



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

Chocolate Twist V 309 kcal **3.95**

All-Butter Croissant V 303 kcal **3.95**

Served on its own with butter or a choice of...

Honey 133 kcal

Strawberry or blackcurrant jam 95 kcal

Pastel de Nata V 224 kcal per Nata **EACH 2.75**

Custardy, flaky, buttery - a traditional Portuguese treat, freshly baked right here every day. **BOX OF 4 9.00**

Buttermilk Pancakes V 489 kcal **9.25**

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 V 425 kcal **9.50**

Smashed avocado on a soft, toasted roll topped with feta and PERI-PERI seeds.

Add...

Egg V Poached 76 kcal / Fried 166 kcal / Scrambled 141 kcal **3.95**

Grilled Halloumi Cheese V 266 kcal **2.50**

Toast V 444 kcal **3.95**

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 V 417 kcal **5.95**

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	7.95
Sausage & Fried Egg Roll 626 kcal	8.95
Veggie Breakfast Roll V 648 kcal	8.95
Grilled halloumi, tomato, smashed avocado and chilli jam.	
The Daybreaker 1035 kcal	12.50

Add...	
Grilled Halloumi Cheese V 266 kcal	2.50
Grilled Tomato V 54 kcal	2.25
1/4 Avocado V 86 kcal	1.25
Cheddar Cheese V 78 kcal	1.00

Eggs

Sunrise Egg Wrap V 595 kcal	9.25
Fluffy scrambled eggs with melted cheddar cheese, spinach, semi-dried tomatoes and chilli jam.	
Have it with...	
Hash Browns V 306 kcal	+ 3.95
Extra Cheddar Cheese V 78 kcal	+ 1.00
Chicken Benedict 585 kcal	14.25
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 V 482 kcal	9.95
Eggs on Toast V	8.95
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 V 266 kcal	2.50
Grilled Tomato V 54 kcal	2.25
Mushrooms V 187 kcal	2.25
1/4 Avocado V 86 kcal	1.25

Extras

Hash Browns V 306 kcal	3.95
With PERI-Salt and a side of chilli jam.	
Grilled Halloumi Cheese V 266 kcal	2.50
Baked Beans V 74 kcal	2.25
Grilled Tomato V 54 kcal	2.25
Mushrooms V 187 kcal	2.25
1/2 Avocado V 171 kcal	2.25

The Works

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



The Big Breakfast

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

The Big Veggie Breakfast

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

Add...	
Draught Sagres V ABV 5% PINT 222 kcal 1/2 PINT 111 kcal 7.25	3.95

PERI-PERI Chicken

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

1/4 Chicken Leg 245 kcal / Breast 323 kcal **5.75**

1/2 Chicken 579 kcal **9.25**

Grilled Chicken Burger 439 kcal **8.50**

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

PERI-Mac & Cheese

Cheesy macaroni with a crunchy, garlicky PERI-PERI crumb topping.
Available in regular size only.

+ 1.00

PERI-Salted Chips

450 kcal / 1124 kcal

Chips

448 kcal / 1120 kcal

Garlic Bread

372 kcal / 743 kcal

Spicy Rice

246 kcal / 492 kcal

Coleslaw

233 kcal / 465 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.

Extra Hot

82 kcal per serving

Hot

41 kcal per serving

Sweet Heat

30 kcal per serving

Medium

21 kcal per serving

Lemon & Herb

10 kcal per serving

Plain...ish

Extra Mild



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

Buttermilk Pancakes

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

Cloudy Apple Juice 77 kcal

Pineapple & Mango Smoothie 95 kcal

CARTON 180ml

Soft Drinks

RUBRO Iced Tea  Lemon, Peach or Berry iced tea made with Rooibos. Served chilled.

Karma Drinks Gingerella  Organic sparkling ginger ale.

Tropical Quencher  Our mango, pineapple and peach juice drink.

Cloudy Lemonade  Our refreshing still lemonade with a hint of lime.

MOMO Elderflower Kombucha  [kom-boo-tcha]: Light and refreshing kombucha with a little fizz made with organic tea.

Mineral Water  Still or sparkling.

Orange Juice  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**

Diet Coke  **Coca-Cola**  **FANTA**  **Sprite**  **Dr Pepper** 

1 kcal 1 kcal 9 kcal 3 kcal 2 kcal

RUBRO Peach Iced Tea  51 kcal

Cocktails, Bubbles & Beer

The Pickle House Bloody Mary  ABV 5% The ultimate Bloody Mary, with a spicy kick.

Watermelon Slushie  ABV 6.8% Vodka, watermelon, hibiscus, guava and a hint of mint - all mixed up in a frozen cocktail.

Sunset Slushie  ABV 6.9% Vanilla vodka and peach liqueur with juicy pineapple and mango - all mixed up in a frozen cocktail.

Sipsmith Gin & Tonic  ABV 6.5% Copper-distilled gin mixed with the finest tonic water. A classic G&T in a can.

Mimosa  ABV 6.9% Sparkling wine and orange juice. Cling cling.

Portuguese Sparkling Wine  ABV 11.5% Light, fresh and aromatic with a hint of citrus.

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

*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...

Hot Drinks

Dairy free?
Ask us for oat. 

Coffee

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
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Rich, velvety and Fairtrade.

Looking for more beer, wine or cider?

Find them on the Desserts menu.

 **goodfoodtalks**
opening menus for everybody

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



Gatwick allergen information

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

