



How to Nando's

New here? Scan the QR code at the table or head to the till to get started. Then pick a main, choose your spice from the **PERi-ometer**, add your sides and grab alllll the sauces. And if you like free food, don't forget to log into your Nando's Rewards account or sign up if you haven't already.

Sweet Treats

Chocolate Twist 309 kcal	4.50
All-Butter Croissant 303 kcal	4.50
Served on its own with butter or a choice of...	
Honey 133 kcal	
Strawberry or blackcurrant jam 95 kcal	
Pastel de Nata 224 kcal per Nata	EACH 2.95
Custardy, flaky, buttery - a traditional Portuguese treat, freshly baked right here every day.	BOX OF 4 9.00
Buttermilk Pancakes 489 kcal	10.50
A stack of three pancakes served with banana, blueberries and a side of honey or maple syrup.	
Honey 133 kcal	
Maple syrup 108 kcal	

The Classics

PERi-Powered Avo Toast 425 kcal	14.00
Smashed avocado on a soft, toasted roll topped with feta and PERi-PERi seeds.	
Add...	
Egg	4.50
Poached 76 kcal / Fried 166 kcal / Scrambled 141 kcal	
Grilled Halloumi Cheese 266 kcal	2.95
Toast 444 kcal	4.50
Two slices of malted brown or white bloomer, served on its own with butter or a choice of...	
Honey 133 kcal	
Marmite 84 kcal	
Strawberry or blackcurrant jam 95 kcal	
Banana & Blueberry Porridge 417 kcal	6.75
Made with dairy-free Oatly and topped with pumpkin seeds. Have it on its own or with a choice of...	
Honey* 133 kcal	
Maple syrup 108 kcal	
Strawberry or blackcurrant jam 95 kcal	

Breakfast Rolls

Grilled in your favourite spice and served in our rustic Portuguese roll with lightly spiced yoghurt mayo.

Sausage Breakfast Roll 505 kcal	8.95
Sausage & Fried Egg Roll 626 kcal	10.25
Veggie Breakfast Roll 648 kcal	10.25
Grilled halloumi, tomato, smashed avocado and chilli jam.	
The Daybreaker 1035 kcal	14.50
A juicy, flame-grilled chicken sausage stacked with a fried egg and two hash browns. Served in our rustic Portuguese roll with Churrasco PERinaise and PERi-tomato relish.	

Add...	
Grilled Halloumi Cheese 266 kcal	2.95
Grilled Tomato 54 kcal	2.75
¼ Avocado 86 kcal	1.50
Cheddar Cheese 78 kcal	1.25

Eggs

Sunrise Egg Wrap 595 kcal	10.50
Fluffy scrambled eggs with melted cheddar cheese, spinach, semi-dried tomatoes and chilli jam.	
Have it with...	
Hash Browns 306 kcal	+ 4.50
Extra Cheddar Cheese 78 kcal	+ 1.25
Chicken Benedict 585 kcal	15.95
Succulent pulled chicken, two poached eggs and wilted spinach. Served on an English muffin with chilli jam and topped with PERi-Hollandaise, PERi-Salt and fresh chives.	
Have it without chicken 482 kcal	11.25
Eggs on Toast	10.25
Two poached, fried or scrambled eggs on two slices of malted brown or white bloomer.	
Poached 600 kcal / Fried 690 kcal / Scrambled 656 kcal	

Add...	
Grilled Halloumi Cheese 266 kcal	2.95
Grilled Tomato 54 kcal	2.75
Mushrooms 187 kcal	2.75
¼ Avocado 86 kcal	1.50

Extras

Hash Browns 306 kcal	4.50
With PERi-Salt and a side of chilli jam.	
Grilled Halloumi Cheese 266 kcal	2.95
Baked Beans 74 kcal	2.60
Grilled Tomato 54 kcal	2.75
Mushrooms 187 kcal	2.75
½ Avocado 171 kcal	2.50

The Works

Grilled in your favourite spice and served with a slice of toast and butter.

