



NUTRITION SURVIVAL GUIDE TO NANDOS

CALORIES AND MACRONUTRIENTS

2021

[HTTPS://FIRSTPLACEPERSONALTRAINING.COM/](https://firstplacepersonaltraining.com/)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

STARTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Spicy Mixed Olives	138	1.2	4.7	3.9	0	13.5	4.6
PERI-PERi Nuts	793	27.3	14.8	9	5.9	67.4	1.2
Halloumi Sticks & Dip	441	24	13.3	0.2	11.8	30.7	2.9

PERI-PERi CHICKEN

PERI-PERi Chicken - 1/4 Chicken Leg	265	28.6	0.6	0.1	0.2	16.5	1.2
PERI-PERi Chicken - 1/4 Chicken Breast	343	51.6	0.5	1.1	0.3	14.9	1.4
PERI-PERi Chicken - Whole Chicken	1156	160.2	1.3	2	0.7	56.5	3.9
PERI-PERi Chicken - 1/2 Chicken	588	80.1	0.8	1.1	0.4	29.3	2.2
PERI-PERi Chicken - 3 Chicken Wings	256	32	0.6	0.8	0.2	13.9	1.8
PERI-PERi Chicken - 5 Chicken Wings	413	53.3	0.7	1.3	0.3	21.8	2.7
PERI-PERi Chicken - 10 Chicken Wings	806	106.5	1.2	2.6	0.5	41.5	4.9
PERI-PERi Chicken - 15 Chicken Wings	1199	159.7	1.6	3.8	0.6	61.2	7.2
PERI-PERi Chicken - 10 Wing Roulette	814	106.5	2.4	2.8	1.2	41.8	5
PERI-PERi Chicken - 4 Boneless Chicken Thighs	575	70.2	0.5	1.3	0.3	32.5	2.2
PERI-PERi Chicken - Chicken Butterfly	352	59.5	0.5	1.6	0.3	12.2	1.8

BURGERS, PITTAS, WRAPS

Grilled Chicken - Burger	407	37.7	45	2.7	4.8	8.3	2.6
Grilled Chicken - Pitta	416	36.5	45.7	3.4	3.6	9.4	2.2
Grilled Chicken - Wrap	551	37.6	59.8	3.6	18	16.9	2.8
Double Chicken - Burger	545	66.2	45.1	3.1	4.9	10.8	3.4
Double Chicken - Pitta	554	65.1	45.8	3.9	3.7	12	2.9
Double Chicken - Wrap	688	66.1	59.9	4.1	18.1	19.4	3.5
Veggie Beanie - Burger	531	22.4	72.4	10.1	5.9	18.4	3.4
- With Cheddar Cheese Slice	614	27.5	72.4	10.1	5.9	25.4	3.8
- With Pineapple	568	22.6	81.3	10.6	13.3	18.4	3.4
- With Chilli Jam	680	23.3	108.1	10.9	36.7	18.5	4
- With Grilled Halloumi Cheese	708	34.3	73.7	10.1	7.2	31.3	4.8
- With Mayonnaise	604	22.6	76.9	10.2	8.9	24.4	4
Veggie Beanie - Pitta	540	21.3	73.1	10.9	4.7	19.5	3
- With Cheddar Cheese Slice	623	26.4	73.1	10.9	4.7	26.5	3.4
- With Pineapple	577	21.5	82	11.4	12.1	19.5	3
- With Chilli Jam	689	22.2	108.8	11.7	35.5	19.6	3.6
- With Grilled Halloumi Cheese	717	33.2	74.4	10.9	6	32.4	4.4
- With Mayonnaise	613	21.5	77.6	11	7.7	25.5	3.6
Veggie Beanie - Wrap	674	22.3	87.2	11.1	19.1	27	3.5
- With Cheddar Cheese Slice	757	27.4	87.2	11.1	19.1	34	3.9
- With Pineapple	711	22.5	96.1	11.6	26.5	27	3.5
- With Chilli Jam	823	23.2	122.9	11.9	49.9	27.1	4.1
- With Grilled Halloumi Cheese	851	34.2	88.5	11.1	20.4	39.9	4.9
- With Mayonnaise	747	22.5	91.7	11.2	22.1	33	4.1

1-200 CAL

SHARING PLATTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Boneless Platter	-	-	-	-	-	-	-
Wing Platter	-	-	-	-	-	-	-
Full Platter	-	-	-	-	-	-	-
Family Platter	-	-	-	-	-	-	-

