






How to Nando's

New here? Scan the QR code at your table to get started. Pick a main and hit up the **PERi-ometer** to add your spice. Then choose your sides and grab allll the sauces. Race you.

Starters

Picky bits, made for sharing.



PERi-PERi Nuts  793 kcal	Serves 2-3	3.75
Spicy Mixed Olives  138 kcal	Serves 2	3.75
Halloumi Sticks & Dip  449 kcal	Serves 2	4.50
Five chunky sticks of grilled halloumi cheese with chilli jam.		
Houmous with PERi-PERi Drizzle  815 kcal	Serves 2-3	4.50
Served with warm pitta triangles.		
Sweet Potato Wedges  398 kcal	Serves 2	4.50
Served with Garlic PERinaise.		

Dare to share...




Choose any three starters.

9.95

Salads & Bowls

Rainbow Bowl  554 kcal	9.25
Warm spiced grains, long stem broccoli, houmous, rainbow slaw, pickled golden carrot and a sprinkle of seeds.	
PERi-Tomato & Feta Salad  523 kcal	8.50
Crunchy lettuce and semi-dried PERi-Tomatoes with lightly salted pitta croutons, quinoa and crumbly feta in a lemon and wild garlic dressing.	

Add...

2 Boneless Chicken Thighs 353 kcal	4.50
Grilled Chicken Breast 138 kcal	3.50
PERi-Plant Strips  157 kcal	3.50
Beanie Patty  261 kcal	3.50
Grilled Halloumi Cheese  177 kcal	1.95



PERi-PERi Chicken

Marinated for 24 hours, our juicy PERi-PERi Chicken is freshly flame-grilled to order in your favourite spice.

	ON ITS OWN	+2 REG SIDES
Chicken Butterfly 332 kcal	8.95	14.45
Two chicken breasts joined by crispy skin.		
4 Boneless Chicken Thighs 706 kcal	8.95	14.45
¼ Chicken Leg 245 kcal / Breast 323 kcal	5.25	10.75
½ Chicken 568 kcal	8.70	14.20
3 Chicken Wings 236 kcal	4.95	10.45
5 Chicken Wings 393 kcal	6.95	12.45

Dare to share...

Whole Chicken 1136 kcal	Serves 2-3	15.25
10 Chicken Wings 786 kcal	Serves 2-3	11.95
Wing Roulette 821 kcal	Serves 2-3	11.95
10 Wings, different spices. Who knows what you'll get.		

Chicken Livers & Portuguese Roll 561 kcal	8.75	14.25
Served in a rich, garlicky sauce made with PERi-PERi, tomatoes, onion and warming chilli. Great with Spicy Rice.		

Sharing Platters

Load up and get sharing.

Boneless Platter	26.95
Chicken Butterfly and 4 Boneless Chicken Thighs with two large sides OR four regular sides.	
Full Platter	25.75
Whole Chicken with two large OR four regular sides.	
Family Platter	49.95
Two Whole Chickens and five large sides.	

Burgers, Pittas, Wraps


PERi-PERi Chicken or like a bit of flex? We've got you.


The VIPs

	ON ITS OWN	+2 REG SIDES
Butterfly Burger 638 kcal	11.25	16.75
Two juicy chicken breasts with crispy skin in a Portuguese roll with Lemon & Herb mayo, lettuce, tomato and PERi-Ketchup. It's big...		
Fino Pitta 817 kcal	9.25	14.75
A toasted pitta filled with two flame-grilled chicken thighs, grilled halloumi cheese, caramelised red onion relish, wild garlic aioli and lettuce.		
Sunset Burger 682 kcal	9.25	14.75
Two chicken thighs, melting cheddar cheese, smoky red pepper chutney, lettuce and Lemon & Herb mayo in a bolo do caco – our soft, sweet roll. It's messy.		





Garlic Churrasco Burger 789 kcal new	10.25	15.75
Two flame-grilled chicken thighs, pickled red onions, mixed salad leaves and Churrasco PERinaise. Served in the ultimate burger bun... our Garlic Bread.		

Mushroom & Halloumi Pitta  603 kcal	8.50	14.00
A toasted pitta filled with grilled mushroom and halloumi, chilli jam, wild garlic aioli and lettuce.		



