









## 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.

<b>PERi-PERi Nuts</b>  793 kcal	Serves 2-3	<b>4.25</b>
<b>Spicy Mixed Olives</b>  138 kcal	Serves 2	<b>4.25</b>
<b>Cheesy Garlic Pitta</b>  595 kcal	Serves 2	<b>5.25</b>
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.		
<b>Halloumi Sticks &amp; Dip</b>  492 kcal	Serves 2	<b>5.25</b>
Five chunky sticks of halloumi with chilli jam or PERi-Honey.		
<b>Houmous with PERi-PERi Drizzle</b>  790 kcal	Serves 2-3	<b>5.25</b>
Served with warm pitta triangles.		
<b>Sweet Potato Wedges</b>  398 kcal	Serves 2	<b>5.25</b>
Served with Garlic PERinaise.		

<b>Dare to share...</b>	<b>12.25</b>
Choose any three starters.	

## Salads & Bowls

<b>Spicy Rice Bowl</b>  600 kcal	<b>9.95</b>
Our legendary spicy rice with Tenderstem® broccoli, crunchy rainbow slaw, pickled cauliflower and houmous with PERi-PERi seeds. Great with chicken or halloumi.	
<b>Mediterranean Salad</b>  364 kcal	<b>9.25</b>
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.	
<b>Caesar Salad</b>  473 kcal	<b>9.25</b>
Crunchy cos lettuce in our rich, creamy dressing topped with grated Italian hard cheese and herby toasted croutons. It rules.	

<b>Add...</b>	
<b>Grilled Halloumi Cheese</b>  266 kcal	<b>2.50</b>
<b>½ Avocado</b>  171 kcal	<b>2.25</b>
<b>Grilled Chicken Breast</b> 138 kcal	<b>4.25</b>
<b>Beanie Patty</b>  261 kcal	<b>4.25</b>
<b>PERi-Plant Strips</b>  202 kcal	<b>4.25</b>
<b>2 Boneless Chicken Thighs</b> 353 kcal	<b>5.25</b>



## 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
<b>Chicken Butterfly</b> 331 kcal	<b>10.25</b>	<b>16.50</b>
Two chicken breasts joined by crispy skin.		
<b>4 Boneless Chicken Thighs</b> 706 kcal	<b>10.25</b>	<b>16.50</b>
<b>¼ Chicken</b> Leg 245 kcal / Breast 323 kcal	<b>5.75</b>	<b>12.00</b>
<b>½ Chicken</b> 579 kcal	<b>9.25</b>	<b>15.50</b>
<b>3 Chicken Wings</b> 235 kcal	<b>5.75</b>	<b>12.00</b>
<b>5 Chicken Wings</b> 392 kcal	<b>7.75</b>	<b>14.00</b>
<b>Extra Saucy Wings</b> 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	<b>6.00 12.25</b>
	5 Wings	<b>8.25 14.50</b>
	10 Wings	<b>13.50 19.75</b>

<b>For the whole team...</b>		
<b>10 Chicken Wings</b> 784 kcal	Serves 2-3	<b>13.00 19.25</b>
<b>Whole Chicken</b> 1136 kcal	Serves 2-3	<b>17.25</b>
<b>Wing Roulette</b> 893 kcal	Serves 2-3	<b>13.00</b>
10 Wings, different spices. Who knows what you'll get.		

<b>PERi-Chicken Gravy</b> 39 kcal	<b>+ 2.25</b>
Proper good gravy. Pour it, dunk it, drink it.	

<b>Chicken Livers &amp; Rustic Portuguese Roll</b> 654 kcal	<b>9.75 16.00</b>
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.

