

KFC UK&I NUTRITION & ALLERGENS

Original Recipe Chicken	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Keel	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	1110	265	13,3	2,2	7,3	0,5	29,1
Drumstick	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	720	170	10,2	1,7	6,9	0,3	13,4
Thigh	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	1190	285	19,4	4,1	8,1	0,3	19,2
Rib	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	1365	325	18,9	3,3	9,5	0,5	30,5
Wing	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	735	175	10,3	2,0	4,9	0,3	16,1
Chicken Burgers	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Fillet Burger	sesame milk egg wheat <i>gluten</i> mustard	barley <i>gluten</i> soya celery sulphur	1985	475	19,3	2,3	45,1	5,5	29,7
Zinger® Burger	sesame milk egg wheat <i>gluten</i> mustard sulphur	barley <i>gluten</i> soya celery	1885	450	18,8	2,1	43,8	5,4	26,4
Fillet Tower Burger	sesame milk egg wheat <i>gluten</i> celery mustard sulphur	barley <i>gluten</i> soya	2595	620	28,0	4,6	58,4	10,2	33,5
Zinger® Tower Burger	sesame milk egg wheat <i>gluten</i> barley <i>gluten</i> mustard sulphur	soya celery	2495	595	27,6	4,5	56,7	8,9	30,2
BBQ Bacon Tower Burger	sesame milk egg wheat <i>gluten</i> celery mustard sulphur	barley <i>gluten</i> soya	2890	690	34,5	5,9	57,5	7,6	38,6
Mini Fillet Burger	sesame milk egg wheat <i>gluten</i> mustard	barley <i>gluten</i> soya celery sulphur	1205	290	10,7	1,4	29,1	3,2	18,0
Kids Burger	sesame milk egg wheat <i>gluten</i> celery	barley <i>gluten</i> soya mustard sulphur	1105	265	7,3	1,1	30,7	5,1	18,0



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<i>Big Daddy Burger</i>	sesame milk egg wheat gluten celery mustard sulphur	barley gluten soya	2870	685	33,4	6,2	57,9	9,4	38,7
<i>Bacon & Cheese Fillet Burger</i>	sesame milk egg wheat gluten celery mustard	barley gluten soya sulphur	2455	585	26,4	5,8	49,6	9,6	37,7
<i>Zinger Stacker</i>	sesame milk egg wheat gluten sulphur	barley gluten soya celery mustard	3270	780	37,7	7,3	58,8	12,0	51,7
Vegan Burger	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
<i>Vegan Burger (ve)</i>	sesame wheat gluten mustard	milk egg barley gluten soya celery sulphur	1875	450	18.7	1.97	52.94	5.7	18.74
Wraps	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
<i>Original Kentucky Mayo Twister Wrap</i>	milk egg wheat gluten mustard	sesame barley gluten soya celery sulphur	2095	500	22,8	4,0	45,1	6,0	28,4
<i>Sweet Chilli Twister Wrap</i>	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	2015	485	17,6	3,7	51,8	12,0	28,7
<i>Smokey BBQ Twister Wrap</i>	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1980	475	17,4	3,7	50,0	10,4	28,8
<i>Nashville Hot Twister Wrap</i>	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	2030	490	18,7	3,8	50,3	10,0	28,7
<i>Flamin' Wrap</i>	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1400	335	14,9	2,2	30,9	2,0	18,9
<i>BBQ Wrap</i>	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1245	300	9,8	2,1	33,0	3,9	18,7
Salads & Riceboxes	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
<i>Fillet Salad</i>	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1550	370	16,8	2,5	26,7	11,8	26,6
<i>Zinger® Salad</i>	milk egg wheat gluten sulphur	sesame barley gluten soya celery mustard	1450	350	16,3	2,3	25,4	11,7	23,2



