



## Allergen and Dietary Restrictions Chart

**FOOD ALLERGY CAUTION!** The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Nando's Chickenland Canada (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions.

MENU ITEM/PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES	OTHER
<b>APPETIZERS</b>												
MIXED OLIVES												
ROASTED RED PEPPER W PITA										X	X	
HUMMUS W PITA			X	X						X	X	
PORTUGUESE GARLIC BREAD					X				X	X	X	
PERI PERI NUTS		X										
CHICKEN SLIDERS				X	X	X				X	X	
PORTOBELLO SLIDERS				X	X	X				X	X	
CHICKEN WINGS											X	
WING ROULETTE											X	
APPETIZER PLATTER				X	X	X			X	X	X	
<b>SALADS</b>												
CASA SALAD (REG AND LARGE)				X								
CAESAR (REG AND LARGE)				X	X	X	X			X		
MEDITERRANEAN (REG AND LARGE)				X	X						X	
QUINOA	X	X			X							
<b>EXTRAS</b>												
PERI-PERI DRIZZLE												
CHILLI JAM												
PERI-NAISE				X		X			X			
CHEDDAR CHEESE					X							
GRILLED PINEAPPLE												
GRILLED HALLOUMI CHEESE					X							
CHICKEN SKEWER												
BONELESS BREAST											X	
PITA										X		
PORTUGUESE ROLL										X		
BUTTER PADS					X							



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<b>CHICKEN</b>												
1/4 CHICKEN BREAST											X	
1/4 CHICKEN LEG											X	
1/2 CHICKEN											X	
WHOLE CHICKEN											X	
CHICKEN LIVERS					X						X	
DOUBLE SKEWER											X	
DOUBLE LEG											X	
<b>SHARE PLATTERS</b>												
CLASSIC											X	
VARIETY											X	
FULL PACK											X	
FAMILIA											X	
PARTY PACK											X	
<b>SANDIWCH/PITA/WRAP</b>												
PERI-PERI CHICKEN CAESAR WRAP												
PERI-PERI CHICKEN CAESAR PITA				X	X	X	X			X	X	
PERI-PERI CHICKEN CAESAR WRAP				X	X	X	X			X	X	
PERI-PERI CHICKEN SANDWICH				X		X			X	X	X	
PERI-PERI CHICKEN PITA				X		X			X	X	X	
PERI-PERI CHICKEN WRAP WHOLE WHEAT				X	X	X			X	X	X	
PORTOBELLO MUSHROOM HALLOUMI SANDWICH				X	X	X			X	X	X	
PORTOBELLO MUSHROOM HALLOUMI WRAP				X	X	X			X	X	X	
VEGGIE SANDWICH				X		X			X	X	X	
VEGGIE WRAP WHOLE WHEAT				X	X	X			X	X	X	
VEGGIE PITA				X		X			X	X	X	





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<b>NANDINOS</b>												
CHICKEN SKEWER											X	
1/4 CHICKEN MEAL											X	
CHICKEN SLIDERS				X	X	X				X	X	
PORTOBELLO SLIDERS				X	X	X				X	X	
CHICKEN STRIPS											X	
3 WINGS											X	
<b>DESSERT</b>												
CHOCOLATE YOGURT					X						X	
VANILLA YOGURT					X						X	
STRAWBERRY YOGURT					X							
CHOCOLATE KISS					X							
NATA		X	X		X	X			X	X	X	
CHEESECAKE					X	X				X		
CARROT CAKE		X			X	X				X	X	
CHOCOLATE CAKE		X			X	X				X	X	