



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 alllll the sauces. Race you.

Starters

Picky bits, made for sharing.

PERi-PERi Nuts 793 kcal	Serves 2-3	3.95
Spicy Mixed Olives 138 kcal	Serves 2	3.95
Cheesy Garlic Pitta 595 kcal new	Serves 2	4.95
A toasted sourdough pitta oozing with melty cheddar cheese, garlic, spring onions and a hint of PERi-PERi. Served with our red pepper chutney on the side.		
Halloumi Sticks & Dip 449 kcal	Serves 2	4.95
Five chunky sticks of grilled halloumi cheese with chilli jam.		
Houmous with PERi-PERi Drizzle 790 kcal	Serves 2-3	4.95
Served with warm pitta triangles.		
Sweet Potato Wedges 398 kcal	Serves 2	4.95
Served with Garlic PERinaise.		
Dare to share...		11.75
Choose any three starters.		

Salads & Bowls

Spicy Rice Bowl 550 kcal	9.95
Our legendary spicy rice with long-stem broccoli, crunchy rainbow slaw, pickled cauliflower and houmous with PERi-PERi seeds. Great with chicken or halloumi.	
Mediterranean Salad 350 kcal	9.25
Semi-dried and sweet baby tomatoes, olives, feta, cucumber moons and pink pickled onions on a bed of mixed leaves. Lightly dressed with Rozendal vinegar and extra virgin olive oil.	
Caesar Salad 460 kcal	9.25
Crunchy cos lettuce in our rich, creamy dressing topped with grated Italian hard cheese and herby toasted croutons. It rules.	
Add...	
Grilled Halloumi Cheese 228 kcal	2.25
½ Avocado 191 kcal	2.25
Grilled Chicken Breast 138 kcal	4.00
Beanie Patty 261 kcal	4.00
PERi-Plant Strips 202 kcal	4.00
2 Boneless Chicken Thighs 353 kcal	5.00



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 331 kcal	9.95	15.95
Two chicken breasts joined by crispy skin.		
4 Boneless Chicken Thighs 706 kcal	9.95	15.95
¼ Chicken Leg 251 kcal / Breast 328 kcal	5.50	11.50
½ Chicken 579 kcal	8.95	14.95
3 Chicken Wings 235 kcal	5.50	11.50
5 Chicken Wings 392 kcal	7.50	13.50
Nando's x Fanta Wings 415 kcal limited time	7.50	13.50

Extra Saucy Wings 111 kcal (per wing) new			
Flame-grilled Chicken Wings covered in PERi-Flamer, our sweet, smoky and spicy sauce then drizzled with a creamy yoghurt dressing.	3 Wings	5.75	11.75
	5 Wings	8.00	14.00
	10 Wings serves 2-3.	13.25	19.25

For the whole team...

10 Chicken Wings 784 kcal	Serves 2-3	12.75	18.75
Whole Chicken 1157 kcal	Serves 2-3	16.95	
Wing Roulette 821 kcal	Serves 2-3	12.75	
10 Wings, different spices. Who knows what you'll get.			

Chicken Livers & Rustic Portuguese Roll 554 kcal	9.50	15.50
Served in a rich, garlicky sauce made with PERi-PERi, tomatoes, onion and warming chilli and our new rustic Portuguese roll for dipping. Great with Spicy Rice.		

Sharing Platters

Load up and get sharing.

XL Wing Platter	28.25
15 Chicken Wings with two large OR four regular sides.	
Full Platter	27.95
Whole Chicken with two large OR four regular sides.	
Boneless Platter	29.25
Chicken Butterfly and 4 Boneless Chicken Thighs with two large OR four regular sides.	
All-in Platter new	35.50
Whole Chicken with two large OR four regular sides and two bottomless soft drinks.	
Family Platter	57.50
Two Whole Chickens and five large sides.	