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Veggie Salad	milk egg	sesame wheat gluten barley gluten soya celery mustard sulphur	980	235	8,2	1,4	32,5	13,2	6,8
Zinger Ricebox	milk egg wheat gluten barley gluten sulphur	sesame soya celery mustard	1875	480	14,7	2,2	63,5	10,9	25,6
Fillet Ricebox	milk egg wheat gluten barley gluten	sesame soya celery mustard sulphur	2045	490	14,7	2,2	64,3	11,1	27,8
Veggie Ricebox (v)	milk egg barley gluten	sesame wheat gluten soya celery mustard sulphur	1520	365	6,8	1,2	70,6	12,5	9,2
Chicken Pieces	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Small Popcorn Chicken®	milk egg wheat gluten celery	sesame soya barley gluten mustard sulphur	570	135	7,7	0,8	8,4	0,1	8,4
Regular Popcorn Chicken®	milk egg wheat gluten celery	sesame soya barley gluten mustard sulphur	1200	285	16,2	1,7	17,6	0,2	17,6
Large Popcorn Chicken®	milk egg wheat gluten celery	sesame soya barley gluten mustard sulphur	1945	465	26,3	2,7	28,6	0,3	28,6
Hot Wing® (per piece, average)	milk egg wheat gluten sulphur	sesame barley gluten soya celery mustard	345	85	5,6	0,9	3,4	0,1	4,5
Mini Fillet (per piece, average)	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	550	130	5,6	0,6	6,3	0,3	13,8
Sides	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Regular Fries		sesame milk egg wheat gluten barley gluten soya celery mustard sulphur	1035	250	11,0	1,3	30,2	0,2	3,5
Large Fries		sesame milk egg wheat gluten barley gluten soya celery mustard sulphur	1440	345	15,4	1,8	42,0	0,3	4,8
Regular BBQ Beans (ve)	wheat gluten barley gluten mustard celery sulphur	sesame	450	105	0,7	0,1	17,3	6,7	5,4
Large BBQ Beans (ve)	wheat gluten barley gluten mustard celery sulphur	sesame	1045	250	1,7	0,4	40,3	15,7	12,6



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Regular Coleslaw (v)	egg mustard	peanuts nuts	670	160	13,4	1,0	8,2	6,9	0,8
Large Coleslaw (v)	egg mustard	peanuts nuts	1340	320	26,8	2,0	16,4	13,8	1,6
Corn Cobette (ve)		sesame	345	85	1,7	0,2	14,5	1,7	3,1
2 Corn Cobettes (Large) (ve)		sesame	690	165	3,4	0,4	29,0	3,4	6,2
Regular Gravy	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> celery sulphur	sesame soya	195	45	1,3	0,1	6,3	0,1	2,7
Large Gravy	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> celery sulphur	sesame soya	455	110	3,0	0,3	14,5	0,3	6,1
Mashed Potato (v)	milk	sesame	450	110	2,5	1,7	17,5	0,9	2,0
Onion Rings #	wheat <i>gluten</i>	sesame milk egg soya celery barley <i>gluten</i> mustard sulphur	1675	400	19,4	1,6	51,1	6,2	6,9
Regular Curry Sauce # (ve)	wheat <i>gluten</i> mustard	sesame	315	75	1,0	0,2	13,2	8,9	2,1
Large Curry Sauce # (ve)	wheat <i>gluten</i> mustard	sesame	720	175	2,3	0,4	30,4	20,4	4,9
Southern Rice \$ @ (v)	milk	sesame egg wheat <i>gluten</i> barley <i>gluten</i> soya celery mustard sulphur	860	210	2,0	0,5	45,7	4,7	4,3
Garden Salad (v)	milk egg	sesame wheat <i>gluten</i> barley <i>gluten</i> soya celery mustard sulphur	315	75	3,1	0,6	8,9	5,7	1,9
Krushems & Desserts	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Malteser™ Krushems™ (v)	milk wheat <i>gluten</i> barley <i>gluten</i>	egg oat <i>gluten</i> soya	945	225	7,3	5	35,3	25,2	4,6
Oreo Krushems™ (v)	milk wheat <i>gluten</i> soya	egg barley <i>gluten</i> oat <i>gluten</i>	1175	280	10,1	6,6	42,2	32,2	4,1
MilkyBar Krushems™ (v)	milk	egg wheat <i>gluten</i> barley <i>gluten</i> <i>oat</i> <i>gluten</i> soya	1350	325	13,6	9	43,6	38,9	6,4
Salted Caramel Krushem Soft Serve (v)	milk wheat <i>gluten</i> barley <i>gluten</i> soya	egg oat <i>gluten</i>	1570	375	13,5	9,3	57,2	43,7	6,0



