

# First

The quick ins-and-outs of getting your Nando's

- 1 | 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.
- 2 | 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!
- 3 | Order at the counter** Then grab your silverware & extra PERi-PERi at our sauce bar. We'll bring your food to you!

## Xtra HOT

Like tackling a ferociously fiery dragon. (98 Cal)



## HOT

Highly combustible - proceed with caution. (49 Cal)



## Medium

Hits the spot without scalding your tonsils. (29 Cal)



## Lemon & Herb or Mango & Lime

A hint of heat, but a tidal wave of flavour. (44 / 29 Cal)



## Plain...ish

Marinated in PERi-PERi, but grilled with no added spice. As mild as we go. (0 Cal)



**How Spicy?** 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 and heat.

## Snacks & Shareables

- **Prepare your taste buds for the main event with MOUTHWATERING NIBBLES**

### PERi-PERi Wings

7.19

Six of our star treats. Marinated for 24 hours and flame-grilled to order. (403 Cal)

### Spicy Mixed Olives

4.89

Green and black olives perked up with mushrooms, garlic, peppers and chilli. (May contain the occasional olive pit.) (186 Cal)

### Garlic Sticks

4.59

Baked Portuguese rolls, cut in strips, and smothered in garlic-herb spread and grilled. (852 Cal)

### Hummus with PERi-PERi Drizzle

6.69

PERi-PERi-infused oil poured over creamy hummus. Dig in with toasted pita (1194 Cal) or crunchy seasonal vegetables. (add 1.00) (760 Cal)



Nando's Classic



Vegetarian



New Recipe



Seasonally Available

# PERi-PERi Chicken

## WHAT WE'RE FAMOUS FOR

Fresh chicken marinated for 24 hours in PERi-PERi and flame-grilled to order.

	+1 REG SIDE	+2 REG SIDES
<b>1/2 Chicken</b>  First time at Nando's? Look no further than our signature 1/2 chicken. (423 Cal)	14.19	16.39
<b>1/4 Chicken – Breast</b> The succulent and saucy bits. (260 Cal)	9.49	11.69
<b>1/4 Chicken – Leg</b> For a little dark 'n' delicious. (163 Cal)	9.39	11.59
<b>Two 1/4 Legs</b> Double your favorite cut. (326 Cal)	13.99	16.19
<b>Chicken Thigh Skewers</b> Two skewers of skin-on thighs, red pepper and onions. (310 Cal)	13.69	15.89
<b>Boneless Chicken Breast</b> Butterflied whole chicken breast with crispy skin. No bones about it! (429 Cal)	13.59	15.79
<b>Chicken Livers</b> Rich, tasty livers that melt in your mouth. (Longer cook time.) (413 Cal)	10.19	12.39
<b>PERi-PERi Wings</b> Twelve of our sauciest treats – tender and spicy. (806 Cal)	17.39	19.59
<b>3 Chicken Thighs</b> Dig into 3 boneless thighs, flame-grilled with skin. (418 Cal)	12.79	14.99

## Sharing Platters

► **BUNDLES** of our legendary PERi-PERi chicken – plenty for friends to share.

<b>Full Platter</b> Whole chicken plus your choice of 2 large essential sides. (846 Cal)	28.69 (2-3 people)
<b>Jumbo Chicken Platter</b> Two whole chickens plus 2 extra-large essential sides. (1692 Cal)	54.29 (4-6 people)
<b>PERi-PERi Wing and Chips Platter</b> <b>NEW</b> 24 flame-grilled PERi-PERi wings plus large PERi Chips. (2359 Cal)	28.89

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

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Written nutrition information is available upon request.