Burgers, Pittas, Wraps

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

	ON ITS OWN	+2 REG SIDES
The VIPs		
Butterfly Burger 632 kcal	12.50	18.50
Two juicy chicken breasts with crispy skin in our new rustic Portuguese roll with PERi-tomato relish, Lemon & Herb mayo, lettuce and tomato.		
Garlic Churrasco Burger Thighs 786 kcal / Breast 571 kcal	10.95	16.95
Two flame-grilled chicken thighs or a grilled chicken breast with pink pickled onions, mixed salad leaves and Churrasco PERinaise. Served in the ultimate burger bun... our Garlic Bread.		
Fino Pitta Thighs 817 kcal / Breast 602 kcal	10.25	16.25
A toasted pitta filled with two flame-grilled chicken thighs or a grilled chicken breast with halloumi, caramelised red onion relish, wild garlic aioli and lettuce.		
Sunset Burger Thighs 685 kcal / Breast 471 kcal	10.25	16.25
Two flame-grilled chicken thighs or a grilled chicken breast with melting cheddar cheese, smoky red pepper chutney, lettuce and Lemon & Herb mayo in our new rustic Portuguese roll. It's messy.		



Cheesy Chickie Burger 526 kcal new	9.25	15.25
Chicken, meet pickle. And cheese. Chicken breast grilled in your favourite spice and covered with melted cheddar cheese, served in our new rustic Portuguese roll with PERi-tomato relish, Garlic PERinaise, lettuce and herby pickles. We're not taking the pickle.		

Mushroom & Halloumi Pitta 600 kcal	9.25	15.25
A toasted pitta filled with a grilled mushroom and halloumi, chilli jam, wild garlic aioli and lettuce.		

The OGs

Burger (B) our new rustic Portuguese roll with PERi-tomato relish, Lemon & Herb mayo, lettuce and tomato.	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 432 / P 511 / W 530 kcal	8.50	14.50
Chicken breast grilled in your favourite spice.		
Double Chicken B 569 / P 649 / W 670 kcal	12.50	18.50
Two chicken breasts grilled in your favourite spice.		
Beanie B 553 / P 634 / W 656 kcal	8.50	14.50
Made with cheddar cheese, chickpeas, sweetcorn, lentils, peas and pumpkin seeds.		
The Great Imitator Wrap 596 kcal	8.50	14.50
PERi-Plant strips made from pea protein. Served in a wrap with Garlic PERinaise, lettuce and chilli jam.**		

Add...			
Grilled Mushroom 124 kcal	2.25	¼ Avocado 96 kcal	1.25
Grilled Halloumi Cheese 228 kcal	2.25	Grilled Pineapple 37 kcal	1.00
		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.



Nando's x Fanta 23 kcal per serving

If Nando's and Fanta Orange Zero had a baby. Literally.



Sides

	REG 4.25 / LARGE 7.25
Serves 2	
PERi-Mac & Cheese 494 kcal	+ 1.00
Cheesy macaroni with a crunchy, garlicky PERi-PERi crumb topping.	
Portuguese Tomato Salad 157 kcal	+ 0.75
A trio of lightly dressed semi-dried, sweet baby and salad tomatoes with cucumber moons and pink pickled onions.	
Available in regular size only.	

PERi-Salted Chips 450 kcal / 1124 kcal	Macho Peas 155 kcal / 310 kcal
With mint and a bit of chilli.	
Chips 448 kcal / 1120 kcal	Corn on the Cob 99 kcal / 198 kcal
Flame-grilled and served with butter.	
Garlic Bread 414 kcal / 828 kcal	Long-Stem Broccoli 32 kcal / 65 kcal
Dressed in garlic and lemon oil.	
Spicy Rice 246 kcal / 492 kcal	Rainbow Slaw 136 kcal / 272 kcal
A fresh mix of crunchy veg in a tangy dressing. Topped with seeds.	
Creamy Mash 278 kcal / 552 kcal	
Coleslaw 236 kcal / 471 kcal	

Sharing Side

Fully Loaded Chips 1103 kcal	Serves 2-3 8.75
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.	

Dips & Extras

Churrasco PERinaise 173 kcal new	PERinaise 159 kcal	
PERinaise but make it smoky.		PERi-PERi Drizzle 96 kcal
Garlic PERinaise 176 kcal	Chilli Jam 61 kcal	
PERi-Chicken Gravy 39 kcal		1.95
Proper good gravy. Pour it, dunk it, drink it.		
½ Avocado 181 kcal		2.25

Any allergies? Speak to a manager and order at the till.

