

Nando's Dietary Information

Nando's Allergen Information Guide

Updated 24th August 2026

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 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, due to potential cross contamination during processing, storage, preparation in our restaurants or during the external manufacturing processes. 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.

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	T	Y	T		T
Marinated Olives												
Cheesy Garlic Mini Pita		Y					Y			Y		
Perfect Pair		Y					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		
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												
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												
Roasted Broccoli							Y		Y			
Garlic Bread		Y					Y		T	Y	T	
Garden Salad	Y											

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PERinaise Dip					Y								
Mayonnaise Dip					Y								
Burger/ Wrap/ Pita (With Chicken as protein) *	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		
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		
Avocado Goodness Wrap		Y					T			T			
Avocado Goodness Pita		Y					T						
Avocado Goodness on Portuguese Roll		Y					T		T	Y	T		
Supremo Wrap		Y			Y		Y			T			
Supremo Pita		Y			Y		Y						
Supremo Burger on Portuguese Roll		Y			Y		Y		T	Y	T		
The Halloumi Wrap		Y	Y		Y		Y			T			
The Halloumi Pita		Y	Y		Y		Y						
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		
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 (GPP) Patty	Y	Y			T		T		T	T			
Tasty Cheese							Y						
Whipped Feta							Y						
Avocado													
Halloumi		T					Y						
Hummus					T	T	T	T	Y	T		T	
Pickled Red Onion													
Bacon		T					T			T			
Pineapple		T					T						
PERi Seeds									T				
PERi Crackle									Y				
Parmesan Crisp							Y		Y				
Parmesan Cheese					Y		Y						
Crispy Chickpeas		T					T	T	T	T		T	
Pita		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	
Limited Time Offers	Sulphite	Wheat	Barley	Shellfish	Egg	Fish	Milk	Peanut	Sesame	Soy	Lupin	Tree Nuts	
Loaded Chips	Y	T			Y		Y		Y				
Potato Mash							Y						
PERi Chicken Gravy													

* 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.

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The below guide is to be used in conjunction with the above table. Below guide identifies allergen containing ingredients at the ingredient level.

Allergen	Contains		May be Present (from Supplier)	
Wheat/ Gluten	- Portuguese Roll - Wraps - Pitas - Garlic Bread	- Freekeh Mix - GPP Patty - Naughty Nata	- Chickpeas - Paella Veg Mix	- Superfood Veggie Patty - Chocolate Mousse
			NOTE: Any ingredient cooked on the Flattop may contain traces of Gluten/Wheat due to cross contamination.	
Other Gluten containing cereals: Barley, rye, oats	Caramelised Onion Relish (Barley)		None	
Peanut	None		- Chickpeas - Hummus - Chocolate Mousse	
Treenuts (almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pine nut, pistachio, walnut)	None		- Hummus - Chickpeas - Superfood Veggie Patty - Naughty Nata - Chocolate Mousse	
Milk	- Halloumi - Tasty Cheese - Parmesan Cheese - Parmesan Crisp - Green Goddess Dressing - Whipped Feta	- Garlic Butter - Trio of Roasted Bell Peppers Dressing - Naughty Nata - Chocolate Mousse - Mash Potato	- Pita - Chickpeas - Hummus - Paella Veg Mix	- Portuguese Rolls - Superfood Veggie Patty - GPP Patty - Bacon
			NOTE: Any ingredient cooked on the Flattop may contain traces of Milk due to cross contamination.	
Egg	- Parmesan Cheese - Burger/Coleslaw Mayonnaise - Mild PERinaise - Smokey PERinaise	- Mayo Dip - PERinaise Dip - Trio of Roasted Bell Peppers Dressing - Naughty Nata	- Hummus - Pita - Superfood Veggie Patty - GPP Patty - Halloumi	
Soy and Soy beans	- Garlic Butter - Spicy Rice - Portuguese Roll - Chocolate Mousse		- Chickpeas - Hummus - Superfood Veggie Patty - GPP Patty	- Bacon - Wraps - Naughty Nata
Sesame Seeds	- Hummus - Lemon Tahini Dressing - Parmesan Crisp	- PERi Crackle - Trio of Roasted Bell Peppers Dressing	- Chickpeas - PERi Seed - Portuguese Roll	- Superfood Veggie Patty - GPP Patty - Naughty Nata
Fish	None		Hummus	
Shellfish (Molluscs and Crustacea)	None		None	
Lupin	None		- Freekeh Mix - Portuguese Rolls	
Sulphites	- Lemon Tahini Dressing - Lemon Dijon Vinaigrette	- Freekeh Mix - GPP Patty	None	