

The inside scoop

▼ 11th Edition – October 2021



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Menu Category	Menu Item	Grams	Calories (kcal)	Fat Calories (fat kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Declared Allergens	Vegetarian (no meat)	Vegan (No animal products)	Dairy-Free
Add-on	Avocado (1/2 avocado)	89.87	140	120	13	2	0	0	5	8	6	<1	2		X	X	X
Add-on	Cheddar Cheese	14.17	60	40	4.5	2.5	0	15	95	0	0	0	3	Milk	X		
Add-on	Chicken Tenders, Plain-ish	113.4	170	35	3.5	1	0	115	105	0	0	0	34				X
Add-on	Chilli Jam	28.35	40	0	0	0	0	0	50	10	0	9	0		X	X	X
Add-on	Grilled Halloumi Cheese	62.37	230	230	190	22	0	40	600	<1	0	0	12	Milk	X		
Add-on	PERI-PERi Drizzle	28.35	140	130	15	0	0	0	470	1	0	0	0	Tree Nut (Walnut), Sesame Seed	X	X	X
Add-on	Pulled Chicken	127.57	180	40	4.5	1	0	120	600	1	0	0	34				X
Add-on	Grilled Pineapple (1 slice)	56.7	30	0	0	0	0	0	0	8	<1	7	0		X	X	X

Baste	Extra Hot Baste	56.7	90	80	9	0	0	0	760	2	0	<1	0		X	X	X
Baste	Hot Baste	28.35	45	40	4.5	0	0	0	380	1	0	0	0		X	X	X
Baste	Lemon and Herb Baste	28.35	10	10	1	0	0	0	170	<1	0	0	0		X	X	X
Baste	Mango and Lime Baste	28.35	30	10	1	0	0	5	290	5	0	4	0		X	X	X
Baste	Medium Baste	28.35	25	20	2.5	0	0	0	210	0	0	0	0		X	X	X

Beverage	Blood Orange Mango Lemonade, 16 oz	453.59	230	0	0	0	0	0	20	57	0	53	1		X	X	X
Beverage	Blood Orange Mango Lemonade, 32 oz	907.18	450	0	0	0	0	0	45	114	0	107	2		X	X	X
Beverage	Pineapple Lemonade, 16 oz	453.59	210	0	0	0	0	0	15	53	0	40	0		X	X	X
Beverage	Pineapple Lemonade, 32 oz	907.18	430	0	0	0	0	0	30	107	0	80	0		X	X	X
Beverage	Strawberry Lemonade, 16 oz	453.59	210	0	0	0	0	0	15	54	<1	40	0		X	X	X
Beverage	Strawberry Lemonade, 32 oz	907.18	410	0	0	0	0	0	25	107	1	81	0		X	X	X

Beverage, Alcohol	Blue Moon Belgian White Ale	396.89	200						9	15			2	Wheat, Sulfites	X	X	X
Beverage, Alcohol	Borges Lello Red Wine, Bottle	718.94	640						30	19		5	1	Sulfites	X	X	X
Beverage, Alcohol	Borges Lello Red Wine, Glass	226.8	200						10	6		1	0	Sulfites	X	X	X
Beverage, Alcohol	Braai Cabernet, Bottle	718.94	640						30	19		5	1	Sulfites	X	X	X

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Beverage and Alcohol availability may vary per location.

