



## How to Nando's

**New here?** Scan the QR code at the table or head to the till to get started. Then pick a main, choose your spice from the **PERi-ometer**, add your sides and grab all the sauces. And if you like free food, don't forget to log into your Nando's Rewards account or sign up if you haven't already.

## 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> 792 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.		

**Dare to share...** Choose any three starters. **12.25**

## 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> 360 kcal	<b>9.50</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>9.50</b>
Crunchy cos lettuce in our rich, creamy dressing topped with grated Italian hard cheese and herby toasted croutons. It rules.	

<b>Add...</b>	
½ Avocado 165 kcal	<b>2.25</b>
Grilled Halloumi Cheese 266 kcal	<b>2.50</b>
Grilled Chicken Breast 138 kcal	<b>4.20</b>
Beanie Patty 261 kcal	<b>4.20</b>
PERi-Plant Fillet 107 kcal <b>new recipe</b>	<b>4.20</b>
2 Boneless Chicken Thighs 353 kcal	<b>5.25</b>

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. Adults need around 2000 kcal a day



## 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>16.75</b>
Two chicken breasts joined by crispy skin.		
<b>4 Boneless Chicken Thighs</b> 706 kcal	<b>10.25</b>	<b>16.75</b>
¼ Chicken Leg 245 kcal / Breast 323 kcal	<b>5.95</b>	<b>12.45</b>
½ Chicken 579 kcal	<b>9.25</b>	<b>15.75</b>
<b>3 Chicken Wings</b> 235 kcal	<b>5.95</b>	<b>12.45</b>
<b>5 Chicken Wings</b> 392 kcal	<b>7.75</b>	<b>14.25</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>6.25</b>	<b>12.75</b>
	5 Wings <b>8.25</b>	<b>14.75</b>
	10 Wings <b>13.50</b>	<b>20.00</b>

**For the whole team...**

<b>10 Chicken Wings</b> 784 kcal	Serves 2-3	<b>13.00</b>	<b>19.50</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>Chicken Livers &amp; Rustic Portuguese Roll</b> 654 kcal	<b>9.75</b>	<b>16.25</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>29.50</b>
15 Chicken Wings with two large or four regular sides.	Meal for 2
<b>Full Platter</b>	<b>29.25</b>
Whole Chicken with two large or four regular sides.	Meal for 2
<b>Boneless Platter</b>	<b>30.25</b>
Chicken Butterfly and 4 Boneless Chicken Thighs with two large or four regular sides.	Meal for 2
<b>All-in Platter</b>	<b>37.25</b>
Whole Chicken with two large or four regular sides and two bottomless soft drinks.	Meal for 2
<b>Family Platter</b>	<b>59.95</b>
Two Whole Chickens and five large sides.	Meal for 4-6

Our rustic Portuguese roll is made with Wildfarmed flour, supporting regenerative farming across the UK.

## Burgers, Pittas, Wraps

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

<b>The VIPs</b>	ON ITS OWN	+2 REG SIDES
<b>Butterfly Burger</b> 572 kcal <b>new recipe</b>	<b>12.95</b>	<b>19.45</b>
Two chicken breasts joined by crispy skin, served in our rustic Portuguese roll with PERi-tomato relish, lettuce, tomato and our new PERi-house sauce for that extra tang you've been craving.		
<b>Garlic Churrasco Burger</b> Thighs 787 kcal / Breast 572 kcal	<b>11.25</b>	<b>17.75</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>17.00</b>
Two flame-grilled chicken thighs or a grilled chicken breast with melted cheddar cheese, smoky red pepper chutney, lettuce and Lemon & Herb mayo in our rustic Portuguese roll.		

<b>Fino Pitta</b> Thighs 860 kcal / Breast 645 kcal	<b>10.50</b>	<b>17.00</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 Big Cheese</b> 749 kcal	<b>9.50</b>	<b>16.00</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.
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<b>Double Chicken</b> B 621 / P 691 / W 748 kcal	<b>12.95</b>	<b>19.45</b>
Two chicken breasts grilled in your favourite spice.		
<b>Grilled Chicken</b> B 439 / P 508 / W 521 kcal	<b>8.75</b>	<b>15.25</b>
Chicken breast grilled in your favourite spice.		
<b>Beanie</b> B 562 / P 632 / W 644 kcal	<b>8.75</b>	<b>15.25</b>
Made with cheddar cheese, chickpeas, sweetcorn, lentils, peas and pumpkin seeds.		
<b>The Great Imitator Wrap</b> 493 kcal <b>new recipe</b>	<b>8.75</b>	<b>15.25</b>
Our new PERi-Plant Fillet, grilled in your favourite spice and sliced. Served in a wrap with Garlic PERinaise, lettuce, and chilli jam.		

<b>Add...</b>	½ Avocado 86 kcal	<b>1.25</b>
<b>Herby Pickles</b> 16 kcal	<b>1.00</b>	<b>1.00</b>
<b>Grilled Pineapple</b> 37 kcal	<b>2.50</b>	<b>1.00</b>
<b>Grilled Halloumi Cheese</b> 266 kcal	<b>2.50</b>	<b>1.00</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 Rostinas, 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.



**PERi-PERi Saka** **limited time**  
Sweet, smoky with a little (free) kick.

## Sides

REG **4.50** / LARGE **7.50**  
Serves 2

<b>Rostinas</b> 447 kcal <b>new</b>	<b>+ 1.00</b>
Crunchy, fluffy potatoes spiced with smoked paprika. Served with Garlic Aioli and PERi-PERi Drizzle on the side.	
<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>
Available in regular size only.	

