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# The inside scoop

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10th Edition March 2021



All Nando's menu items are made in a kitchen that contains wheat, dairy, nuts, fish, egg and soy. We do our best to prevent it but there is still a risk of contamination of these items

		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	VitA (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	Allergens
Condiments	Ketchup (2 ounces)	69	0	0	0	0	0	533	16	1	14	1	266	4	9	0	—
	Olive Oil (1 ounce)	242	242	27	4	0	0	0	0	0	0	0	0	0	0	0	—
	Balsamic Vinegar (1 ounce)	23	0	0	0	0	0	0	6	0	6	0	0	0	0	0	—
	Caesar Dressing (1 ounce)	173	174	19	1	5	0	240	0	0	0	1	0	0	0	0	Egg, fish, Milk
	Lemon and Herb Sauce (2 ounces)	72	52	6	0	0	0	558	4	0	4	0	0	0	0	0	—
	Wild Herb Sauce (2 ounces)	28	20	2	0	0	0	1298	2	0	0	0	0	0	0	0	—
	Garlic Sauce (2 ounces)	56	36	4	0	0	0	2544	4	0	0	0	0	0	0	0	—
	Medium Sauce (2 ounces)	26	20	2	0	0	0	1310	2	0	0	0	0	0	0	0	—
	Hot Sauce (2 ounces)	26	16	2	0	0	0	1176	2	0	0	0	0	0	0	0	—
	Extra Hot Sauce (2 ounces)	28	16	2	0	0	0	1484	2	0	0	0	0	0	0	0	—
	XX Hot Sauce (2 ounces)	28	16	2	0	0	0	1484	2	0	0	0	0	0	0	0	—
	PERInaise (3 ounces)	276	124	14	2	0	20	611	8	0	8	0	0	0	0	0	Egg, soy
	Poppy Seed Dressing (1 ounce)	161	149	17	1	0	0	159	3	1	3	1	0	0	0	0	-
	Balsamic Vinaigrette (1 ounce)	120	90	10	1	0	0	380	8	0	8	0	0	0	0	0	-
Basting Flavors	Mango and Lime Basting	29	8	1	0	0	0	303	4	0	4	0	0	0	0	0	—
	Lemon and Herb Basting	44	7	1	0	0	0	78	1	0	1	0	0	0	0	0	—
	Medium Basting	29	17	2	0	0	0	1108	2	0	0	0	0	0	0	0	—
	Hot Basting	49	26	3	0	0	0	1945	3	0	0	0	0	0	0	0	—
	Extra Hot Basting	98	50	6	0	0	0	4611	6	0	0	0	0	0	0	0	—
Bites & Shareables	Hummus with PERI Drizzle and Pita	1194	504	56	5	5	0	1743	139	21	6	33	53	1	181	7	Soy, wheat, gluten, sesame
	Hummus and Veggies with PERI Drizzle	760	507	56	5	5	0	784	47	16	12	17	15066	86	100	4	Sesame
	Garlic Sticks	852	388	44	26	0	112	942	86	4	4	16	1664	10	18	2	Milk, wheat, gluten
	Spicy Mixed Olives (4 ounces)	186	158	18	1	0	0	1027	4	0	0	0	70	2	6	0	-
	PERI-PERI Wings (6 pieces) Plain-ish	403	159	18	4	0	156	440	1	0	0	56	176	0	35	2	—
Salads	Avocado & Roasted Pepper bowl	775	294	31.5	5.5	1	17	1715	85	11	8	19	4361	205	76.5	4	Sesame (in hummus)
	Chicken Caesar Salad, with dressing	803	495	53	9	10	108	1877	12	4	4	47	11295	48	400	3	Wheat, gluten, egg, fish, milk
	Marinated tomato, halloumi & chicken salad with dressing	587	218	23	11	0	114	1094	28	6	12	49	9600	66	556	5	Milk, wheat, gluten
	Feta, avo and crispy chickpea salad, with dressing	560	347	39	9	0	30	1201	36	14	13	19	11956	132	392	5	Milk

