



## How to Nando's

**New here?** Scan the QR code at your table to get started. Pick a main and hit up the **PERi-ometer** to add your spice. Then choose your sides and grab allll the sauces. Race you.

## Sweet Treats

|  |                      |
|--|----------------------|
| <b>Chocolate Twist</b> 309 kcal  | <b>3.95</b>          |
| <b>All-Butter Croissant</b> 303 kcal   | <b>3.95</b>          |
| Served on its own with butter or a choice of...  |                      |
| Honey 133 kcal   |                      |
| Strawberry or blackcurrant jam 95 kcal   |                      |
| <b>Pastel de Nata</b> 224 kcal per Nata  | EACH <b>2.75</b>     |
| Custardy, flaky, buttery - a traditional Portuguese treat, freshly baked right here every day. | BOX OF 4 <b>9.00</b> |
| <b>Buttermilk Pancakes</b> 489 kcal  | <b>9.25</b>          |
| 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

|   |             |
|---|-------------|
| <b>PERi-Powered Avo Toast</b> 425 kcal  | <b>9.50</b> |
| Smashed avocado on a soft, toasted roll topped with feta and PERi-PERi seeds.                       |             |
| <b>Add...</b>   |             |
| <b>Egg</b>  | <b>3.95</b> |
| Poached 76 kcal / Fried 166 kcal / Scrambled 141 kcal   |             |
| <b>Grilled Halloumi Cheese</b> 266 kcal   | <b>2.50</b> |
| <b>Toast</b> 444 kcal   | <b>3.95</b> |
| 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  |             |
| <b>Banana &amp; Blueberry Porridge</b> 417 kcal   | <b>5.95</b> |
| Made with dairy-free Oatly and topped with pumpkin seeds. Have it on its own or with a choice of... |             |
| Honey <sup>a</sup> 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.

|  |              |
|--|--------------|
| <b>Sausage Breakfast Roll</b> 505 kcal   | <b>7.95</b>  |
| <b>Sausage &amp; Fried Egg Roll</b> 626 kcal   | <b>8.95</b>  |
| <b>Veggie Breakfast Roll</b> 648 kcal  | <b>8.95</b>  |
| Grilled halloumi, tomato, smashed avocado and chilli jam.  |              |
| <b>The Daybreaker</b> 1035 kcal  | <b>12.50</b> |
| A juicy, flame-grilled chicken sausage stacked with a fried egg and two PERi-Salted hash browns. Served in our rustic Portuguese roll with Churrasco PERinaise and PERi-tomato relish. |              |

|   |             |
|---|-------------|
| <b>Add...</b>                           |             |
| <b>Grilled Halloumi Cheese</b> 266 kcal | <b>2.50</b> |
| <b>Grilled Tomato</b> 54 kcal           | <b>2.25</b> |
| <b>¼ Avocado</b> 86 kcal                | <b>1.25</b> |
| <b>Cheddar Cheese</b> 78 kcal           | <b>1.00</b> |

## Eggs

|  |               |
|--|---------------|
| <b>Sunrise Egg Wrap</b> 595 kcal   | <b>9.25</b>   |
| Fluffy scrambled eggs with melted cheddar cheese, spinach, semi-dried tomatoes and chilli jam.   |               |
| <b>Have it with...</b>   |               |
| Hash Browns  306 kcal  | <b>+ 3.95</b> |
| Extra Cheddar Cheese  78 kcal  | <b>+ 1.00</b> |
| <b>Chicken Benedict</b> 585 kcal   | <b>14.25</b>  |
| 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. |               |
| <b>Have it without chicken</b> 482 kcal  | <b>9.95</b>   |
| <b>Eggs on Toast</b>   | <b>8.95</b>   |
| Two poached, fried or scrambled eggs on two slices of malted brown or white bloomer.   |               |
| Poached 600 kcal / Fried 690 kcal / Scrambled 656 kcal   |               |

|   |             |
|---|-------------|
| <b>Add...</b>                           |             |
| <b>Grilled Halloumi Cheese</b> 266 kcal | <b>2.50</b> |
| <b>Grilled Tomato</b> 54 kcal           | <b>2.25</b> |
| <b>Mushrooms</b> 187 kcal               | <b>2.25</b> |
| <b>¼ Avocado</b> 86 kcal                | <b>1.25</b> |

## Extras

|  |             |
|--|-------------|
| <b>Hash Browns</b> 306 kcal              | <b>3.95</b> |
| With PERi-Salt and a side of chilli jam. |             |
| <b>Grilled Halloumi Cheese</b> 266 kcal  | <b>2.50</b> |
| <b>Baked Beans</b> 74 kcal               | <b>2.25</b> |
| <b>Grilled Tomato</b> 54 kcal            | <b>2.25</b> |
| <b>Mushrooms</b> 187 kcal                | <b>2.25</b> |
| <b>¼ Avocado</b> 171 kcal                | <b>2.25</b> |

## The Works

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



|   |              |
|---|--------------|
| <b>The Big Breakfast</b>  | <b>14.25</b> |
| 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 1120 kcal / Fried 1520 kcal / Scrambled 1177 kcal   |              |

|  |              |
|--|--------------|
| <b>The Big Veggie Breakfast</b>  | <b>14.25</b> |
| 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 1120 kcal / Fried 1520 kcal / Scrambled 1177 kcal  |              |

|                              |   |
|------------------------------|---|
| <b>Add...</b>                |   |
| <b>Draught Sagres</b> ABV 5% | PINT 222 kcal <b>7.25</b> ½ PINT 111 kcal <b>3.95</b> |