<b>XL Wing Platter</b>	<b>28.95</b>
15 Chicken Wings with two large or four regular sides.	
<b>Full Platter</b>	<b>28.95</b>
Whole Chicken with two large or four regular sides.	
<b>Boneless Platter</b>	<b>29.95</b>
Chicken Butterfly and 4 Boneless Chicken Thighs with two large or four regular sides.	
<b>All-in Platter</b>	<b>36.75</b>
Whole Chicken with two large or four regular sides and two bottomless soft drinks.	
<b>Family Platter</b>	<b>58.95</b>
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
<b>The VIPs</b>		
<b>Garlic Churrasco Burger</b> Thighs 776 kcal / Breast 572 kcal	<b>11.25</b>	<b>17.50</b>
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.		
<b>Sunset Burger</b> Thighs 725 kcal / Breast 554 kcal	<b>10.50</b>	<b>16.75</b>
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.		










<b>Fino Pitta</b> Thighs 860 kcal / Breast 645 kcal	<b>10.50</b>	<b>16.75</b>
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.		

<b>The Chickie Burger</b> 543 kcal	<b>9.50</b>	<b>15.75</b>
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.		

<b>The Big Cheese</b>  748 kcal	<b>9.50</b>	<b>15.75</b>
Grilled halloumi topped with our red pepper and pineapple salsa, sliced avocado and Churrasco PERinaise. Served in our rustic Portuguese roll.		

### The OGs

	<b>Burger (B)</b> our rustic Portuguese roll with PERi-tomato relish, Lemon & Herb mayo, lettuce and tomato.	<b>Pitta (P)</b> with Lemon & Herb mayo and crunchy slaw in a tangy dressing.	<b>Wrap (W)</b> with lettuce, lightly spiced yoghurt mayo and chilli jam.
<b>Double Chicken</b> B 621 / P 691 / W 748 kcal	<b>12.75</b>	<b>19.00</b>	
Two chicken breasts grilled in your favourite spice.			
<b>Grilled Chicken</b> B 439 / P 508 / W 521 kcal	<b>8.50</b>	<b>14.75</b>	
Chicken breast grilled in your favourite spice.			
<b>Beanie</b>  B 562 / P 632 / W 644 kcal	<b>8.50</b>	<b>14.75</b>	
Made with cheddar cheese, chickpeas, sweetcorn, lentils, peas and pumpkin seeds.			
<b>The Great Imitator Wrap</b>  596 kcal	<b>8.50</b>	<b>14.75</b>	
PERi-Plant strips made from pea protein. Served in a wrap with Garlic PERinaise, lettuce and chilli jam.			

<b>Add...</b>	<b>¼ Avocado</b>  86 kcal	<b>1.25</b>
<b>Herby Pickles</b>  14 kcal	<b>1.00</b>	<b>Grilled Pineapple</b>  37 kcal <b>1.00</b>
<b>Grilled Halloumi Cheese</b>  266 kcal	<b>2.50</b>	<b>Cheddar Cheese</b>  78 kcal <b>1.00</b>

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.




## Sides

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


<b>PERi-Mac &amp; Cheese</b>  494 kcal	<b>+ 1.00</b>
Cheesy macaroni with a crunchy, garlicky PERi-PERi crumb topping.	
<b>Charred Corn</b>  255 kcal	<b>+ 0.75</b>
Smoky sweetcorn in a creamy, garlicky sauce topped with fresh spring onions and a sprinkle of PERi-Salt.	
<b>Portuguese Tomato Salad</b>  150 kcal	<b>+ 0.75</b>
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




308 kcal / 616 kcal

Rainbow Slaw




132 kcal / 263 kcal

Macho Peas




155 kcal / 310 kcal

Corn on the Cob




137 kcal / 273 kcal

Tenderstem® Broccoli




32 kcal / 65 kcal

Coleslaw



233 kcal / 465kcal

Hearty Grains



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

<b>Fully Loaded Chips</b> 1103 kcal	Serves 2-3 <b>9.25</b>
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 **1.25**

