Nando's

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 — **3.95**

Spicy Mixed Olives 138 kcal — Serves 2 — **3.95**

Cheesy Garlic Pitta (V) 595 kcal — 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 (V) 477 kcal — Serves 2 — **4.95**
Five chunky sticks of grilled halloumi cheese with chilli jam or PERi-Honey.

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...
Choose any three starters. **11.75**

Salads & Bowls

Spicy Rice Bowl 600 kcal — **9.95**
Our legendary spicy rice with Tenderstem® broccoli, crunchy rainbow slaw, pickled cauliflower and houmous with PERi-PERi seeds. Great with chicken or halloumi.

Mediterranean Salad (V) 364 kcal — **9.25**
Mixed leaves, semi-dried and sweet baby tomatoes, olives, feta, cucumber moons and pink pickled onions. Lightly dressed with Rozendal vinegar and extra virgin olive oil.

Caesar Salad (V) 473 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 (V) 266 kcal	**2.25**
½ Avocado 171 kcal	**2.25**
Grilled Chicken Breast 138 kcal	**4.00**
Beanie Patty (V) 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 Two chicken breasts joined by crispy skin.	**9.95**	**16.20**
4 Boneless Chicken Thighs 706 kcal	**9.95**	**16.20**
¼ Chicken Leg 245 kcal / Breast 323 kcal	**5.50**	**11.75**
½ Chicken 568 kcal	**8.95**	**15.20**
3 Chicken Wings 235 kcal	**5.50**	**11.75**
5 Chicken Wings 392 kcal	**7.50**	**13.75**

Extra Saucy Wings 98 kcal per wing **new-ish**
Chicken Wings flame-grilled in your favourite spice and PERi-Tamer then drizzled with our creamy yoghurt dressing. Napkins needed.

3 Wings	**5.75**	**12.00**
5 Wings	**8.00**	**14.25**
10 Wings	**13.25**	**19.50**

For the whole team...

10 Chicken Wings 784 kcal	Serves 2-3	**12.75**	**19.00**
Whole Chicken 1136 kcal	Serves 2-3	**16.95**	
Wing Roulette 821 kcal 10 Wings, different spices. Who knows what you'll get.	Serves 2-3	**12.75**	

Chicken Livers & Rustic Portuguese Roll 654 kcal — **9.50** — **15.75**
Served in a rich, garlicky sauce made with PERi-PERi, tomatoes, onion and warming chilli and our rustic Portuguese roll for dipping. Great with Spicy Rice.

Sharing Platters

Load up and get sharing.

XL Wing Platter — **28.25** Meal for 2
15 Chicken Wings with two large or four regular sides.

Full Platter — **27.95** Meal for 2
Whole Chicken with two large or four regular sides.

Boneless Platter — **29.25** Meal for 2
Chicken Butterfly and 4 Boneless Chicken Thighs with two large or four regular sides.

All-in Platter — **35.50** Meal for 2
Whole Chicken with two large or four regular sides and two bottomless soft drinks.

Family Platter — **57.50** Meal for 4-6
Two Whole Chickens and five large sides.

If you've got any allergies, speak to a manager and order at the till.
Want to check allergen information? Scan the QR code on the back of the menu.

(V) Vegetarian* (Plant-based) *Adults need around 2000 kcal a day*

Burgers, Pittas, Wraps

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

The VIPs

	ON ITS OWN	+2 REG SIDES
Garlic Churrasco Burger Thighs 776 kcal / Breast 605 kcal 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.	**10.95**	**17.20**
Fino Pitta Thighs 860 kcal / Breast 645 kcal A toasted pitta filled with two flame-grilled chicken thighs or a grilled chicken breast with halloumi, caramelised red onion relish, garlic aioli and lettuce.	**10.25**	**16.50**
Sunset Burger Thighs 725 kcal / Breast 554 kcal 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 rustic Portuguese roll. It's messy.	**10.25**	**16.50**

PERi-Mac Wrap 859 kcal **new** Chicken breast grilled in your favourite spice with Mac & Cheese, lettuce and our PERi-PERi crumb, drizzled with PERi-Tamer sauce.	**10.95**	**17.20**
The Chickle Burger 543 kcal Chicken, meet pickle. And cheese. Chicken breast grilled in your favourite spice and covered with melted cheddar cheese, served in our rustic Portuguese roll with PERi-tomato relish, Garlic PERinaise, lettuce and herby pickles.	**9.25**	**15.50**
The Big Cheese (V) 749 kcal Grilled halloumi topped with our red pepper and pineapple salsa, sliced avocado and Churrasco PERinaise. Served in our rustic Portuguese roll.	**9.25**	**15.50**

The OGs

Burger (B) our 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.

