

Nutritionals + Allergens

June 2025

version 2

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	100 g	100	3	0.5	0	90	430	3	0	1	19	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Cheddar Cheese Slice	30 g	120	10	7	0.3	30	210	0	0	0	7	Contains: Milk
Add-on	Chicken Thigh, Plainish	64 g	140	9	2.5	0	75	370	0	0	0	13	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Chilli Jam	28 g	45	0	0	0	0	45	11	0	8	0.2	May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten
Add-on	Lemon Honey Yogurt	28 g	25	1	0	0	<5	70	3	0	2	<1	Contains: Milk
Add-on	Double Breast, Plainish	200 g	200	6	1	0	180	860	6	0	1	38	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Feta Cheese	28 g	70	6	4	0	25	260	1	0	1	4	Contains: Milk
Add-on	Garlic Spread	28 g	160	16	4	0	0	240	0	0	0	0	Contains: Soy, Sulphites, Gluten
Add-on	Grilled Corn, Plainish (1/2 Cobb)	83 g	130	7	4	0	15	50	16	2	3	3	Contains: Milk
Add-on	Grilled Halloumi Cheese	22 g	100	3	5	0.1	30	360	0	0	0	6	Contains: Milk May Contain: Egg, Shellfish, Soybean protein
Add-on	Grilled Pineapple Slice	40 g	20	0	0	0	0	0	5	0	4	0.4	
Add-on	Grilled Pita	60 g	140	1	0.1	0	0	0	29	2	1	6	Contain: Wheat
Add-on	Half Avocado	75 g	140	11	2	0	0	5	7	5	1	2	Contain: Avocado
Add-on	PERi Honey	50 g	120	0.5	0	0	0	300	31	0	30	0	
Add-on	PERi Pita Croutons	20 g	70	3	0	0	0	190	9	0	1	1	Contains: Sesame, Soy, Wheat
Add-on	PERi Ranch	28 g	60	5	0.5	0	0	370	4	0	2	0	Contains: Milk, Egg, Soy
Add-on	PERi-PERi Drizzle	20 g	140	15	0	0	0	470	1	0	0	0	
Add-on	PERinaise	28 g	90	8	1	0	10	320	6	0	4	0	Contains: Egg, Soy
Add-on	Pickled Cauliflower	34 g	10	0	0	0	0	120	2	0	1	0	
Add-on	Pickled Red Onions	14 g	10	0	0	0	0	95	2	0	1	0	
Add-on	Portuguese Roll	79 g	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	113 g	160	4	1	0	105	530	0	0	0	30	May Contain: Milk, Egg, Soy, Sesame Seeds, Sulphites
Add-on	Roasted Red Pepper	35 g	10	0	0	0	0	120	2	>1	2	0	Contains: Sulphites
Add-on	Single Chicken Skewer	106 g	130	8	1.5	0	65	270	0	0	0	23	May Contain: Soy, Wheat, Mustard, Egg
Add-on	Superseed Crunch	28 g	140	11	1	0	0	250	8	3	2	5	Contains: Wheat, Sesame
Add-on	Tomato Cucumber Onion Salad	55 g	10	0	0	0	0	45	2	0	<1	0	
Add-on	Veggie Burger Patty, Plainish	113 g	140	2.5	0	0	0	460	17	5	0	13	Contains: Soy, Sesame May Contain: Wheat, Milk
Baste	Extra Hot Baste	57 g	90	9	0	0	0	760	2	0	<1	0	
Baste	Hot Baste	28 g	45	4.5	0	0	0	380	1	0	0	0	
Baste	Lemon and Herb Baste	28 g	10	1	0	0	0	170	<1	0	0	0	
Baste	Mango and Lime Baste	28 g	30	1	0	0	5	290	5	0	4	0	
Baste	Medium Baste	28 g	25	2.5	0	0	0	210	0	0	0	0	
Beverage, Alcohol	Bottled Beer		100-165	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Draught Beer	591 mL	250	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Red Wine	148 mL	130	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Red Wine	237 mL	200	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	Sangria	177 mL	120	0	0	0	0	10	14	1	8	0	
Beverage, Alcohol	White Wine	148 mL	120	0	0	0	0	0	0	0	0	0	
Beverage, Alcohol	White Wine	237 mL	190	0	0	0	0	0	0	0	0	0	
Beverage	Apple Juice	450 g	180	0	0	0	0	40	52	0	48	0	
Beverage	Bottled Water	250 g	0	0	0	0	0	0	0	0	0	0	
Beverage	Chocolate Milk	237 g	160	2.5	1.5	0	10	0	25	0	25	9	Contains: Milk
Beverage	Mango Lemonade (Regular)	473 mL	220	0	0	0	0	20	55	0	52	0	
Beverage	Mango Lemonade (Large)	1 Litre	485	0	0	0	0	44	121	0	114	0	
Beverage	Mango Limeade (Regular)	473 mL	260	0	0	0	0	15	71	0	67	0	
Beverage	Mango Limeade (Large)	1 Litre	560	0	0	0	0	35	151	0	141	0	
Beverage	Orange Juice	450 g	160	0	0	0	0	30	51	0	45	3	
Beverage	Regular Milk	237 g	120	4.5	3	0.1	20	115	11	0	11	9	Contains: Milk
Beverage	Strawberry Lemonade (Regular)	473 mL	220	0	0	0	0	15	54	<1	50	0	
Beverage	Strawberry Lemonade (Large)	1 Litre	485	0	0	0	0	44	121	0	114	0	

