

The inside scoop

March 2025



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 cross-contamination but there is still a risk of contamination from these items.

Menu Category	Menu Item	Serving Size	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) Boneless	90g	140	120	13	2	0	0	5	8	6	<1	2		X	X	X
Add-on	Chicken Breast, Plainish Cheddar	128g	220	90	10	2.5	0	105	730	<1	0	0	31				X
Add-on	Cheese Chicken Thigh (1), Plainish	14g	60	40	4.5	2.5	0	15	95	0	0	0	3	Milk	X		
Add-on	Chicken Thigh Skewer (1), Plainish	64g	140	80	9	2.5	0	75	370	0	0	0	13				X
Add-on	Chilli Jam Feta Cheese Grilled	128g	200	110	13	3	0	100	490	3	<1	2	18				X
Add-on	Halloumi Cheese Grilled Pineapple	28g	40	0	0	0	0	0	50	10	0	9	0		X	X	X
Add-on	(1 slice) Hummus Scoop (1.0	20g	50	40.5	4.5	3	0	20	180	<1	0	<1	3	Milk	X		
Add-on	ounce) PERI Honey PERI Pita	62g	230	230	190	22	0	40	600	<1	0	0	12	Milk	X		
Add-on	Croutons PERI Ranch PERI-PERI	57g	30	0	0	0	0	0	0	8	<1	7	0		X	X	X
Add-on	Drizzle	28g	80	0	0	0.5	0	0	120	5	1	<1	2	Sesame	X	X	X
Add-on	PERinaise	50g	120	4.5	0.5	0	0	0	310	30	0	24	0		X		X
Add-on	Pickled Cauliflower	20g	90	54	6	0.5	0	0	290	8	0	0	1	Sesame, Soy, Wheat	X	X	X
Add-on	Pickled Red Onions	28g	60	50	5	0.5	0	5	370	4	0	2	0	Milk, Egg, Soy	X		
Add-on	Pulled Chicken	28g	140	130	15	0	0	0	470	1	0	0	0	Tree Nut (Walnut), Sesame	X	X	X
Add-on	Roasted Red Pepper	28g	90	70	8	1	0	10	320	6	0	4	0	Egg, Soy	X		
Add-on	Sliced Tomatoes	50g	20	0	0	0	0	0	170	3	<1	2	<1		X	X	X
Add-on	Superseed Crunch	10g	0	0	0	0	0	0	35	<1	0	0	0		X	X	X
Add-on	Tomato Cucumber Onion Salad	113g	270	117	13	3.5	0	95	90	0	0	0	34				X
Add-on	Veggie Burger Patty, Plainish	35g	16	0	0	0	0	0	120	2	0	2	0		X	X	X
Add-on		60g	20	0	0	0	0	0	210	4	<1	3	<1		X	X	X
Add-on		20g	100	72	8	1.5	0	0	180	5	2	1	4	Wheat, Sesame	X	X	X
Add-on		55g	10	4.5	4	0	0	0	50	2	0	<1	0		X	X	X
Add-on		142g	210	40	4.5	0	0	0	420	28	4	<1	16	Soy, Wheat	X	X	X

Baste	Extra Hot Baste Hot	57g	90	80	9	0	0	0	760	2	0	<1	0		X	X	X
Baste	Baste Lemon and Herb	28g	45	40	4.5	0	0	0	380	1	0	0	0		X	X	X
Baste	Baste Mango and Lime	28g	10	10	1	0	0	0	170	<1	0	0	0		X	X	X
Baste	Baste Medium Baste	28g	30	10	1	0	0	5	290	5	0	4	0		X	X	X
Baste	PERI Q	28g	25	20	2.5	0	0	0	210	0	0	0	0		X	X	X
Baste		28g	40	9	1	0	0	0	150	7	0	7	0		X	X	X

Beverage	Blood Orange Mango Lemonade	16 oz	230	0	0	0	0	0	20	57	0	53	1		X	X	X
Beverage	Blood Orange Mango Lemonade	32 oz	450	0	0	0	0	0	45	114	0	107	2		X	X	X
Beverage	Blood Orange Mango Lemonade	Gallon	2750	0	0	0	0	0	190	796	21	456	4		X	X	X
Beverage	Lavender Lemonade Lavender	16 oz	80	0	0	0	0	0	20	18	0	17	0		X	X	X
Beverage	Lemonade La Colombe, Oatmilk	32 oz	150	0	0	0	0	0	40	36	0	35	0		X	X	X
Beverage	Latte, Can	266g	120	40.5	4.5	0	0	0	100	22	4	11	2		X	X	X