Spiced Chickpea  B 534 / P 621 / W 656 kcal	8.50	14.00
A chickpea and spinach patty loaded with houmous, red pepper chutney and pickled red onions. Served in a burger with lettuce and tomato, a toasted pitta with rainbow slaw or a tortilla wrap with lettuce.**		

The OGs

Burger (B) a Portuguese roll with Lemon & Herb mayo, lettuce, tomato and PERi-Ketchup.	Pitta (P) with Lemon & Herb mayo and crunchy slaw in a tangy dressing.	Wrap (W) with lettuce, lightly spiced yoghurt mayo and chilli jam.
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Grilled Chicken B 443 / P 511 / W 561 kcal	7.75	13.25
Chicken breast grilled in your favourite spice.		
Double Chicken B 581 / P 649 / W 699 kcal	11.25	16.75
Two chicken breasts grilled in your favourite spice.		
Beanie  B 567 / P 635 / W 685 kcal	7.75	13.25
Made with cheddar cheese, chickpeas, sweetcorn, lentils, peas and pumpkin seeds.		
The Great Imitator Wrap  593 kcal	7.75	13.25
PERi-Plant strips made from pea protein. Served in a wrap with Garlic PERinaise, lettuce and chilli jam.**		

Add...

Grilled Mushroom  124 kcal	1.95	Grilled Pineapple  37 kcal	1.00
Grilled Halloumi Cheese  177 kcal	1.95	Cheddar Cheese  78 kcal	1.00

Choose your spice

Our legendary PERi-PERi is made with African Bird's Eye Chillies, a splash of lemon and a kick of garlic.



Smoky Churrasco












43 kcal per serving
Add a rich, spicy and smoky kick to your main.

limited time

Sides

REG **3.75** / LARGE **6.50**
Serves 2

PERi-Mac & Cheese  297 kcal new	+ 1.00
Cheesy macaroni with a crunchy, garlicky PERi-PERi crumb topping.	
Leafy Green Salad  174 kcal new	+ 0.50
Fresh mixed salad leaves in a sweet, wild herb vinegar dressing with extra virgin olive oil. Topped with toasted PERi-PERi seeds for that little bit of crunch.	
Both these sides come in Regular size only.	






PERi-Salted Chips  450 kcal / 1124 kcal	Corn on the Cob  189 kcal / 333 kcal
Chips  448 kcal / 1120 kcal	Flame-grilled and served with butter.
Garlic Bread  362 kcal / 734 kcal	Long-Stem Broccoli  32 kcal / 65 kcal
Spicy Rice  246 kcal / 492 kcal	Dressed in garlic and lemon oil.
Creamy Mash  276 kcal / 552 kcal	Rainbow Slaw  133 kcal / 265 kcal
Coleslaw  263 kcal / 526 kcal	A fresh mix of crunchy veg in a tangy dressing. Topped with seeds.
Macho Peas  141 kcal / 283 kcal	Spiced Grains & Butternut Squash  232 kcal / 421 kcal
With mint and a bit of chilli.	
With warm green beans, dried fruit and crumbled feta.	

Sharing Side

Fully Loaded Chips 1101 kcal	Serves 2-3 8.00
PERi-Salted Chips and succulent pulled chicken in your chosen spice. Topped with melty cheddar cheese, spring onions, smoky PERi-Tamer sauce and a creamy dressing. Made for sharing.	


Dips


each **1.00**

PERinaise  159 kcal	PERi-BBQ  61 kcal
Mayo but make it Nando's.	
Garlic PERinaise  176 kcal	PERi-PERi Drizzle  97 kcal
Chilli Jam  61 kcal	

To work out your meal's total calories, add the calories next to each item with your chosen spice from the PERi-ometer, plus any sides. Calories for main dishes are based on Plain...ish spice only. For Sharing Platters, add together the calories from individual items and any spice levels. Want PERi-Mac & Cheese or Leafy Green Salad as any of your two Regular sides **OR** with a Sharing Platter? You'll just need to pay the extra (Family Platter not included).

Any allergies? Speak to a Manager before you order.

 Vegetarian*

 Plant-based**

Adults need around 2000 kcal a day.



NandinOs

Meals for kids under 10.

ALL MEALS
5.95

1 Choose a main and spice

Chicken Breast 138 kcal

Chicken Burger 288 kcal

With Lemon & Herb Mayo, lettuce, tomato and PERi-Ketchup.