Vegetarian*

Plant-based**

Adults need around 2000 kcal a day.

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 Portuguese Tomato 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).



Nandinos

Meals for little ones.

ALL MEALS
6.25

1 Choose a main and flavour

Little Pitta 303 kcal

Chicken breast with lettuce, Lemon & Herb mayo and Heinz ketchup*.

Chicken Breast 138 kcal

3 Chicken Wings 236 kcal

Mac & Cheese 435 kcal

Creamy, cheesy macaroni - a classic.

PERi-Tamer 16 kcal
Perfect for little ones. Deliciously sweet with a hint of BBQ.

... or choose from the PERi-ometer.

2 Add two sides

Cucumber Sticks 27 kcal

Spicy Rice 123 kcal

Corn on the Cob 99 kcal

Chips 224 kcal

3 Choose a drink OR dessert ^Δ

Pip Organic Drinks 180ml 2.25

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

Bottomless Soft Swirl 189 kcal 3.50

Fill a tub with unlimited vanilla ice cream made with Jersey cow's milk.

^Δ Want both? Just add it.

Soft drinks



RUBRO Iced Tea 51 kcal 3.50

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

Cloudy Lemonade 51 kcal 4.25

Our refreshing still lemonade with a hint of lime.

Strawberry & Dragon Fruit Quencher 60 kcal 4.25

Cool off with our fruity, citrusy juice drink.

Karma Drinks Gingerella 105 kcal 3.50

Organic sparkling ginger ale.

L.A Brewery Kombucha 56 kcal 4.50

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

Mineral Water 0 kcal 3.25

Still or sparkling.

Bottomless 300ml kcal calculated per serving



RUBRO Peach Iced Tea 51 kcal 3.95



126 kcal



1 kcal



9 kcal



3 kcal



3 kcal

Beer & Cider

Draught Sagres ABV 5% 222 kcal 6.95

Portugal's favourite golden lager.

Five Points XPA ABV 4% 128 kcal 4.50

A light and tropical extra pale ale.

Freedom Pils ABV 4.4% 119 kcal 4.50

A citrusy pilsner with a modern twist.

Sxollie Cider ABV 4.5% 289 kcal 5.25

Fresh out of Western Cape, South Africa. Made with 100% Golden Delicious apples.

Beavertown Lazer Crush

Alcohol Free IPA ABV 0.3% 89 kcal 4.25

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

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

goodfoodtalks
opening menus for everybody

Our cover artist: **Tanja Truscott**

@tanjatruscott

Scan the QR code to read about our Art Story.



Wine

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

White South Africa

Spier Sauvignon Blanc ABV 13% 195 kcal 6.75

Fresh gooseberry and passionfruit flavours.

Spier Chardonnay ABV 13.5% 137 kcal 6.25

Smooth with citrus and tropical flavours.

250ml 195 kcal 7.50

750ml 585 kcal 20.95

Creative Block 2 ABV 13.5% 585 kcal 30.25
A crisp Sauvignon Blanc blend with gooseberry and lime flavours.

Red South Africa

Spier Merlot ABV 13.5% 205 kcal 6.75

Fresh and fruity with red and dark berries.

Spier Cabernet Sauvignon ABV 14% 140 kcal 6.25

Rich berries and oak with a hint of spice.

250ml 200 kcal 7.50

750ml 600 kcal 20.95

Creative Block 5 ABV 14% 638 kcal 30.25
Full-bodied Cabernet Sauvignon and Merlot blend with blackberry, blackcurrant and dark chocolate flavours.

Rosé South Africa and Portugal

Spier Rosé ABV 12.5% 188 kcal 6.75

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

Levity Rosé ABV 10% 138 kcal 5.50

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

250ml 198 kcal 6.75

750ml 593 kcal 18.95

Adults need around 2000 kcal a day.

*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 and sauces contain shellac.

The small print: If you have an allergy, speak to a manager before you order. We take nutritional information from our typical food samples, so there might be a bit of variation based on ingredients and seasonality. Calories are correct at time of print. 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 Portuguese Tomato 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...

