



Interactive Nutrition Menu

Last Updated: 10/02/2024

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Add-Ons

Pickled Red Onions	0	0	0	0	0	0	35	<1	0	0	0
Roasted Red Pepper	10	0	0	0	0	0	120	2	0	2	0
Tomato Cucumber Onion Salad	10	0	4	0	0	0	50	2	0	<1	0
Pickled Cauliflower	20	0	0	0	0	0	170	3	<1	2	<1
Grilled Pineapple	30	0	0	0	0	0	0	8	<1	7	0
Chilli Jam	40	0	0	0	0	0	50	10	0	9	0
Feta Cheese	50	40	4.5	3	0	20	180	<1	0	<1	3
Cheddar Cheese	60	40	4.5	2.5	0	15	95	0	0	0	3
Peri Ranch Add-On	60	50	5	0.5	0	<5	370	4	0	2	0
Hummus Scoop	80	0	0	0.5	0	0	120	5	1	<1	2
Peri Pita Croutons	90	50	6	0.5	0	0	290	8	0	0	1
Perinase Add-On	90	70	8	1	0	10	320	6	0	4	0
Superseed Crunch	100	70	8	1.5	0	0	190	5	2	1	4
Peri Honey	120	0	0.5	0	0	0	310	30	0	24	0
Avocado	140	120	13	2	0	0	5	8	6	<1	2
Chicken Thigh, Plainish	140	80	9	2.5	0	75	370	0	0	0	13
Peri-Peri Drizzle	140	130	15	0	0	0	470	1	0	0	0
Chicken Thigh Skewer, Plainish	200	110	13	3	0	100	490	3	<1	2	18
Veggie Burger Patty, Plainish	210	40	4.5	0	0	0	420	28	4	<1	15
Boneless Chicken Breast, Plainish	220	90	10	2.5	0	105	730	<1	0	0	31
Grilled Halloumi Cheese	230	230	190	22	0	40	600	<1	0	0	12
Pulled Chicken	270	120	13	3.5	0	95	90	0	0	0	34

Bastes

Lemon and Herb Baste	10	10	1	0	0	0	170	<1	0	0	0
Medium Baste	25	20	2.5	0	0	0	210	0	0	0	0
Mango and Lime Baste	30	10	1	0	0	<5	290	5	0	4	0

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Hot Baste	45	40	4.5	0	0	0	380	1	0	0	0
Extra Hot Baste	90	80	9	0	0	0	760	2	0	<1	0

Beverages

Topo Chico	0	0	0	0	0	0	5	0	0	0	0
Lavender Lemonade, 16 oz	80	0	0	0	0	0	20	18	0	17	0
La Colombe, Oatmilk Latte, Can	120	40	4.5	0	0	0	100	22	4	11	2
Lavender Lemonade, 32 oz	150	0	0	0	0	0	40	36	0	35	0
Rubro Peach Iced Tea, 32 oz	190	0	0	0	0	0	30	48	0	48	0
Pineapple Lemonade, 16 oz	210	0	0	0	0	0	15	53	0	40	0
Strawberry Lemonade, 16 oz	210	0	0	0	0	0	15	54	<1	40	0
Blood Orange Mango Lemonade, 16 oz	230	0	0	0	0	0	20	57	0	53	1
Watermelon Mint Lemonade, 16 oz	270	0	0	0	0	0	20	66	1	59	0
Strawberry Lemonade, 32 oz	410	0	0	0	0	0	25	107	1	81	0
Pineapple Lemonade, 32 oz	430	0	0	0	0	0	30	107	0	80	0
Blood Orange Mango Lemonade, 32 oz	450	0	0	0	0	0	45	114	0	107	2
Watermelon Mint Lemonade, 32 oz	530	0	0	0	0	0	40	132	3	118	0
Rubro Peach Iced Tea, 1 Gallon	680	0	0	0	0	0	135	187	0	187	0
Blood Orange Mango Lemonade, 1 Gallon	2,750	0	0	0	0	0	190	796	21	456	4
Pineapple Lemonade, 1 Gallon	2,840	0	0	0	0	0	210	837	26	348	0

