



NUTRITION SURVIVAL GUIDE TO
NANDOS

CALORIES AND MACRONUTRIENTS

PIONEER-PERFORMANCE.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

FIRE-STARTERS

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| 3 Chicken Wings | 280 | 32.3 | 0.1 | 0.5 | 0.1 | 16.7 | 1.6 |
| Houmous with PERI-PERi Drizzle | 800 | 23.3 | 97.9 | 9.4 | 4.4 | 31.9 | 3.6 |
| Red Pepper Dip | 444 | 14.4 | 83.1 | 5.9 | 6.5 | 4.7 | 2.8 |
| 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 | 13.2 | 0.2 | 11.8 | 30.7 | 2.9 |

MAINS (PERI-PERi CHICKEN)

| | | | | | | | |
|--------------------|------|-------|-----|-----|-----|------|-----|
| 1/4 Chicken Breast | 278 | 52 | 3 | 0 | 0.2 | 6.5 | 1.2 |
| 1/4 Chicken Leg | 279 | 30.1 | 0.4 | 0 | 0.1 | 17.4 | 0.9 |
| 1/2 Chicken | 557 | 82.1 | 3.4 | 0 | 0.3 | 24 | 2.1 |
| 5 Chicken Wings | 467 | 53.9 | 0.2 | 0.9 | 0.2 | 27.8 | 2.6 |
| 10 Chicken Wings | 935 | 107.8 | 0.4 | 1.8 | 0.4 | 55.7 | 5.2 |
| Whole Chicken | 1114 | 164.2 | 6.9 | 0 | 0.6 | 47.9 | 4.2 |
| Chicken Thighs | 571 | 72 | 0.9 | 1.2 | 0.5 | 31.2 | 2.3 |
| Chicken Butterfly | 310 | 57.2 | 0.2 | 1 | 0.2 | 8.9 | 1.7 |

MAINS (BURGERS, PITTAS, WRAPS)

| | | | | | | | |
|---|-----|------|------|-----|------|------|-----|
| Sunset Burger | 600 | 47.3 | 42.9 | 3.3 | 9.8 | 26 | 2.5 |
| Butterfly Burger | 560 | 66.2 | 44.8 | 3 | 4.8 | 12.5 | 3.1 |
| Fino Pitta | 793 | 55.6 | 54.5 | 3.9 | 14.5 | 37.4 | 3.9 |
| Grilled Chicken - Burger | 380 | 37.1 | 44.8 | 2.1 | 4.7 | 5.4 | 2.3 |
| Grilled Chicken - Pitta | 381 | 35.5 | 43.8 | 3.2 | 4.9 | 6.6 | 2.2 |
| Grilled Chicken - Wrap | 523 | 37 | 59.4 | 3.1 | 17.8 | 14 | 2.4 |
| Double Chicken - Burger | 509 | 65.3 | 44.9 | 2.1 | 4.8 | 7.3 | 3.1 |
| Double Chicken - Pitta | 510 | 63.7 | 44 | 3.2 | 5 | 8.4 | 3.1 |
| Double Chicken - Wrap | 652 | 65.1 | 59.6 | 3.1 | 17.9 | 15.8 | 3.3 |
| Sweet Potato & Butternut - Burger | 429 | 12.8 | 67 | 7.1 | 9.2 | 10.7 | 1.7 |
| Sweet Potato & Butternut - Pitta | 470 | 14.2 | 74.3 | 7.4 | 9.2 | 11.5 | 2.1 |
| Sweet Potato & Butternut - Wrap | 612 | 15.7 | 89.8 | 7.3 | 22.2 | 19 | 2.3 |
| Supergreen - Burger | 402 | 14.5 | 55.7 | 8 | 7.9 | 11.9 | 2 |
| Supergreen - Pitta | 444 | 15.9 | 63 | 8.2 | 7.9 | 12.7 | 2.5 |
| Supergreen - Wrap | 586 | 17.4 | 78.6 | 8.1 | 20.9 | 20.2 | 2.6 |
| Portobello Mushroom & Grilled Halloumi - Burger | 660 | 22.5 | 61.8 | 3.2 | 19.3 | 34.5 | 3.2 |
| Portobello Mushroom & Grilled Halloumi - Pitta | 637 | 20.9 | 59.4 | 4.2 | 18.5 | 33.7 | 2.9 |
| Portobello Mushroom & Grilled Halloumi - Wrap | 720 | 22 | 60.8 | 3.8 | 19.2 | 41.1 | 2.9 |
| Beanie - Burger | 545 | 22.9 | 68.2 | 5.2 | 7.2 | 18.8 | 3.2 |
| Beanie - Pitta | 546 | 21.3 | 67.3 | 6.3 | 7.4 | 19.9 | 3.2 |
| Beanie - Wrap | 688 | 22.8 | 82.9 | 6.2 | 20.4 | 27.4 | 3.4 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