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Menu Category	Menu Item	Serving Size	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
Beverage	Pineapple Lemonade	16 oz	210	0	0	0	0	0	15	53	0	40	0		X	X	X
Beverage	Pineapple Lemonade	32 oz	430	0	0	0	0	0	30	107	0	80	0		X	X	X
Beverage	Pineapple Lemonade Rubro	Gallon	2840	0	0	0	0	0	210	837	26	348	0		X	X	X
Beverage	Peach Iced Tea Rubro Peach	32 oz	190	0	0	0	0	0	30	48	0	48	0		X	X	X
Beverage	Iced Tea Strawberry	Gallon	680	0	0	0	0	0	135	187	0	187	0		X	X	X
Beverage	Lemonade Strawberry	16 oz	210	0	0	0	0	0	15	54	<1	40	0		X	X	X
Beverage	Lemonade Topo Chico	32 oz	410	0	0	0	0	0	25	107	1	81	0		X	X	X
Beverage	Watermelon Mint Lemonade	11.5 oz	0	0	0	0	0	0	5	0	0	0	0		X	X	X
Beverage	Watermelon Mint Lemonade	16 oz	270	0	0	0	0	0	20	66	1	59	0	May contain tree	X	X	X
Beverage		32 oz	530	0	0	0	0	0	40	132	3	118	0	nuts May contain	X	X	X

tree nuts

Beverage, Alcohol	Art Car IPA, On Tap	454g	270	0	0	0	0	0	0	17	0	0	4	Wheat	X	X	X
Beverage, Alcohol	Borges Lello Red Wine, Bottle	719g	640	0	0	0	0	0	30	19	0	5	1	Sulfites	X	X	X
Beverage, Alcohol	Borges Lello Red Wine, Glass	227g	200	0	0	0	0	0	10	6	0	1	0	Sulfites	X	X	X
Beverage, Alcohol	Cabernet Sauvignon, On Tap, Glass	8 oz	190	0	0	0	0	0	0	0	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Cabernet Sauvignon, On Tap, Carafe	1 L	837	0	0	0	0	0	0	0	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Chardonnay, On Tap, Glass	8 oz	197	0	0	0	0	0	0	6	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Chardonnay, On Tap, Carafe	1 L	845	0	0	0	0	0	0	6	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Corona Extra	340g	150	0	0	0	0	0	0	13	0	0	0	Wheat	X	X	X
Beverage, Alcohol	Cougar Paw Red Ale, On Tap	454g	200	0	0	0	0	0	0	25	0	0	2	Wheat	X	X	X
Beverage, Alcohol	Dogfish Head, 60 Minute IPA, On Tap	12 oz	190	0	0	0	0	0	10	19	0	2	2	Wheat	X	X	X
Beverage, Alcohol	DC Brau Seasonal	397g	260 - 360	0	0	0	0	0	0	21	0	0	3	Wheat	X	X	X
Beverage, Alcohol	Gatao Vinho Verde Wine, Bottle	719g	640	0	0	0	0	0	30	19	0	5	0	Sulfites	X	X	X
Beverage, Alcohol	Gatao Vinho Verde Wine, Glass	227g	200	0	0	0	0	0	10	6	0	1	0	Sulfites	X	X	X
Beverage, Alcohol	Karbach Brewing Co., Love Street Blonde, On Tap	12 oz	196	147	0	0	0	0	30	10	0	2	2	Wheat	X	X	X
Beverage, Alcohol	Kolsch, On Tap	454g	200	0	0	0	0	0	0	17	0	0	0	Wheat	X	X	X
Beverage, Alcohol	Lagunitas IPA	397g	210	0	0	0	0	0	0	12.8	0	0	0	Wheat	X	X	X
Beverage, Alcohol	Michelob ULTRA, On Tap	454g	128	0	0	0	0	0	147	3.5	0	0	0.8	Wheat	X	X	X
Beverage, Alcohol	Modelo Especial	454g	143	0	0	0	0	0	0	13.6	0	0	1.1	Wheat	X	X	X
Beverage, Alcohol	Old Fashioned, Glass	1.5 oz	99	0	0	0	0	0	0	2	0	0	0				X
Beverage, Alcohol	Original Sangria, Glass	255g	140	0	0	0	0	0	10	21	2	12	<1	Sulfites	X	X	X
Beverage, Alcohol	Original Sangria, Pitcher	850g	600	0	0	0	0	0	40	70	6	42	2	Sulfites	X	X	X
Beverage, Alcohol	Peach Lemonade Poncha	170g	160	0	0	0	0	0	0	31	<1	27	<1	Sulfites	X	X	X
Beverage, Alcohol	Passion Fruit Frosé, Glass	227g	220	0	0	0	0	0	30	32	0	31	0	Sulfites	X	X	X
Beverage, Alcohol	Red Blend, On Tap, Glass	8 oz	200	0	0	0	0	0	0	0	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Red Blend, On Tap, Carafe	1 L	640	0	0	0	0	0	0	0	0	0	0	Sulfites	X	X	X

