

# Nando's Dietary Information

## Nando's Allergen Information Guide

Information provided is current as at 3/10/2023

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 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 3rd October 2023

Bastings, Sauces, Relishes	Sulphites	Gluten	Shellfish	Egg	Fish	Milk	Peanuts	Sesame	Soy	Lupin	Tree Nuts
BBQ									T		
Lemon & Herb/Mild/Hot/Extra Hot/Prego											
Snacks	Sulphites	Gluten	Shellfish	Egg	Fish	Milk	Peanuts	Sesame	Soy	Lupin	Tree Nuts
PERI-PERI Grilled Tender									**		
Halloumi Sticks & Dip		T		T		Y					
4 BBQ Ribs									T		
Hummus with PERI PERI Drizzle and Pita		Y		T	T	T		Y			T
Cheesy Garlic Mini Pita		Y		T		Y			Y		
Perfect Pair		Y		T		Y			Y		
Salads & Bowls *	Sulphites	Gluten	Shellfish	Egg	Fish	Milk	Peanuts	Sesame	Soy	Lupin	Tree Nuts
Avo Parmesan Crunch Salad	Y	T			T	Y		Y	T		T
Avo Parmesan Crunch Salad with Chicken Tenders	Y	T			T	Y		Y	T		T
PERI-Harvest Bowl	Y	Y			T	Y		T	T	T	T
PERI-Harvest Bowl with Chicken Tenders	Y	Y			T	Y		T	T	T	T
Mediterranean Salad	Y		T		T	Y		T	T		T
Mediterranean Salad with Chicken Tenders	Y	T	T		T	Y		T	T		T
Paella & Paella Grande		T				T			Y		
Trio Bell Pepper Dressing				Y		Y		Y			
Balsamic Vinaigrette Dressing											
Lemon Dijon Vinaigrette Dressing	Y										
Lemon Tahini Dressing	Y							Y			
Green Goddess Dressing						Y					
Chicken	Sulphites	Gluten	Shellfish	Egg	Fish	Milk	Peanuts	Sesame	Soy	Lupin	Tree Nuts
Bone In Chicken									**		
Breasts/Tenders - In burgers, wraps, pitas, salads & bowls		T		T		T			**		
4 PERI-PERI Tenders									**		
8 BBQ Ribs									T		
Mixed Platter									T		
Chips / Sides	Sulphites	Gluten	Shellfish	Egg	Fish	Milk	Peanuts	Sesame	Soy	Lupin	Tree Nuts
Chips	***	***									
PERI PERI chips	***	***									
Sweet Potato Chips		T									
Spicy Rice									Y		
Coleslaw				Y							
Corn on the cob									**		
Grain Salad	Y	Y				Y				T	
Roasted Broccoli						Y		Y			
Garlic Bread	T	Y		T		Y		T	Y		
Garden Salad	Y										
PERIaise Dip				Y							
Garlic Aioli Dip				Y							

\* 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.

\*\* BBQ Basting option may contain traces of soy allergen

\*\*\* Manufactured in facilities that may contain traces of Sulphites / Gluten



## Nando's Dietary Information cont...

Burgers, Wraps & Pitas *	Sulphites	Gluten	Shellfish	Egg	Fish	Milk	Peanuts	Sesame	Soy	Lupin	Tree Nuts
Classic Wrap		Y		Y		T			T		
Classic Pita		Y		Y		T			**		
Classic Burger on Crusty White Roll	T	Y		Y		T		T	Y		
Classic Burger on Soft White Bun		Y		Y		T		T	Y	T	
Double Cheese and Bacon Wrap	T	Y		Y		Y			T		
Double Cheese and Bacon Pita	T	Y		Y		Y			T		
Double Cheese and Bacon Burger on Crusty White Roll	T	Y		Y		Y		T	Y		
Double Cheese and Bacon Burger on Soft White Bun	T	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 Crusty White Roll	T	Y		T		T		T	Y		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 Crusty White Roll	T	Y		Y		Y		T	Y		
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 Crusty White Roll	Y	Y		Y		Y		T	Y		
Nandoca Choice on Crusty White Roll	T	Y		Y		Y		T	Y		
<b>Burger/Wrap/Pita - Mayo's &amp; Relish's</b>	<b>Sulphites</b>	<b>Gluten</b>	<b>Shellfish</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Sesame</b>	<b>Soy</b>	<b>Lupin</b>	<b>Tree Nuts</b>
Burger Mayo				Y							
Mild PERInaise				Y							
Vegan PERInaise											
Smoky Capsicum Relish											
Caramelized Onion Relish	Y										
<b>Extras</b>	<b>Sulphites</b>	<b>Gluten</b>	<b>Shellfish</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Sesame</b>	<b>Soy</b>	<b>Lupin</b>	<b>Tree Nuts</b>
Superfood Veggie Patty		T		T		T		T	T		T
Cheese Slice						Y					
Whipped Feta		T			T	Y		T	T		T
Avocado											
Halloumi		T		T		Y					
Hummus				T	T			Y			T
Pickled Onion		T			T	T		T	T		T
Bacon	T	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
Pita		Y				T					
White Wrap		Y							T		
Soft White Bun		Y		T		T		T	Y	T	
Crusty White Roll	T	Y				T		T	Y		
<b>Dessert</b>	<b>Sulphites</b>	<b>Gluten</b>	<b>Shellfish</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Sesame</b>	<b>Soy</b>	<b>Lupin</b>	<b>Tree Nuts</b>
Naughty Nata		Y		Y		Y		T			T
Chocolate Mousse						Y	T				T

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