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Beverage, Alcohol	Braai Cabernet, Glass	226.8	200						10	6		1	0	Sulfites	X	X	X
Beverage, Alcohol	Cara Viva Red Wine, Bottle	718.94	640						30	19		5	1	Sulfites	X	X	X
Beverage, Alcohol	Cara Viva Red Wine, Glass	226.8	200						10	6		1	0	Sulfites	X	X	X
Beverage, Alcohol	Cara Viva White Wine, Bottle	718.94	540						36	19		7	0	Sulfites	X	X	X
Beverage, Alcohol	Cara Viva White Wine, Glass	226.8	170						11	6		2	0	Sulfites	X	X	X
Beverage, Alcohol	Corona Extra	340.19	150							13				Wheat	X	X	X
Beverage, Alcohol	DC Brau Seasonal	396.89	260 - 360							21			3	Wheat	X	X	X
Beverage, Alcohol	Gatao Vinho Verde Wine, Bottle	718.94	640						30	19		5	0	Sulfites	X	X	X
Beverage, Alcohol	Gatao Vinho Verde Wine, Glass	226.8	200						10	6		1	0	Sulfites	X	X	X
Beverage, Alcohol	Indaba Chardonnay, Bottle	718.94	640						30	19		5	0	Sulfites	X	X	X
Beverage, Alcohol	Indaba Chardonnay, Glass	226.8	200						10	6		1	0	Sulfites	X	X	X
Beverage, Alcohol	Lagunitas IPA	396.89	210							12.8				Wheat	X	X	X
Beverage, Alcohol	Original Sangria, Glass	255.15	190	0	0	0	0	0	10	21	2	12	<1	Sulfites	X	X	X
Beverage, Alcohol	Original Sangria, Pitcher	850.49	620	0	0	0	0	0	40	70	6	42	2	Sulfites	X	X	X
Beverage, Alcohol	Peach Mango Sangria, Glass	255.15	210	0	0	0	0	0	10	16	<1	15	1	Sulfites	X	X	X
Beverage, Alcohol	Peach Mango Sangria, Pitcher	850.49	700	5	0.5	0	0	0	35	53	3	49	4	Sulfites	X	X	X
Beverage, Alcohol	Sam Adams Boston Lager	340.19	180							15				Wheat	X	X	X
Beverage, Alcohol	Spiked Blood Orange Mango Lemonade, Glass	226.8	180	0	0	0	0	0	20	31	0	28	<1		X	X	X
Beverage, Alcohol	Spiked Blood Orange Mango Lemonade, Pitcher	850.49	1180	15	1.5	0	0	0	270	234	2	187	13		X	X	X
Beverage, Alcohol	Spiked Pineapple Lemonade, Pitcher	850.49	1290	10	1.5	0	0	0	180	254	2	86	2		X	X	X
Beverage, Alcohol	Spiked Pineapple Lemonade, Glass	226.76	180	0	0	0	0	0	15	31	0	19	0		X	X	X
Beverage, Alcohol	Spiked Strawberry Lemonade, Glass	226.8	180	0	0	0	0	0	15	30	0	18	0		X	X	X
Beverage, Alcohol	Spiked Strawberry Lemonade, Pitcher	850.49	1160	10	1.5	0	0	0	180	245	7	79	2		X	X	X
Beverage, Alcohol	Super Bock	340.19	190						5	3		1		Wheat	X	X	X

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Bites and Shareables	Garlic Sticks	198.45	740	420	47	19	0	<5	1100	70	2	2	13	Wheat, Milk, Soy	X		
Bites and Shareables	Hummus with PERi Drizzle and Pita	407.67	1200	120	13	3	0	0	1930	150	15	15	33	Wheat, Sesame Seed	X	X	X
Bites and Shareables	Hummus with PERi Drizzle and Veggies	308.44	650	90	10	3	0	0	1100	42	12	10	13	Sesame Seed	X	X	X
Bites and Shareables	PERi-PERi Wings (6) Plain-ish	197.03	470	290	33	8	0	260	890	<1	0	0	41				X
Bites and Shareables	Spicy Mixed Olives	170.1	220	180	20	0	0	0	2050	7	5	0	0		X	X	X