<b>PERi-Salted Chips</b> 450 kcal / 1124 kcal	<b>Macho Peas</b> 155 kcal / 310 kcal
<b>Chips</b> 448 kcal / 1120 kcal	<b>Corn on the Cob</b> 137 kcal / 273 kcal
<b>Garlic Bread</b> 372 kcal / 743 kcal	<b>Tenderstem® Broccoli</b> 32 kcal / 65 kcal
<b>Spicy Rice</b> 246 kcal / 492 kcal	<b>Coleslaw</b> 233 kcal / 465 kcal
<b>Creamy Mash</b> 308 kcal / 616 kcal	<b>Hearty Grains</b> 245 kcal / 441 kcal
<b>Rainbow Slaw</b> 132 kcal / 263 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>9.50</b>
PERi-Salted Chips and succulent pulled chicken in your chosen spice. Topped with melted 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>Chilli Jam</b> 61 kcal	<b>PERi-PERi Drizzle</b> 98 kcal
<b>Herby Pickle Bowl</b> 48 kcal	<b>2.50</b>
Crunchy pickled cucumbers with a tangy kick.	
½ Avocado 165 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>

## Wine

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

Our wines come from 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 **7.25**  
Fresh gooseberry and passionfruit flavours.

**Spier Chardonnay** ABV 13.5% GLASS 175ml 130 kcal **7.00**  
Smooth with citrus and tropical flavours.

GLASS 250ml 185 kcal **8.25**

BOTTLE 750ml 555 kcal **21.95**

**Creative Block 2** ABV 14% BOTTLE 750ml 585 kcal **31.50**  
A crisp Sauvignon Blanc blend with gooseberry and lime flavours.

### Red South Africa

**Spier Merlot** ABV 13.5% CAN 250ml 205 kcal **7.25**  
Fresh and fruity with red and dark berries.

**Spier Cabernet Sauvignon** ABV 14% GLASS 175ml 140 kcal **7.00**  
Rich berries and oak with a hint of spice.

GLASS 250ml 200 kcal **8.25**

BOTTLE 750ml 600 kcal **21.95**

**Creative Block 5** ABV 14% BOTTLE 750ml 638 kcal **31.50**  
Full-bodied Cabernet Sauvignon and Merlot blend with blackberry, blackcurrant and dark chocolate flavours.

### Rosé South Africa

**Spier Rosé** ABV 12.5% CAN 250ml 188 kcal **7.25**  
A crisp South African rosé with hints of strawberries, grapefruit and ripe peach.

## Beer & Cider

**Camden Pale Ale** ABV 4% CAN 330ml 123 kcal **4.75**  
A hoppy, fruity and dry session ale.

**Draught Sagres** ABV 5% PINT 222 kcal **7.25**  
Portugal's favourite golden lager.

½ PINT 111 kcal **3.95**

**Freedom Pils** ABV 4.4% BOTTLE 330ml 119 kcal **4.75**  
A citrusy pilsner with a modern twist.

**BERO Kingston Golden Pils** ABV 0.5% **new** CAN 330ml 89 kcal **4.50**  
Crisp, refreshing and low in alcohol.

**Beavertown Lazer Crush Alcohol Free IPA** ABV 0.3% CAN 330ml 89 kcal **4.50**  
With zesty orange and grapefruit.

**Sxollie Cider** ABV 4.5% BOTTLE 500ml 289 kcal **5.50**  
Fresh out of South Africa, with 100% Golden Delicious apples.

**Nandinos at the table? Ask for our Kids Menu.**

Scan for allergen information



Having trouble? Speak to a manager for more info.

**goodfoodtalks**  
opening menus for everybody

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

Our menu cover artist:

**Alfred Budaza**  
@alfredbudaza

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



## Soft Drinks

**RUBRO Iced Tea** CAN 300ml 51 kcal **3.75**  
Lemon, Peach or Berry iced tea made with Rooibos. Served chilled.

**Cloudy Lemonade** GLASS 300ml 51 kcal **4.50**  
Our refreshing still lemonade with a hint of lime.

**Karma Drinks Gingerella** BOTTLE 300ml 60 kcal **3.75**  
Organic sparkling ginger beer.

**MOMO Elderflower Kombucha** BOTTLE 330ml 63 kcal **4.75**  
[kom-boo-tcha]: Light and refreshing kombucha with a little fizz made with organic tea.

**Mineral Water** BOTTLE 500ml 0 kcal **3.50**  
Still or sparkling.

**Coca-Cola Classic** GLASS 300ml 126 kcal **4.25**  
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 **4.25**



1 kcal 1 kcal 9 kcal 3 kcal 2 kcal  
**RUBRO Peach Iced Tea** 51 kcal



## Desserts

**Pastel de Nata** 224 kcal per Nata EACH **2.75**  
Custardy, flaky, buttery – a traditional Portuguese treat, freshly baked right here every day. BOX OF 4 **9.00**

**Bottomless Soft Swirl** 189 kcal **3.75**  
We've gone soft. Fill a tub with unlimited vanilla ice cream made with Jersey cow's milk.

**Mango Gelado** 93 kcal **3.75**

**Ultimate Chocolate Brownie** 635 kcal **new** **5.50**  
A soft, fudgy brownie with white, milk and Belgian dark chocolate chunks, covered in a chocolate ganache and served warm with vanilla gelado.

**Choc-A-Lot Cake** 425 kcal **5.50**  
Served with a side of cream. 47 kcal

**Goey Caramel Cheesecake** 464 kcal **5.50**  
Served with a side of cream. 47 kcal

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

Adults need around 2000 kcal a day

† Only available in some restaurants.

**The small print:** Some of our PERI-ometer spices and sauces contain shellac and our new PERI-Plant Fillet contains soya, wheat and may contain celery and mustard. 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. Rostinos, 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...

NANDINOS - ENGLAND WALES MAIN DRAUGHT SAGRES