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Sour Cherry Krushem Soft Serve (v)	milk wheat <i>gluten</i> soya	egg barley <i>gluten</i> oat <i>gluten</i>	1500	360	13,7	9,3	54,8	42,6	6,1
Munch Bunch Yogurt (v)	milk		415	100	3,0	2,0	13,6	12,8	3,6
Chocolate Sundae (v)	milk soya	wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i>	960	230	9,2	6,3	33,7	27,4	3,7
Mini Chocolate Sundae (v)	milk soya	wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i>	630	150	6,0	4,2	21,6	17,4	2,5
Berry Sundae (v)	milk wheat <i>gluten</i>	barley <i>gluten</i> oat <i>gluten</i> soya	915	220	8,7	5,9	33,1	24,9	3,9
Mini Berry Sundae (v)	milk wheat <i>gluten</i>	barley <i>gluten</i> oat <i>gluten</i> soya	600	145	5,8	4,0	21,3	16,2	2,6
Milk Chocolate Cookie (v)	milk egg wheat <i>gluten</i> soya		1360	325	15,9	7,1	40,8	30,5	3,4
White Chocolate Cookie (v)	milk egg wheat <i>gluten</i> soya		1405	335	16,7	9,2	41,9	28,3	3,2
Chocolate Muffin (v)	milk egg wheat <i>gluten</i> soya		2320	555	31,3	8,5	59,6	40,3	7,3
Lemon Muffin (v)	milk egg wheat <i>gluten</i>	soya	1970	470	19,4	1,8	65,7	39,6	6,2
Drinks	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Bottle of Water (Still & Sparkling) (ve)			0	0	0	0	0	0	0
Blackcurrant & Apple Robinsons® Fruit Shoot™ (ve)			40	10	0	0	1,6	1,6	0
Orange Robinsons® Fruit Shoot™ (ve)			40	10	0	0	1,6	1,6	0
Pepsi - Kids (ve)			410	100	0	0	24,8	24,6	0
Pepsi - Regular (ve)			545	130	0	0	27,1	31,8	0
Pepsi - Large (ve)			750	180	0	0	44,9	44,5	0
Pepsi Max - Kids (ve)			5	5	0	0	0	0	0
Pepsi Max - Regular (ve)			10	5	0	0	0	0	0
Pepsi Max - Large (ve)			15	5	0	0	0	0	0
Diet Pepsi - Kids (v)			5	5	0	0	0	0	0



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<i>Diet Pepsi - Regular (v)</i>			10	5	0	0	0	0	0
<i>Diet Pepsi - Large (v)</i>			15	5	0	0	0	0	0
<i>Pepsi Max Cherry - Kids (ve)</i>			5	5	0	0	0,2	0	0,2
<i>Pepsi Max Cherry - regular (ve)</i>			5	5	0	0	0,3	0	0,3
<i>Pepsi Max Cherry - large (ve)</i>			10	5	0	0	0,4	0	0,4
<i>7Up Free - Kids (ve)</i>			20	5	0	0	0	0	0
<i>7Up Free - Regular (ve)</i>			30	5	0	0	0	0	0
<i>7Up Free- Large (ve)</i>			40	10	0	0	0	0	0
<i>Robinson Apple & Blackcurrant- Kids (ve)</i>	sulphur		20	5	0	0	0	0	0
<i>Robinsons apple & blackcurrant- Regular (ve)</i>	sulphur		30	5	0	0	0	0	0
<i>Robinsons Apple & blackcurrant- Large (ve)</i>	sulphur		40	10	0	0	0	0	0
<i>1.5L Pepsi Max Bottle (ve)</i>			30	5	0	0	1,5	0	0
<i>Tango Orange - Kids (ve)</i>			185	45	0	0	0	0	0
<i>Tango Orange - Regular (ve)</i>			240	60	0	0	0	0	0
<i>Tango Orange - Large (ve)</i>			335	80	0	0	0	0	0
<i>Lipton Ice Tea - Kids (ve)</i>			85	20	0,5	0,1	4,5	4,5	0,5
<i>Lipton Ice Tea - Regular (ve)</i>			185	45	1,2	0,2	10,7	10,4	1,2
<i>Lipton Ice Tea - Large (ve)</i>			250	60	1,5	0,3	13,8	13,5	1,5
<i>Club Orange - Kids # (ve)</i>			525	125	0	0	30,2	30,2	0