# Entrée Salads

**Feta, Avo & Crispy Chickpeas** **V** 9.39

Romaine and arugula tossed in a balsamic vinaigrette. Topped with feta, avocado, red peppers, cucumber, red onions and house-made fried chickpeas. (560 Cal)

**Chicken Caesar** 11.29

Chopped romaine tossed in our house Caesar dressing. Topped with PERi-PERi chicken, shaved parmesan, house-made croutons, black pepper and semi-dried tomatoes. (803 Cal)

**Marinated Tomato, Halloumi & Chicken** 12.79

Romaine and arugula in a balsamic vinaigrette. Topped with PERi-PERi chicken, marinated grape tomatoes, grilled halloumi cheese, grilled corn and house-made croutons. (587 Cal)

**Add any of these to your salad or bowl!**

**Double the chicken (148 Cal)** 3.19

**Halloumi Cheese (180 Cal)** 2.69

**Half Avocado (136 Cal)** 1.59

**PERi-PERi Drizzle (159 Cal)** 2.09

## Nando's Favorites

**1/2 Chicken and Chips** 14.19

You can't beat our signature 1/2 chicken. Served with PERi chips to fully satisfy your craving or beat that hangover! (796 Cal)

**PERi-PERi Chicken Bowl** 11.29

Portuguese rice topped with PERi-PERi chicken, arugula, roasted red peppers, cut grilled corn and hummus. (787 Cal)

**Avocado & Roasted Pepper Bowl** **V** 10.19

Avocado, roasted red peppers, cut grilled corn, hummus, and arugula served over Portuguese rice. (775 Cal)



**Take home your favorite**

PERi-PERi sauce bottles 4.99

PERinaise squeeze bottles 3.99

# Sandwiches, Wraps & Pitas

## PERi-PERi Chicken

+1 REG  
SIDE

+2 REG  
SIDES

### Chicken Breast Sandwich

11.19

13.39

Served with arugula, tomato, pickled onions and PERinaise. (471 Cal)

### Thigh and Mighty Sandwich

13.69

15.89

Two boneless thighs with arugula, tomato, pickled onions and PERinaise. (523 Cal)

### Nandocas' Choice

15.19

17.39

A butterflied PERi-PERi chicken breast served on garlic bread and topped with our house-made coleslaw. (1003 Cal)

### Chicken Breast Pita

10.49

12.69

Served toasted with a mix of lettuce and crunchy vegetables with PERinaise. (426 Cal)

### Chicken Caesar Wrap

11.19

13.39

Our Caesar salad with pulled chicken and semi-dried tomatoes in a toasted wrap or pita. (761 Cal)

### Chicken Breast Wrap

11.19

13.39

Served with a mix of crunchy vegetables, sweet chilli jam and tangy yogurt sauce. (538 Cal)

## Veg PERidise

+1 REG  
SIDE

+2 REG  
SIDES

### Portobello Mushroom & Halloumi Wrap

10.99

13.19

Roasted and served with arugula, yogurt sauce and chilli jam. Also available on a Portuguese roll or in a pita. (632 Cal)

### Veggie Burger **NEW**

10.79

12.99

New plant-based patty made from piquante peppers, mushrooms, water chestnuts and garden vegetables topped with arugula, tomato, pickled onions and PERinaise. (533 Cal)

## ► Add any of these to your sandwich, pita or wrap!

<b>Roasted Portobello Mushroom (62 Cal)</b>	2.29
<b>Grilled Halloumi Cheese (180 Cal)</b>	2.69
<b>Grilled Pineapple Slice (30 Cal)</b>	.79
<b>Cheddar Cheese (125 Cal)</b>	.79
<b>Half Avocado (136 Cal)</b>	1.59
<b>Chicken Tenders (148 Cal)</b>	3.19

# Essential Sides

▶ **Make a meal of it... add sides!** 2.89

**PERi Chips (aka Fries)** (373 Cal)  
+ **PERinaise (PERi-PERi Mayo)** (276 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 grilled. (426 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 🌶️

Rugged mash of whole peas, parsley, mint, garlic and chilli. (328 Cal)

**Mixed Green Side Salad** (123 Cal) + 1.19

**Caesar Side Salad** (297 Cal) + 1.19

# Seasonal Sides

## ▶ SPRING AND SUMMER

**Cucumber & Poppy Seed Salad** 3.99  
Cucumbers and pickled onions tossed in a poppy seed dressing. (216 Cal)

**Brussels Sprouts** **NEW** 4.89  
Brussels sprouts braised with red onion, chillies and garlic. (309 Cal)

# Refreshments

**Go Bottomless - selection of beverages** 2.99  
Refill as often as you like. (per person)  
(0-330 Cal)

**Blood Orange & Mango Lemonade** 3.69 16oz / 6.49 32oz  
Batch-made blend of mango, blood orange, lemon and lime. (160 / 320 Cal)