Alcoholic Beverages

Old Fashioned, Glass	100	0	0	0	0	0	0	2	0	0	0
Top Chico Ranch Water	100	0	0	0	0	0	20	2	0	0	0
Truly Strawberry Lemonade	100	0	0	0	0	0	45	3	0	1	0
Truly Wild Berry	100	0	0	0	0	0	30	2	0	1	0
Spike House-Made Lemonade, Vodka, Glass	110	0	0	0	0	0	0	11	0	0	0
Spike House-Made Lemonade, Tequila, Glass	120	0	0	0	0	0	0	11	0	0	0
Michelob Ultra, On Tap	130	0	0	0	0	0	150	4	0	0	<1
Kona Big Wave Golden Ale	130	0	0	0	0	0	0	10	0	0	2
Modelo Especial, Bottle	140	0	0	0	0	0	20	14	0	0	1
Modelo Especial, On Tap	140	0	0	0	0	0	20	14	0	0	1
Original Sangria, Glass	140	0	0	0	0	0	10	21	2	12	<1
Red Wine Sangria, Glass	140	0	0	0	0	0	10	21	2	12	<1

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Corona Extra	150	0	0	0	0	0	0	13	0	0	0
Sagres	150	0	0	0	0	0	0	13	0	0	0
Peach Lemonade Poncha	160	0	0	0	0	0	0	31	<1	27	<1
White Wine Sangria, Glass	160	0	0	0	0	0	0	0	0	0	0
Spier Arts Sauvignon, Glass	170	0	0	0	0	0	0	0	0	0	0
Sweetwater 420 Extra Pale Ale, On Tap	170	0	0	0	0	0	0	12	0	0	2
Sam Adams Boston Lager	180	0	0	0	0	0	0	15	0	0	0
Spiked Blood Orange Mango Lemonade	180	0	0	0	0	0	20	31	0	28	<1
Spiked House-Made Pineapple Lemonade	180	0	0	0	0	0	15	31	0	19	0
Spiked House-Made Strawberry Lemonade	180	0	0	0	0	0	15	30	0	18	0
Cabernet Sauvignon, On Tap, Glass	190	0	0	0	0	0	0	0	0	0	0
Dogfish Head, 60 Minute IPA, On Tap	190	0	0	0	0	0	10	19	0	2	2
Sauvignon Blanc, On Tap	190	0	0	0	0	0	10	5	0	2	0
Karbach Brewing Co., Love Street Blonde, On Tap	200	150	0	0	0	0	30	10	0	2	2
Chardonnay, On Tap, Glass	200	0	0	0	0	0	0	6	0	0	0
Borges Lello Red Wine, Glass	200	0	0	0	0	0	10	6	0	1	0
Cougar Paw Red Ale, On Tap	200	0	0	0	0	0	0	25	0	0	2
Gatao Vinho Verde Wine, Glass	200	0	0	0	0	0	10	6	0	1	0
Kolsch, On Tap	200	0	0	0	0	0	0	17	0	0	0
Red Blend, On Tap, Glass	200	0	0	0	0	0	0	0	0	0	0
Spier Arts Merlot, Glass	200	0	0	0	0	0	0	0	0	0	0
St Arnold, Art Car IPA, On Tap	200	0	0	0	0	0	10	13	1	1	3
Lagunitas IPA	210	0	0	0	0	0	0	13	0	0	0
Passion Fruit Frose, Glass	220	0	0	0	0	0	30	32	0	31	0
Revolution Brewing Anti-Hero IPA, On Tap	220	0	0	0	0	0	10	20	1	1	3
Super Bock, On Tap	250	0	0	0	0	0	5	4	0	0	0
Art Car IPA, On Tap	270	0	0	0	0	0	0	17	0	0	4
Smoky Rosalita	320	0	0	0	0	0	60	34	0	33	0
Spike House-Made Lemonade, Vodka, Pitcher	330	0	0	0	0	0	0	33	0	0	0
Spike House-Made Lemonade, Tequila, Pitcher	370	0	0	0	0	0	0	33	0	0	0
Original Sangria, Pitcher	600	0	0	0	0	0	40	70	6	42	2
Red Wine Sangria, Pitcher	600	0	0	0	0	0	40	70	6	42	2
Borges Lello Red Wine, Bottle	640	0	0	0	0	0	30	19	0	5	1
Gatao Vinho Verde Wine, Bottle	640	0	0	0	0	0	30	19	0	5	0

