Nando's

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 allll 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.

PERi-PERi Nuts 793 kcal — Serves 2-3 — **4.75**

Spicy Mixed Olives 138 kcal — Serves 2 — **4.75**

Chicken Chorizo 340 kcal new — Serves 2 — **5.75**
Grilled and spiced with smoked paprika and garlic, then drizzled with PERi-Honey. No pork. Not a sausage.

Cheesy Garlic Pitta V 597 kcal — Serves 2 — **5.75**

Halloumi Sticks & Dip V — Serves 2 — **5.75**
With PERi-Honey 526 kcal
With Chilli Jam 458 kcal

Houmous with PERi-PERi Drizzle 792 kcal — Serves 2-3 — **5.75**
Served with warm pitta triangles.

Sweet Potato Wedges 553 kcal — Serves 2 — **5.75**
Served with Garlic PERinaise.

3 Chicken Wings 236 kcal — **6.25**

Dare to share...
Choose any three starters. — **13.25**

Salads & Bowls

Spicy Rice Bowl 600 kcal — **10.75**
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 354 kcal — **9.95**
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 477 kcal — **9.95**
Crunchy cos lettuce in our rich, creamy dressing topped with grated Italian hard cheese and herby toasted croutons. It rules.

Add...

½ Avocado 149 kcal	2.25
Grilled Halloumi Cheese V 266 kcal	2.75
Beanie Patty V 261 kcal	4.50
PERi-Plant Fillet ! 100 kcal	4.50
Grilled Chicken Breast 138 kcal	4.50
2 Boneless Chicken Thighs 353 kcal	5.75



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
Boneless		
Chicken Butterfly 332 kcal Two chicken breasts joined by crispy skin.	11.25	17.75
4 Boneless Chicken Thighs 706 kcal	11.25	17.75
Chicken Livers & Rustic Portuguese Roll 653 kcal Served in a rich, garlicky sauce made with PERi-PERi, tomatoes, onion and our rustic Portuguese roll for dipping. Great with Spicy Rice.	10.75	17.25
On the bone		
¼ Chicken Leg 245 kcal / Breast 322 kcal	6.75	13.25
½ Chicken 579 kcal	9.75	16.25
Whole Chicken 1159 kcal — Serves 2-3	17.95	24.45
5 Chicken Wings 393 kcal	8.50	15.00
10 Chicken Wings 786 kcal — Serves 2-3	13.75	20.25
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.		
5 Wings	9.50	16.00
10 Wings	14.75	21.25
Wing Roulette 893 kcal — Serves 2-3 10 Wings, different spices. Who knows what you'll get.	13.75	

Sharing Platters

Load up and get sharing.

XL Wing Platter — **31.75** Meal for 2
15 Chicken Wings with two large or four regular sides.

Full Platter — **30.50** Meal for 2
Whole Chicken with two large or four regular sides.

Boneless Platter — **31.75** Meal for 2
Chicken Butterfly and 4 Boneless Chicken Thighs with two large or four regular sides.

All-in Platter — **37.95** Meal for 2
Whole Chicken with two large or four regular sides and two bottomless soft drinks.

Family Platter — **59.95** 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.
Adults need around 2000 kcal a day

V Vegetarian* Plant-based
! Allergen update

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.

The VIPs

	ON ITS OWN	+2 REG SIDES
Butterfly Burger ! 652 kcal 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.	13.45	19.95



The Christmas Cracker 705 kcal festive special — 13.45 — 19.95
Chicken breast grilled in your favourite spice with our posh parsnip hash brown, creamy brie, red pepper chutney, mixed salad leaves and Garlic PERinaise in our rustic Portuguese roll. Looking for the joke? We've hidden it on the menu.

Garlic Churrasco Burger Thighs 787 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.	11.95	18.45
Sunset Burger Thighs 723 kcal / Breast 554 kcal 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.	11.25	17.75
Fino Pitta Thighs 838 kcal / Breast 633 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.	11.25	17.75
The Big Cheese V 748 kcal Grilled halloumi topped with our red pepper and pineapple salsa, sliced avocado and Churrasco PERinaise. Served in our rustic Portuguese roll.	10.95	17.45

Extra protein? 104 kcal fan fave
Add succulent pulled chicken to any burger, pitta or wrap. — **+ 2.95**

The OGs

Burger (B) ! new recipe
our rustic Portuguese roll with PERi-tomato relish, our new PERi-house sauce, 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 584 / P 691 / W 747 kcal Two chicken breasts grilled in your favourite spice.	13.45	19.95
Grilled Chicken B 446 / P 508 / W 520 kcal Chicken breast grilled in your favourite spice.	9.25	15.75
Beanie V B 562 / P 632 / W 644 kcal Made with cheddar cheese, chickpeas, sweetcorn, lentils, peas and pumpkin seeds.	9.25	15.75
The Great Imitator Wrap ! 492 kcal Our new PERi-Plant Fillet, grilled in your favourite spice and sliced, with Garlic PERinaise lettuce and Chilli Jam.	9.25	15.75

Add...

