





Snacks & Shareables

► Prepare your taste buds for the main event with mouthwatering nibbles.		
PERi-PERi Wings	6.25	
Six of our star treats. Marinated for 24 hours and flame-grilled to order. (403 cal)		
Spicy Mixed Olives	4.55	
Green and black olives perked up with garlic, peppers and chilli. (May contain the occasional olive pit.) (186 cal)		
PERi-PERi Nuts	4.25	
Try our spicy nuts! A crunchy selection of spice-roasted almonds, cashews and macadamias. (738 cal)		
Garlic Sticks	4.25	
Baked Portuguese roll smothered in garlic-and-herb butter. (796 cal)		
Hummus with PERi-PERi Drizzle	6.25	
Tangy PERi-PERi-infused oil poured over creamy hummus. Dig in with toasted pita (1194 cal) or crunchy seasonal vegetables (add 1.00). (760 cal)		

Entrée Salads

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-  **Nando's Classic**
-  **new recipe**
-  **vegetarian**
-  **seasonally available**

*Served raw or undercooked. Consuming raw or undercooked meats may increase your risk of foodborne illness.

Written nutrition information is available upon request.

2,000 calories a day is used for general nutrition advice, but calorie needs vary

To work out your meal's total calories, add calories listed next to each item, plus the PERi-PERi heat level for your chicken.

Please be aware that as we sell milk and nuts, there may be traces of milk and/or nuts in all our products. We take great care to remove the bones from our chicken breasts and the pits from our olives but there is a tiny chance of finding one.

PERi-PERi Chicken

► What we're famous for - fresh chicken marinated for 24 hours in PERi-PERi and flame-grilled to order.			
	+1 REG SIDE	+2 REG SIDES	
1/2 Chicken	13.45	15.45	
First time at Nando's? Look no further than our signature 1/2 chicken. (423 cal)			
1/4 Chicken – Breast	8.65	10.65	
The succulent and saucy bits. (260 cal)			
1/4 Chicken – Leg	8.25	10.25	
For a little dark 'n' delicious. (163 cal)			
Chicken Thigh Skewers	11.95	13.95	
Two skewers of skin-on thighs, red pepper and onions. (310 cal)			
Boneless Chicken Breast	12.25	14.25	
Butterflied whole chicken breast with crispy skin. No bones about it! (429 cal)			
Chicken Livers	8.95	10.95	
Rich, tasty livers that melt in your mouth. (413 cal)			
PERi-PERi Wings	14.45	16.45	
Twelve of our sauciest treats – tender and spicy. (806 cal)			
Chicken Thighs	11.65	13.65	
Dig into two tender, boneless thighs, flame-grilled with skin on. (279 cal)			

Nando's Classics

► First timers, try these classic meals to see what it's all about!		
1/2 Chicken and Chips	13.45	
You can't beat our signature ½ chicken. Served with PERi chips to fully satisfy your craving - or beat that hangover! (796 cal)		
The Chicken "Burger"	8.75	
Our chicken sandwich taken to the next level with pineapple and cheddar cheese - trust us on this one! (547 cal)		

Sandwiches, Wraps & Pitas

PERi-PERi Chicken	+1 REG SIDE	+2 REG SIDES	
Chicken Breast Sandwich	9.95	11.95	
Served on a toasted Portuguese roll with arugula, tomato, pickled red onions and PERinaise. (454 cal)			
The Thigh and Mighty Sandwich	12.45	14.45	
Two boneless thighs stacked on a toasted Portuguese roll with arugula, tomato, pickled red onions and PERinaise. (523 cal)			
Nandocas' Choice	14.70	16.70	
A whole butterflied PERi-PERi chicken breast served on garlic bread, topped with our house-made coleslaw. (1003 cal)			
Chicken Breast Pita	9.95	11.95	
Served toasted with a mix of crispy vegetables, mayonnaise and a hint of fresh cilantro. (355 cal)			
Chicken Caesar Wrap	10.45	12.45	
Our spicy chicken mixed in a Caesar salad with sun-dried tomatoes. Served in a toasted wrap or pita. (606 cal)			
Chicken Breast Wrap	9.95	11.95	
Served with fresh green leaf lettuce, peppery sweet chilli jam and tangy yogurt sauce. (544 cal)			
Double the chicken, add 3.55 (148 cal)			