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Red Blend, On Tap, Carafe	640	0	0	0	0	0	0	0	0	0	0
Spier Arts Merlot, Bottle	640	0	0	0	0	0	0	0	0	0	0
Spier Arts Sauvignon, Bottle	640	0	0	0	0	0	0	0	0	0	0
White Wine Sangria, Pitcher	690	0	0	0	0	0	0	0	0	0	0
Cabernet Sauvignon, On Tap, Carafe	840	0	0	0	0	0	0	0	0	0	0
Chardonnay, On Tap, Carafe	850	0	0	0	0	0	0	6	0	0	0

Snacks & Shareables

Spicy Mixed Olives	220	180	20	0	0	0	2,050	7	5	0	0
Halloumi Sticks & Chillli Jam	640	460	51	29	0	110	1,750	21	<1	19	33
Garlic Sticks	740	420	47	19	0	<5	1,100	70	2	2	13
Peri-Peri Wings (6) with Peri Ranch, Plainish	750	500	55	12	0	320	2,250	10	0	7	56
Hummus, Superseed Crunch, Peri Drizzle with Veggies	770	170	19	5	0	<5	1,250	49	13	11	16
Hummus, Superseed Crunch, Peri Drizzle with Pita	1,080	520	58	4	0	<5	1,920	106	25	9	30
Hummus, Superseed Crunch, Peri Drizzle with Pita and Veggies	1,210	240	27	8	0	<5	2,090	127	19	19	32

Bowls & Salads

Peri Ranch Crunch Salad, Plainish, Halloumi	570	440	49	19	0	80	2,230	21	5	11	21
Peri Ranch Crunch Salad, Plainish, Pulled Chicken	600	390	43	11	0	120	1,650	21	5	11	38
Peri Ranch Crunch Salad, Plainish, Breast	610	380	42	10	0	160	2,030	22	5	11	45
Peri-Peri Chicken Bowl, Plainish, Grilled Halloumi	690	290	32	13	0	45	2,610	71	7	7	23
Spicy Chicken Caesar Salad, Plainish, Halloumi	720	600	67	20	0	90	2,050	11	3	5	23
Peri-Peri Chicken Bowl, Plainish, Pulled Chicken	760	250	28	5	0	95	2,040	70	7	7	45
Spicy Chicken Caesar Salad, Plainish, Breast	760	550	61	11	0	170	1,830	9	3	3	47
Spicy Chicken Kale Caesar Salad, Plainish, Halloumi	760	620	69	20	0	90	2,320	16	5	6	25
Spicy Chicken Caesar Salad, Plainish, Pulled Chicken	790	570	63	12	0	140	1,480	11	3	4	44

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Spicy Chicken Kale Caesar Salad, Plainish, Breast	820	570	63	12	0	180	2,170	16	5	5	50
Spicy Chicken Kale Caesar Salad, Plainish, Pulled Chicken	840	590	66	12	0	145	1,800	16	5	5	47
Peri Ranch Crunch Salad, Plainish, Thighs	870	590	65	15	0	310	2,520	22	5	11	57
Peri-Peri Chicken Bowl, Plainish, Breast	870	290	32	4.5	0	120	2,520	95	8	9	47
Peri-Peri Chicken Rainbow Bowl, Plainish, Grilled Halloumi	920	420	47	10	0	75	1,890	79	12	9	35
Peri-Peri Chicken Bowl, Plainish, Thighs	1,000	420	47	9	0	210	2,630	95	8	9	50
Peri-Peri Chicken Rainbow Bowl, Plainish, Breast	1,010	460	51	11	0	150	2,300	79	12	10	53
Peri-Peri Chicken Rainbow Bowl, Plainish, Pulled Chicken	1,040	490	54	12	0	120	1,930	79	12	9	51
Spicy Chicken Caesar Salad, Plainish, Thighs	1,090	790	88	18	0	370	2,250	11	3	5	67
Spicy Chicken Kale Caesar Salad, Plainish, Thighs	1,090	840	93	17	0	275	2,760	17	5	6	50
Peri-Peri Chicken Rainbow Bowl, Plainish, Thighs	1,150	610	68	15	0	235	2,560	80	12	10	53