Chicken Chorizo 117 kcal new	2.95	¼ Avocado 86 kcal	1.25
Herby Pickles 16 kcal	1.00	Grilled Pineapple 37 kcal	1.00
Grilled Halloumi Cheese V 266 kcal	2.75	Cheddar Cheese V 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.



limited time
VUSA XX Hot
Fire, meet flame. Our hottest ever return. Let's cry together.

Sides

REG **4.75** / LARGE **7.75** Serves 2

Loaded PERi-Mac 621 kcal new — **+ 2.00**
Cheesy macaroni topped with pulled chicken, PERi-Tamer sauce, spring onions and our PERi-PERi crumb.

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 141 kcal — **+ 0.75**
Available in regular size only.

PERi-Salted Chips 498 kcal / 1243 kcal
Chips 496 kcal / 1240 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

Macho Peas 155 kcal / 310 kcal
Corn on the Cob V 142 kcal / 283 kcal
Tenderstem® Broccoli 32 kcal / 65 kcal
Coleslaw V 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

Fully Loaded Chips 1174 kcal — Serves 2-3 — **9.95**
PERi-Salted Chips and pulled chicken in your favourite spice. Topped with melted cheddar cheese, spring onions, smoky PERi-Tamer sauce and a creamy dressing.

Dips & Extras

each **1.25**

Garlic PERinaise 176 kcal
Chilli Jam 61 kcal
PERinaise V 159 kcal
PERi-PERi Drizzle 97 kcal
Herby Pickle Bowl 47 kcal — **2.50**
½ Avocado 149 kcal — **2.25**
PERi-Chicken Gravy 39 kcal — **2.25**
PERi-Honey V 132 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 Loaded PERi-Mac, 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).

NAN2755 LB_UK Main Sagres (Eng,Wales & Scot) NON HALAL_NOV.indd 1
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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%
Fresh gooseberry and passionfruit flavours.
CAN 250ml 190 kcal **8.25**

Spier Chardonnay ABV 13.5%
Smooth with citrus and tropical flavours.
GLASS 175ml 130 kcal **7.95**
GLASS 250ml 185 kcal **8.95**
BOTTLE 750ml 555 kcal **23.25**

Creative Block 2 ABV 14%
A crisp Sauvignon Blanc blend with gooseberry and lime flavours.
BOTTLE 750ml 585 kcal **32.75**

Red South Africa

Spier Merlot ABV 13.5%
Fresh and fruity with red and dark berries.
CAN 250ml 203 kcal **8.25**

Spier Cabernet Sauvignon ABV 14%
Rich berries and oak with a hint of spice.
GLASS 175ml 140 kcal **7.95**
GLASS 250ml 200 kcal **8.95**
BOTTLE 750ml 600 kcal **23.25**

Creative Block 5 ABV 14%
Full-bodied Cabernet Sauvignon and Merlot blend with blackberry, blackcurrant and dark chocolate flavours.
BOTTLE 750ml 600 kcal **32.75**

Rosé South Africa

Spier Rosé ABV 12.5%
A crisp South African rosé with hints of strawberries, grapefruit and ripe peach.
CAN 250ml 190 kcal **8.25**

Beer & Cider

Tiny Rebel Session IPA ABV 4.3% new
Crisp, light and hoppy with a hint of smooth malty sweetness.
CAN 330ml 129 kcal **4.95**

Draught Sagres ABV 5%
Portugal's favourite golden lager.
PINT 222 kcal **7.25**
½ PINT 111 kcal **3.95**

Freedom Pils ABV 4.4%
A citrusy pilsner with a modern twist.
BOTTLE 330ml 119 kcal **4.95**

BERO Kingston Golden Pils ABV 0.5%
Crisp, refreshing and low in alcohol.
CAN 330ml 83 kcal **4.75**

Beavertown Lazer Crush Alcohol Free IPA ABV 0.3%
With hints of orange and grapefruit.
CAN 330ml 89 kcal **4.75**

Sxollie Cider ABV 4.5%
Fresh out of South Africa, with 100% Golden Delicious apples.
BOTTLE 500ml 290 kcal **5.95**

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:
Anastasia Pather
@anastasiapather
Scan the QR code to read more about our art story.

Soft Drinks

RUBRO Iced Tea
Lemon, Peach or Berry iced tea made with Rooibos. Served chilled.
CAN 300ml 51 kcal **3.95**

Cloudy Lemonade
Our refreshing still lemonade with a hint of lime.
GLASS 300ml 51 kcal **4.80**

Karma Drinks Gingerella
Organic sparkling ginger beer.
BOTTLE 300ml 60 kcal **3.95**

MOMO Elderflower Kombucha
[kom-boo-tcha]: Light and refreshing kombucha with a little fizz made with organic tea.
BOTTLE 330ml 63 kcal **4.95**

Mineral Water
Still or sparkling.
BOTTLE 500ml 0 kcal **3.80**

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**

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



Desserts

Toffee Apple Pastel de Nata V 228 kcal per Nata new
Fall for our traditional Portuguese tart with a layer of caramel apple and custard.
EACH **2.75**
BOX OF 4 **9.00**