Sharing Platters

► Bundles of our legendary PERi-PERi chicken – plenty for friends to share.		
Full Platter	27.95	(2-3 people)
Whole chicken plus your choice of 2 large sides. (846 cal)		
Jumbo Chicken Platter	52.95	(4-6 people)
Two whole chickens plus 2 extra-large sides. (1642 cal)		
PERi-PERi Wing Platter	23.95	(2-3 people)
24 flame-grilled PERi-PERi wings. (1612 cal)		
(Calories do not include sides.)		

Veg PERidise

Portobello Mushroom & Halloumi Wrap	10.25	12.25
Roasted and served in a whole wheat wrap with chilli jam. Also available on a Portuguese roll or in a toasted pita. (640 cal)		
Feta and Avocado Wrap	10.45	12.45
Packed with quinoa, roasted red peppers, lettuce, hummus and PERi-drizzle. (883 cal)		
Veggie Burger	9.95	11.95
Served with fresh green leaf lettuce, peppery sweet chilli jam and tangy yogurt sauce. (547 cal)		

► **Try any of these on your sandwich, pita or wrap!**

Roasted Portobello Mushroom (62 cal)	2.25	Grilled Pineapple Slice (30 cal)	.75
Grilled Halloumi Cheese (180 cal)	2.55	Cheddar Cheese (125 cal)	.75
		Half Avocado (136 cal)	1.50



► **Take home your favorite** PERi-PERi sauce bottles available for purchase.

Regular Sides

► Make a meal of it... add sides!		2.70
PERi Chips (aka Fries)	(373 cal)	
+ PERinaise (PERi-PERi Mayo)	(276 cal)	1.00
Flame-Grilled Corn on the Cob	(90 cal)	
Garlic Bread	(398 cal)	
Portuguese Rice	(283 cal)	
Coleslaw	(168 cal)	
Red Skin Mashed Potatoes	(262 cal)	
Macho Peas		
Rugged mash of whole peas, parsley, mint and chilli. (328 cal)		

Fino Sides

► House-made deluxe sides.		4.70
Mixed Green Side Salad	(57 cal)	
Caesar Side Salad	(274 cal)	
Butternut Squash and Corn		
With red onion, dried cranberries, fresh cilantro and chilli. (392 cal)		
Cucumber and Poppy Seed Salad		
Cucumbers and pickled onions tossed in a poppy seed dressing. (189 cal)		
Braised Brussels Sprouts		
Brussels sprouts braised in butter with shallots and a hint of chilli. (111 cal)		
Roasted Vegetables		
Chunky mixed peppers, red onions and zucchini lightly tossed in a rich tomato dressing. (118 cal)		

Our fresh chicken is marinated in PERi-PERi for 24 hours. PERi-PERi – the hot African Bird's Eye Chilli – is mixed with fresh herbs and spices to make our unique bastes.

Whether you're feeling mild or wild, there's a spice with your name on it – choose your heat from the PERi-ometer!

Xtra HOT

Like tackling a ferociously fiery dragon. (98 cal)

HOT

Highly combustible – proceed with caution. (49 cal)

Medium

Hits the spot without scalding your tonsils. (29 cal)

Lemon & Herb or **Mango & Lime**

A mere hint of heat but a tidal wave of flavor. (44/29 cal)

Plain...ish

Marinated in PERi-PERi but grilled with no added spice. As mild as we go. (0 cal)

(Flavor calories are listed per serving e.g. 1/4 chicken)



Beer

Portuguese Beers

Sagres (153 cal)	5.45
Super Bock (188 cal)	5.25

On Tap (in selected restaurants)