MAINS (SPECIAL GUESTS)

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Veggie Cataplana | 466 | 11.2 | 59.4 | 14.4 | 15 | 18.3 | 3.4 |
| Fillet Steak & Chargrilled Veg Pitta | 412 | 33.1 | 47.5 | 4.4 | 7.3 | 9.7 | 2.4 |
| Fillet Steak & Chargrilled Veg Wrap | 513 | 35.2 | 58 | 6.3 | 15.2 | 15.6 | 2.8 |
| Fillet Steak Prego Roll | 376 | 34.2 | 43.7 | 2.6 | 3.8 | 6.9 | 2.4 |
| Chicken Livers & Portuguese Roll | 482 | 39.7 | 46.3 | 4 | 3.7 | 14.4 | 4.9 |

MAINS (SALADS)

| | | | | | | | |
|---|-----|------|------|------|-----|------|-----|
| Supergrain Salad - on its own | 394 | 10.9 | 33.2 | 9.2 | 3.6 | 24.4 | 1.1 |
| Supergrain Salad - with chicken breast (plain) | 524 | 39.1 | 33.4 | 9.2 | 3.7 | 26.3 | 2 |
| Quinoa Salad - on its own | 458 | 16.5 | 34.8 | 11.4 | 6.4 | 28.6 | 1.7 |
| Quinoa Salad - with chicken breast (plain) | 588 | 44.6 | 35 | 11.4 | 6.5 | 30.5 | 2.6 |
| Caesar Salad - on its own | 334 | 8.7 | 21.6 | 3.1 | 3.8 | 23.5 | 1.4 |
| Caesar Salad - with chicken breast (plain) | 464 | 36.9 | 21.8 | 3.1 | 3.9 | 25.3 | 2.2 |
| Mediterranean Salad - on its own | 288 | 11.3 | 11.9 | 5.1 | 7.8 | 22 | 3.5 |
| Mediterranean Salad - with chicken breast (plain) | 417 | 39.4 | 12.1 | 5.1 | 7.9 | 23.8 | 4.4 |
| Mixed Leaf Salad - on its own | 25 | 1.7 | 2.9 | 2 | 2.1 | 0.4 | 0.1 |
| Mixed Leaf Salad - with chicken breast (plain) | 154 | 29.8 | 3.1 | 2 | 2.2 | 2.2 | 1 |

SIDES (TO GO WITH YOUR MEAL)