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Beverage, Alcohol	Red Wine Sangria, Glass	255g	140	0	0	0	0	0	10	21	2	12	<1	Sulfites	X	X	X
Beverage, Alcohol	Red Wine Sangria, Pitcher	850g	600	0	0	0	0	0	40	70	6	42	2	Sulfites	X	X	X
Beverage, Alcohol	Revolution Brewing Anti-Hero IPA, On Tap	12 oz	220	0	0	0	0	0	10	20	1	1	3	Wheat	X	X	X
Beverage, Alcohol	Rubro Guava Paloma	5.14 oz	140	0	0	0	0	0	0	16	0	16	0	May contain tree nuts	X	X	X
Beverage, Alcohol	Sagres	330g	150	0	0	0	0	0	0	13	0	0	0	Wheat	X	X	X
Beverage, Alcohol	St Arnold, Art Car IPA, On Tap	12 oz	200	0	0	0	0	0	10	13	1	1	3	Wheat	X	X	X
Beverage, Alcohol	Sam Adams Boston Lager	340g	180	0	0	0	0	0	0	15	0	0	0	Wheat	X	X	X
Beverage, Alcohol	Sauvignon Blanc, On Tap	227g	190	0	0	0	0	0	10	5	0	2	0	Sulfites	X	X	X
Beverage, Alcohol	Smoky Rosalita	170g	320	0	0	0	0	0	60	34	0	33	0	Sulfites	X	X	X
Beverage, Alcohol	Spier Arts Merlot, Glass	8 oz	200	0	0	0	0	0	0	0	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Spier Arts Merlot, Bottle	Bottle	640	0	0	0	0	0	0	0	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Spier Arts Sauvignon, Glass	8 oz	170	0	0	0	0	0	0	0	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Spier Arts Sauvignon, Bottle	Bottle	640	0	0	0	0	0	0	0	0	0	0	Sulfites	X	X	X
Beverage, Alcohol	Spiked Blood Orange Mango Lemonade	227g	180	0	0	0	0	0	20	31	0	28	<1		X	X	X
Beverage, Alcohol	Spike House-made Lemonade, Tequila, Glass	142g	120	0	0	0	0	0	0	11	0	0	0		X	X	X
Beverage, Alcohol	Spike House-made Lemonade, Tequila, Pitcher	425g	370	0	0	0	0	0	0	33	0	0	0		X	X	X
Beverage, Alcohol	Spike House-made Lemonade, Vodka, Glass	142g	110	0	0	0	0	0	0	11	0	0	0		X	X	X
Beverage, Alcohol	Spike House-made Lemonade, Vodka, Pitcher	425g	330	0	0	0	0	0	0	33	0	0	0		X	X	X
Beverage, Alcohol	Spiked House-made Pineapple Lemonade	227g	180	0	0	0	0	0	15	31	0	19	0		X	X	X
Beverage, Alcohol	Spiked House-made Strawberry Lemonade	227g	180	0	0	0	0	0	15	30	0	18	0		X	X	X
Beverage, Alcohol	Super Bock, On Tap	454g	250	0	0	0	0	0	5	4	0	0	0	Wheat	X	X	X
Beverage, Alcohol	Top Chico Ranch Water	12 oz	100	0	0	0	0	0	20	2	0	0	0		X	X	X
Beverage, Alcohol	Truly Strawberry Lemonade	355g	100	0	0	0	0	0	45	3	0	1	0		X	X	X
Beverage, Alcohol	Truly Wild Berry	355g	100	0	0	0	0	0	30	2	0	1	0		X	X	X
Beverage, Alcohol	White Wine Sangria, Glass	157g	160	0	0	0	0	0	0	0	0	0	0		X	X	X
Beverage, Alcohol	White Wine Sangria, Pitcher	24 oz	690	0	0	0	0	0	0	0	0	0	0		X	X	X