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		Total Calories (kcal)	Fat Cal (kcal)	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	Allergens
PERI-PERI Chicken Items	Chicken Livers (1 serving) Plain-ish	413	200	22	5	0	978	1488	1	0	0	48	31406	51	23	25	Milk
	Boneless Chicken Breast (1 serving) Plain-ish	429	208	23	7	0	160	157	0	0	0	52	207	0	27	2	—
	Half Chicken (1 serving) Plain-ish	423	234	26	7	0	162	369	0	0	0	44	237	2	24	2	—
	Quarter Chicken Breast and Wing (1 serving) Plain-ish	260	137	15	4	0	93	199	0	0	0	29	132	0	16	1	—
	Quarter Chicken, Leg and Thigh (1 serving) Plain-ish	163	97	11	3	0	69	170	0	0	0	15	105	2	9	1	—
	Whole Chicken (1 serving) Plain-ish	846	468	52	14	0	324	739	1	0	0	88	474	4	49	4	—
	Deboned Chicken Thighs (3 thighs) Plain-ish	418	132	15	3	0	282	604	0	0	0	67	220	0	35	3	—
	2 chicken Thigh Skewers (1 serving) Plain-ish	310	82	9	2	0	188	196	8	2	5	46	2755	160	35	3	—
	Peri peri Chicken Bowl (1 serving) Plain-ish	787	295	32	7	1	97	1788	78	6	7	43	4350	197	80	5	Sesame (in hummus)
	PERI-PERI Wings (12 pieces) Plainish	806	318	35	9	0	312	875	2	1	1	112	32	1	67	4	—
PERI-PERI Wings (24 pieces) Plainish	1612	636	71	17	0	625	1750	4	1	1	225	640	1	135	9	—	
Sandwiches	Chicken Breast Sandwich (1 sandwich) Plain-ish	471	110	12	1	0	84	915	51	3	7	38	521	11	42	2	Egg, Soy, wheat, gluten
	Chicken Breast Wrap (1 sandwich) Plain-ish	538	122	13	5	0	81	913	58	10	16	44	2839	18	141	5	Egg, Milk, Soy, wheat, gluten
	Chicken Pita (1 serving) Plain-ish	426	101	11	1	0	84	781	44	4	5	37	2122	32	76	3	Egg, Soy, wheat, gluten
	Chicken Caesar Wrap (1 serving) Plain-ish	761	412	44	10	5	61	2013	57	6	8	29	5870	23	417	5	Egg, Fish, Milk, Soy, wheat, gluten
	Roasted Mushroom and halloumi Wrap (1 sandwich) Plain-ish	632	226	25	13.5	0	46	1354	71	12	21	30	1110	8	601	4	Egg, Milk, Soy, wheat, gluten
	The Nandoca's Choice (1 serving) Plain-ish	1003	480	53	15	0	241	1006	52	4	9	75	2895	32	76	3	Egg, Milk, Soy, gluten
	Veggie Burger (1 sandwich) Plain-ish	533	213	23	4	0	17	2025	61	9	7	38	266	8	12	1	Egg, Milk, Soy, wheat, gluten, sesame
	Thigh and Mighty Sandwich (1 serving) Plain-ish	523	140	16	3	0	166	949	47	2	7	45	616	8	43	3	Egg, Soy, wheat, gluten
Sandwich Add-Ons	Cheddar Cheese (1 slice)	125	90	10	5	0	30	178	0	0	0	8	1000	0	200	0	Milk, Soy
	Chili Jam (2 ounces)	85	0	0	0	0	0	89	21	1	20	0	101	3	15	0	-
	Grilled Halloumi Cheese (1 Serving)	180	126	14	10	0	40	560	1	0	1	12	0	0	420	0	Milk
	Grilled Pineapple Slice (1 slice)	30	0	0	0	0	0	0	8	1	7	0	0	8	0	0	—
	Roasted Whole Portabello Mushroom (1 serving)	62	10	1	0	0	0	186	9	3	3	4	0	0	14	1	—
	Grilled Chicken tenders (1 serving) Plain-ish	148	21	2	0	0	74	103	0	0	0	30	27	2	14	1	—
	Avocado (1 serving)	136	103	11	2	0	0	5	7	5	1	2	114	8	10	0	—