All menu items made with Nando's bastings, sauces, and/or PERi-PERi Drizzle do contain Sulphites with level of Sulphite being less than 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)	595 g	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 Boneless Thighs)	703 g	1090	60	10	0	280	3420	93	8	8	61	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
Bowls	PERI-PERI Chicken Bowl (with Pulled Chicken)	575 g	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 Grilled Halloumi)	520 g	730	38	9	0	30	2930	92	8	8	21	Contains: Milk, Sesame, Sulphites May Contain: Soy, Wheat, Mustard, Egg
Bowls	Rainbow Bowl (with Boneless Breast)	724 g	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	Rainbow Bowl (with Boneless Thighs)	762 g	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 Bowl (with Pulled Chicken)	634 g	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	Rainbow Bowl (with Grilled Halloumi)	631 g	1010	59	20	0	70	2600	96	12	8	30	Contains: Sesame, Sulphites, Wheat, Gluten, Milk May Contain: Crustacean, Egg, Mustard, Soy, Tree Nuts
Bowls	Rainbow Vegetarian Bowl	646 g	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	100 g	70	4.68	0.7	4.68	0	2504	4.95	2.92	1.86	1.26	
Condiments	Garlic Table Sauce	100 g	60	4.17	0.6	0	0	1878	5	2.4	2.37	0.97	
Condiments	Hot Table Sauce	100 g	50	3.61	0.5	3.61	0	2865	4.27	2.48	1.62	0.91	
Condiments	House Dressing	28 g	80	8	1	0	0	140	2	0	1	0.1	
Condiments	Medium Table Sauce	100 g	60	4.92	0.6	0	0	2148	3.59	2.51	0.69	0.77	
Desserts	Chocolate Cake	1 Slice	690	42	21	0.3	70	430	71	4	47	8	Contains: Milk, Egg, Soy, Wheat May Contain: Peanuts, Tree Nuts, Sulphites
Desserts	Chocolate Kisses	127 g	290	16	11	0	35	110	34	1	31	4	Contains: Milk, Soy, Tree Nuts
Desserts	Naughty Nata	75 g	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	1 Slice	600	38	22	1	155	570	54	1	40	10	Contains: Milk, Egg, Soy, Wheat May Contain: Peanuts, Tree Nuts, Sulphites
Handhelds	Chicken Sandwich	282 g	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	345 g	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	Garlic Bread CLT	289 g	700	45	17	0	200	1680	39	6	3	57	Contains: Wheat, Soy, Milk May Contain: Egg, Soy, Sulphites, Sesame
Handhelds	Nandocas' Choice	496 g	980	56	15	0	240	2310	44	4	6	76	Contains: Wheat, Gluten, Soy, Sulphites, Egg, Mustard May Contain: Sesame Seeds
Handhelds	PERI-Paradise Chicken Melt	398 g	840	47	18	0.5	200	2920	70	7	37	58	Contains: Milk, Soy, Wheat
Handhelds	PERI-Paradise Veggie Sandwich	387 g	860	51	15	0	55	2140	86	10	42	20	Contains: Milk, Soy, Wheat
Handhelds	Spicy Chicken Caesar Wrap	310 g	680	37	8	0	175	1650	58	10	3	54	• CHICKEN May Contain: Soy, Wheat, Mustard, Egg • DRESSING Contains: Egg, Fish, Milk, Mustard, Soy, Sulphites May Contain: Crustaceans, Sesame, Wheat, Gluten • TORTILLA Contains: Wheat, Gluten May Contain: Milk, Soy, Sulphites • CHEESE Contains: Milk
Handhelds	Sweet & Spicy Chicken Wrap	295 g	340	13	4	0	120	950	19	2	15	38	• CHICKEN May Contain: Soy, Wheat, Mustard, Egg • CHILLI JAM May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten • TORTILLA Contains: Wheat, Gluten May Contain: Milk, Soy, Sulphites • YOGURT Contains: Milk