**Pineapple Lemonade** 3.69 16oz / 6.49 32oz  
Batch-made blend of caramelized pineapple, lemon and lime. (128 / 260 Cal)

**Bottled Beverage** 2.99 - 3.49  
Grab one of our rotating selections.  
(80-165 Cal)

**Bottled Water** 2.99 - 3.49  
Still or sparkling water. (0 Cal)

# Beer

## Beer

<b>Super Bock</b> (Portugal) (188 Cal) 	<b>5.99</b>
<b>Corona</b> (Mexico) (148 Cal)	<b>5.99</b>
<b>Sam Adams Boston Lager</b> (USA) (175 Cal)	<b>5.99</b>

## On Tap *(in selected restaurants)*

<b>Blue Moon Belgian White Ale</b> (USA) (191 Cal)	<b>5.99</b>
<b>Local Seasonal Beer</b> (USA) (150-300 Cal)	<b>6.49</b>

▶ **Ask about our local beer selection.**

# Sangrias & Spiked Lemonade

	GLASS	PITCHER
<b>Red Wine Sangria</b>  Our original fresh and fruity Mediterranean specialty. (232 Cal)	<b>6.69</b>	<b>18.99</b>
<b>Rosé Sangria</b> House-made with sliced peaches and mango with a splash of Schnapps. (218 Cal)	<b>6.69</b>	<b>18.99</b>
<b>Spiked Lemonade</b> Our house-made lemonade spiked with vodka. (135-154 Cal)	<b>7.19</b>	<b>25.59</b>

# Wine

	GLASS (8oz)	BOTTLE (750ml)
<b>White</b>		
<b>Cara Viva</b> (Portugal) Crisp, Fresh Fruit. (169 Cal)	<b>7.69</b>	<b>20.49</b>
<b>Gatao Vinho Verde</b> (Portugal) Fruity, Refreshing, Lively. (195 Cal)	<b>8.19</b>	<b>22.49</b>
<b>Indaba Chardonnay</b> (S. Africa) Crisp, Citrus, Honey. (200 Cal)	<b>8.69</b>	<b>26.59</b>
<b>Red</b>		
<b>Cara Viva</b> (Portugal) Smooth, Easy, Plum. (200 Cal)	<b>7.69</b>	<b>20.49</b>
<b>Borges Lello</b> (Portugal) Aroma, Spice, Body. (200 Cal)	<b>10.19</b>	<b>27.69</b>
<b>Braai Cabernet Sauvignon</b> (S. Africa) Full-bodied, Rich, Smoke. (200 Cal)	<b>9.69</b>	<b>28.69</b>

# What about dessert?

**Gelado** (ice cream in Portuguese) **3.19**  
Light and creamy.  
Vanilla (161 Cal)  
Chocolate (made without lactose) (145 Cal)  
Mango (99 Cal)

**Naughty Natas**  **2.69**  
Traditional Portuguese custard tart, served with a sprinkle of cinnamon sugar. (210 Cal)

**Barely Baked Brownie** **2.69**  
Our version of the perfect brownie – indulgent, fudgy goodness! (387 Cal)

**Carrot Cake** **6.89**  
Four rich, golden layers of cake with walnuts, pineapple and raisins. Topped with a smooth cream cheese icing. (930 Cal)

**Raspberry Cheesecake** **6.89**  
Raspberry sauce swirled through a creamy white chocolate cheesecake. Lightly caramelized on top. (608 Cal)

## Ask for our Nandino's menu (kids under 10 menu)

### WE GROW OUR OWN

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 chilli, 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.

Served raw or undercooked. Consuming raw or undercooked meats may increase your risk of foodborne illness. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Written nutrition information is available upon request.