| | | | | | | | |
|---------------------------------|------|------|-------|------|------|------|-----|
| Supergrain - Regular | 194 | 8 | 29.6 | 5 | 2.6 | 5.9 | 0.9 |
| Supergrain - Large | 371 | 15.4 | 58.3 | 9.9 | 4.7 | 10.5 | 1.5 |
| Spicy Rice - Regular | 197 | 3 | 33 | 3.6 | 1.7 | 5.1 | 1.2 |
| Spicy Rice - Large | 393 | 6.1 | 65.9 | 7.2 | 3.3 | 10.2 | 2.5 |
| Coleslaw - Regular | 268 | 1.2 | 12.2 | 2.6 | 8.4 | 24.3 | 0.6 |
| Coleslaw - Large | 535 | 2.4 | 24.3 | 5.2 | 16.7 | 48.6 | 1.2 |
| Garlic Bread - Regular | 349 | 8.8 | 42.4 | 1.7 | 2.4 | 15.7 | 1.3 |
| Garlic Bread - Large | 697 | 17.6 | 84.7 | 3.4 | 4.8 | 31.3 | 2.7 |
| Corn on the Cob - Regular | 144 | 5.7 | 22 | 4.6 | 12.5 | 2.7 | 0 |
| Corn on the Cob - Large | 288 | 11.4 | 44 | 9.2 | 25 | 5.4 | 0.1 |
| Creamy Mash - Regular | 294 | 3.2 | 32.2 | 3.4 | 1.6 | 17.8 | 1.2 |
| Creamy Mash - Large | 588 | 6.4 | 64.4 | 6.8 | 3.2 | 35.6 | 2.4 |
| Chips - Regular | 465 | 5 | 66.2 | 6.8 | 1.3 | 18.6 | 0.7 |
| Chips - Large | 1256 | 13.4 | 178.6 | 18.2 | 3.4 | 50.3 | 1.9 |
| PERi-Salted Chips - Regular | 467 | 5 | 66.5 | 6.8 | 1.4 | 18.7 | 1.3 |
| PERi-Salted Chips - Large | 1260 | 13.5 | 179.2 | 18.4 | 3.7 | 50.4 | 3 |
| Mixed Leaf Side Salad - Regular | 13 | 0.8 | 1.5 | 1 | 1.1 | 0.2 | 0 |
| Mixed Leaf Side Salad - Large | 25 | 1.7 | 2.9 | 2 | 2.1 | 0.4 | 0.1 |
| Macho Peas - Regular | 141 | 7.7 | 17.5 | 8.5 | 0.8 | 6.4 | 0.4 |
| Macho Peas - Large | 283 | 15.4 | 35 | 17.1 | 1.7 | 12.9 | 0.8 |

1-200 CAL

SIDES (FINO SIDES)

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chargrilled Veg | 93 | 2.4 | 14.2 | 3.5 | 10.8 | 3.5 | 0.5 |
| Sweet Potato Wedges | 320 | 8.7 | 43.5 | 11.5 | 15.1 | 13.8 | 0.5 |
| Sweet Potato Wedges with PERi-PERi salt | 323 | 8.8 | 44.1 | 11.7 | 15.4 | 13.8 | 1.6 |
| Sweet Potato Mash | 97 | 2.2 | 19.8 | 4.4 | 14.6 | 0.2 | 0.5 |

201-300 CAL

DESSERTS (FROZEN YOGURT)

| | | | | | | | |
|------------|----|-----|----|-----|----|-----|-----|
| Vanilla | 71 | 2.6 | 15 | 0.1 | 13 | 0.1 | 0.1 |
| Strawberry | 70 | 2.5 | 15 | 0.1 | 13 | 0.1 | 0 |
| Chocolate | 79 | 3.3 | 15 | 0.7 | 13 | 0.3 | 0.2 |
| Mango | 71 | 2.5 | 15 | 0.1 | 13 | 0.1 | 0 |

301-400 CAL

401-500 CAL

DESSERTS (GELADO)

| | | | | | | | |
|-----------|-----|-----|------|-----|------|-----|-----|
| Coconut | 157 | 2 | 20.3 | 1 | 19.5 | 8.3 | 0.1 |
| Mango | 99 | 0.4 | 24 | 1.7 | 20.3 | 0.4 | 0.2 |
| Chocolate | 145 | 1.6 | 18 | 2.6 | 17.3 | 7.5 | 0.1 |
| Vanilla | 161 | 2.5 | 19.5 | 0 | 17.3 | 8.3 | 0.2 |

501+ CAL

DESSERTS (HAVE YOUR CAKE)

| | | | | | | | |
|-----------------------------------|-----|-----|------|-----|------|------|-----|
| Goopy 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 |

DESSERTS (BROWNIES)

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

DESSERTS (NATAS)

| | | | | | | | |
|---------------|-----|-----|------|-----|------|-----|-----|
| Naughty Natas | 180 | 2.9 | 24.7 | 0.6 | 15.1 | 7.6 | 0.4 |
|---------------|-----|-----|------|-----|------|-----|-----|

DRINKS (GO BOTTOMLESS)

| | | | | | | | |
|-------------|-----|---|------|---|------|---|---|
| Coca-Cola | 139 | 0 | 35 | 0 | 35 | 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 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

DRINKS (SOFT DRINKS)