## PERi-PERi Chicken

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

|   |             |
|---|-------------|
| <b>¼ Chicken</b> Leg 245 kcal / Breast 323 kcal | <b>5.75</b> |
| <b>½ Chicken</b> 579 kcal                       | <b>9.25</b> |
| <b>Grilled Chicken Burger</b> 439 kcal          | <b>8.50</b> |

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

REG **4.50** / LARGE **7.50**  
Serves 2

|   |               |
|---|---------------|
| <b>PERi-Mac &amp; Cheese</b> 494 kcal                             | <b>+ 1.00</b> |
| Cheesy macaroni with a crunchy, garlicky PERi-PERi crumb topping. |               |
| Available in regular size only.                                   |               |

|   |                                       |
|---|---------------------------------------|
| <b>PERi-Salted Chips</b> 450 kcal / 1124 kcal | <b>Spicy Rice</b> 246 kcal / 492 kcal |
| <b>Chips</b> 448 kcal / 1120 kcal             | <b>Coleslaw</b> 233 kcal / 465kcal    |
| <b>Garlic Bread</b> 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

## Sweet Heat

Hot on the tongue, sweet on the soul - it's BBQ for the bold.

## Nandinos

Breakfast for little ones.

ALL MEALS  
**6.50**

### Step 1 Choose a main

|  |  |
|--|--|
| <b>Buttermilk Pancakes</b> 332 kcal  |  |
| Two pancakes served with banana, blueberries and a side of honey or maple syrup. |  |
| Honey 67 kcal  |  |
| Maple syrup 54 kcal  |  |
| <b>Egg on Toast</b>  |  |
| 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

|                                    |              |
|------------------------------------|--------------|
| <b>Orange Juice</b> 124 kcal       | GLASS 295ml  |
| <b>Semi-Skimmed Milk</b> 133 kcal  | GLASS 295ml  |
| <b>Pip Organic Drinks</b>          | 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. <sup>a</sup> Honey is vegetarian not plant-based.



Soft Drinks

**RUBRO Iced Tea** CAN 300ml 51 kcal **3.75**  
Lemon, Peach or Berry iced tea made with Rooibos. Served chilled.

**Karma Drinks Gingerella** BOTTLE 300ml 60 kcal **3.75**  
Organic sparkling ginger ale.

**Tropical Quencher** GLASS 300ml 96 kcal **4.50**  
Our mango, pineapple and peach juice drink.

**Cloudy Lemonade** GLASS 300ml 51 kcal **4.50**  
Our refreshing still lemonade with a hint of lime.

**MOMO Elderflower Kombucha** BOTTLE 330ml 63 kcal **4.75**  
[kom-boo-tcha]: Light and refreshing kombucha with a little fizz made with organic tea.

**Mineral Water** BOTTLE 500ml 0 kcal **3.50**  
Still or sparkling.

**Orange Juice** GLASS 295ml 124 kcal **3.75**

**Coca-Cola Classic** GLASS 300ml 126 kcal **4.25**  
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 **4.25**



**RUBRO Peach Iced Tea** 51 kcal

Cocktails, Bubbles & Beer

**The Pickle House Bloody Mary** ABV 5% BOTTLE 200ml 94 kcal **8.50**  
The ultimate Bloody Mary, with a spicy kick.

**Watermelon Slushie** ABV 6.8% GLASS 200ml 238 kcal **8.75**  
Vodka, watermelon, hibiscus, guava and a hint of mint - all mixed up in a frozen cocktail.

**Sunset Slushie** ABV 6.9% GLASS 200ml 214 kcal **8.75**  
Vanilla vodka and peach liqueur with juicy pineapple and mango - all mixed up in a frozen cocktail.

**Sipsmith Gin & Tonic** ABV 6.5% CAN 250ml 158 kcal **7.95**  
Copper-distilled gin mixed with the finest tonic water. A classic G&T in a can.

**Mimosa** ABV 6.9% GLASS 125ml 101 kcal **7.95**  
Sparkling wine and orange juice. Cling cling.

**Portuguese Sparkling Wine** ABV 11.5% GLASS 125ml 105 kcal **4.75**  
Light, fresh and aromatic with a hint of citrus. BOTTLE 750ml 630 kcal **24.95**

**Draught Sagres** ABV 5% PINT 222 kcal **7.25**  
Portugal's favourite golden lager, straight from the tap. 1/2 PINT 111 kcal **3.95**

\*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 of our PERI-ometer spices, sauces and the limes from our Frozen Cocktails may 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...

NAN2541\_GATWICK BREAKFAST

Hot Drinks

Dairy free?  
Ask us for oat.

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 **3.75**

**Double Espresso** 0 kcal **3.95**

**Americano** 0 kcal **3.75**

**White Americano** 16 kcal / Oat 21 kcal **3.75**

**Latte** 83 kcal / Oat 113 kcal **3.95**

**Cappuccino** 54 kcal / Oat 73 kcal **3.95**

**Galão** 45 kcal / Oat 49 kcal **3.95**  
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 **3.75**

English breakfast tea. Served with milk.

**Earl Grey** 16 kcal / Oat 21 kcal **3.75**

English breakfast, Darjeeling and bergamot. Served with milk.

**Honeybush & Rooibos** 0 kcal **3.75**

A South African classic. Slightly sweet and caffeine-free.

**Peppermint** 0 kcal **3.75**

Hot Chocolate

**Hot Chocolate** 185 kcal **3.95**  
Rich, velvety and Fairtrade.

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



Gatwick allergen information  
Can't scan? Speak to a manager and they can provide you with more info.

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

**goodfoodtalks**  
opening menus for everybody

Our cover artist: **Anastasia Pather**. @anastasiapather  
Go to [nandos.co.uk/explore/art](https://nandos.co.uk/explore/art) to read about our Art Story.