Snacks & Shareables	Garlic Sticks	198g	740	420	47	19	0	<5	1100	70	2	2	13	Wheat, Soy, Gluten	X		
Snacks & Shareables	Halloumi Sticks & Chilli Jam	220g	640	460	51	29	0	110	1750	21	<1	19	33	Milk	X		
Snacks & Shareables	Hummus, Superseed Crunch, PERi Drizzle with Pita	360g	1080	522	58	4	0	<5	1920	106	25	9	30	Wheat, Sesame, Soy	X	X	X
Snacks & Shareables	Hummus, Superseed crunch, PERi Drizzle with Pita and Veggies	609g	1210	243	27	8	0	<5	2090	127	19	19	32	Wheat, Sesame, Soy	X	X	X
Snacks & Shareables	Hummus, Superseed Crunch, PERi Drizzle with Veggies	451g	770	170	19	5	0	<5	1250	49	13	11	16	Sesame	X	X	X
Snacks & Shareables	PERi-PERi Wings (6) with PERi Ranch, Plainish	229g	750	500	55	12	0	320	2250	10	0	7	56	Milk, Egg, Soy			
Snacks & Shareables	Spicy Mixed Olives	170g	220	180	20	0	0	0	2050	7	5	0	0		X	X	X

Shareables

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Bowls & Salads	Braai BBQ Bowl	754g	920	333	37	4.5	0	120	2300	119	10	32	48	Sesame			X
Bowls & Salads	PERi Q Bowl - Breast	669g	800	270	30	4	0	120	2000	98	9	92	46	Sesame			X
Bowls & Salads	PERi Q Bowl - Halloumi	590g	550	171	19	1.5	0	0	1230	98	9	32	11	Milk, Sesame			
Bowls & Salads	PERi Q Bowl - Pulled Chicken	641g	820	288	32	5	0	95	1320	98	9	32	48	Sesame			X
Bowls & Salads	PERi Q Bowl - Thigh	669g	790	279	31	4	0	120	1960	97	9	31	46	Sesame			X
Bowls & Salads	PERi Ranch Crunch Salad, Plainish, Breast (with dressing)	536g	610	378	42	10	0	160	2030	22	5	11	45	Egg, Milk, Sesame, Soy, Wheat			
Bowls & Salads	PERi Ranch Crunch Salad, Plainish, Thighs (with dressing)	621g	870	585	65	15	0	310	2520	22	5	11	57	Egg, Milk, Sesame, Soy, Wheat			
Bowls & Salads	PERi Ranch Crunch Salad, Plainish, Pulled Chicken (with dressing)	464g	600	387	43	11	0	120	1650	21	5	11	38	Egg, Milk, Sesame, Soy, Wheat			
Bowls & Salads	PERi Ranch Crunch Salad, Plainish, Halloumi (with dressing)	427g	570	441	49	19	0	80	2230	21	5	11	21	Egg, Milk, Sesame, Soy, Wheat			
Bowls & Salads	PERi-PERi Chicken Bowl, Plainish, Breast	627g	870	290	32	4.5	0	120	2520	95	8	9	47	Milk, Wheat, Sesame			
Bowls & Salads	PERi-PERi Chicken Bowl, Plainish, Thighs	655g	1000	420	47	9	0	210	2630	95	8	9	50	Milk, Wheat, Sesame			
Bowls & Salads	PERi-PERi Chicken Bowl, Plainish, Pulled Chicken	489g	760	252	28	5	0	95	2040	70	7	7	45	Milk, Wheat, Sesame			
Bowls & Salads	PERi-PERi Chicken Bowl, Plainish, Grilled Halloumi	438g	690	288	32	13	0	45	2610	71	7	7	23	Milk, Wheat, Sesame			
Bowls & Salads	PERi-PERi Chicken Rainbow Bowl, Plainish, Breast PERi-	649g	1010	459	51	11	0	150	2300	79	12	10	53	Milk, Wheat, Sesame			
Bowls & Salads	PERi Chicken Rainbow Bowl, Plainish, Thighs	679g	1150	612	68	15	0	235	2560	80	12	10	53	Milk, Wheat, Sesame			
Bowls & Salads	PERi-PERi Chicken Rainbow Bowl, Plainish, Pulled Chicken	622g	1040	486	54	12	0	120	1930	79	12	9	51	Milk, Wheat, Sesame			
Bowls & Salads	PERi-PERi Chicken Rainbow Bowl, Plainish, Grilled Halloumi	571g	920	423	47	10	0	75	1890	79	12	9	35	Milk, Wheat, Sesame			