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Rubro | 89 | 0 | 22 | 0 | 22 | 0 | 0 |
| Pressed Apple Juice | 118 | 0.3 | 28 | 1.4 | 28 | 0.6 | 0 |
| Mango Quencher | 126 | 0.9 | 29.7 | 1.4 | 26.3 | 0.8 | 0 |
| Orange Juice | 118 | 2.1 | 26.3 | 1.4 | 24.1 | 0.6 | 0 |
| Cloudy Lemonade | 129 | 0.3 | 31.1 | 1.4 | 28.8 | 0.6 | 0 |
| Mineral Water | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

DRINKS (COFFEE)

| | | | | | | | |
|-------------------|----|-----|-----|-----|-----|-----|-----|
| Cappuccino | 73 | 4.7 | 9.1 | 0.2 | 8.9 | 2 | 0.2 |
| Galão | 63 | 4.8 | 6.3 | 0 | 6.3 | 2.1 | 0.2 |
| Espresso | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Espresso Espresso | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Americano | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

DRINKS (HOT DRINKS)

| | | | | | | | |
|----------------------|-----|-----|------|---|------|-----|-----|
| Organic Everyday Tea | 23 | 1.7 | 2.3 | 0 | 2.3 | 0.8 | 0.1 |
| Tea Infusions | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hot Chocolate | 291 | 15 | 43.9 | 2 | 43.1 | 5.7 | 0.7 |

DRINKS (BEER & CIDER)

| | | | | | | | |
|------------------------------|-----|-----|------|-----|------|-----|-----|
| Sagres | 129 | 0.7 | 10.2 | 1 | 0.7 | 0.3 | 0 |
| 2M (Mozambique) | 109 | 0 | 7.1 | 0 | 7.1 | 0 | 0 |
| Savanna Cider (South Africa) | 132 | 1.7 | 8.3 | 0 | 8.3 | 0 | 0 |
| Raspberry and Lime Cider | 235 | 0.3 | 28.9 | 0 | 26.1 | 0.1 | 0 |
| 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 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

DRINKS (WINE)

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Cara Viva (Portugal) - Bottle | 600 | 0.8 | 7.8 | 0 | 7.8 | 0 | 0 |
| Cara Viva (Portugal) - Glass (250ml) | 200 | 0.3 | 2.6 | 0 | 2.6 | 0 | 0 |
| Cara Viva (Portugal) - Glass (175ml) | 140 | 0.2 | 1.8 | 0 | 1.8 | 0 | 0 |
| Spier Chenin Blanc (South Africa) - Bottle | 638 | 12 | 1.5 | 0 | 0 | 0 | 0 |
| Spier Chenin Blanc (South Africa) - Glass (250ml) | 213 | 4 | 0.5 | 0 | 0 | 0 | 0 |
| Spier Chenin Blanc (South Africa) - Glass (175ml) | 149 | 2.8 | 0.4 | 0 | 0 | 0 | 0 |
| Stormhoek Pinot Grigio (South Africa) - Bottle | 540 | 7.5 | 4.5 | 0 | 0 | 0 | 0 |
| Stormhoek Pinot Grigio (South Africa) - Glass (250ml) | 180 | 2.5 | 1.5 | 0 | 0 | 0 | 0 |
| Stormhoek Pinot Grigio (South Africa) - Glass (175ml) | 126 | 1.8 | 1.1 | 0 | 0 | 0 | 0 |
| Cara Viva Red (Portugal) - Bottle | 600 | 0.8 | 14.6 | 0 | 14.6 | 0 | 0 |
| Cara Viva Red (Portugal) - Glass (250ml) | 200 | 0.3 | 4.9 | 0 | 4.9 | 0 | 0 |
| Cara Viva Red (Portugal) - Glass (175ml) | 140 | 0.2 | 3.4 | 0 | 3.4 | 0 | 0 |
| Spier Merlot (South Africa) - Bottle | 615 | 0 | 2.7 | 0 | 2.7 | 0 | 0 |
| Spier Merlot (South Africa) - Glass (250ml) | 205 | 0 | 0.9 | 0 | 0.9 | 0 | 0 |
| Spier Merlot (South Africa) - Glass (175ml) | 144 | 0 | 0.6 | 0 | 0.6 | 0 | 0 |
| Grand' Arte Shiraz (Portugal) - Bottle | 585 | 0.8 | 9.5 | 0 | 9.5 | 0 | 0 |
| Grand' Arte Shiraz (Portugal) - Glass (250ml) | 195 | 0.3 | 3.2 | 0 | 3.2 | 0 | 0 |
| Grand' Arte Shiraz (Portugal) - Glass (175ml) | 137 | 0.2 | 2.2 | 0 | 2.2 | 0 | 0 |
| Cara Viva Medium Dry (Portugal) - Bottle | 525 | 0.8 | 11.2 | 0 | 11.2 | 0 | 0 |
| Cara Viva Medium Dry (Portugal) - Glass (250ml) | 175 | 0.3 | 3.7 | 0 | 3.7 | 0 | 0 |
| Cara Viva Medium Dry (Portugal) - Glass (175ml) | 123 | 0.2 | 2.6 | 0 | 2.6 | 0 | 0 |
| Cara Viva Summer Fruit (Portugal) - Bottle | 540 | 0.8 | 15 | 0 | 15 | 0 | 0 |
| Cara Viva Summer Fruit (Portugal) - Glass (250ml) | 180 | 0.3 | 5 | 0 | 5 | 0 | 0 |
| Cara Viva Summer Fruit (Portugal) - Glass (175ml) | 126 | 0.2 | 3.5 | 0 | 3.5 | 0 | 0 |