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Club Orange - Regular # (ve)			700	160	0	0	39,0	39,0	0
Club Orange - Large # (ve)			965	230	0	0	54,6	54,6	0
Club Orange Zero - Kids # (ve)			40	10	0	0	0	0	0
Club Orange Zero - Regular # (ve)			40	10	0	0	0	0	0
Club Orange Zero - Large # (ve)			65	15	0	0	0	0	0
Tropicana Orange Juice (ve)			505	120	0	0	25	25,0	2,0
Espresso- Single (ve)			45	10	0,4	0,2	1,8	0,0	0,4
Espresso- Double (ve)			60	15	0,6	0,3	2,7	0,0	0,6
Black Americano- Regular (ve)			65	15	0,6	0,3	2,7	0,0	0,6
White Americano- Regular (v)	milk		335	80	2,7	1,7	9,0	6,3	5,4
Cappuccino - Regular (v)	milk	wheat gluten oat gluten soya	525	125	4,2	2,7	13,9	11,2	8,8
Latte - Regular (v)	milk		590	140	4,8	3,0	15,3	12,6	10,1
Vanilla Latte - Regular (v)	milk		815	195	4,8	3,1	29,0	26,0	10,1
Caramel Latte - Regular (v)	milk		815	195	4,8	3,1	29,0	26,0	10,1
Café Mocha - Regular (v)	milk	wheat gluten oat gluten soya	755	180	4,9	3,2	24,3	21,0	10,4
Hot Chocolate - Regular (v)	milk	wheat gluten oat gluten soya	755	180	2,6	2,7	31,0	29,3	6,0
Black Tea - Regular (ve)			0	0	0	0	0	0	0
Condiments	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Real Tomato sauce dip pot (ve)			155	40	0,2	0,1	8,5	7,3	0,4



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Garlic Buttermilk Mayo dip pot (v)	milk egg		460	110	10,3	0,9	4,0	2,4	0,3
Kentucky Smoky BBQ sauce dip pot (ve)	barley gluten		220	50	0,2	0,1	12,2	10,0	0,4
Sticky Sweet Chilli sauce dip pot (v)			310	75	0,7	0,2	16,4	14,0	0,2
Original Hot sauce dip pot (ve)			160	40	0,1	0,1	8,5	6,4	0,5
Spicy Supercharger dip pot (v)	milk egg		620	150	15	1,2	2,7	2,4	1
Heinz Vinegar Sachet (ve)	barley gluten		10	5	0	0	0,2	0,1	0,1
Heinz Tomato Ketchup Sachet (ve)	celery		30	10	0	0	2,2	1,9	1,0
Heinz Light Mayonnaise Sachet (v)	egg mustard		115	30	2,5	0,2	0,7	0,4	0,1
Heinz HP BBQ Sauce Sachet (v)			65	15	0	0	3,2	2,3	0,1
Heinz HP Brown Sauce Sachet (v)	barley gluten rye gluten		55	15	0	0	3,5	2,5	0,1
Sugar Sachet (ve)			45	10	0	0	2,5	2,5	0
Salt Sachet (ve)			0	0	0	0	0	0	0
Pepper Sachet (ve)			5	5	0	0	0,1	0	0
Milk Portion (v)	milk		30	10	0,4	0,3	0,5	0,5	0,3
Bundles	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Boxmeals									
Boneless Banquet	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	3855	920	39,6	4,5	81,7	10,8	57,0