Bowls & Salads	Spicy Chicken Kale Caesar, Plainish, Breast (with dressing)	447g	820	567	63	12	0	180	2170	16	5	5	50	Milk, Eggs, Fish (Anchovy), Wheat, Sesame, Soy			
Bowls & Salads	Spicy Chicken Kale Caesar, Plainish, Thighs (with dressing)	503g	1090	837	93	17	0	275	2760	17	5	6	50	Milk, Eggs, Fish (Anchovy), Wheat, Sesame, Soy			
Bowls & Salads	Spicy Chicken Kale Caesar, Plainish, Pulled Chicken (with dressing)	418g	840	594	66	12	0	145	1800	16	5	5	47	Milk, Eggs, Fish (Anchovy), Wheat, Sesame, Soy			
Bowls & Salads	Spicy Chicken Kale Caesar, Plainish, Halloumi (with dressing)	367g	760	621	69	20	0	90	2320	16	5	6	25	Milk, Eggs, Fish (Anchovy), Wheat, Sesame, Soy			
Bowls & Salads	Spicy Chicken Caesar, Plainish, Breast (with dressing)	364g	760	549	61	11	0	170	1830	9	3	3	47	Milk, Eggs, Fish (Anchovy), Wheat, Sesame, Soy			
Bowls & Salads	Spicy Chicken Caesar, Plainish, Thighs (with dressing)	486g	1090	792	88	18	0	370	2250	11	3	5	67	Milk, Eggs, Fish (Anchovy), Wheat, Sesame, Soy			
Bowls & Salads	Spicy Chicken Caesar, Plainish, Pulled Chicken (with dressing)	344g	790	567	63	12	0	140	1480	11	3	4	44	Milk, Eggs, Fish (Anchovy), Wheat, Sesame, Soy			
Bowls & Salads	Spicy Chicken Caesar, Plainish, Halloumi (with dressing)	293g	720	603	67	20	0	90	2050	11	3	5	23	Milk, Eggs, Fish (Anchovy), Wheat, Sesame, Soy			

Chicken	1/2 Chicken	272g	540	270	29	8	0	300	970	0	0	0	68				X
Chicken	1/2 Chicken and Chips	428g	840	420	47	10	0	300	1960	34	4	<1	72				X
Chicken	1/4 Chicken Breast	160g	290	130	14	3.5	0	150	570	0	0	0	42				X
Chicken	1/4 Chicken Leg	118g	260	150	16	4	0	160	420	0	0	0	28				X

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Chicken	1/4 Chicken Leg (2) Boneless Chicken Breast	235g	520	300	32	8	0	320	840	0	0	0	56				X
Chicken	Boneless Chicken Thigh (1) Boneless Chicken	227g	390	160	18	4	0	185	1300	<1	0	0	55				X
Chicken	Thighs (2) Boneless Chicken Thighs (3) Chicken	64g	140	80	9	2.5	0	75	370	0	0	0	13				X
Chicken	Livers Chicken Thigh Skewer (1) Chicken Thigh	128g	280	170	19	4.5	0	145	740	<1	0	0	26				X
Chicken	Skewers (2) PERI-PERi Wings (12) with PERi	191g	420	250	28	7	0	220	1110	<1	0	0	39				X
Chicken	Ranch, Plainish PERi-PERi Wings (24) with PERi	340g	450	240	26	6	0	1135	1460	7	<1	<1	47	Milk			
Chicken	Ranch, Plainish Peri Q Chips Plate - Thigh	128g	200	110	13	3	0	100	490	3	<1	2	18				X
Chicken		255g	400	220	26	6	0	200	980	6	1	4	36				X
Chicken		415g	1390	910	101	23	0.5	615	4230	15	0	10	80	Egg, Milk, Soy			
Chicken		1168g	2840	1860	206	48	1.5	1265	8420	29	0	20	160	Egg, Milk, Soy			
Chicken		415g	780	360	40	10	0	165	1640	68	6	10	36	Egg, Milk, Soy, Wheat			
Chicken	Peri Q Chips Plate - Breast	457g	810	342	38	9	0	155	1800	68	6	11	50	Egg, Milk, Soy, Wheat			
Chicken	Peri Q Mac Plate - Thigh	387g	840	468	52	19	0	210	1570	53	3	12	42	Egg, Milk, Soy, Wheat			
Chicken	Peri Q Mac Plate - Breast	429g	880	40	50	18	0	200	1730	54	3	12	55	Egg, Milk, Soy, Wheat			