Double Chicken B 621 / P 691 / W 748 kcal Two chicken breasts grilled in your favourite spice.	**12.50**	**18.75**
Grilled Chicken B 439 / P 508 / W 521 kcal Chicken breast grilled in your favourite spice.	**8.50**	**14.75**
Beanie (V) B 562 / P 632 / W 644 kcal Made with cheddar cheese, chickpeas, sweetcorn, lentils, peas and pumpkin seeds.	**8.50**	**14.75**
The Great Imitator Wrap 596 kcal PERi-Plant strips made from pea protein. Served in a wrap with Garlic PERinaise, lettuce and chilli jam.	**8.50**	**14.75**

Add...

Herby Pickles 14 kcal	**1.00**	**Grilled Pineapple** 37 kcal	**1.00**
Grilled Halloumi Cheese (V) 266 kcal	**2.25**	**Cheddar Cheese** (V) 78 kcal	**1.00**
¼ Avocado 86 kcal	**1.25**		

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, Charred Corn 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).

Choose your spice

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

- **Extra Hot** 82 kcal per serving
- **Hot** 41 kcal per serving
- ▶ **Sweet Heat** 30 kcal per serving
- **Medium** 21 kcal per serving
- **Lemon & Herb** 10 kcal per serving
- **Plain...ish**

limited time
Sweet Heat
Hot on the tongue, sweet on the soul - it's BBQ for the bold.

Sides

REG **4.25** / LARGE **7.25** Serves 2

PERi-Mac & Cheese (V) 494 kcal — **+ 1.00**
Cheesy macaroni with a crunchy, garlicky PERi-PERi crumb topping.

Charred Corn 255 kcal — **+ 0.75**
Smoky sweetcorn in a creamy, garlicky sauce topped with fresh spring onions and a sprinkle of PERi-Salt.

Portuguese Tomato Salad 150 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

Chips 448 kcal / 1120 kcal

Garlic Bread 372 kcal / 743 kcal

Spicy Rice 246 kcal / 492 kcal

Creamy Mash (V) 308 kcal / 616 kcal

Rainbow Slaw 132 kcal / 263 kcal
A fresh mix of crunchy veg in a tangy dressing. Topped with PERi-PERi seeds.

Macho Peas 155 kcal / 310 kcal

Corn on the Cob (V) 137 kcal / 273 kcal

Tenderstem® Broccoli 32 kcal / 65 kcal

Coleslaw (V) 233 kcal / 465kcal

Hearty Grains **new**
245 kcal / 441 kcal
Warm mixed grains with green chickpeas, butternut squash and dried cranberries, tossed in lemon and oil and drizzled with our creamy dressing.

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

each **1.00**

Garlic PERinaise 176 kcal

Churrasco PERinaise 173 kcal
PERinaise but make it smoky.

PERinaise (V) 159 kcal

PERi-PERi Drizzle 98 kcal

Chilli Jam 61 kcal

Pickle Mix 33 kcal **new** — **2.50**
Fan fave Herby Pickles partner up with pickled cauliflower. Pop, pop.

½ Avocado 171 kcal	**2.25**
PERi-Chicken Gravy 39 kcal	**1.95**
PERi-Honey (V) 132 kcal	**1.25**

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Nandinos

Meals for little ones.

ALL MEALS **6.25**

1 Choose a main and flavour

Chicken Breast 138 kcal

3 Chicken Wings 236 kcal

Nandino Burger 283 kcal
Grilled chicken breast with lettuce, Lemon & Herb mayo and Heinz ketchup in our new soft roll.

Little Pitta 303 kcal
Chicken breast with lettuce, Lemon & Herb mayo and Heinz ketchup.

Mac & Cheese V 435 kcal

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 50 kcal

Spicy Rice 123 kcal

Corn on the Cob 43 kcal

Chips 224 kcal

3 Choose a drink OR dessert Δ

Pip Organic Drinks CARTON 180ml **2.25**
Cloudy Apple Juice 77 kcal
Pineapple & Mango Smoothie 95 kcal

Bottomless Soft Swirl V 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 CAN 300ml 51 kcal **3.50**
Lemon, Peach or Berry iced tea made with Rooibos. Served chilled.