Dogfish Head 60 minute IPA (275 cal)	5.75
Blue Moon Belgian White Ale (191 cal)	5.45
DC Brau Seasonal (253-353 cal)	5.75

Craft Beers / Cider

Sam Adams Boston Lager (175 cal)	5.45
Deschutes Fresh Squeezed IPA (225 cal)	5.75
Lagunitas Aunt Sally (171 cal)	5.75
3 Stars Peppercorn Saison (195 cal)	6.25
Strongbow Gold Apple Hard Cider (172 cal)	5.45

Sangria & Spiked Lemonades

	GLASS	PITCHER
Red Wine Sangria 🍷 Our original fresh and fruity Mediterranean specialty. (232 cal)	5.95	16.95
Seasonal Sangria Ask your cashier what flavor we've made fresh for today. (218 cal)	5.95	16.95
Spiked Lemonade NEW Our house-made lemonades spiked with vodka. (135-154 cal)	6.25	21.95

Wine

Good	GLASS (8oz)	BOTTLE (750ml)
Cara Viva (Red / White / Rose) (Portugal) A smooth, easy drinking, everyday wine. (169-200 cal)	6.55	17.95
Gatao Vinho Verde (Portugal) Fun, young and fruity white wine for a hot summer's day. (195 cal)	6.75	18.95
Better	GLASS (8oz)	BOTTLE (750ml)
Indaba Chardonnay (S. Africa) Tropical fruit aromas with a whisper of oak. (200 cal)	7.55	22.95
Borges Lello (Portugal) One to savor – hints of spice, lots of body in this red wine. (200 cal)	7.75	23.95
Beyond Cabernet Sauvignon (S. Africa) Rounded and balanced with berries and subtle cassis. (197 cal)	8.25	24.95
Best	GLASS (8oz)	BOTTLE (750ml)
Spyhopping Red (S. Africa) Well-structured blend with hints of berries, spice and chocolate. (200 cal)	9.25	29.95
Mulderbosch Sauv Blanc (S. Africa) One of the Cape's most heralded and sought-after white wines – 90+ scores vintage after vintage. (195 cal)	9.75	34.95

Soft Drinks

Bottled Craft Sodas Grab one of our seasonal selections at the counter. (80-165 cal)	3.25
Pineapple Lemonade Batch-made blend of caramelized pineapple, lemon and lime. (128 cal)	3.25
Blood Orange & Mango Lemonade Batch-made blend of Mango, blood orange, lemon and lime. (160 cal)	3.25
Go Bottomless - refill as often as you want! (0-330 cal) (per person)	2.55
Peri-Peri Cola	
Honest Tea Freshly brewed iced tea. (0-88 cal)	2.55
Saratoga Sparkling or Still Water (12oz) America's finest spring water since 1872. (0 cal)	2.45

What about dessert?

▶ Get Handsy! Have these on the table, or take them home!	
Naughty Natas Traditional Portuguese custard tart, served warm with a sprinkle of cinnamon sugar. (210 cal)	2.25
Barely Baked Brownie 🍫 Our version of the perfect brownie – indulgent, fudgey goodness! (387 cal)	2.25
Chocolate Chilli Cookie 🍫 Sprinkled with pecans and a hint of PERi-PERi. (380 cal)	2.25
Two Coconut Macaroons A rustic blend of coconut and vanilla – crispy on the outside and perfectly moist in the center. (244 cal)	2.25
▶ Have your cake and eat it too!	6.25
Chocolate Spoon Cake (813 cal)	
Carrot Cake (930 cal)	
Raspberry Cheesecake (608 cal)	
▶ Extinguish the fire of PERi-PERi	
Frozen Yogurt Bottomless... refill as often as you want! (250 cal / 16oz)	2.95

Nqabutho Phakathi

Feast your eyes on our cover art from Nqabutho Phakathi, a self-taught Johannesburg artist with a focus on oil paintings. This piece is in our H Street restaurant in Washington, DC. With more than 8,000 unique pieces, Nando's has the largest collection of contemporary South African art on display around the globe.

