

We want to make sure everyone can safely enjoy their Nando's experience with us. Please refer to our Allergen and Sensitivities Guide here. Kindly note that traces of cross contamination are possible in all products as kitchen preparation and cooking surfaces are shared.

Menu Items	Vegetarians (no animal meat)	Vegans (no eggs, dairy, or any animal by- products)	Nuts & Derivatives	Peanuts & Derivatives	Fish	Eggs	Crustaceans	Milk	Soy	Gluten	Remarks
Fire-Starters											
6 Winglets & Drumlets	Not Suitable	Not Suitable	None	None							
Chicken Livers & Port Roll	Not Suitable	Not Suitable	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Port roll contains milk and gluten. And traces of egg, nuts, peanuts, fish, crustaceans, soy.				
Hummus & PERi-PERi Drizzle	Suitable	Not Suitable	None	None	None	Possible cross contamination from source	None	Possible cross contamination from source	Possible cross contamination from source	Contains	Pita contains gluten, traces of egg, milk & soy
Portobello Mushroom Bowl	Suitable	Suitable	None	None							
Sweet Potato Chips with PERinaise	Suitable	Not Suitable	None	None	None	Contains	None	None	Possible cross contamination from source	None	Sweet Potato chips contain traces of soy Creamy sauce contains egg
PERi-PERi Soup & Garlic Bread	Not Suitable	Not Suitable	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	UHT milk, Soup powder contains milk & gluten Port roll contains milk and gluten. And traces of egg, nuts, peanuts, fish, crustaceans, soy.				
PERI-PERI Soup	Not Suitable	Not Suitable	None	None	None	None	None	Contains	None	Contains	UHT milk Mushroom powder contains Milk & Gluten
Cheesy Garlic Pita	Suitable	Not Suitable	None	None	None	Possible cross contamination from source	None	Contains	Possible cross contamination from source	Contains	Pita contains gluten, traces of egg, milk & soy Cheese contains milk
Cheesy PERi-PERi Loaded Chips	Suitable	Not Suitable	Possible cross contamination from source	Possible cross contamination from source	None	None	None	Contains	Contains	Contains	Chips with traces of soy Cheese sauce contains milk, gluten, soy and traces of peanuts



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PERi-PERi Chicken											
L/4 Chicken	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
I/2 Chicken	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
3 Winglets & Drumlets	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
16 Winglets & Drumlets	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
Nings Roulette	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
Drumsticks & Summer Rice Bowl	Not Suitable	Not Suitable	None	None	None	None	None	Contains	Contains	None	Rice Spicepack contains Soy Butter contains milk & soy.
Whole Chicken	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
Chicken Thigh	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
Chicken Butterfly	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
hicken Tenders	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
ulled Chicken Rice Bowl	Not Suitable	Not Suitable	None	None	None	None	None	Possible cross contamination from source	Contains	None	Rice Spicepack contains Soy Cataplana sauce with traces of milk & soy.
aucy Chicken Rice Bowl	Not Suitable	Not Suitable	None	None	None	Contains	None	Contains	Contains	Contains	Sauce with traces of milk & soy. Butter in med rice contains milk & soy. Stock contains egg, soy & gluten.



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Burgers, Pitas and Wraps											
Double Cheesy Thogh Burger	Not Suitable	Not Suitable	Possible cross contamination from source	Possible cross contamination from source	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Contains	Contains	Port roll contains milk and gluten. And traces of egg, nuts, peanuts, fish, crustaceans, soy. PERinaise contains egg Cheese sauce contains milk, gluten, soy and traces of peanuts
Crispy Cheese Thigh Burger	Not Suitable	Not Suitable	Possible cross contamination from source	Possible cross contamination from source	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Port roll contains milk and gluten. And traces of egg, nuts, peanuts, fish, crustaceans, soy. PERinaise contains egg Cheese slice contains milk
Veggie Burger	Suitable	Not Suitable	Possible cross contamination from source	Possible cross contamination from source	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Port roll contains milk and gluten. And traces of egg, nuts, peanuts, fish, crustaceans, soy.
Crispy Cheese Pulled Chicken Pita	Not Suitable	Not Suitable	None	None	None	Possible cross contamination from source	None	Contains	Possible cross contamination from source	Contains	Pita contains gluten, traces of egg, milk & soy Cheese slice contains milk
Caesar Pulled Chicken Wrap	Not Suitable	Not Suitable	None	None	None	Contains	None	Possible cross contamination from source	Possible cross contamination from source	Contains	Tortilla Wrap contains gluten, traces of egg, milk & soy. Sauce contains egg
Caesar Grilled Tenders Wrap	Not Suitable	Not Suitable	None	None	None	Contains	None	Possible cross contamination from source	Possible cross contamination from source	Contains	
Mushroom & Haloumi Wrap	Suitable	Not Suitable	None	None	None	Possible cross contamination from source	None	Contains	Possible cross contamination from source	Contains	Tortilla Wrap contains gluten, traces of egg, milk & soy. Halloumi Cheese contains milk