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<i>Fillet Box Meal</i>	sesame milk egg wheat <i>gluten barley gluten oat</i> gluten rye gluten mustard celery sulphur	peanut nut soya	4370	1045	46,2	6,5	97,4	7,4	57,3
<i>Zinger Box Meal</i>	sesame milk egg wheat <i>gluten barley gluten oat</i> gluten rye gluten mustard celery sulphur	peanut nut soya	3960	945	42,9	5,4	95,4	7,3	42,2
<i>Fillet with Bacon & Cheese Box Meal</i>	sesame milk egg wheat <i>gluten barley gluten oat</i> gluten rye gluten mustard celery sulphur	peanut nut soya	4845	1160	53,2	10,0	101,8	11,5	65,3
<i>The Big Daddy Meal Box Meal</i>	sesame milk egg wheat <i>gluten barley gluten oat</i> gluten rye gluten mustard celery sulphur	peanut nut soya	5270	1260	60.19	10.43	110.08	11.36	66.23
<i>Zinger Stacker Box Meal</i>	sesame milk egg wheat <i>gluten barley gluten oat</i> gluten rye gluten mustard celery sulphur	peanut nut soya	5340	1280	61,7	10,6	110,3	14,0	67,6
<i>Original Kentucky Mayo Twister Wrap Box Meal</i>	milk egg wheat <i>gluten</i> barley <i>gluten oat gluten rye</i> gluten mustard celery sulphur	peanut nut sesame soya	4025	965	41,1	6,1	96,0	8,1	49,1
<i>Sweet Chilli Twister Wrap Box Meal</i>	milk egg wheat <i>gluten</i> barley <i>gluten oat gluten rye</i> gluten mustard celery sulphur	peanut nut sesame soya	3950	945	35,9	5,8	102,8	14,3	49,3
<i>Smokey BBQ Twister Wrap Box Meal</i>	milk egg wheat <i>gluten</i> barley <i>gluten oat gluten rye</i> gluten mustard celery sulphur	peanut nut sesame soya	3910	935	35,8	5,8	100,9	12,5	49,4
<i>Nashville Hot Twister Wrap Box Meal</i>	milk egg wheat <i>gluten</i> barley <i>gluten oat gluten rye</i>	peanut nut sesame soya	3965	950	37,0	5,9	101,2	12,0	49,4



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	<i>gluten</i> mustard celery sulphur								
For Sharing	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
6 piece Bargain Bucket	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	2545	610	32,2	5,5	41,5	0,2	34,5
10 piece Bargain Bucket	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	3550	850	46,3	8,3	49,0	0,2	55,2
14 piece Bargain Bucket	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	4560	1090	60,4	11,1	56,5	0,2	75,8
8 piece Dipping Boneless Feast	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut sesame soya	3260	780	32,9	3,7	78,5	14,4	43,7
12 piece Dipping Boneless Feast	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut sesame soya	3805	910	38,5	4,3	84,8	14,7	57,5
6 piece Wicked Variety	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	3785	905	49,1	8,0	54,6	0,5	57,3
10 piece Wicked Variety	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	4790	1145	63,2	10,8	62,1	0,5	77,9
14 piece Party Bucket	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut sesame soya	5130	1225	64,1	10,5	77,5	4,2	84,3
6 piece Family Feast	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanuts nuts sesame soya	2895	690	33,4	5,7	59,6	5,6	39,6
10 piece Family Feast	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanuts nuts sesame soya	3900	930	47,5	8,5	67,1	5,6	60,3



