



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	4.25
Spicy Mixed Olives	138 kcal	Serves 2	4.25
Cheesy Garlic Pitta	595 kcal	Serves 2	5.25
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	492 kcal	Serves 2	5.25
Five chunky sticks of halloumi with chilli jam or PERi-Honey.			
Houmous with PERI-PERi Drizzle	790 kcal	Serves 2-3	5.25
Served with warm pitta triangles.			
Sweet Potato Wedges	398 kcal	Serves 2	5.25
Served with Garlic PERInaise.			

Dare to share...

Choose any three starters. **12.25**

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	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	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	266 kcal	2.50
½ Avocado	171 kcal	2.25
Grilled Chicken Breast	138 kcal	4.25
Beanie Patty	261 kcal	4.25
PERi-Plant Strips	202 kcal	4.25
2 Boneless Chicken Thighs	353 kcal	5.25

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.



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	10.25 16.50
Two chicken breasts joined by crispy skin.		
4 Boneless Chicken Thighs	706 kcal	10.25 16.50
½ Chicken	Leg 245 kcal / Breast 323 kcal	5.75 12.00
½ Chicken	579 kcal	9.25 15.50
3 Chicken Wings	235 kcal	5.75 12.00
5 Chicken Wings	392 kcal	7.75 14.00
Extra Saucy Wings	98 kcal per wing	
Chicken Wings flame-grilled in your favourite spice and PERi-Tamer then drizzled with our creamy yoghurt dressing. Napkins needed.		
3 Wings	6.00 12.25	
5 Wings	8.25 14.50	
10 Wings	13.50 19.75	

For the whole team...

10 Chicken Wings	784 kcal	Serves 2-3	13.00 19.25
Whole Chicken	1136 kcal	Serves 2-3	17.25
Wing Roulette	893 kcal	Serves 2-3	13.00

PERi-Chicken Gravy **+ 2.25**
Proper good gravy. Pour it, dunk it, drink it.

Chicken Livers & Rustic Portuguese Roll **9.75 16.00**
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	15 Chicken Wings with two large or four regular sides.	28.95	Meal for 2
Full Platter	Whole Chicken with two large or four regular sides.	28.95	Meal for 2
Boneless Platter	Chicken Butterfly and 4 Boneless Chicken Thighs with two large or four regular sides.	29.95	Meal for 2
All-in Platter	Whole Chicken with two large or four regular sides and two bottomless soft drinks.	36.75	Meal for 2
Family Platter	Two Whole Chickens and five large sides.	58.95	Meal for 4-6

Burgers, Pittas, Wraps

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

The VIPs

Garlic Churrasco Burger Thighs 776 kcal / Breast 572 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.

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.



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.

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.

The Big Cheese 749 kcal

Grilled halloumi topped with our red pepper and pineapple salsa, sliced avocado and Churrasco PERInaise. Served in our rustic Portuguese roll.

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.

Grilled Chicken B 439 / P 508 / W 521 kcal

Chicken breast grilled in your favourite spice.

Beanie V B 562 / P 632 / W 644 kcal

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

The Great Imitator Wrap 596 kcal

PERi-Plant strips made from pea protein. Served in a wrap with Garlic PERInaise, lettuce and chilli jam.

Add...

½ Avocado 86 kcal

Herby Pickles 14 kcal

Grilled Pineapple 37 kcal

Grilled Halloumi Cheese 266 kcal

Cheddar Cheese 78 kcal

1.25

1.00

2.50

1.00

1.00

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.

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

1 kcal per serving



Extra Mild

0 kcal per serving



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

Cheesy macaroni with a crunchy, garlicky PERI-PERi crumb topping.

Charred Corn 255 kcal

Smoky sweetcorn in a creamy, garlicky sauce topped with fresh spring onions and a sprinkle of PERI-Salt.

Portuguese Tomato Salad 150 kcal

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



Nandinos

Meals for little ones.

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

2 Add two sides

PERi-Tamer 16 kcal

Perfect for little ones. Deliciously sweet with a hint of BBQ.

... or choose from the PERi-o-meter.

3 Choose a drink OR dessert

Cucumber Sticks 50 kcal

Spicy Rice 123 kcal

Corn on the Cob 43 kcal

Chips 224 kcal

ALL MEALS
6.50

[△] Want both? Just add it.

Soft Drinks

RUBRO Iced Tea 51 kcal

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

Tropical Quencher

Our mango, pineapple and peach juice drink.

Cloudy Lemonade

Our refreshing still lemonade with a hint of lime.

Karma Drinks Gingerella

Organic sparkling ginger ale.

MOMO Elderflower Kombucha

[kom-boo-tcha]: Light and refreshing kombucha with a little fizz made with organic tea.

Mineral Water

Still or sparkling.

Coca-Cola Classic

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

Diet Coke 1 kcal

Coca-Cola ZERO SUGAR 1 kcal

FANTA ZERO SUGAR 9 kcal

Sprite ZERO SUGAR 3 kcal

Dr Pepper ZERO SUGAR 2 kcal

RUBRO Peach Iced Tea 51 kcal

Beer & Cider

Camden Pale Ale ABV 4%

A hoppy, fruity and dry session ale.

Draught Sagres ABV 5%

Portugal's favourite golden lager.

Freedom Pils ABV 4.4%

A citrusy pilsner with a modern twist.

Beavertown Lazer Crush

Alcohol Free IPA ABV 0.3%

With zesty orange and grapefruit.

Sxollie Cider ABV 4.5%

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

Allergen information



goodfoodtalks
opening menus for everybody

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

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

Our menu cover artist:

Paula Dubois

@pauladubois_

Scan the QR code to read more about our art story.



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-o-meter 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 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...