201-300 CAL

SIDES

301-400 CAL

401-500 CAL

501+ CAL

Spicy Rice - Regular	246	3.8	42.2	3.9	1.2	6	1.7
- With PERInaise	405	4.1	49.2	4	6.3	20.3	3
- With PERi-PERi Drizzle	343	4.1	43.2	4.2	1.5	16.3	2.5
Spicy Rice - Large	492	7.5	84.3	7.8	2.4	12	3.3
- With PERInaise	651	7.8	91.3	7.9	7.5	26.3	4.6
- With PERi-PERi Drizzle	589	7.8	85.3	8.1	2.7	22.3	4.1
Coleslaw - Regular	263	1.3	11.4	0.8	7.5	23.7	0.5
- With PERInaise	422	1.6	18.4	0.9	12.6	38	1.8
- With PERi-PERi Drizzle	360	1.6	12.4	1.1	7.8	34	1.3
Coleslaw - Large	492	7.5	84.3	7.8	2.4	12	3.3
- With PERInaise	651	7.8	91.3	7.9	7.5	26.3	4.6
- With PERi-PERi Drizzle	589	7.8	85.3	8.1	2.7	22.3	4.1
Garlic Bread - Regular	349	8.8	42.4	1.7	2.4	15.7	1.3
- With PERInaise	508	9.1	49.4	1.8	7.5	30	2.6
- With PERi-PERi Drizzle	446	9.1	43.4	2	2.7	26	2.1
Garlic Bread - Large	698	17.6	84.9	3.4	4.8	31.4	2.7
- With PERInaise	857	17.9	91.9	3.5	9.9	45.7	4
- With PERi-PERi Drizzle	795	17.9	85.9	3.7	5.1	41.7	3.5
Corn on the Cob - Regular	144	5.7	22	4.6	12.5	2.7	0
- With PERInaise	303	6	29	4.7	17.6	17	1.3
- With PERi-PERi Drizzle	241	6	23	4.9	12.8	13	0.8
Corn on the Cob - Large	288	11.4	44	9.2	25	5.4	0.1
- With PERInaise	447	11.7	51	9.3	30.1	19.7	1.4
- With PERi-PERi Drizzle	385	11.7	45	9.5	25.3	15.7	0.9
Creamy Mash - Regular	248	3.4	28	1.6	3	13.2	1.5
- With PERInaise	407	3.7	35	1.7	8.1	27.5	2.8
- With PERi-PERi Drizzle	345	3.7	29	1.9	3.3	23.5	2.3
Creamy Mash - Large	496	6.8	56	3.2	6	26.4	3
- With PERInaise	655	7.1	63	3.3	11.1	40.7	4.3
- With PERi-PERi Drizzle	593	7.1	57	3.5	6.3	36.7	3.8
Chips - Regular	465	5	66.2	6.8	1.3	18.6	0.7
- With PERInaise	624	5.3	73.2	6.9	6.4	32.9	2
- With PERi-PERi Drizzle	562	5.3	67.2	7.1	1.6	28.9	1.5
Chips - Large	1256	13.4	178.6	18.2	3.4	50.3	1.9
- With PERInaise	1415	13.7	185.6	18.3	8.5	64.6	3.2
- With PERi-PERi Drizzle	1353	13.7	179.6	18.5	3.7	60.6	2.7
PERi-Salted Chips - Regular	467	5	66.5	6.8	1.4	18.7	1.3
- With PERInaise	626	5.3	73.5	6.9	6.5	33	2.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With PERi-PERi Drizzle	564	5.3	67.5	7.1	1.7	29	2.1
PERi-Salted Chips - Large	1260	13.5	179.2	18.4	3.7	50.4	3
- With PERinaise	1419	13.8	186.2	18.5	8.8	64.7	4.3
- With PERi-PERi Drizzle	1357	13.8	180.2	18.7	4	60.7	3.8
Macho Peas - Regular	141	7.7	17.5	8.5	0.8	6.4	0.4
- With PERinaise	300	8	24.5	8.6	5.9	20.7	1.7
- With PERi-PERi Drizzle	238	8	18.5	8.8	1.1	16.7	1.2
Macho Peas - Large	283	15.4	35	17.1	1.7	12.9	0.8
- With PERinaise	442	15.7	42	17.2	6.8	27.2	2.1
- With PERi-PERi Drizzle	380	15.7	36	17.4	2	23.2	1.6
Long Stem Broccoli - Regular	20	2.8	0.9	1.8	0.6	0.5	0
- With PERinaise	179	3.1	7.9	1.9	5.7	14.8	1.3
- With PERi-PERi Drizzle	117	3.1	1.9	2.1	0.9	10.8	0.8
Long Stem Broccoli - Large	39	5.6	1.7	1.7	1.2	1	0
- With PERinaise	198	5.9	8.7	1.8	6.3	15.3	1.3
- With PERi-PERi Drizzle	136	5.9	2.7	2	1.5	11.3	0.8

HAVE YOUR CAKE!