DRINKS (BUBBLES)

| | | | | | | | |
|---|-----|-----|------|---|------|---|---|
| Portada White Sparkling Wine - Bottle | 483 | 0.8 | 27.1 | 0 | 27.1 | 0 | 0 |
| Portada White Sparkling Wine - Glass(125ml) | 81 | 0.1 | 4.5 | 0 | 4.5 | 0 | 0 |

1-200 CAL

NANDINOS (DINO MAINS)

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chicken Burger | 289 | 32.5 | 22.7 | 1.7 | 4 | 7.6 | 1.5 |
| Chicken Breast Fillet Strips | 130 | 28.2 | 0.2 | 0 | 0.1 | 1.8 | 0.9 |
| 3 Chicken Wings | 280 | 32.3 | 0.1 | 0.5 | 0.1 | 16.7 | 1.6 |
| Sweet Potato & Butternut Pattie | 219 | 6.8 | 30.6 | 4.2 | 4.4 | 6.8 | 0.7 |
| Sweet Potato & Butternut Burger | 333 | 11.2 | 53.1 | 5.9 | 8.4 | 7.5 | 1.3 |

201-300 CAL

NANDINOS (DINO SIDES)

| | | | | | | | |
|---------------------|-----|-----|------|-----|-----|------|-----|
| Chips | 336 | 3.6 | 47.8 | 4.9 | 0.9 | 13.5 | 0.5 |
| Sweet Potato Mash | 48 | 1.1 | 9.9 | 2.2 | 7.3 | 0.1 | 0.3 |
| Garlic Bread | 218 | 4.2 | 20.1 | 1.3 | 1.7 | 13.6 | 0.5 |
| Corn on the Cob | 72 | 2.9 | 11 | 2.3 | 6.3 | 1.4 | 0 |
| Little Tomatoes | 13 | 0.7 | 2.2 | 0.8 | 2.2 | 0.3 | 0 |
| Sweet Potato Wedges | 73 | 2.4 | 16 | 4 | 5.5 | 0.9 | 0 |
| Supergrain | 118 | 5 | 19.1 | 3.3 | 1.4 | 3 | 0.4 |

301-400 CAL

401-500 CAL

NANDINOS (DINO DESSERTS)

| | | | | | | | |
|--------------------------|-----|-----|------|-----|------|-----|-----|
| Chilly Billy Lolly | 30 | 0.2 | 7.6 | 0.3 | 7.6 | 0.1 | 0 |
| Bottomless Frozen Yogurt | 71 | 2.6 | 15 | 0.1 | 13 | 0.1 | 0.1 |
| Scoop of Vanilla Gelado | 158 | 2.3 | 16.8 | 0.1 | 15.4 | 9.4 | 0.2 |

501+ CAL

NANDINOS (DINO DRINKS)

| | | | | | | | |
|----------------------|-----|-----|------|---|------|-----|-----|
| Organic Milk | 113 | 8.5 | 11.3 | 0 | 11.3 | 3.8 | 0.3 |
| Bottle Green Cordial | 26 | 0 | 6.3 | 0 | 4.8 | 0 | 0 |