Tropical Quencher GLASS 300ml 96 kcal **4.25**
Our mango, pineapple and peach juice drink.

Cloudy Lemonade GLASS 300ml 51 kcal **4.25**
Our refreshing still lemonade with a hint of lime.

Karma Drinks Gingerella BOTTLE 300ml 60 kcal **3.50**
Organic sparkling ginger ale.

MOMO Elderflower Kombucha BOTTLE 330ml 63 kcal **4.50**
[kom-boo-tcha]: Light and refreshing kombucha with a little fizz made with organic tea.

Mineral Water BOTTLE 500ml 0 kcal **3.25**
Still or sparkling.

Coca-Cola Classic GLASS 300ml 126 kcal **3.95**
A glass of Coca-Cola Classic.
Still thirsty? Help yourself to any of our low-sugar fizzy Bottomless Soft Drinks.

Bottomless 300ml kcal calculated per serving **3.95**

Diet Coke	Coca-Cola Zero Sugar	Fanta Zero Sugar	Sprite Lemon Lime No Sugar	Dr Pepper Zero Sugar new
1 kcal	1 kcal	9 kcal	3 kcal	2 kcal

RUBRO Peach Iced Tea † 51 kcal

Beer & Cider

Camden Pale Ale ABV 4% new CAN 330ml 123 kcal **4.50**
A hoppy, fruity and dry session ale.

Draught Sagres ABV 5% PINT 222 kcal **6.95**
Portugal's favourite golden lager. ½ PINT 111 kcal **3.95**

Freedom Pils ABV 4.4% BOTTLE 330ml 119 kcal **4.50**
A citrusy pilsner with a modern twist.

Sxollie Cider ABV 4.5% BOTTLE 500ml 289 kcal **5.25**
Fresh out of South Africa, with 100% Golden Delicious apples.

Beavertown Lazer Crush Alcohol Free IPA ABV 0.3% CAN 330ml 89 kcal **4.25**
With zesty orange and grapefruit.

Wine

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

Our wines come from Portugal and South Africa's Spier Wine Farm, which has 300 years of winemaking legacy in every glass.

White South Africa

Spier Sauvignon Blanc ABV 13% CAN 250ml 195 kcal **6.75**
Fresh gooseberry and passionfruit flavours.

Spier Chardonnay ABV 13.5% GLASS 175ml 137 kcal **6.25**
Smooth with citrus and tropical flavours. GLASS 250ml 195 kcal **7.50**
BOTTLE 750ml 585 kcal **20.95**

Creative Block 2 ABV 13.5% BOTTLE 750ml 585 kcal **30.25**
A crisp Sauvignon Blanc blend with gooseberry and lime flavours.

Red South Africa

Spier Merlot ABV 13.5% CAN 250ml 205 kcal **6.75**
Fresh and fruity with red and dark berries.

Spier Cabernet Sauvignon ABV 14% GLASS 175ml 140 kcal **6.25**
Rich berries and oak with a hint of spice. GLASS 250ml 200 kcal **7.50**
BOTTLE 750ml 600 kcal **20.95**

Creative Block 5 ABV 14% BOTTLE 750ml 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% CAN 250ml 188 kcal **6.75**
A crisp South African rosé with hints of strawberries, grapefruit and ripe peach.

Levity Rosé ABV 9.5% GLASS 175ml 138 kcal **5.50**
A Portuguese rosé with a little spritz and hints of grapefruit and strawberries and cream. GLASS 250ml 198 kcal **6.75**
BOTTLE 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.

† Only available in some restaurants.

The small print: Some of our PERi-ometer spices and sauces contain shellac. Our food and drinks are prepared to order in a busy kitchen where allergens are present and equipment is shared. If you have an allergy, speak to a manager before you order so we can take extra precautions. 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. 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, Charred Corn 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. We can no longer offer Bottomless Coca-Cola Classic due to new High Fat Sugar Salt (HFSS) laws. Enjoy one glass then switch to bottomless on any of our low-sugar fizzy drinks. All our 'Coca-Cola Classic', 'Diet Coke', 'Coca-Cola Zero Sugar', 'Fanta Zero Sugar', 'Sprite No Sugar' and 'Dr Pepper Zero' are registered trademarks of The Coca-Cola Company. And breathe...