Condiments	Balsamic Vinaigrette	28g	40	25	3	0	0	0	170	3	0	3	0		X	X	X
Condiments	Balsamic Vinegar	28g	25	0	0	0	0	0	5	5	0	4	0	Sulfites	X	X	X
Condiments	Caesar Dressing	28g	170	170	19	1.5	0	20	260	<1	0	0	<1	Fish (Anchovy), Milk, Egg			
Condiments	Extra Hot Sauce	28g	20	10	1	0	0	0	730	1	0	0	0		X	X	X
Condiments	Garlic Sauce	28g	15	10	1	0	0	0	630	1	0	0	0		X	X	X
Condiments	Hot Sauce	28g	15	10	1	0	0	0	710	1	0	0	0		X	X	X
Condiments	Ketchup	28g	30	0	0	0	0	0	260	8	0	6	0		X	X	X
Condiments	Lemon & Herb Sauce	28g	35	25	3	0	0	0	320	2	0	1	0		X	X	X
Condiments	Medium Sauce	28g	15	10	1	0	0	0	640	1	0	0	0		X	X	X
Condiments	Olive Oil	28g	250	260	28	4	0	0	0	0	0	0	0		X	X	X
Condiments	PERi Ranch	28g	60	50	5	0.5	0	5	370	4	0	2	0	Milk, Egg, Soy			
Condiments	PERi Tamer	28g	45	5	0.5	0	0	0	135	9	0	9	0		X	X	X
Condiments	PERinaise	28g	90	70	8	1	0	10	320	6	0	4	0	Milk, Egg, Soy	X		
Condiments	Wild Herb Sauce	28g	15	10	1	0	0	0	640	1	0	0	0		X	X	X
Condiments	XXX Hot Sauce	28g	80	15	1.5	0	0	0	730	2	0	0	0		X	X	X

Dessert	Barely Baked Brownie	71g	250	100	11	0	0	50	90	39	2	31	3	Wheat, Milk, Soy, Egg	X		
Dessert	Carrot Cake	241g	900	560	62	23	1	150	760	80	3	56	9	Wheat, Milk, Soy, Egg, Tree Nuts, (Walnut)	X		
Dessert	Naughty Natas	50g	150	70	8	4	0	70	105	17	0	10	3	Wheat, Milk, Soy, Egg	X		
Dessert	Raspberry White Chocolate Cheesecake	176g	620	380	43	26	0	85	500	49	0	33	9	Wheat, Milk, Soy, Egg, Tree Nuts	X		