Bowls & Salads	Avocado & Roasted Pepper Bowl	574.64	770	310	34	4	0	0	2480	102	15	9	15	Sesame Seed	X	X	X
Bowls & Salads	Chicken Caesar Salad, with dressing	400.58	690	600	67	9	0	170	1290	15	7	5	40	Fish (Anchovies), Wheat, Milk, Egg			
Bowls & Salads	Marinated Tomato, Halloumi & Chicken Salad, with dressing	497.53	520	270	30	11	0	145	1250	21	5	9	47	Wheat, Milk			
Bowls & Salads	PERi-PERi Chicken Bowl	598.17	790	220	25	3.5	0	115	2580	95	8	8	47	Sesame Seed			X
Bowls & Salads	Pulled Chicken, Feta & Avo Bowl	563.3	890	420	47	8	0	140	2070	91	11	3	48	Milk			

Chicken	1/2 Chicken	271.59	540	270	29	8	0	300	970	0	0	0	68				
Chicken	1/2 Chicken and Chips	427.51	840	420	47	10	0	300	1960	34	4	<1	72				
Chicken	1/4 Chicken Breast	159.61	290	130	14	3.5	0	150	570	0	0	0	42				
Chicken	1/4 Chicken Leg	117.65	260	150	16	4	0	160	420	0	0	0	28				
Chicken	1/4 Chicken Leg (2)	235.3	520	300	32	8	0	320	840	0	0	0	56				
Chicken	Boneless Chicken Breast	226.8	390	160	18	4	0	185	1300	<1	0	0	55				
Chicken	Boneless Chicken Thigh (1)	63.79	140	80	9	2.5	0	75	370	0	0	0	13				
Chicken	Boneless Chicken Thighs (2)	127.57	280	170	19	4.5	0	145	740	<1	0	0	26				
Chicken	Boneless Chicken Thighs (3)	191.36	420	250	28	7	0	220	1110	<1	0	0	39				
Chicken	Chicken Livers	340.19	450	240	26	6	0	1135	1460	7	<1	<1	47	Milk			
Chicken	Chicken Thigh Skewer (1)	127.57	200	110	13	3	0	100	490	3	<1	2	18				
Chicken	Chicken Thigh Skewers (2)	255.14	400	220	26	6	0	200	980	6	1	4	36				
Chicken	PERi-PERi Wings (12) Plain-ish	394.07	950	590	65	16	0	515	1790	2	0	0	82				X
Chicken	PERi-PERi Wings (24) Plain-ish	788.13	1890	1170	130	33	0.5	1030	3570	4	0	0	163				X

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Condiments	Balsamic Vinaigrette	28.35	40	25	3	0	0	0	170	3	0	3	0		X	X	X
Condiments	Balsamic Vinegar	28.35	25	0	0	0	0	0	5	5	0	4	0	Sulfites	X	X	X
Condiments	Caesar Dressing	28.35	170	170	19	1.5	0	20	260	<1	0	0	<1	Fish (Anchovies), Milk, Egg			
Condiments	Extra Hot Sauce	28.35	20	10	1	0	0	0	730	1	0	0	0		X	X	X
Condiments	Garlic Sauce	28.35	15	10	1	0	0	0	630	1	0	0	0		X	X	X
Condiments	Hot Sauce	28.35	15	10	1	0	0	0	710	1	0	0	0		X	X	X
Condiments	Ketchup	28.35	30	0	0	0	0	0	260	8	0	6	0		X	X	X
Condiments	Lemon & Herb Sauce	28.35	35	25	3	0	0	0	320	2	0	1	0		X	X	X
Condiments	Medium Sauce	28.35	15	10	1	0	0	0	640	1	0	0	0		X	X	X
Condiments	Olive Oil	28.35	250	260	28	4	0	0	0	0	0	0	0		X	X	X
Condiments	PERi Tamer	28.35	45	5	0.5	0	0	0	135	9	0	9	0		X	X	X
Condiments	PERinaise	28.35	90	70	8	1	0	10	320	6	0	4	0	Soy, Egg	X		
Condiments	Wild Herb Sauce	28.35	15	10	1	0	0	0	640	1	0	0	0		X	X	X
Condiments	XXX Hot Sauce	28.35	80	15	1.5	0	0	0	730	2	0	0	0		X	X	X