<b>Garlic PERinaise</b>  176 kcal	<b>PERinaise</b>  159 kcal
<b>Churrasco PERinaise</b>  173 kcal	<b>PERi-PERi Drizzle</b>  98 kcal
PERinaise but make it smoky.	
<b>Chilli Jam</b>  61 kcal	
<b>Pickle Mix</b>  33 kcal	<b>2.50</b>
Fan fave Herby Pickles partner up with pickled cauliflower. Pop, pop.	
<b>½ Avocado</b>  171 kcal	<b>2.25</b>
<b>PERi-Chicken Gravy</b> 39 kcal	<b>2.25</b>
<b>PERi-Honey</b>  132 kcal	<b>1.25</b>



# 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** 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 <sup>Δ</sup>

**Pip Organic Drinks** 180ml 2.50

Cloudy Apple Juice 77 kcal

Pineapple & Mango Smoothie 95 kcal

**Bottomless Soft Swirl** 189 kcal 3.75

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

ALL MEALS  
6.50

<sup>Δ</sup> Want both? Just add it.

## Soft Drinks



**RUBRO Iced Tea**

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

CAN 300ml 51 kcal

3.75

**Tropical Quencher**

Our mango, pineapple and peach juice drink.

GLASS 300ml 96 kcal

4.50

**Cloudy Lemonade**

Our refreshing still lemonade with a hint of lime.

GLASS 300ml 51 kcal

4.50

**Karma Drinks Gingerella**

Organic sparkling ginger ale.

BOTTLE 300ml 60 kcal

3.75

**MOMO Elderflower Kombucha**

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

BOTTLE 330ml 63 kcal

4.75

**Mineral Water**

Still or sparkling.

BOTTLE 500ml 0 kcal

3.50

**Coca-Cola Classic**

A glass of Coca-Cola Classic. Still thirsty? Help yourself to any of our low-sugar, fizzy Bottomless Soft Drinks.

GLASS 300ml 126 kcal

4.25

**Bottomless** 300ml kcal calculated per serving

4.25



**RUBRO Peach Iced Tea** 51 kcal

## Beer & Cider

**Camden Pale Ale** 4% ABV

A hoppy, fruity and dry session ale.

CAN 330ml 123 kcal

4.75

**Draught Sagres** 5% ABV

Portugal's favourite golden lager.

PINT 222 kcal

7.25

½ PINT 111 kcal

3.95

**Freedom Pils** 4.4% ABV

A citrusy pilsner with a modern twist.

BOTTLE 330ml 119 kcal

4.75

**Beavertown Lazer Crush**

**Alcohol Free IPA** 0.3% ABV

With zesty orange and grapefruit.

CAN 330ml 89 kcal

4.50

**Sxollie Cider** 4.5% ABV

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

BOTTLE 500ml 289 kcal

5.50

Allergen information



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## Wine

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

**White** South Africa

**Spier Sauvignon Blanc** ABV 13%

Fresh gooseberry and passionfruit flavours.

CAN 250ml 195 kcal

7.25

**Spier Chardonnay** ABV 13.5%

Smooth with citrus and tropical flavours.

GLASS 175ml 130 kcal

7.00

GLASS 250ml 185 kcal

8.25

BOTTLE 750ml 555 kcal

21.95

**Creative Block 2** ABV 13.5%

A crisp Sauvignon Blanc blend with gooseberry and lime flavours.

BOTTLE 750ml 585 kcal

31.50

**Red** South Africa

**Spier Merlot** ABV 13.5%

Fresh and fruity with red and dark berries.

CAN 250ml 205 kcal

7.25

**Spier Cabernet Sauvignon** ABV 14%

Rich berries and oak with a hint of spice.

GLASS 175ml 140 kcal

7.00

GLASS 250ml 200 kcal

8.25

BOTTLE 750ml 600 kcal

21.95

**Creative Block 5** ABV 14%

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

BOTTLE 750ml 638 kcal

31.50

**Rosé** South Africa and Portugal

**Spier Rosé** ABV 12.5%

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

CAN 250ml 188 kcal

7.25

**Levity Rosé** ABV 9.5%

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

GLASS 175ml 138 kcal

6.00

GLASS 250ml 198 kcal

7.25

BOTTLE 750ml 593 kcal

19.95

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...