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Extras											
Add Cheddar Cheese Slice/Cheese Crisp	Suitable	Not Suitable	None	None	None	None	None	Contains	None	None	
Add Grilled Pineapple	Suitable	Suitable	None	None							
Add Perinaise	Suitable	Not Suitable	None	None	None	Contains	None	None	None	None	Creamy sauce contains egg
Add Cheddar Cheese Sauce	Suitable	Not Suitable	Possible cross contamination from source	Possible cross contamination from source	None	None	None	Contains	Contains	Contains	
Add PERi-PERi Drizzle	Suitable	Suitable	None	None							
Add Portuguese Roll	Suitable	Not Suitable	Possible cross contamination from source	Possible cross contamination from source	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Port roll contains milk and gluten. And traces of egg, nuts, peanuts, fish, crustaceans, soy.
Add Pita Bread	Not Suitable	Not Suitable	None	None	None	Possible cross contamination from source	None	Possible cross contamination from source	Possible cross contamination from source	Contains	Pita contains gluten, traces of egg, milk & soy
Add Grilled Halloumi Cheese	Suitable	Not Suitable	None	None	None	None	None	Contains	None	None	



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Sides											
Spicy Rice	Suitable	Suitable	None	None	None	None	None	None	Contains	None	Rice Spicepack contains Soy
Coleslaw	Suitable	Not Suitable	None	None	None	Contains	None	None	None	None	Coleslaw contains egg (creamy dressing)
PERi Chips	Suitable	Suitable	None	None	None	None	None	None	Possible cross contamination from source	None	Chips with traces of soy
Grilled Vegetables	Suitable	Suitable	None	None	None	None	None	None	None	None	
Garlic Bread	Suitable	Not Suitable	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Port roll contains milk and gluten. And traces of egg, nuts, peanuts, fish, crustaceans, soy.				
'ERi Wedges	Suitable	Suitable	None	None	None	None	None	None	Possible cross contamination from source	Contains	
Corn on the Cob	Suitable	Suitable	None	None	None	None	None	None	None	None	
Nediteranean Rice	Suitable	Not Suitable	None	None	None	Contains	None	Contains	Contains	Contains	Butter contains milk & soy. Stock contains egg, soy & gluten.
Cailimash	Suitable	Not Suitable	None	None	None	None	None	Contains	Contains	None	Cream contain milk. Butter contains milk & soy.
salads											
ropical Salad	Suitable	Suitable	None	None	None	None	None	None	None	None	
Tropical Salad With Chicken	Not Suitable	Not Suitable	None	None	None	None	None	None	None	None	
Caesar Salad	Suitable	Not Suitable	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Sauce contains egg. Parmesan cheese with milk. Port of contains milk and gluten. And traces of egg, nuts, peanuts, fish, crustaceans, soy.				
Caesar Salad With Chicken	Not Suitable	Not Suitable	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Sauce contains egg. Parmesan cheese with milk. Port ro contains milk and gluten. And traces of egg, nuts, peanuts, fish, crustaceans, soy.				



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Cool Drinks											
.emon Lime Cooler	Suitable	Suitable	None	None	None	None	None	None	None	None	
Drange Juice	Suitable	Suitable	None	None	None	None	None	None	None	None	
asani Bottled Water	Suitable	Suitable	None	None	None	None	None	None	None	None	
errier Sparkling Water	Suitable	Suitable	None	None	None	None	None	None	None	None	
Designer Drinks											
parkling Apple	Suitable	Suitable	None	None	None	None	None	None	None	None	
heeky Cherry	Suitable	Suitable	None	None	None	None	None	None	None	None	
ink Pine	Suitable	Suitable	None	None	None	None	None	None	None	None	
omething Sweet											
aramel Cheesecake	Suitable	Not Suitable	Possible cross contamination from source	Possible cross contamination from source	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Contains egg, milk, gluten
latas	Suitable	Not Suitable	Possible cross contamination from source	Possible cross contamination from source	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Contains egg, milk, gluten
alted Caramel Brownies	Suitable	Not Suitable	Contains	Possible cross contamination from source	Possible cross	Contains	Possible cross contamination from source	Contains	Possible cross contamination from source	Contains	Contains nut, egg, milk gluten
rozen Yoghurt	Suitable	Not Suitable	None	None	None	None	None	Contains	Contains	None	Contains milk and soy



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If you do have any allergy or food ingredient concerns, please check with a restaurant manager before ordering.

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Coffee, Tea & Chocolate											
Cappuccino	Suitable	Not Suitable	None	None	None	None	None	Contains	None	None	Contains milk
Galao	Suitable	Not Suitable	None	None	None	None	None	Contains	None	None	Contains milk
Americano	Suitable	Suitable	None	None	None	None	None	None	None	None	
Espresso	Suitable	Suitable	None	None	None	None	None	None	None	None	
Mocha	Suitable	Not Suitable	None	None	None	None	None	Contains	None	None	Contains milk
Chocolate	Suitable	Not Suitable	None	None	None	None	None	Contains	None	None	Contains milk
Hot Tea Green Tea	Suitable	Suitable	None	None	None	None	None	None	None	None	
Hot Tea English Breakfast	Suitable	Suitable	None	None	None	None	None	None	None	None	
Hot Tea Chamomile	Suitable	Suitable	None	None	None	None	None	None	None	None	

* Vegetarians do not eat any animal flesh

* Vegan doesn't eat eggs, dairy products or any other product derived from an animal