The Big Breakfast **15.95**
Flame-grilled chicken sausage with poached, fried or scrambled eggs, grilled tomatoes, mushrooms, baked beans and two hash browns. Sprinkled with PERi-Salt and fresh chives.
Poached 1067 kcal / Fried 1197 kcal / Scrambled 1123 kcal

The Big Veggie Breakfast	15.95
Grilled halloumi slices with poached, fried or scrambled eggs, grilled tomatoes, mushrooms, avocado, baked beans and two hash browns. Sprinkled with PERi-Salt and fresh chives.	
Poached 1112 kcal / Fried 1277 kcal / Scrambled 1173 kcal	

Add...	
Draught Sagres ABV 5%	PINT 222 kcal 8.25 ½ PINT 111 kcal 4.50

PERi-PERi Chicken

Marinated for 24 hours, our juicy PERi-PERi Chicken is freshly flame-grilled to order in your favourite spice.

¼ Chicken Leg 245 kcal / Breast 323 kcal	6.95
½ Chicken 579 kcal	10.75
Grilled Chicken Burger 439 kcal	10.25
Chicken breast grilled in your favourite spice and served in our rustic Portuguese roll with PERi-tomato relish, Lemon & Herb mayo, lettuce and tomato.	

Sides

Rostinas 447 kcal new	REG 5.25 / LARGE 8.75
Crunchy, fluffy potatoes spiced with smoked paprika. Served with Garlic Aioli and PERi-PERi Drizzle on the side.	
PERi-Mac & Cheese 494 kcal	+ 1.25
Cheesy macaroni with a crunchy, garlicky PERi-PERi crumb topping.	
Available in regular size only.	

PERi-Salted Chips 450 kcal / 1124 kcal	Spicy Rice 246 kcal / 492 kcal
Chips 448 kcal / 1120 kcal	Coleslaw 233 kcal / 465kcal
Garlic Bread 372 kcal / 743 kcal	

Choose your spice

Our legendary PERi-PERi is made with African Bird's Eye Chillies, a splash of lemon and a kick of garlic.



limited time

PERi-PERi Saka Sweet, smoky with a little (free) kick.

Nandinos

Breakfast for little ones.

Step 1 Choose a main

Buttermilk Pancakes 332 kcal	
Two pancakes served with banana, blueberries and a side of honey or maple syrup.	
Honey 67 kcal	
Maple syrup 54 kcal	
Egg on Toast	
A poached, fried or scrambled egg on a slice of malted brown or white bloomer.	
Poached 300 kcal / Fried 345 kcal / Scrambled 328 kcal	

Step 2 Choose a drink

Orange Juice 124 kcal	GLASS 295ml
Semi-Skimmed Milk 133 kcal	GLASS 295ml
Pip Organic Drinks	CARTON 180ml
Cloudy Apple Juice 77 kcal	
Pineapple & Mango Smoothie 95 kcal	

If you've got any allergies, speak to a manager and order at the till. Want to check allergen information? Scan the QR code on the back of the menu.

Vegetarian* Plant-based

Adults need around 2000 kcal a day

To work out your meal's total calories, add the calories next to each item with your chosen spice from the PERi-ometer, plus any extras. Calories for main dishes are based on Plain...ish spice only. *Honey is vegetarian not plant-based.

Soft Drinks

 RUBRO Iced Tea 	CAN 300ml 51 kcal	4.25
Lemon, Peach or Berry iced tea made with Rooibos. Served chilled.		
Karma Drinks Gingerella 	BOTTLE 300ml 60 kcal	4.25
Organic sparkling ginger beer.		
Cloudy Lemonade 	GLASS 300ml 51 kcal	5.25
Our refreshing still lemonade with a hint of lime.		
MOMO Elderflower Kombucha 	BOTTLE 330ml 63 kcal	5.50
[kom-boo-tcha]: Light and refreshing kombucha with a little fizz made with organic tea.		
Mineral Water	BOTTLE 500ml 0 kcal	3.95
Still or sparkling.		
Orange Juice 	GLASS 295ml 124 kcal	4.50
Coca-Cola Classic 	GLASS 300ml 126 kcal	4.95
A glass of Coca-Cola Classic. Still thirsty? Help yourself to any of our other low-sugar, fizzy Bottomless Soft Drinks.		
Bottomless  300ml kcal calculated per serving		4.95



 RUBRO Peach Iced Tea 	51 kcal
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Cocktails, Bubbles & Beer

Savanna Beach  ABV 4.5% new	GLASS 225ml 222 kcal	9.95
Absolut vodka mixed with coconut, pineapple and a hint of lime, crushed over ice. Sounds slush.		
Strawberry Sunset  ABV 4.5% new	GLASS 225 214 kcal	9.95
Absolut vodka mixed with strawberry, blackcurrant and a hint of lemon. Hot pink but keeps cool.		