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

Mango Gelado 93 kcal
4.25

Ultimate Chocolate Brownie V 635 kcal
A soft, fudgy brownie with white, milk and Belgian dark chocolate chunks, covered in a chocolate ganache and served warm with vanilla gelado.
6.25

Choc-A-Lot Cake V 425 kcal
Served with a side of cream. 47 kcal
6.25

Gooey Caramel Cheesecake V 464 kcal
Served with a side of cream. 47 kcal
6.25

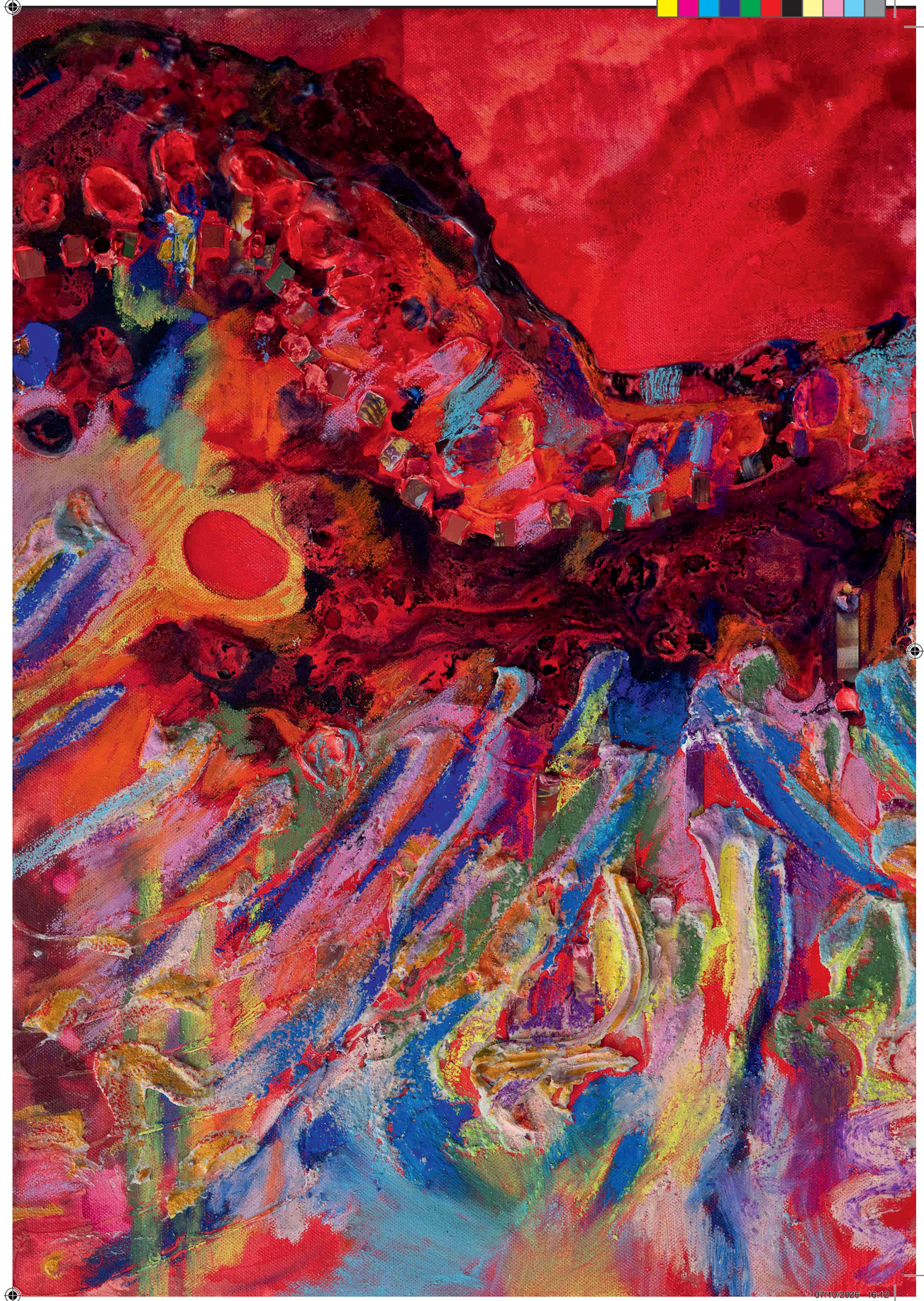
Adults need around 2000 kcal a day

*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 new PERi-Plant Fillet contains soya, wheat and may contain celery and mustard and our new PERi-house sauce contains 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. Loaded PERi-Mac, PERi-Mac & Cheese, Charred Corn, Portuguese Tomato Salad are excluded as sides with a Red Reward. For a Whole Chicken + Two Sides combo meal, a Red Reward can only be used for the Whole Chicken, sides are charged as normal. 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 Zero Sugar' and 'Dr Pepper Zero' are registered trademarks of The Coca-Cola Company. And breathe...

What's Santa's favourite spice? Extra Ho-Ho-Hot.



NAN2755_LB_UK SAGRES MAIN NON HALAL NOV