Dessert	Barely Baked Brownie	70.87	250	100	11	0	0	50	90	39	2	31	3	Wheat, Milk, Soy, Egg	X		
Dessert	Carrot Cake	240.97	900	560	62	23	1	150	760	80	3	56	9	Wheat, Milk, Soy, Egg, Tree Nuts, (Walnut)	X		
Dessert	Dark Chocolate Gelado	75.13	150	70	8	0	0	0	0	18	3	17	2	Milk, Egg	X		
Dessert	Mango Gelado	75.13	90	35	4	0	0	0	0	23	2	19	4	Milk, Egg	X		
Dessert	Naughty Nata	49.61	150	70	8	4	0	70	105	17	0	10	3	Wheat, Milk, Soy, Egg	X		
Dessert	Raspberry White Chocolate Cheesecake	175.77	620	380	43	26	0	85	500	49	0	33	9	Wheat, Milk, Soy, Egg, Tree Nuts (Tree Nuts)	X		
Dessert	Vanilla Gelado	75.13	170	80	9	0	0	0	0	19	0	17	3	Milk, Egg	X		

Handheld	Chicken Breast Pita, Plain-ish	297.67	480	130	14	2	0	115	990	49	4	9	40	Wheat, Milk, Soy, Egg			
Handheld	Chicken Breast Sandwich, Plain-ish	334.52	530	210	23	4	0	85	1200	49	2	11	32	Wheat, Milk, Soy, Egg			
Handheld	Chicken Breast Wrap, Plain-ish	357.2	670	220	25	3.5	3.5	125	1220	68	11	24	45	Wheat, Milk, Egg			

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Handheld	Chicken Burger, Plain-ish	388.39	580	230	26	6	0	85	1230	58	3	18	32	Wheat, Milk, Soy, Egg			
Handheld	Chicken Caesar Wrap	356.35	780	1640	183	10	3.5	165	1850	52	12	6	51	Fish (Anchovies), Wheat, Milk, Egg			
Handheld	Nandoca's Choice, Plain-ish	496.12	970	540	60	16	0	175	1630	43	4	6	62	Wheat, Milk, Soy, Egg, Mustard			
Handheld	Sweet Potato & Halloumi Wrap, Plain-ish	351.53	790	380	42	13	3.5	50	1530	82	12	27	25	Wheat, Milk, Egg	X		
Handheld	Thigh and Mighty Sandwich, Plain-ish	334.52	600	300	34	7	0	105	1210	49	2	11	27	Wheat, Milk, Soy, Egg			
Handheld	Veggie Burger, Plain-ish	348.7	610	160	17	1.5	0	10	1380	89	8	12	29	Wheat, Milk, Soy, Egg	X		

Nandinos	Nandino Chicken Breast Sandwich	277.83	410	130	15	3	0	75	800	37	2	1	31	Wheat			X
Nandinos	Nandino Drumstick and Thigh	117.65	260	150	16	4	0	160	420	0	0	0	28				
Nandinos	Nandino Grilled Cheese	92.42	310	160	17	10	0.5	45	550	28	2	4	11	Wheat, Milk, Soy	X		
Nandinos	Nandino Grilled Chicken Tenders, Plain-ish	113.4	170	35	3.5	1	0	115	105	0	0	0	34				X
Nandinos	Nandino Wings (3)	98.52	240	150	16	4	0	130	450	0	0	0	20				X
Nandinos - Sides	Nandino Apple Slices	212.62	120	0	0	0	0	0	0	29	6	20	<1		X	X	X
Nandinos - Sides	Nandino Coleslaw	113.4	120	90	10	0	0	5	135	8	3	4	1	Egg, Mustard	X		
Nandinos - Sides	Nandino Corn (1/2 cob)	106.59	150	70	7	4	0	15	50	21	2	5	3	Milk	X		
Nandinos - Sides	Nandino Garlic Bread	49.61	190	110	12	5	0	0	280	17	<1	<1	3	Wheat, Milk, Soy	X		
Nandinos - Sides	Nandino PERi Chips (aka Fries)	99.22	190	100	11	1.5	0	0	630	21	2	0	2		X	X	X
Nandinos - Sides	Nandino Portuguese Rice	85.05	130	50	6	0	0	0	340	22	<1	0	2		X	X	X
Nandinos - Sides	Nandino Raw Veggies	155.92	45	0	0	0	0	0	50	10	3	5	1		X	X	X
Nandinos - Sides	Nandino Red Skin Mashed Potato	113.4	190	90	10	4	0	0	650	23	2	2	3	Milk, Soy	X		

