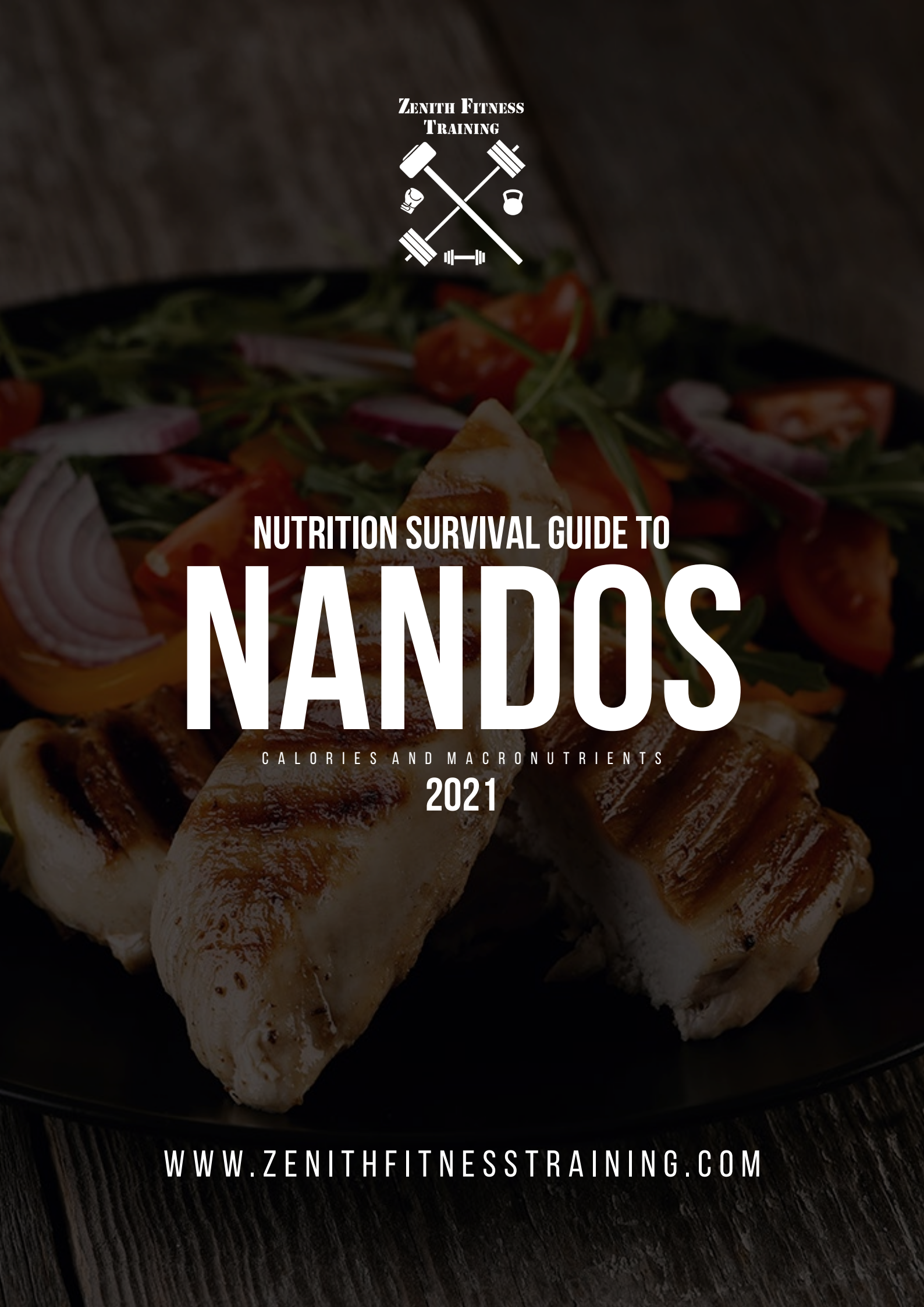

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO NANDOS

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

STARTERS

	Calories (k/cal)	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

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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	-	-	-	-	-	-	-

SIDES

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

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	Calories (k/cal)	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!

Gooey 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

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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