Allergen information

Can't scan? Speak to a manager and they can provide you with more info.

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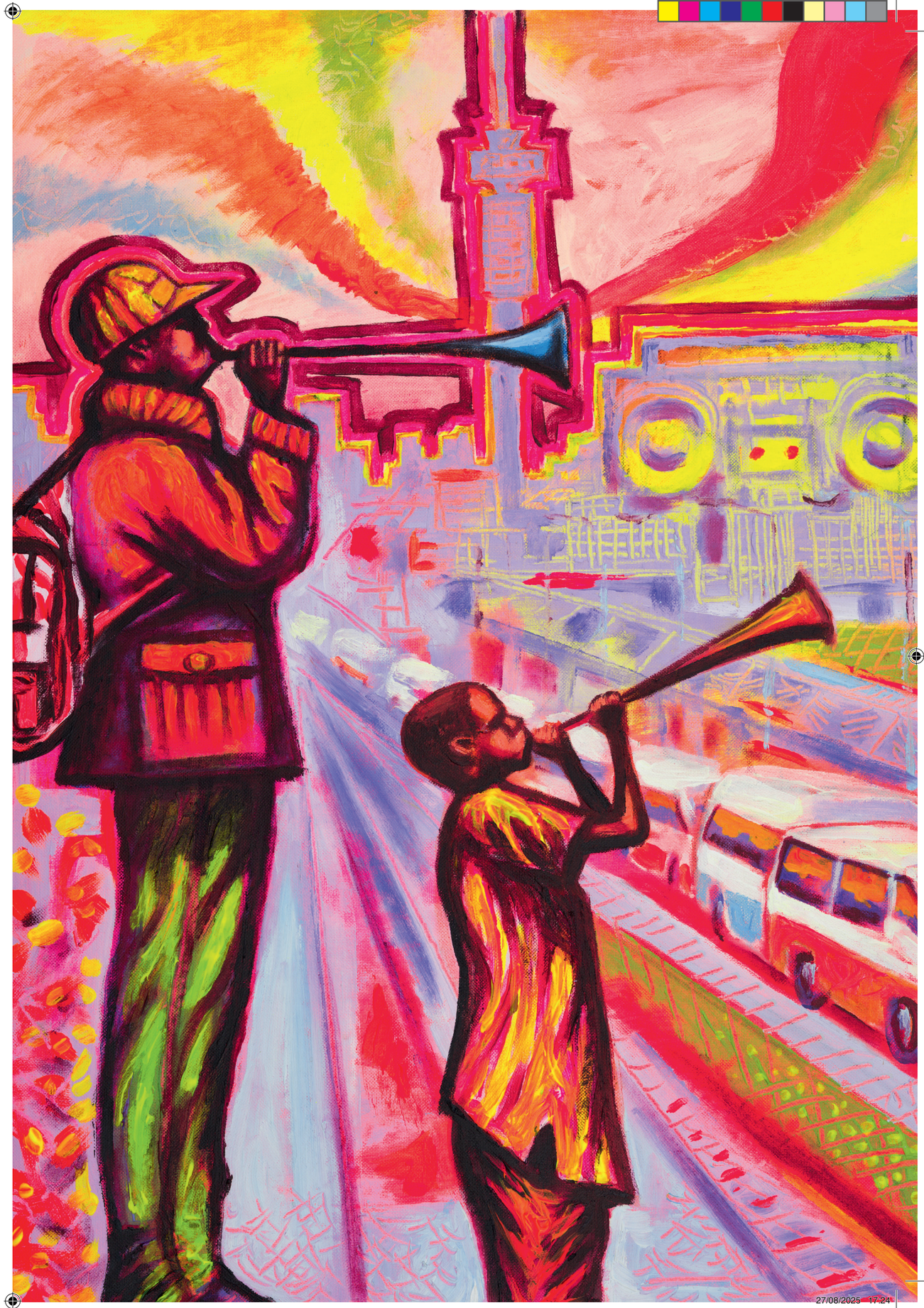
opening menus for everybody

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

Our menu cover art is designed by Mduduzi Twala, the creator of our Mix It Up Vol. 4 EP cover. Scan to listen.

bridges for music



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