

The inside scoop

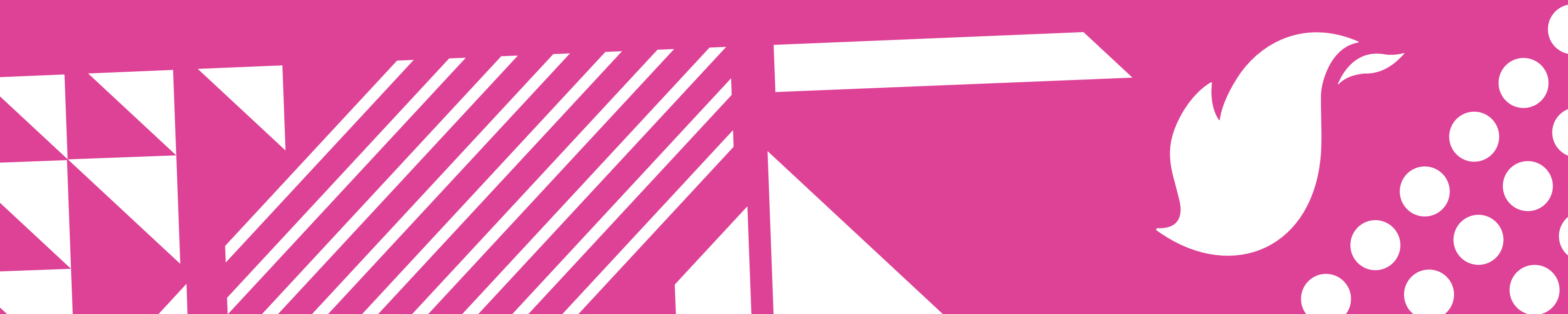
▼ Allergen & Nutritional Guide

June 2026



◀ 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	PBR (Pabst Blue Ribbon), Can									X	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 Atlanta's OG IPA, 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	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)
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	Portuguese 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, Bottle	150	0	0	0	0	0	13	0	0	0
Beverage, Alcohol	Dogfish Head, 60 Minute IPA, On Tap, 10 oz.	160	0	0	0	0	10	17	0	2	3
Beverage, Alcohol	Dogfish Head, 60 Minute IPA, On Tap, 16 oz.	250	0	0	0	0	20	27	0	2	3
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, 10 oz.	120	0	0	0	0	25	8	-	2	3
Beverage, Alcohol	Karbach Brewing Co., Love Street Blonde, On Tap, 106 oz.	200	0	0	0	0	40	13	-	2	3
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, 10 oz.	80	0	0	0	0	-	2	0	0	0.5
Beverage, Alcohol	Michelob ULTRA, On Tap, 16 oz.	130	0	0	0	0	-	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	PBR (Pabst Blue Ribbon), 12 oz. can	140	0	0	0	0	10	12	3	12	1
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, 10 oz.	180	0	0	0	0	10	17	1	1	3
Beverage, Alcohol	Revolution Brewing Anti-Hero IPA, On Tap, 16 oz.	290	0	0	0	0	15	27	1	1	4
Beverage, Alcohol	Sagres, Bottle	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, 10 oz.	170	0	0	0	0	10	10	1	1	3
Beverage, Alcohol	St Arnold, Art Car IPA, On Tap, 16 oz.	270	0	0	0	0	15	18	1	1	4
Beverage, Alcohol	Sam Adams Boston Lager, Bottle	170	0	0	0	0	20	17	1	1	2
Beverage, Alcohol	Sam Adams Seasonal, Summer Ale, On Tap, 10 oz.	140	0	0	0	0	20	12	1	0	2
Beverage, Alcohol	Sam Adams Seasonal, Summer Ale, On Tap, 16 oz.	230	0	0	0	0	30	19	1	0	3
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



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	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 Atlanta's OG IPA, On Tap, 10 oz.	170	-	-	-	-	-	-	-	-	-
Beverage, Alcohol	SweetWater Atlanta's OG IPA, On Tap, 16 oz.	270	-	-	-	-	-	-	-	-	-
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
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	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

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	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
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	Portuguese 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