Chicken Items

Boneless Chicken Thigh (1)	140	80	9	2.5	0	75	370	0	0	0	13
Chicken Thigh Skewer (1)	200	110	13	3	0	100	490	3	<1	2	18
1/4 Chicken Leg	260	150	16	4	0	160	420	0	0	0	28
Boneless Chicken Thighs (2)	280	170	19	4.5	0	145	740	<1	0	0	26
1/4 Chicken Breast	290	130	14	3.5	0	150	570	0	0	0	42
Boneless Chicken Breast	390	160	18	4	0	185	1,300	<1	0	0	55
Chicken Thigh Skewers (2)	400	220	26	6	0	200	980	6	1	4	36
Boneless Chicken Thighs (3)	420	250	28	7	0	220	1,110	<1	0	0	39
Chicken Livers	450	240	26	6	0	1,135	1,460	7	<1	<1	47
1/4 Chicken Leg (2)	520	300	32	8	0	320	840	0	0	0	56
1/2 Chicken	540	270	29	8	0	300	970	0	0	0	68
1/2 Chicken and Chips	840	420	47	10	0	300	1,960	34	4	<1	72
Peri-Peri Wings (12) with Peri Ranch, Plainish	1,390	910	101	23	0.5	615	4,230	15	0	10	80
Peri-Peri Wings (24) with Peri Ranch, Plainish	2,840	1,860	206	48	1.5	1,265	8,420	29	0	20	160
Peri-Peri Wings (36) with Peri Ranch, Plainish	5,130	3,710	412	90	3	1,920	12,650	29	1	25	340

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Condiments

Garlic Sauce	15	10	1	0	0	0	630	1	0	0	0
Hot Sauce	15	10	1	0	0	0	710	1	0	0	0
Medium Sauce	15	10	1	0	0	0	640	1	0	0	0
Wild Herb Sauce	15	10	1	0	0	0	640	1	0	0	0
Extra Hot Sauce	20	10	1	0	0	0	730	1	0	0	0
Balsamic Vinegar	25	0	0	0	0	0	5	5	0	4	0
Ketchup	30	0	0	0	0	0	260	8	0	6	0
Lemon & Herb Sauce	35	25	3	0	0	0	320	2	0	1	0
Balsamic Vinaigrette	40	25	3	0	0	0	170	3	0	3	0
Peri Tamer	45	5	0.5	0	0	0	135	9	0	9	0
Peri Ranch	60	50	5	0.5	0	<5	370	4	0	2	0
XXX Hot Sauce	80	15	1.5	0	0	0	730	2	0	0	0
Perinaise	90	70	8	1	0	10	320	6	0	4	0
Caesar Dressing	170	170	19	1.5	0	20	260	<1	0	0	<1
Olive Oil	250	260	28	4	0	0	0	0	0	0	0

Desserts

Naughty Natas	150	70	8	4	0	70	105	17	0	10	3
Barely Baked Brownie	250	100	11	0	0	50	90	39	2	31	3
Raspberry White Chocolate Cheesecake	620	380	43	26	0	85	500	49	0	33	9
Carrot Cake	900	560	62	23	1	150	760	80	3	56	9

Handhelds

Chicken Breast Sandwich, Plainish	530	210	23	4	0	85	1,200	49	2	11	32
Chicken Burger, Plainish	580	230	26	6	0	85	1,230	58	3	18	32
Thigh and Mighty Sandwich, Plainish	600	300	34	7	0	105	1,210	49	2	11	27
Veggie Burger, Plainish	610	160	17	1.5	0	10	1,380	89	8	12	29
Sweet Potato & Halloumi Sandwich, Plainish	780	400	44	11	0	50	1,270	79	6	26	20
Sweet Potato & Halloumi Wrap, Plainish	850	370	41	16	0	45	1,350	95	11	28	16
Spicy Chicken Caesar Wrap	900	140	51	15	0	125	1,530	58	8	8	43
Spicy Chicken Kale Caesar Wrap	900	460	51	15	0	125	1,560	58	8	8	44

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Nandocas' Choice, Plainish	970	540	60	16	0	175	1,630	43	4	6	62
Sweet & Spicy Chicken Wrap, Plainish, Thighs	1,090	540	60	14	0	330	1,730	72	8	24	58