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## Side Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	Allergens
Caesar Side Salad	297	232	25	6	5	23	659	6	2	2	10	5759	22	304	1	Egg, Fish, Milk, Soy, Wheat, gluten
Coleslaw (regular)	168	146	16	1	0	13	62	5	1	4	1	1266	15	22	0	Egg
Coleslaw (large)	393	342	38	2	0	30	145	13	3	10	2	2954	35	52	1	Egg
Flame-grilled Corn on the Cob (regular)	90	10	1	0	0	0	14	17	2	3	3	1	6	2	0	—
Flame-grilled Corn on the Cob (regular) with Butter Chips	106	26	3	1	0	5	30	17	2	3	3	64	6	2	0	Milk
Flame-grilled Corn on the Cob (2 ears)	179	19	2	0	0	0	28	34	5	6	6	2	12	4	1	—
Flame-grilled Corn on the Cob (2 ears) with Butter Chips	213	53	6	3	0	9	59	34	5	6	6	127	12	4	1	Milk
Garlic Bread (2 slices)	426	194	22	13	0	56	471	43	2	2	8	832	5	9	1	Milk, Wheat, gluten
Garlic Bread Large (4 slices)	852	388	44	26	0	112	942	86	4	4	16	1664	10	18	2	Milk, Wheat, gluten
Macho Peas (regular)	328	221	25	13	0	53	171	18	7	5	8	1789	27	11	2	Milk
Macho Peas (large)	656	442	50	26	0	106	342	36	14	10	16	3578	54	22	4	Milk
Mixed Leaf Side Salad	123	68	8	1	0	0	485	11	3	8	2	5769	62	56	3	—
PERI-Fries, Reg	373	212	24	4	7	0	682	38	4	0	4	0	10	0	0	-
PERI-Fries, Large	747	424	47	9	14	0	1363	77	8	0	8	0	19	0	0	-
Portuguese Rice regular	283	105	12	4	1	15	680	39	1	1	4	743	18	11	2	-
Portuguese Rice large	565	209	23	8	1	31	1359	77	1	1	9	1486	36	23	4	-
Portuguese Roll (1 roll)	210	9	1	0	0	0	470	42	2	2	8	0	4	0	1	Wheat, gluten
Portuguese Roll (1 roll) with Butter Chip	266	63	7	4	0	16	522	42	2	2	8	0	4	1	1	Milk, Wheat, gluten
Red Skin Mashed Potatoes (regular)	262	132	15	7	0	31	922	31	3	2	2	345	2	65	1	Milk, Soy
Red Skin Mashed Potatoes (large)	459	231	26	12	0	54	1613	54	5	3	5	604	4	114	2	Milk, Soy
Butternut Squash & Corn (fall/winter)	392	68	8	2	0	33	1256	76	10	34	6	25666	62	148	2	—
Brussels Sprouts	309	0	12	8	1	0	340	2	2	1	2	200	54	40	1	Milk, Soy
Cucumber and Poppy seed Salad (Spring/summer)	216	151	17	1	0	0	186	14	2	8	2	240	9	41	1	—