3 Chicken Wings 236 kcal

Beanie Patty 261 kcal

Made with cheese, chickpeas, sweetcorn, lentils and pumpkin seeds.

Plain...ish

No added spice.

As mild as it gets.

PERi-Tamer 16 kcal

Deliciously sweet with a hint of BBQ.

... or choose from the PERi-ometer.

2 Add two sides

Spicy Rice 123 kcal

Corn on the Cob 72 kcal

Chips 224 kcal

Long-Stem Broccoli 16 kcal

Dressed in garlic and lemon oil.

3 Choose a drink OR dessert ^Δ

Pip Organic Drinks 2.00

Cloudy Apple Juice 77 kcal **new** or Pineapple & Mango Smoothie. 95 kcal

Bottomless Frozen Yoghurt 3.25

123 kcal (per cup) Ask for the flavour of the day.

Vanilla Gelado 1.80

One scoop.

^Δ Want both? Just add it.

Soft drinks

RUBRO Iced Tea

Lemon, Peach or Berry iced tea made with Rooibos. Served chilled.

Karma Drinks Gingerella

Clean and crisp sparkling ginger ale.

L.A Brewery Kombucha

[kom-boo-tcha]: Refreshing citrus hops tea with a little fizz and hints of tropical fruits.

Mineral Water

Still or sparkling.

Bottomless 300ml kcal calculated per serving

Diet Coke 1 kcal
Coca-Cola 1 kcal
Sprite 3 kcal
FANTA 9 kcal

Coca-Cola 126 kcal
ORIGINAL TASTE
Sugar levy applied

Beer & Cider

Sagres ABV 5%

Portugal's favourite golden lager.

Five Points XPA ABV 4%

A light and tropical extra pale ale.

Freedom Pils ABV 4.4%

A citrusy pilsner with a modern twist.

Sxollie Cider ABV 4.5%

Fresh out of Western Cape, South Africa. It's sweet, crisp and made with 100% Golden Delicious apples.

Beavertown Lazer Crush **new**

Alcohol Free IPA ABV 0.3%

Light on alcohol, heavy on flavour with zesty orange and grapefruit.

Wine

▶ All wine served by the glass is available in a 125ml serving.

White South Africa

Spier Sauvignon Blanc ABV 13% 6.25

Fresh gooseberry and passionfruit flavours.

Spier Chardonnay ABV 13.64% 5.80

Smooth with citrus and tropical flavours.

Creative Block 2 ABV 13.42%

A crisp Sauvignon Blanc blend with gooseberry and lime flavours.

Red South Africa

Spier Merlot ABV 13.9% 6.25

Fresh and fruity with red and dark berries.

Spier Cabernet Sauvignon ABV 13.52% 5.80

Rich berries and oak with a hint of spice.

Creative Block 5 ABV 13.52%

Full-bodied Cabernet Sauvignon and Merlot blend with blackberry, blackcurrant and dark chocolate flavours.

Rosé South Africa and Portugal

Spier Rosé ABV 13.15% 6.25

A crisp South African rosé with hints of strawberries, grapefruit and ripe peach.

Levity Rosé ABV 10%

A Portuguese rosé with a little spritz and hints of grapefruit and strawberries and cream.

*Although our restaurants aren't vegetarian, our kitchens aim to keep non-meat products separate from meat products – but we can't guarantee it.

**These recipes are plant-based but some of our PERi-ometer spices contain shellac.

The small print: If you have an allergy, speak to a Manager before you order. If you want to know more about nutrition or allergy information, just ask one of the team, visit our website or use the Nando's app. We try our best to remove the stones from our olives and any bones and cartilage from boneless items, including our hand-pulled chicken, but there's still a chance of finding one. Halal chicken may be served in any of our restaurants. PERi-Mac & Cheese and Leafy Green Salad are excluded as sides with a Red Reward. Prices are listed in Pounds Sterling and include VAT at the current rate – service isn't included. All our 'Coca-Cola Original Taste', 'Diet Coke', 'Coca-Cola Zero Sugar', 'Fanta Zero Sugar' and 'Sprite No Sugar' are registered trademarks of The Coca-Cola Company. And breathe...

Adults need around 2000 kcal a day.

The spoken menu app for the visually impaired. Go to goodfoodtalks.com

goodfoodtalks
opening menus for everybody

Our cover artist: **Mpho Machate** @mmachate_art
Scan the QR code to read about our Art Story.