Nandinos

Kids Raw Veggies Side	45	0	0	0	0	0	50	10	3	5	1
Kids Apple Slices Side	120	0	0	0	0	0	0	29	6	20	<1
Kids Coleslaw Side	120	90	10	0	0	<5	135	8	3	4	1
Kids Corn Cob Side	130	60	7	4	0	15	50	16	2	3	3
Kids Portuguese Rice Side	130	50	6	0	0	0	340	22	<1	0	2
Kids Garlic Bread Side	190	110	12	5	0	0	280	17	<1	<1	3
Kids Peri Chips (AKA Fries) Side	190	100	11	1.5	0	0	630	21	2	0	2
Kids Red Skin Mashed Potatoes Side	190	90	10	4	0	0	650	23	2	2	3
Kids Grilled Chicken Breast Strips, Plainish	220	90	10	2.5	0	105	730	<1	0	0	31
Kids Wings (3), Plainish	240	150	16	4	0	130	450	0	0	0	20
Kids Drumstick and Thigh, Plainish	260	150	16	4	0	160	420	0	0	0	28
Kids Grilled Cheese	310	160	17	10	0.5	45	550	28	2	4	11
Kids Mac & Cheese	390	210	23	13	0	75	800	30	<1	3	14
Kids Chicken Breast Sandwich, Plainish	410	130	15	3	0	75	800	37	2	1	31

Side Items

Roasted Brussels Sprouts, Regular	140	60	15	2	0	<5	870	19	6	7	6
Corn on the Cob, No Butter	140	20	2.5	0	0	0	0	32	4	7	5
Golden Cauliflower, Regular	150	60	7	1	0	0	580	21	4	14	4
Coleslaw, Regular	180	130	15	0	0	10	200	12	4	7	2
Portuguese Roll	180	20	2.5	0	0	0	350	34	<1	<1	6
Corn on the Cob	200	70	8	4	0	15	50	32	4	7	5
Portuguese Rice, Regular	210	90	10	0.5	0	0	570	36	1	<1	4
Crispy Brussels Sprouts, Regular	290	210	23	2.5	0	<5	1,090	19	7	6	6
Peri Chips (AKA Fries), Regular	300	150	17	2	0	0	990	34	4	0	4
Golden Cauliflower, Large	310	120	13	2.5	0	<5	1,160	42	8	28	8
Red Skin Mashed Potatoes, Regular	320	150	17	6	0	0	1,050	37	3	4	5
Coleslaw, Large	360	260	29	0	0	20	400	23	8	13	4
Garlic Bread, Regular	370	210	24	10	0	<5	550	35	1	1	6
Portuguese Rice, Large	420	170	19	1	0	0	1,150	73	3	1	7

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Roasted Brussels Sprouts, Large	420	260	29	4	0	15	1,730	38	13	13	11
Peri Mac, Regular	460	250	28	15	0	75	980	36	<1	4	15
Peri Honey Sweet Potatoes, Regular	500	270	30	7	0	30	750	52	5	25	8
Peri Chips (AKA Fries), Large	600	310	34	4	0	0	1,980	67	8	<1	7
Golden Cauliflower, X-Large	620	240	27	5	0	<5	2,320	85	16	56	17
Red Skin Mashed Potatoes, Large	630	300	33	12	0	0	2,100	73	7	7	11
Crispy Brussels Sprouts, Large	640	470	52	5	0	15	2,580	41	14	14	12
Coleslaw, X-Large	710	530	59	0	0	35	810	46	15	27	8
Garlic Bread, Large	740	420	47	19	0	<5	1,100	70	2	2	13
Roasted Brussels Sprouts, X-Large	840	530	59	8	0	25	3,460	77	25	26	22
Portuguese Rice, X-Large	850	340	38	2.5	0	0	2,300	145	5	3	14
Peri Mac, Large	910	500	56	30	0	150	1,950	72	2	7	30
Peri Honey Sweet Potatoes, Large	1,000	530	59	13	0	60	1,490	104	10	51	17
Peri Chips (AKA Fries), X-Large	1,200	620	69	8	0	0	3,960	135	15	2	14
Red Skin Mashed Potatoes, X-Large	1,270	600	67	25	0	<5	4,200	147	14	14	21
Crispy Brussels Sprouts, X-Large	1,280	950	105	11	0	25	5,450	82	27	28	24
Garlic Bread, X-Large	1,490	850	94	38	0	10	2,210	139	4	5	25
Peri Mac, X-Large	1,820	1,000	111	60	1	295	3,900	143	3	14	60
Peri Honey Sweet Potatoes, X-Large	1,990	1,070	118	27	0	125	2,980	209	21	101	34

Last Updated: 10/02/2024



Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. [\[Full Disclaimer\]](#)