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## Kid's Menu Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	Allergens
Nandino Chicken Wings (1 serving) plain)	201	79	9	2	0	78	214	0	0	0	28	56	0	15	1	—
Nandino Chicken Wings (1 serving) with PERI Tamer Sauce	207	84	9	2	0	78	539	1	0	0	28	56	0	15	1	—
Nandino Chicken Breast Fillet Sandwich (1 sandwich)	367	33	3	0	0	74	804	42	2	2	38	846	9	19	2	Wheat, Gluten
Nandino Chicken Breast Fillet Sandwich (1 sandwich) with PERI Tamer Sauce	373	38	3	0	0	74	1230	38	1	7	37	27	2	54	4	Wheat, Gluten
Nandino Grilled Cheese Sandwich	480	254	29	15	0	80	780	42	4	3	18	400	4	300	1	Milk, wheat, gluten , soy
Nandino Grilled Chicken Breast Strips Plainish	148	21	2	0	0	74	103	0	0	0	30	27	2	14	1	—
Nandino Grilled Chicken Breast Strips (1 serving) with PERI Tamer Sauce	162	31	3	1	0	74	751	1	0	0	30	27	2	14	1	—
Nandino Grilled Drumstick and Thigh (1 serving)	203	132	15	3	0	69	691	1	0	0	15	105	2	9	1	—
Nandino Grilled Drumstick and Thigh (1 serving) with PERI Tamer Sauce	217	142	16	4	0	69	1339	2	0	0	15	105	2	9	1	—
Kid's Portuguese Roll	210	9	1	0	0	0	470	42	2	2	8	0	4	0	1	Wheat, Gluten
Kid's Garlic Roll (1/2)	199	97	11	7	0	28	236	22	1	1	4	416	3	5	1	Wheat, Gluten, Milk
Kids Apple Slices (1 serving)	123	3	0	0	0	0	2	29	5	22	1	116	10	12	0	—
Kids Side of Veggies (1 serving)	28	1	0	0	0	0	35	6	2	3	1	8378	4	22	0	—
Kid's rice (4 ounces)	142	53	6	2	1	8	340	20	1	1	2	372	9	6	1	—
Kid's Mash (4 ounces)	175	88	10	5	0	21	615	21	2	1	2	230	1	43	1	Milk, Soy
Kid's Coleslaw (4 ounces)	112	97	11	1	0	9	41	3	1	3	1	844	10	15	0	Egg
Kid's Corn on the cob (1/2 corn)	45	5	1	0	0	0	7	9	1	2	2	1	3	1	0	Milk (butter)
Kid's Fries	249	141	16	3	5	0	455	25	3	0	3	0	7	0	0	—

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## Desserts

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	Allergens
Naughty Natas (1 serving)	210	72	8	4	0	75	68	30	2	16	4	0	0	40	0xs	Egg, Milk, Wheat, gluten
Nando's Chocolate Brownie (1 brownie)	387	187	21	12	0	98	157	54	1	40	6	220	0	18	3	Egg, Milk, Wheat, gluten
Four High Carrot Cake (1 serving)	930	576	64	26	1	170	600	78	2	58	10	9000	5	120	2	Egg, Milk, Soy, Tree Nuts, Wheat, gluten
Raspberry white choc cheesecake (1 serving)	608	390	43	26	0.5	85	500	49	2	33	9	0	0	0	0	Dairy, egg, Wheat, gluten, soy, tree nuts
Vanilla Gelado ( 1 serving)	161	81	9	7	<0.5	0	157	18	0.15	17	3	0	0	0	0	Milk
Chocolate Gelado ( 1 serving)	145	68	7.5	6	<0.5	0	37	18	3	17	2	0	0	0	0	Egg
Mango Gelado ( 1 serving)	99	5	0	0	0	0	0	22	1.5	19	0	0	0	0	0	

## Beverages

Iced black Tea (1 serving)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0	—
Sparkling Water (1 bottle)	0	0	0	0	0	0	12	0	0	0	0	0	0	48	0	—
Sweet Tea (1 serving)	88	0	0	0	0	0	13	23	0	23	0	0	0	0	0	—
Caramelized Pineapple Lemonade (1 drink)	128	0	0	0	0	0	6	32	0	29	0	16	16	12	0	—
Blood Orange and Mango Lemonade (1 drink)	160	0	0	0	0	0	6	39	1	34	1	626	59	19	0	—
La Croix flavored sparkling water (1 drink)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	—

