

Nostalgia NRMO7RD

Nostalgia Retro Compact Countertop Microwave Oven

MODEL: NRMO7RD (0.7 CU. FT., 700W, RED)

Your guide to safe and efficient operation.

1. Introduction

This manual provides essential information for the safe and proper use of your Nostalgia Retro Compact Countertop Microwave Oven. Please read all instructions carefully before operating the appliance and retain this manual for future reference.

The Nostalgia Retro Compact Countertop Microwave Oven combines a classic aesthetic with modern functionality. Designed for convenience, this 0.7 cubic foot, 700-watt microwave is ideal for small kitchens, apartments, or dorm rooms, offering efficient heating and cooking capabilities.

2. Important Safety Information

When using electrical appliances, basic safety precautions should always be followed, including:

- Read all instructions before use.
- Do not operate the oven if the door or door seals are damaged.
- Do not heat liquids or other foods in sealed containers as they are liable to explode.
- Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe manner and understands the hazards of improper use.
- Do not use corrosive chemicals or vapors in this appliance.
- Ensure proper ventilation around the microwave.

3. Product Features

- **Efficient Cooking Power:** 700 watts for quick and effective heating.
- **Compact Design:** 0.7 cubic feet capacity, ideal for smaller spaces.
- **LED Digital Display:** Clear and easy-to-read time and settings.
- **Child Lock Function:** Prevents accidental operation, enhancing safety.
- **Easy Clean Interior:** Designed for simple maintenance.
- **Rotating Glass Carousel:** Ensures even cooking and heating.

- **12 Pre-programmed Settings:** Convenient options for various food types.
- **5 Power Levels:** Adjustable power for precise cooking control.



Image: The microwave's interior highlighting its 0.7 cubic feet capacity and the control panel indicating 12 cooking settings.



Image: A close-up of the microwave's exterior, emphasizing its classic retro design combined with modern features like the LED display.

4. Setup

1. **Unpacking:** Carefully remove the microwave oven and all packaging materials. Check for any damage.
2. **Placement:** Place the microwave on a flat, stable surface. Ensure there is adequate space for ventilation: at least 3 inches from the back and sides, and 12 inches from the top. Do not block any ventilation openings.
3. **Power Connection:** Plug the microwave into a grounded electrical outlet.
4. **Turntable Assembly:** Place the roller ring in the center of the oven cavity. Place the glass turntable on top of the roller ring, ensuring it sits securely.

COMPACT FOOTPRINT



Image: The microwave with its dimensions labeled: 17.50"W x 12.50"D x 10"H, illustrating its compact footprint.

5. Operating Instructions

5.1 Basic Cooking

1. Place food in a microwave-safe container on the glass turntable.
2. Close the microwave door securely.
3. Use the dial to select the desired cooking time.
4. Press the "Instant Start" button or the dial to begin cooking.
5. To adjust power levels, press the "Micro Power" button and select from the 5 available levels.

5.2 Pre-programmed Settings

The microwave features 12 pre-programmed settings for common food items. Refer to the control panel for specific options. To use:

1. Press the "Auto Cooking" button or rotate the dial to cycle through the pre-programmed options.

2. Select the desired program.
3. Press the "Instant Start" button or the dial to begin.

5.3 Child Lock Function

The child lock feature prevents unintended use, especially by children.

- **To Activate:** Press and hold the "Micro Power" button, "Door Unlock" button, and the dial simultaneously for a few seconds until "ON" appears on the display. The microwave door will automatically lock during and after use.
- **To Deactivate:** Press and hold the "Micro Power" button, "Door Unlock" button, and the dial simultaneously for a few seconds until "OFF" appears on the display.
- **To Open Door While Locked:** Press the "Pause/Cancel" button. Do not force the door open.



Image: The microwave control panel with the child lock button indicated, showing a hand activating the feature.



CHILD LOCK ACTIVATED WHILE COOKING

Microwave door automatically locks during & after use. Press PAUSE/CANCEL to open.
DO NOT force door open.

TO DEACTIVATE CHILD LOCK:



1. Press 3 buttons at once
**MICRO POWER +
DOOR UNLOCK+DIAL**



2. Display will show OFF
**OFF=DEACTIVATED
ON=ACTIVATED**



3. Child lock now
deactivated, you are
free to open door
while cooking

Image: A visual guide demonstrating how to activate and deactivate the child lock feature on the microwave, showing the button combination and display indicators.

6. Maintenance and Cleaning

Regular cleaning helps maintain the performance and appearance of your microwave oven.

- **Interior:** Wipe the interior cavity, door seals, and turntable with a damp cloth and mild detergent after each use. For stubborn stains, a microwave-safe cleaner can be used.
- **Exterior:** Clean the exterior surface with a soft, damp cloth. Avoid abrasive cleaners.
- **Turntable:** The glass turntable and roller ring can be removed for thorough cleaning and are dishwasher safe.
- Always ensure the microwave is unplugged before cleaning.



Image: The red microwave on a countertop surrounded by various prepared food dishes, demonstrating its use in a kitchen setting.



Image: The microwave with its door open, highlighting the easy-to-clean interior and the rotating glass carousel for even cooking.

7. Troubleshooting

Problem	Possible Cause	Solution
Oven does not start	Power cord not securely plugged in. Door not closed properly.	Ensure plug is secure. Close door firmly.
Food not heating	Incorrect cooking time or power level selected. Door not closed.	Adjust time/power. Ensure door is closed.
Uneven heating	Food not stirred or rotated. Turntable not rotating.	Stir food during cooking. Check turntable assembly.
Display shows "OFF" or "LOC"	Child lock is activated.	Deactivate child lock as per instructions in Section 5.3.

8. Specifications

Feature	Detail
Brand	Nostalgia
Model Number	NRMO7RD
Capacity	0.7 Cubic Feet
Wattage	700 Watts
Product Dimensions (D x W x H)	12.5" x 17.5" x 10"

Feature	Detail
Color	Red
Material	Glass (turntable)
Number of Power Levels	5
Number of Programs	12 (pre-programmed)
Special Feature	Child Safety Lock

9. Warranty and Support

This Nostalgia Retro Compact Countertop Microwave Oven comes with a **1-year limited warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal household use. For warranty claims, technical support, or to order replacement parts, please refer to the contact information provided in your product packaging or visit the official Nostalgia website. Keep your proof of purchase for warranty validation.

© 2026 Nostalgia Products. All rights reserved.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question