The Pickle House Bloody Mary  ABV 5%	BOTTLE 200ml 94 kcal	9.95
The ultimate Bloody Mary, with a spicy kick.		

Bombay Sapphire Gin & Tonic  ABV 6.5% new	CAN 250ml 145 kcal	9.95
Vapour infused London Dry Gin, pre-mixed with crisp, fizzy tonic water.		

Mimosa  ABV 6.9%	GLASS 125ml 101 kcal	8.95
Sparkling wine and orange juice. Cling cling.		

Portuguese Sparkling Wine  ABV 11.5%	GLASS 125ml 105 kcal	5.50
Light, fresh and aromatic with a hint of citrus.		

Draught Sagres  ABV 5%	PINT 222 kcal	8.25
Portugal's favourite golden lager, straight from the tap.		

BERO Kingston Golden Pils		
ABV 0.5%  new	CAN 330ml 89 kcal	5.25
Crisp, refreshing and low in alcohol.		

Hot Drinks

Coffee

Our coffee's made with 100% Arabica beans and supports growers in East Africa. Think medium roast with notes of cherry and dark chocolate.

Espresso  0 kcal	4.25
Double Espresso  0 kcal	4.45
Americano  0 kcal	4.25
White Americano  16 kcal / Oat 21 kcal	4.25
Latte  83 kcal / Oat 113 kcal	4.45
Cappuccino  54 kcal / Oat 73 kcal	4.45
Galão  45 kcal / Oat 49 kcal	4.45
Double espresso with hot milk, a Portuguese favourite.	

Tea

Brought to you by Teapigs. Made with whole leaves and all-natural ingredients.

Everyday Brew  16 kcal / Oat 21 kcal	4.25
English breakfast tea. Served with milk.	

Earl Grey  16 kcal / Oat 21 kcal	4.25
English breakfast, Darjeeling and bergamot. Served with milk.	

Honeybush & Rooibos  0 kcal	4.25
A South African classic. Slightly sweet and caffeine-free.	

Peppermint  0 kcal	4.25
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Hot Chocolate

Hot Chocolate  185 kcal	4.45
Rich, velvety and Fairtrade.	

Crushes

Tropical Crush  ABV 4.5% new	5.25
A pineapple and coconut slushie with a hint of lime.	

Pink Berry Crush  ABV 4.5% new	5.25
A strawberry slushie with hints of blackcurrant and lemon.	



Scan for allergen information
Having trouble?
Speak to a manager for more info.

Looking for more beer, wine or cider?
Find them on the Desserts menu.


opening menus for everybody
The spoken menu app for the visually impaired.
Go to goodfoodtalks.com

Our menu cover artist:
Paula Dubois @pauladubois_
Scan the QR code to read more about our art story.



*We're taking part in the government's Great British Summer Savings Scheme from 25th June - 1st September 2026.

*Although our restaurants aren't vegetarian, our kitchens aim to keep non-meat products separate from meat products - but we can't guarantee it.

The small print: Some recipes are plant-based but the limes from our Frozen Cocktails, Orange Juice, sauces and some of our PERI-ometer spices contain shellac. Our food and drinks are prepared to order in a busy kitchen where allergens are present and equipment is shared. If you have an allergy, speak to a manager before you order so we can take extra precautions. We take nutritional information from our typical food samples, so there might be a bit of variation based on ingredients and seasonality. Calories are correct at time of print. We try our best to remove the stones from our olives and any bones and cartilage from boneless items, including our hand-pulled chicken, but there's still a chance of finding one. Halal chicken may be served in any of our restaurants. Prices are listed in Pounds Sterling and include VAT at the current rate - service isn't included. We can no longer offer Bottomless Coca-Cola Classic due to new High Fat Sugar Salt (HFSS) laws. Enjoy one glass then switch to bottomless on any of our low-sugar, fizzy drinks. All our 'Coca-Cola Classic', 'Diet Coke', 'Coca-Cola Zero Sugar', 'Fanta Zero Sugar', 'Sprite No Sugar' and 'Dr Pepper Zero' are registered trademarks of The Coca-Cola Company. And breathe...