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Chicken	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Mighty Bucket For One	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	4840	1155	61,8	10,1	64,6	0,8	81,7
6 Hot Wings Meal	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	3105	740	44,9	6,9	50,7	0,3	30,6
Popcorn Chicken Meal	milk egg wheat <i>gluten</i> celery	sesame soya barley <i>gluten</i> mustard sulphur	2235	535	27,3	2,9	47,8	0,4	21,4
Large Popcorn Chicken Meal	milk egg wheat <i>gluten</i> celery	sesame soya barley <i>gluten</i> mustard sulphur	2980	710	37,3	4,0	58,8	0,5	32,3
4 piece Boneless Dips Meal (1 dip)	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut sesame soya	3490	835	35.8	4.1	65.1	9.25	59.36
3 piece Boneless Dips Meal (1 dip)	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut sesame soya	2945	705	30.2	3.5	58.85	9	45.54
4 piece OR Meal	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	5065	1210	67.4	12.5	60.29	0.23	86.47
3 piece OR Meal	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	4060	970	53,3	9,7	52,8	0,2	65,8
2 piece OR Meal	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	3050	730	39,2	6,9	45,3	0,2	45,1
3 piece Variety Meal	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	5295	1265	70,2	12,2	65,9	0,5	88,6
2 piece Variety Meal	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	4290	1025	56,1	9,4	58,3	0,5	67,9
Burger Meals	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Fillet Tower Meal	sesame milk egg wheat <i>gluten</i> celery mustard sulphur	barley <i>gluten</i> soya	3635	870	39,1	5,9	88,6	10,4	37,3



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Zinger Tower Meal	sesame milk egg wheat <i>gluten barley gluten</i> mustard sulphur	soya celery	3530	845	38,6	5,7	86,9	9,1	34,0
Fillet Burger Meal	sesame milk egg wheat <i>gluten</i> mustard	barley gluten soya celery sulphur	3020	720	30,4	3,5	75,3	5,7	33,5
Zinger Burger Meal	sesame milk egg wheat <i>gluten</i> mustard sulphur	barley gluten soya celery	2925	700	29,9	3,4	74,1	5,6	30,2
Fillet with Bacon & Cheese Meal	sesame milk egg wheat <i>gluten</i> celery mustard	barley gluten soya sulphur	3495	835	37,4	7,0	79,8	9,8	41,5
Zinger Stacker Meal	sesame milk egg wheat <i>gluten</i> sulphur	barley gluten soya celery mustard	4310	1030	48,7	8,6	89,0	12,3	55,5
Salads & Riceboxes	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Fillet Salad Meal	milk egg wheat <i>gluten</i> mustard	sesame barley <i>gluten</i> celery soya sulphur	2590	620	27,8	3,7	56,9	12,1	30,3
Zinger Salad Meal	milk egg wheat <i>gluten</i> mustard sulphur	sesame barley <i>gluten</i> soya celery	2495	600	27,3	3,6	55,6	11,9	27,0
Veggie Salad Meal	milk egg mustard	sesame wheat <i>gluten</i> barley <i>gluten</i> soya celery sulphur	2020	485	19,2	2,6	62,7	13,5	10,6
Fillet Ricebox Meal	milk egg wheat <i>gluten</i> barley <i>gluten</i> mustard	sesame soya celery sulphur	3085	740	25,8	3,5	94,6	11,3	31,6
Zinger Ricebox Meal	milk egg wheat <i>gluten</i> barley <i>gluten</i> mustard sulphur	sesame soya celery	3035	725	25,8	3,4	93,7	11,2	29,4
Veggie Ricebox Meal	milk egg barley <i>gluten</i> mustard	sesame wheat <i>gluten</i> soya celery sulphur	2560	615	17,7	2,5	100,8	12,7	13,0
Zinger Ricebox with a sugar free drink	milk egg wheat <i>gluten</i> barley <i>gluten</i> mustard sulphur	sesame soya celery	2000	480	14,7	2,2	63,5	10,9	25,9
Fillet Ricebox with a sugar free drink	milk egg wheat <i>gluten</i> barley <i>gluten</i> mustard	sesame soya celery sulphur	2100	500	16,6	2,3	64,5	11,0	27,9
Veggie Ricebox with a sugar free drink	milk egg barley <i>gluten</i> mustard	sesame wheat <i>gluten</i> soya celery sulphur	1525	365	6,7	1,2	70,6	12,5	9,5