Goey Caramel Cheesecake	415	7.8	38.9	0.6	25.1	25.3	0.5
Choc-A-Lot Cake	582	8.1	67.4	3.3	42.8	31.7	1.3
White Choc & Raspberry Cheesecake	446	7.4	47.3	0.7	30.2	25.3	0.5
Carrot Cake	737	8.1	67.8	2.6	46.9	48.7	1.1

BROWNIES

Salted Caramel Brownie	389	4.2	42.9	2.1	29	21.7	0.4
------------------------	-----	-----	------	-----	----	------	-----

NATAS

Naughty Natas	169	2.8	22.6	1.1	13.2	7.2	0.2
---------------	-----	-----	------	-----	------	-----	-----

SOFT DRINKS

Coca-Cola	126	0	31.8	0	31.8	0	0
Diet Coke	1	0	0	0	0	0	0
Coke Zero	2	0	0	0	0	0	0
Fanta	57	0	13.5	0	13.5	0	0
Sprite Zero	3	0	0	0	0	0	0
RUBRO	57	0	14.7	0	14.7	0	0
Mineral Water	0	0	0	0	0	0	0
REAL Kombucha Royal Flush	41	0	8.3	0	8.3	0	0
NIX and KIX Cucumber Mint	59	1.7	13.2	0	12.9	1.7	0
Karma Drinks Gingerella	105	0	24	0	23.7	0	0.9
Kid's Cawston Press	54	0.2	12.8	0	12.8	0	0

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

WINE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
White Cara Viva (Portugal) - Bottle	600	0.8	7.8	0	7.8	0	0
White Cara Viva (Portugal) - Glass (250ml)	200	0.3	2.6	0	2.6	0	0
White Cara Viva (Portugal) - Glass (175ml)	140	0.2	1.8	0	1.8	0	0
White Spier Chenin Blanc (South Africa) - Bottle	502	0	1.1	0	1.1	0	0
White Spier Chenin Blanc (South Africa) - Glass (250ml)	167	0	0.4	0	0.4	0	0
White Spier Chenin Blanc (South Africa) - Glass (175ml)	117	0	0.3	0	0.3	0	0
White Spier Sauvignon Blanc (South Africa) - Bottle	585	0	2.5	0	2.5	0	0
White Spier Sauvignon Blanc (South Africa) - Glass (250ml)	195	0	0.8	0	0.8	0	0
White Spier Sauvignon Blanc (South Africa) - Glass (175ml)	137	0	0.6	0	0.6	0	0
Rosé Cara Viva Medium Dry (Portugal) - Bottle	528	0.8	11.2	0	11.2	0	0
Rosé Cara Viva Medium Dry (Portugal) - Glass (250ml)	176	0.3	3.7	0	3.7	0	0
Rosé Cara Viva Medium Dry (Portugal) - Glass (175ml)	123	0.2	2.6	0	2.6	0	0
Rosé Cara Viva Summer Fruit (Portugal) - Bottle	543	0.8	15	0	15	0	0
Rosé Cara Viva Summer Fruit (Portugal) - Glass (250ml)	181	0.3	5	0	5	0	0
Rosé Cara Viva Summer Fruit (Portugal) - Glass (175ml)	127	0.2	3.5	0	3.5	0	0
Red Cara Viva Red (Portugal) - Bottle	600	0.8	14.6	0	14.6	0	0
Red Cara Viva Red (Portugal) - Glass (250ml)	200	0.3	4.9	0	4.9	0	0
Red Cara Viva Red (Portugal) - Glass (175ml)	140	0.2	3.4	0	3.4	0	0
Red Spier Merlot (South Africa) - Bottle	615	0	2.7	0	2.7	0	0
Red Spier Merlot (South Africa) - Glass (250ml)	205	0	0.9	0	0.9	0	0
Red Spier Merlot (South Africa) - Glass (175ml)	144	0	0.6	0	0.6	0	0
Red Spier Cabernet Sauvignon (South Africa) - Bottle	600	0	0.2	0	2	0	0
Red Spier Cabernet Sauvignon (South Africa) - Glass (250ml)	200	0	0.7	0	0.7	0	0
Red Spier Cabernet Sauvignon (South Africa) - Glass (175ml)	140	0	0.5	0	0.5	0	0

BEER & CIDER

Sagres	129	0.7	10.2	1	0.7	0.3	0
Benson's Raspberry and Lime Cider	235	0.3	28.9	0	26.1	0.1	0
Benson's Apple Cider	105	0.5	24	5	19	0.5	0.2
Five Points XPA	56	1	11.9	0.3	0.3	0.3	0.2
Freedom Pilsner	119	1.3	8.6	1.7	0.3	0.3	0
Black's Kinsale Pale Ale	112	1	11.9	0	1.7	0.3	0
Tempted: Medium Dry Cider	155	0.5	0.8	0	0.8	0.5	0
Big Drop Pale Ale	61	1	12.2	0	6.9	0.7	0