Nando's Dietary Information

Nando's Special Diet Information

Y - the product does contain the allergen ingredient. This may be due to potential cross contamination during processing, storage or preparation in our restaurants or during the external manufacturing process for a product or ingredient.
Be aware that we serve gluten-containing breads, milk containing foods like yoghurt dips and cook eggs in our restaurant. Individual food items may also come into contact with one another during service or delivery which is not reflected on the Allergen 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 of Y, T and blank space and note our additional information on allergens. The information in this guide is current as at **01/07/2023**

Definitions

Y - the product does contain the allergen
T - there may be traces of the allergen in the product as specified by the supplier or due to our cooking methods
Blank space - a blank space in the table indicates that based on the information from our ingredient suppliers and assessment of our restaurant operations, allergens (or allergen traces) were not reported in this product. However, 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 the product or ingredient. This may be due to potential cross contamination during processing, storage or preparation in our restaurants or during the external manufacturing process for a product or ingredient. Be aware that we serve gluten-containing breads, milk containing foods like yoghurt dips and cook eggs in our restaurant. Individual food items may also come into contact with one another during service or delivery which is not reflected on the Allergen Guide.

Updated 01/07/2023 NZ

Bastings	Sulphites	Gluten	Shelfish	Egg	Fish	Milk	Peanuts	Sesame	Soy	Lupin	Tree Nuts
BBQ Basting									T		
Lemon & Herb/Mild/Hot/XHot/Prego											
Snacks	**Sulphites**	**Gluten**	**Shelfish**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Soy**	**Lupin**	**Tree Nuts**
Halloumi Sticks & Dip		T		T		Y					
4 BBQ Ribs									T		
Hummus with PERi PERi Drizzle and Pita		Y		T		T		Y	T		Y
Cheesy Garlic Mini Pita		Y		T		Y			Y		
Chicken	**Sulphites**	**Gluten**	**Shelfish**	**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 Grilled Tenders									**		
8 BBQ Ribs									T		
4 BBQ Thighs									T		
Mixed Platter											
Espetada						T			T		
Burgers, Wraps & Pitas *	**Sulphites**	**Gluten**	**Shelfish**	**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		Y		Y		T		T	Y		T
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		T
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		Y		T		T		T	Y		T
Avocado Goodness on Soft White Bun		Y		T		T		T	Y		T
Supremo Wrap		Y		Y		Y			T		
Supremo Pita		Y		Y		Y			**		
Supremo Burger on Crusty White 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 Crusty White Roll	Y	Y		Y		Y		T	Y		T
Nandoca Choice on Crusty White Roll		Y		Y		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.*
*** BBQ Basting option may contain traces of soy allergen*

Nando's Dietary Information cont...

Extras	Sulphites	Gluten	Shelfish	Egg	Fish	Milk	Peanuts	Sesame	Soy	Lupin	Tree Nuts
Superfood Veggie Patty		T		T		T					
Great Pretender Protein Patty	Y	Y		T		T		T	T		
Cheddar Cheese Slice						Y					
Feta						Y					
Avocado											
Halloumi		T				Y					
Hummus								Y	T		Y
Egg		T		Y		T					
Caramelised Onion		T		T		T					
Bacon	T	T		T		T			T		
Pineapple		T		T		T					
Burgers, Wraps & Pitas - Breads	**Sulphites**	**Gluten**	**Shelfish**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Soy**	**Lupin**	**Tree Nuts**
Garlic Bread	T	Y		T		Y		T	Y		
Pita		Y				T					
White Wrap	Y	Y							T		
Classic Burger Bun		Y						Y	Y		
Crusty White Roll		Y				T		T	Y		
Salads & Bowls *	**Sulphites**	**Gluten**	**Shelfish**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Soy**	**Lupin**	**Tree Nuts**
Superfuel Salad						Y					
Superfuel Salad with 3 x Chicken Tenders		T		T		Y			**		
Mediterrean Salad			T		T	Y	T		**		T
Mediterrean Salad with 3 x Chicken Tenders		T		T		Y			**		
Paella & Paella Grande		T		T		T			Y		
Chips / Sides	**Sulphites**	**Gluten**	**Shelfish**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Soy**	**Lupin**	**Tree Nuts**
Chips		T									
PERi PERi chips		T									
Kumara Chips		T									
Spicy Rice									Y		
Coleslaw				Y							
Corn on the cob									**		
PERi-PERi Grilled Broccolini									**		
Garden Salad	Y										
Toasted Pita		Y		T		T					
Garlic Aioli Dip				Y							
Creamy Dip				Y		Y					
Desserts	**Sulphites**	**Gluten**	**Shelfish**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Soy**	**Lupin**	**Tree Nuts**
Chocolate Mousse						Y	T		Y		T
Naughty Nata		Y		Y		Y		T			T

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