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Menu Category	Menu Item	Serving Size	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
Handhelds	Chicken Breast Sandwich, Plainish	335g	530	210	23	4	0	85	1200	49	2	11	32	Wheat, Milk, Soy, Egg			
Handhelds	Chicken Burger, Plainish	388g	580	230	26	6	0	85	1230	58	3	18	32	Wheat, Milk, Soy, Egg			
Handhelds	Nandocas' Choice, Plainish	496g	970	540	60	16	0	175	1630	43	4	6	62	Wheat, Gluten, Soy, Egg			
Handhelds	PERI Q Sandwich	372g	830	387	43	12	0	105	1420	71	2	33	42	Wheat, Milk, Soy, Egg, May contain Sesame			
Handhelds	Spicy Chicken Caesar Wrap	345g	900	135	51	15	0	125	1530	58	8	8	43	Fish (Anchovy), Wheat, Milk, Egg, Soy, Sesame			
Handhelds	Spicy Chicken Kale Caesar Wrap	343g	900	459	51	15	0	125	1560	58	8	8	44	Fish (Anchovy), Wheat, Milk, Egg, Soy, Sesame			
Handhelds	Sweet & Spicy Chicken Wrap, Plainish, Thighs	500g	1090	540	60	14	0	330	1730	72	8	24	58	Wheat, Milk, Egg, Soy, Sesame			
Handhelds	Sweet Potato & Halloumi Wrap, Plainish	358g	850	369	41	16	0	45	1350	95	11	28	16	Wheat, Milk, Egg, Soy, Sesame	X		
Handhelds	Sweet Potato & Halloumi Sandwich, Plainish	326g	780	400	44	11	0	50	1270	79	6	26	20	Wheat, Milk, Egg, Soy	X		
Handhelds	Thigh and Mighty Sandwich, Plainish	335g	600	300	34	7	0	105	1210	49	2	11	27	Wheat, Milk, Soy, Egg			
Handhelds	Veggie Burger, Plainish	349g	610	160	17	1.5	0	10	1380	89	8	12	29	Wheat, Milk, Soy, Egg	X		

Nandinos	Chicken Breast Sandwich, Plainish	278g	410	130	15	3	0	75	800	37	2	1	31	Wheat			X
Nandinos	Drumstick and Thigh, Plainish	118g	260	150	16	4	0	160	420	0	0	0	28				X
Nandinos	Grilled Cheese	92g	310	160	17	10	0.5	45	550	28	2	4	11	Wheat, Milk, Soy	X		
Nandinos	Grilled Chicken Breast Strips, Plainish	128g	220	90	10	2.5	0	105	730	<1	0	0	31				X
Nandinos	Mac & Cheese	184g	390	210	23	13	0	75	800	30	<1	3	14	Wheat, Milk	X		
Nandinos	Wings (3), Plainish	99g	240	150	16	4	0	130	450	0	0	0	20				X
Nandinos - Sides	Apple Slices	213g	120	0	0	0	0	0	0	29	6	20	<1		X	X	X
Nandinos - Sides	Coleslaw	113g	120	90	10	0	0	5	135	8	3	4	1	Egg, Mustard	X		
Nandinos - Sides	Corn (1/2 cob)	83g	130	60	7	4	0	15	50	16	2	3	3	Milk	X		
Nandinos - Sides	Garlic Bread	50g	190	110	12	5	0	0	280	17	<1	<1	3	Wheat, Soy, Gluten	X		
Nandinos - Sides	PERI Chips (aka Fries)	99g	190	100	11	1.5	0	0	630	21	2	0	2		X	X	X
Nandinos - Sides	Portuguese Rice	85g	130	50	6	0	0	0	340	22	<1	0	2		X	X	X
Nandinos - Sides	Raw Veggies	156g	45	0	0	0	0	0	50	10	3	5	1		X	X	X
Nandinos - Sides	Red Skin Mashed Potatoes	113g	190	90	10	4	0	0	650	23	2	2	3	Milk, Soy, Gluten	X		

