Nando’s started in South Africa in 1987, and we’re still true to our roots today. We grow our own PERi-PERi in Southern Africa, with more than 1,400 farmers on almost 500 acres. There’s no Nando’s without PERi-PERi: It’s a pepper, a sauce and a nod to our homeland.

To work out your meal’s total calories, add calories listed next to each item, plus the PERi-PERi heat level for your chicken.

Please be aware that as we sell milk and nuts, there may be traces of milk, nuts or other allergens in all our products. We take great care to remove the bones from our chicken breasts and the pits from our olives, but there is a tiny chance of finding one.

Selvin November
Feast your eyes on our cover art by Selvin November, a Cape Town artist. Many of his pieces are based on people he is familiar with so he can better capture their emotion. This piece is in our H Street restaurant in Washington, DC. With more than 8,000 unique pieces, Nando’s has the largest collection of contemporary South African art on display around the globe.

Go Bottomless - refill as often as you want! (0-330 cal)

Red Wine Sangria
Red or white, our signature sangria is made with a medley of fresh fruits, including berries, peaches and more, all chopped into bite-sized pieces and topped with a gorgeous sprig of fresh basil. (0-210 cal)

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Rosé Sangria
Rosé wine, fresh fruit, and a hint of lavender. (0-190 cal)

Spiked Lemonade
Our house-made lemonade spiked with vodka. (0-154 cal)

What about dessert?

Ask about our local beer selection.

On Tap (in selected restaurants)

The menu has been updated. Ask about menu changes.

Bottled Craft Sodas

Go Bottomless - refill as often as you want! (0-330 cal)

Non-alcoholic drinks

Blue Moon Belgian White Ale (USA) (191 cal)

Local Seasonal Beer (USA) (150-300 cal)

On Tap (in selected restaurants)

What about dessert?

Ask about our local beer selection.

Go Bottomless - refill as often as you want! (0-330 cal)

Non-alcoholic drinks

Blue Moon Belgian White Ale (USA) (191 cal)

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On Tap (in selected restaurants)

What about dessert?

Ask about our local beer selection.

Go Bottomless - refill as often as you want! (0-330 cal)

Non-alcoholic drinks

Blue Moon Belgian White Ale (USA) (191 cal)

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On Tap (in selected restaurants)
First

Take your pick from our menu
We're famous for our PERi-PERi chicken. We recommend a 1/2 chicken with a side or two for your first time.

Choose your heat before you eat
If you can handle some heat, we recommend Medium PERi-PERi. Trust us, you'll be back for more!

Order at the counter
Then grab your silverware & extra PERi-PERi at our sauce bar. We'll bring your food to you!

How Spicy?
How spicy our sauce is will depend on your heat preference. Small PERi-PERi is the mildest, Medium PERi-PERi is a little hotter, and Medium Plus PERi-PERi is the spiciest. The spiciness varies from dish to dish to suit different tastes.

Take your pick from our menu
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Fresh chicken marinated for 24 hours in PERi-PERi and flame-grilled to order.

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To work out your meal's total calories, add calories listed next to each item, plus the PERi-PERi heat level for your chicken. Flavor calories are listed per 1/4 chicken serving.

Our PERi-PERi chilli pepper – also known as the African Bird’s Eye chilli – is mixed with garlic, fresh lemons and other tasty ingredients to make our bastes in a range of flavors.

A quick ins-and-outs of getting your Nando’s

Preparation: 10 minutes

Snacks & Shareables

Prepare your taste buds for the main event with our WORTHMOUTHING NIBBLES

PERi-PERi Wings
Six of our star treats. Marinated for 24 hours and flame-grilled to order. (443 cal)

PERi-PERi Nuts
Almonds, cashews, macadamias - crunch with a punch. (738 cal)

Spicy Mixed Olives
Green and black olives perked up with garlic, peppers and chili. (May contain the occasional olive pit.) (186 cal)

 Haussticks
Baked Portuguese roll, cut in strips, and smothered in garlic-herb spread and flame-grilled to order. (297 cal)

Hummus with PERi-PERi Drizzle
PERi-PERi-infused oil poured over creamy hummus. Dig in with toasted pita (111 cal) or crunchy seasonal vegetables. (1,127 cal)

Entrée Salads

Cauliflower, Butternut & Halloumi Salad
Fresh chicken marinated for 24 hours in PERi-PERi and flame-grilled to order. (280 cal)

Marinated Tomato, Halloumi & Chicken
Romaine and arugula tossed in PERi-PERi vinaigrette. Topped with PERi-PERi chicken, shaved parmesan, pickled onions and PERi-naise. (523 cal)

Ancient Grains, PERi-PERi Tomato & Chicken
Mixed greens tossed with quinoa and bulgur wheat and dressed in a paprika seed vinaigrette. Topped with PERi-PERi chicken, sweet peppers and onions, PERi-naise and PERi-dried tomatoes. (971 cal)

Make a meal of it... add sides!

PERi Chips (aka Fries) (173 cal)

PERi-naise (PERi-Mayo) (274 cal) 1.00

Flame-Grilled Corn on the Cob (90 cal)

Portuguese Rice
House-made with turmeric and peppers. (283 cal)

Garlic Bread
Baked Portuguese roll smothered in garlic-herb spread and flame-grilled to order. (246 cal)

Coleslaw
House-made crunchy slaw with onion and carrots in a creamy mayo dressing. (168 cal)

Red Skin Mashed Potatoes (262 cal)

Macho Peas
Rugby mash of whole peas, parsley, mint, garlic and chilli (328 cal)

Mixed Green Side Salad (123 cal)

Cauliflower, Butternut & Halloumi Salad (977 cal)

PERi-PERi Chicken
Buttermilk whole chicken breast with crispy skin. No bones about it! (1,429 cal)

PERi-PERi Wings
Two of our sauciest treats – tender and spicy. (566 cal)

3 Chicken Thighs
Big-shot 3 boneless thighs, flame-grilled skin on. (418 cal)

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