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Handhelds	Sweet Potato & Halloumi Wrap	388 g	890	48	11	0	55	1380	119	11	37	24	Contains: Wheat, Milk, Egg, Soy, gluten May Contain: Crustaceans, Mustard, Sesame, Soy, Sulphites, Peanuts, Tree Nuts
Handhelds	Thigh & Mighty Sandwich	322 g	610	30	6	0	155	1570	53	3	11	33	Contains: Wheat, Egg, Mustard, Soy May Contain: Sesame Seeds, Milk, Egg, Soy, Sulphites
Handhelds	Veggie Burger	267 g	430	13	1	0	10	1610	67	8	4	20	Contains: Soy, Sesame May Contain: Wheat, Gluten, Sulphite • PERINAISE SAUCE Add-ons section • ROLL Contains: Wheat, Barley May Contain: Pecans, Walnuts, Almonds, Sesame Seeds, Milk, Egg, Soy

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

PERI-PERi Chicken	1/2 Chicken	443 g	760	52	15	0.4	285	1450	0	0	0	68	May Contain: Soy, Wheat, Mustard, Egg
PERI-PERi Chicken	1/4 Chicken - Breast	243 g	430	28	8	0.2	155	750	0	0	0	38	May Contain: Soy, Wheat, Mustard, Egg
PERI-PERi Chicken	1/4 Chicken - Leg	200 g	340	24	7	0.2	130	700	0	0	0	30	May Contain: Soy, Wheat, Mustard, Egg
PERI-PERi Chicken	2 Boneless Thighs	175 g	390	26	7	0	215	740	0	0	0	38	May Contain: Soy, Wheat, Mustard, Egg
PERI-PERi Chicken	Boneless Butterfly Chicken Breast	142 g	240	11	2.5	0	115	850	1	0	0	24	May Contain: Soy, Wheat, Mustard, Egg
PERI-PERi Chicken	Chicken Livers	283 g	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, Sesame Seeds
PERI-PERi Chicken	Chicken Thigh Skewer	110 g	120	8	2	0	60	290	2	0	1	11	May Contain: Soy, Wheat, Mustard, Egg
PERI-PERi Chicken	Chicken Thigh Skewers	220 g	240	15	3.5	0	115	590	4	1	2	22	May Contain: Soy, Wheat, Mustard, Egg
PERI-PERi Chicken	Double Leg	400 g	680	48	14	0.4	260	1400	0	0	0	60	May Contain: Soy, Wheat, Mustard, Egg
PERI-PERi Chicken	PERI-Paradise Basted Whole Chicken	1160 g	1770	106	37	0	1590	8910	27	37	44	417	
PERI-PERi Chicken	PERI-PERi Whole Wings with PERi Ranch (10)	510 g	920	142	9	0	240	1700	10	0	6	76	Contains: Milk, Egg, Soy
PERI-PERi Chicken	Whole Chicken	885 g	1520	104	30	1	565	2900	0	0	0	135	May Contain: Soy, Wheat, Mustard, Egg

Salads	PERi Ranch Crunch Salad (with Boneless Breast)	510 g	560	33	8	0	150	2120	29	5	12	44	Contains: Egg, Milk, Sulphites, Wheat May Contain: Soy, Sesame
Salads	PERi Ranch Crunch Salad (with Boneless Thighs)	595 g	810	55	14	0	300	2620	30	5	12	56	Contains: Egg, Milk, Sulphites, Wheat May Contain: Soy, Sesame
Salads	PERi Ranch Crunch Salad (with Pulled Chicken)	468 g	550	33	9	0	120	1380	29	5	12	40	Contains: Egg, Milk, Sulphites, Wheat May Contain: Soy, Sesame
Salads	PERi Ranch Crunch Salad (with Grilled Halloumi)	412 g	460	34	14	0	70	1770	29	5	12	19	Contains: Egg, Milk, Sulphites, Wheat May Contain: Soy, Sesame
Salads	Spicy Chicken Caesar Salad (with Boneless Breast)	383 g	750	62	11	0	160	1960	18	6	5	53	Contains: Egg, Milk, Wheat, Soy, Mustard, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame
Salads	Spicy Chicken Caesar Salad (with Boneless Thighs)	481 g	950	86	18	0	415	1370	20	13	7	98	Contains: Egg, Milk, Wheat, Soy, Mustard, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame
Salads	Spicy Chicken Caesar Salad (with Pulled Chicken)	384 g	750	65	12	0	210	2100	18	7	6	51	Contains: Egg, Milk, Wheat, Soy, Mustard, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame
Salads	Spicy Chicken Caesar Salad (with Grilled Halloumi)	347 g	820	69	17	1	110	1920	33	4	20	21	Contains: Egg, Milk, Wheat, Soy, Mustard, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame

Sides	Apple Slices	213 g	120	0	0	0	0	0	29	6	20	<1	
Sides	Brussels Sprouts (Roasted), Regular	199 g	80	7	1	0	5	470	6	<1	3	<1	Contains: Milk, Soy, Sulphites, Gluten, Egg
Sides	Brussels Sprouts (Roasted), Large	397 g	160	14	1.5	0	15	940	11	1	6	1	Contains: Milk, Soy, Sulphites, Gluten, Egg
Sides	Casa Salad (Regular - No Dressing)	113 g	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)	264 g	170	9	6	0.3	30	1580	9	3	2	13	May Contain: Wheat, Milk, Egg, Soy
Sides	Classic Fries (Regular)	214 g	420	23	1.5	0.2	0	930	48	4	0	4	
Sides	Classic Fries (Large)	314 g	610	34	2.1	0.3	0	1371	70	5	0	0	
Sides	Classic Wedges (Regular)	214 g	390	20	1.5	0.1	0	70	48	3	0	4	
Sides	Classic Wedges (Large)	366 g	660	35	2.5	0.2	0	940	82	6	0	6	

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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
Sides	Coleslaw (Regular)	113 g	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)	340 g	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)	680 g	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	Flame-Grilled Corn on the Cob (Regular)	146 g	160	3.5	1.5	0	5	30	32	0	0	5	Contains: Corn
Sides	Flame-Grilled Corn on the Cob (Large)	292 g	310	7	3	0	10	60	62	0	0	9	Contains: Corn
Sides	Garlic Mashed Potatoes (Regular)	170 g	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 Mashed Potatoes (Large)	340 g	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)	162 g	210	13	1	0	0	410	23	4	16	5	Contains: Wheat, Sesame Seed
Sides	Golden Cauliflower (Large)	323 g	420	26	2.5	0	0	830	47	8	32	10	Contains: Wheat, Sesame Seed
Sides	PERI-Fries (Regular)	214 g	420	23	1.5	0.2	0	1480	48	4	0	4	
Sides	PERI-Fries (Large)	314 g	610	34	2.1	0.3	0	2171	70	5	0	7	
Sides	PERI Honey Sweet Potatoes (Regular)	232 g	350	13	5	0	25	780	53	6	22	8	Contains: Milk, Wheat, Sesame Seed
Sides	PERI Honey Sweet Potatoes (Large)	397 g	530	13	9	0	50	1030	94	9	42	13	Contains: Milk, Wheat, Sesame seed
Sides	PERI Mac (Regular)	191 g	340	17	8	0	35	690	33	0	5	3	Contains: Milk & Wheat
Sides	PERI Mac (Large)	383 g	670	34	15	0	35	1390	66	0	11	6	Contains: Milk & Wheat
Sides	PERI-Wedges (Regular)	214 g	390	20	1.5	0.1	0	620	48	3	0	4	
Sides	PERI-Wedges (Large)	366 g	660	35	2.5	0.2	0	940	82	6	0	6	
Sides	Spiced Rice (Regular)	170 g	240	5	2	0.5	0	650	44	1	0	4	Contains: Milk
Sides	Spiced Rice (Large)	340 g	480	11	3.5	1.5	15	1290	89	1	0	8	Contains: Milk
Sides	Spiced Rice (Shareable)	680 g	970	22	7	3	30	2580	178	3	0	16	Contains: Milk
Sides	Spicy Caesar (Regular)	153 g	220	20	4	0	25	520	7	1	2	4	Contains: Egg, Milk, Wheat, Soy, Mustard, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame
Sides	Spicy Caesar (Large)	306 g	590	55	9	0	60	1360	18	4	5	11	Contains: Egg, Milk, Wheat, Soy, Mustard, Fish (Anchovy), Sulphites May Contain: Crustaceans, Sesame
Snacks & Shareables	Garlic Bread	122 g	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)	219 g	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	291 g	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)	155 g	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)	510 g	920	142	9	0	240	1700	10	0	6	76	May Contain: Milk, Egg, Soy
Snacks & Shareables	Spicy Mixed Olives	113 g	150	13	4.7	0	0	1360	4	0	0	0	May Contain: Crustaceans, Egg, Milk, Mustard, Sesame, Soy, Sulphites, Wheat, Gluten

All menu items made with Nando's bastings, sauces, and/or PERI-PERI Drizzle do contain Sulphites with level of Sulphite being less than 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.