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	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	Allergens
Borges Lello Wine, Red (8 fluid ounces)	200	—	—	—	—	—	10	6	—	1	—	—	—	19	1	Sulfites
Borges Lello Wine, Red (750 ml)	634	—	—	—	—	—	30	19	—	5	1	—	—	61	3	Sulfites
Cara Viva Wine , Red (8 fluid ounces)	200	—	—	—	—	—	10	6	—	1	—	—	—	19	1	Sulfites
Cara Viva Wine, Red (750 ml)	634	—	—	—	—	—	30	19	—	5	1	—	—	61	3	Sulfites
Cara Viva White (8 fluid ounces)	169	—	—	—	—	—	11	6	—	2	—	—	—	21	1	Sulfites
Cara Viva White (750 ml)	537	—	—	—	—	—	36	19	—	7	1	—	—	66	2	Sulfites
Gatao Vinho Verde Wine (8 fluid ounces)	195	—	—	—	—	—	11	6	—	2	—	—	—	21	1	Sulfites
Gatao Vinho Verde Wine (750 ml)	619	—	—	—	—	—	36	19	—	7	1	—	—	66	2	Sulfites
Indaba Chardonay (8 fluid oz)	200	—	—	—	—	—	10	5	—	3	—	—	—	—	—	Sulfites
Indaba chardonnay (750 ml)	635	—	—	—	—	—	32	16	—	10	—	—	—	—	—	Sulfites
Braai Cabernet (8 fluid ounces)	200	—	—	—	—	—	10	6	—	1	—	—	—	19	1	Sulfites
Braai Cabernet (750ml)	625	—	—	—	—	—	30	19	—	—	1	—	—	61	3	Sulfites

Availability may vary per location

## Beers & Ciders

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	Allergens
Blue Moon Belgian White Ale (14 fluid ounces)	191	—	—	—	—	—	9	15	—	—	2	—	—	—	—	Gluten
DC Brau seasonal (14 fl oz)	253 - 353	—	—	—	—	—	—	21	—	—	3	—	—	41	—	Gluten
Lagunitas IPA (14 fl oz)	210	—	—	—	—	—	—	12.8	—	—	—	—	—	—	—	Gluten
Sam Adams Boston lager (1 bottle)	175	—	—	—	—	—	—	—	—	—	—	—	—	—	—	Gluten
Corona Extra, 12 oz bottle	148	—	—	—	—	—	—	13	—	—	—	—	—	—	—	Gluten
Superbock (1 bottle)	188	-	-	-	-	-	5	3	-	1	-	-	-	-	-	Gluten

## Sangria & Spiked Lemonade

Original Sangria, Glass (8 fluid ounces)	232	1	—	—	—	—	16	35	3	29	—	71	12	48	1	Sulfites
Original Sangria, Jug (33 fluid ounces)	697	2	—	—	—	—	48	105	8	88	1	212	37	144	2	Sulfites
Peach and Mango Sangria, Pitcher (8 fluid ounces)	219	1	—	—	—	—	20	31	1	25	—	392	9	7	—	Sulfites
Peach and Mango Sangria, Pitcher (33 fluid ounces)	656	4	—	—	—	—	60	92	3	76	1	1175	28	22	—	Sulfites
Blood orange and Mango Spiked Lemonade (8 oz.)	154	0	0	0	0	0	3	21	0	17	1	334	35	14	0	-
Blood orange and mango spiked Lemonade pitcher	462	0	0	0	0	0	9	62	0	51	2	1002	104	41	0	
Caramelized pineapple spiked Lemonade (8 oz.)	135	0	0	0	0	0	3	17	0	15	0	9	10	7	0	
Caramelized pineapple spiked Lemonade pitcher	404	0	0	0	0	0	9	50	0	44	0	27	30	21	0	

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