

Nando's Dietary Information

Nando's Allergen Information Guide

If you are dining in one of our restaurants and you have a food allergy, please speak to our staff when ordering. Please read our definitions for Y, T & Blank Space, as well as additional information on allergens.

Definitions:

Y - does contain the allergen listed for this product

T - may contain traces of the allergen in the product as specified by our supplier or due to cross contamination in our restaurants.

Blank Space - allergens (or allergen traces) were not reported based on the information from our ingredient suppliers and assessment of our restaurant operations.

We are unable however to guarantee that any products sold are free from allergens. There is always a risk that there may still be traces of allergens in products or ingredients. This may be due to potential cross contamination during processing, storage, preparation in our restaurants or during the external manufacturing processes for products or ingredients. Be aware that we serve allergen containing products in our restaurants such as gluten-containing breads, milk containing foods like cheeses. Individual food items may also come into contact with one another during service or delivery which is not reflected in our Allergen Guide.

Updated 16th March 2026

Bastings, Sauces, Relishes	Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
BBQ												
Lemon & Herb/Mild/Hot/Extra Hot												
Snacks	Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
Halloumi Sticks & Dip		T					Y					
4 BBQ Ribs												
4 Mini Drums												
Hummus with PERi PERi Drizzle and Pita		Y			T	T	T		Y			T
Marinated Olives												
Cheesy Garlic Mini Pita		Y			T		Y			Y		
Perfect Pair		Y			T		Y			Y		
Salads & Bowls *	Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
Avo Parmesan Crunch Salad	Y	T			Y		Y	T	Y	T		T
Avo Parmesan Crunch Salad with Chicken Tenders	Y	T			Y		Y	T	Y	T		T
PERi-Harvest Bowl **	Y	Y					Y		T		T	
PERi-Harvest Bowl with Chicken Tenders**	Y	Y					Y		T		T	
Mediterranean Salad	Y						Y					
Mediterranean Salad with Chicken Tenders	Y	T					Y					
Paella & Paella Grande with Chicken		T					T			Y		
Trio Bell Pepper Dressing					Y		Y		Y			
Lemon Dijon Vinaigrette Dressing	Y											
Tahini Dressing	Y								Y			
Green Goddess Dressing							Y					
Chicken	Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
Bone In Chicken												
Breasts/Tenders/Leg Fillets - In burgers, wraps, pitas, salads & bowls		T					T					
4 PERi-PERi Tenders												
8 BBQ Ribs												
Mixed Platter												

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Chips / Sides	Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
Chips												
PERi PERi Chips												
Sweet Potato Chips												
Spicy Rice										Y		
Coleslaw					Y							
Corn on the Cob												
Grain Salad	Y	Y					Y					T
Roasted Broccoli							Y		Y			
Garlic Bread		Y					Y		T	Y	T	
Garden Salad	Y											
PERinaise Dip					Y							
Mayonnaise Dip					Y							
Burgers, Wraps & Pitas *	Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
Classic Wrap		Y			Y		T			T		
Classic Pita		Y			Y		T					
Classic Burger on Portuguese Roll		Y			Y		T		T	Y	T	
Classic Burger on Soft White Bun		Y			Y		T		T	Y	T	
Double Cheese & Bacon Wrap		Y	Y		Y		Y			T		
Double Cheese & Bacon Pita		Y	Y		Y		Y			T		
Double Cheese & Bacon on Portuguese Roll		Y	Y		Y		Y		T	Y	T	
Double Cheese & Bacon Burger on Soft Bun		Y	Y		Y		Y		T	Y	T	
Avocado Goodness Wrap		Y			T		T		T	T		T
Avocado Goodness Pita		Y			T		T		T	T		T
Avocado Goodness on Portuguese Roll		Y			T		T		T	Y	T	T
Avocado Goodness on Soft White Bun		Y			T		T		T	Y	T	T
Supremo Wrap		Y			Y		Y			T		
Supremo Pita		Y			Y		Y					
Supremo Burger on Portuguese Roll		Y			Y		Y		T	Y	T	
Supremo Burger on Soft White Bun		Y			Y		Y		T	Y	T	
The Halloumi Wrap		Y	Y		Y		Y			T		
The Halloumi Pita		Y	Y		Y		Y					
The Halloumi Burger Soft White Bun		Y	Y		Y		Y		T	Y	T	
The Halloumi Burger on Portuguese Roll		Y	Y		Y		Y		T	Y	T	
Smokey Churrasco Wrap		Y			Y		T			T		
Smokey Churrasco Pita		Y			Y		T					
Smokey Churrasco on Garlic Bread Roll		Y			Y		Y		T	Y	T	
Smokey Churrasco Soft White Roll		Y			Y		T		T	Y	T	
Burger/Wrap/Pita - Mayo's & Relish's	Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
Burger Mayo					Y							
Mild PERinaise					Y							
Vegan PERinaise												
Smoky Capsicum Relish												
Caramelized Onion Relish			Y									
Extras	Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
Superfood Veggie Patty		T			T		T		T	T		T
Great Pretender Protein Patty	Y	Y			T		T		T	T		
Cheese Slice							Y					
Whipped Feta							Y					
Avocado												

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Halloumi	T				T		Y						
Hummus					T	T				Y			T
Pickled Red Onion													
Bacon	T				T		T					T	
Pineapple	T				T		T						
PERi Seeds										T			
PERi Crackle										Y			
Parmesan Crisp							Y			Y			
Crispy Chickpeas	T					T	T	T	T	T			T
Pita	Y						T						
White Wrap	Y											T	
Soft White Bun	Y				T		T		T	Y		T	
Portuguese Roll	Y						T		T	Y		T	
Kids Meals		Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
Mini Chicken Pita Meal with Chips/Corn		Y				Y		T					
3 Grilled Tenders with Chips/Corn													
Dessert		Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts
Naughty Nata			Y			Y		Y		T	T		T
Chocolate Mousse		T						Y	T		Y		T

* For any of these menu items ordered with **Superfood Veggie Patty** OR **Great Pretender Protein** instead of chicken, please refer to the allergens for these patties as found in the Extras list.

** Peri Harvest Bowl - **SA Only** - Does not contain Wheat (Gluten) or traces of Lupin