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Menu Category	Menu Item	Serving Size	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 (pflg meat)	(No animal products)	Dairy-Free
Sides	Roasted Brussels Sprouts, Regular	198g	135	60	15	2	0	5	870	19	6	7	6	Milk, Soy, Egg	X		
Sides	Roasted Brussels Sprouts, Large	397g	420	261	29	4	0	15	1730	38	13	13	11	Milk, Soy, Egg	X		
Sides	Roasted Brussels Sprouts, X-Large	794g	840	531	59	8	0	25	3460	77	25	26	22	Milk, Soy, Egg	X		
Sides	Crispy Brussels Sprouts, Regular	208g	290	207	23	2.5	0	<5	1090	19	7	6	6	Milk, Soy, Egg	X		
Sides	Crispy Brussels Sprouts, Large	445g	640	468	52	5	0	15	2580	41	14	14	12	Milk, Soy, Egg	X		
Sides	Crispy Brussels Sprouts, X-Large	892g	1280	945	105	11	0	25	5450	82	27	28	24	Milk, Soy, Egg	X		
Sides	Coleslaw, Regular	170g	180	130	15	0	0	10	200	12	4	7	2	Egg, Mustard	X		
Sides	Coleslaw, Large	340g	360	260	29	0	0	20	400	23	8	13	4	Egg, Mustard	X		
Sides	Coleslaw, X-Large	680g	710	530	59	0	0	35	810	46	15	27	8	Egg, Mustard	X		
Sides	Corn on the Cob (1 cob)	158g	200	70	8	4	0	15	50	32	4	7	5	Milk	X		
Sides	Corn on the Cob (1 cob), No Butter	150g	140	20	2.5	0	0	0	0	32	4	7	5		X	X	X
Sides	Garlic Bread, Regular	99g	370	210	24	10	0	<5	550	35	1	1	6	Wheat, Soy, Gluten	X		
Sides	Garlic Bread, Large	198g	740	420	47	19	0	<5	1100	70	2	2	13	Wheat, Soy, Gluten	X		
Sides	Garlic Bread, X-Large	397g	1490	850	94	38	0	10	2210	139	4	5	25	Wheat, Soy, Gluten	X		
Sides	Golden Cauliflower, Regular	213g	150	60	7	1	0	0	580	21	4	14	4	Wheat, Sesame	X	X	X
Sides	Golden Cauliflower, Large	425g	310	120	13	2.5	0	<5	1160	42	8	28	8	Wheat, Sesame	X	X	X
Sides	Golden Cauliflower, X-Large	851g	620	240	27	5	0	<5	2320	85	16	56	17	Wheat, Sesame	X	X	X
Sides	Macho Peas, Regular	170g	250	190	21	8	0	0	330	11	5	0	4	Soy, Gluten	X		
Sides	Macho Peas, Large	340g	500	380	42	16	0	<5	660	22	9	0	9	Soy, Gluten	X		
Sides	Macho Peas, X-Large	680g	1000	760	85	31	0	5	1320	45	19	<1	17	Soy, Gluten	X		
Sides	PERi Chips (aka Fries), Regular	156g	300	150	17	2	0	0	990	34	4	0	4		X	X	X
Sides	PERi Chips (aka Fries), Large	312g	600	310	34	4	0	0	1980	67	8	<1	7		X	X	X
Sides	PERi Chips (aka Fries), X-Large	624g	1200	620	69	8	0	0	3960	135	15	2	14		X	X	X
Sides	PERi Honey Sweet Potatoes, Regular	255g	500	270	30	7	0	30	750	52	5	25	8	Milk, Wheat, Sesame	X		
Sides	PERi Honey Sweet Potatoes, Large	511g	1000	530	59	13	0	60	1490	104	10	51	17	Milk, Wheat, Sesame	X		
Sides	PERi Honey Sweet Potatoes, X-Large	1021g	1990	1070	118	27	0	125	2980	209	21	101	34	Milk, Wheat, Sesame	X		
Sides	PERi Mac, Regular	199g	460	250	28	15	0	75	980	36	<1	4	15	Milk, Wheat, Soy	X		
Sides	PERi Mac, Large	397g	910	500	56	30	0	150	1960	72	2	7	30	Milk, Wheat, Soy	X		
Sides	PERi Mac, X-Large	794g	1820	1000	111	60	1	295	3900	143	3	14	60	Milk, Wheat, Soy	X		
Sides	Portuguese Roll	71g	180	20	2.5	0	0	0	350	34	<1	<1	6	Wheat	X		
Sides	Portuguese Rice, Regular	142g	210	90	10	0.5	0	0	570	36	1	<1	4		X	X	X
Sides	Portuguese Rice, Large	284g	420	170	19	1	0	0	1150	73	3	1	7		X	X	X
Sides	Portuguese Rice, X-Large	567g	850	340	38	2.5	0	0	2300	145	5	3	14		X	X	X
Sides	Red Skin Mashed Potatoes, Regular	184g	320	150	17	6	0	0	1050	37	3	4	5		X	X	X
Sides	Red Skin Mashed Potatoes, Large	369g	630	300	33	12	0	0	2100	73	7	7	11	Milk, Soy, Gluten	X		
Sides	Red Skin Mashed Potatoes, X-Large	738g	1270	600	67	25	0	<5	4200	147	14	14	21	Milk, Soy, Gluten	X		
														Milk, Soy, Gluten			

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