Sides	Brussel Sprouts	212.62	240	130	15	4.5	0	0	640	23	9	6	8	Milk, Soy	X		
Sides	Butternut Squash and Corn (Seasonal)	212.62	170	35	4	0.5	0	0	280	32	6	15	3		X	X	X
Sides	Caesar Side Salad	112.55	200	160	17	6	0	35	400	3	1	<1	6	Fish (Anchovies), Wheat, Milk, Egg			
Sides	Charred Sweet Potato, Large	170.1	260	60	7	1	0	0	380	48	7	10	4		X	X	X
Sides	Charred Sweet Potato, Regular	85.05	130	30	3.5	0	0	0	190	24	4	5	2		X	X	X

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Sides	Coleslaw, Large	340.19	360	260	29	0	0	20	400	23	8	13	4	Egg, Mustard	X		
Sides	Coleslaw, Regular	170.1	180	130	15	0	0	10	200	12	4	7	2	Egg, Mustard	X		
Sides	Corn on the Cob (1 cob)	228.5	270	80	9	4	0	15	50	46	5	10	8		X		
Sides	Corn on the Cob (1 cob), No Butter	221.13	210	30	3.5	0	0	0	0	46	5	10	8		X	X	X
Sides	Garlic Bread, Large	198.45	740	420	47	19	0	<5	1100	70	2	2	13	Wheat, Milk, Soy	X		
Sides	Garlic Bread, Regular	99.22	370	210	24	10	0	<5	550	35	1	1	6	Wheat, Milk, Soy	X		
Sides	Macho Peas, Large	340.19	500	380	42	16	0	<5	660	22	9	0	9	Milk, Soy	X		
Sides	Macho Peas, Regular	169.97	250	190	21	8	0	0	330	11	5	0	4	Milk, Soy	X		
Sides	Mixed Leaf Side Salad	82.21	50	80	8	0	0	0	140	6	2	4	<1		X	X	X
Sides	PERi Chips (aka Fries), Large	311.84	600	310	34	4	0	0	1980	67	8	<1	7		X	X	X
Sides	PERi Chips (aka Fries), Regular	155.92	300	150	17	2	0	0	990	34	4	0	4		X	X	X
Sides	PERi Chips (aka Fries), X-Large	623.69	1200	620	69	8	0	0	3960	135	15	2	14		X	X	X
Sides	Portuguese Roll	70.87	180	20	2.5	0	0	0	350	34	<1	<1	6	Wheat	X	X	X
Sides	Portuguese Rice, Large	283.5	420	170	19	1	0	0	1150	73	3	1	7		X	X	X
Sides	Portuguese Rice, Regular	141.75	210	90	10	0.5	0	0	570	36	1	<1	4		X	X	X
Sides	Red Skin Mashed Potatoes, Large	368.54	630	300	33	12	0	0	2100	73	7	7	11	Milk, Soy	X		
Sides	Red Skin Mashed Potatoes, Regular	184.27	320	150	17	6	0	0	1050	37	3	4	5	Milk, Soy	X		
Sides	Turmeric Roasted Cauliflower, Large	170.1	180	120	13	2	0	0	210	15	6	6	6		X	X	X
Sides	Turmeric Roasted Cauliflower, Regular	85.05	90	60	6	1	0	0	105	7	3	3	3		X	X	X

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