (160 Cals)
Milk (120 Cals)
Chocolate Milk (160 Cals)

ALL NANDINO MEALS
9.49

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.

Please be aware that all Nando's menu items are made in a kitchen that contains wheat, dairy, nuts, eggs, soy, sesame, and mustard. If you have any special dietary requirements, please speak to a manager. Our veggie options contain no meat or meat products and we aim to prevent them contacting our chickens in any way (even by phone). Halal chicken is served in some Nando's restaurants. Prices are listed in Canadian Dollars. Applicable taxes and gratuity are not included. The trademarks that appear are the property of their respective trademark owners.



To work out your meal's total calories, add calories listed next to each item, plus the PERi-PERi heat level for your chicken or scan here for more nutritional and allergy information.



Our cover artist: **Emma Aspeling** @ emmac_aspeling



Nando's
PERi-PERi CHICKEN

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