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Fillet Salad with a sugar free drink	milk egg wheat gluten mustard	sesame barley gluten celery soya sulphur	1555	375	16,8	2,5	26,7	11,8	26,9
Zinger® Salad with a sugar free drink	milk egg wheat gluten mustard sulphur	sesame barley gluten soya celery	1460	350	16,3	2,3	25,4	11,7	23,5
Veggie Salad with a sugar free drink	milk egg mustard	sesame wheat gluten barley gluten soya celery sulphur	985	235	8,2	1,4	32,5	13,2	7,1
Wraps	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Original Kentucky Mayo Twister Wrap Meal	milk egg wheat gluten mustard	sesame barley gluten soya celery sulphur	3135	750	33,8	5,3	75,3	6,1	32,1
Sweet Chilli Twister Wrap Meal	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	3055	735	28,6	5,0	82,0	12,2	32,4
Smokey BBQ Twister Wrap Meal	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	3020	725	28,4	5,0	80,1	10,5	32,5
Nashville Hot Twister Wrap Meal	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	3070	735	29,7	5,1	80,4	10,1	32,5
Snacking	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Megabox	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame barley gluten soya mustard	3880	930	47,7	7,2	68,9	0,7	50,9
Popcorn Snackbox	milk egg wheat gluten celery	sesame soya barley gluten mustard sulphur	2010	480	23,1	2,6	50,4	0,4	13,2
OR Snackbox	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	2445	585	29,5	4,6	49,6	0,3	25,5
Mini Fillet Snackbox	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1990	475	21,0	2,4	48,3	0,6	18,6
Hot Wings Snackbox	milk egg wheat gluten sulphur	sesame barley gluten soya celery mustard	2135	510	26,6	3,6	48,9	0,3	13,8
Allstars Meal (BBQ)	milk egg wheat gluten barley gluten celery	sesame soya mustard sulphur	2860	685	28,5	4,1	72,4	4,3	30,5



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Allstars Meal (Flamin')	milk egg wheat <i>gluten</i> celery	sesame barley <i>gluten</i> soya mustard sulphur	3010	720	33,6	4,3	69,5	2,3	30,7
Kids	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
Kids Meal - Popcorn	milk egg wheat <i>gluten</i> celery	sesame soya barley <i>gluten</i> mustard sulphur	1370	330	12,4	3,0	38,1	16,2	15,1
Kids Meal - Burger	sesame milk egg wheat <i>gluten</i> celery	barley <i>gluten</i> soya mustard sulphur	1900	455	12,0	3,3	60,4	21,2	25,7
Kids Meal - Minifillet	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	1445	345	9,9	2,8	43,6	23,5	19,5
ROI									
ROI Lunchbox #	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	3165	755	33,3	3,8	72,9	1,0	34,5
ROI 3 Legends #	sesame milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> celery mustard sulphur	peanut nut sesame soya	5060	1210	57,5	8,4	104,2	7,4	66,3
ROI Spicebox #	sesame milk egg wheat <i>gluten</i> barley <i>gluten</i> soya celery mustard sulphur		3980	950	45,8	5,6	89,5	11,1	39,8
Promotion	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)
BBQ Bacon Tower Burger	sesame milk egg wheat <i>gluten</i> celery mustard sulphur	barley <i>gluten</i> soya	2890	690	34.5	5.9	57.5	7.6	38.6
BBQ Bacon Tower Burger Meal	sesame milk egg wheat <i>gluten</i> celery mustard sulphur	barley <i>gluten</i> soya	3860	925	42.6	7.2	89.1	11	42.4
BBQ Bacon Tower Burger Box Meal (1 PC)	sesame milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut soya	5210	1245	58.4	10.3	111.2	12.7	66.2



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BBQ Bacon Tower Burger Box Meal (2 hot wings)	sesame milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut soya	4895	1170	55.6	9.3	110.5	12.7	54.5
4 piece OR Meal	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	5065	1210	67.4	12.5	60.29	0.23	86.47
3 piece OR Meal	milk egg wheat <i>gluten</i>	sesame barley <i>gluten</i> soya celery mustard sulphur	4060	970	53,3	9,7	52,8	0,2	65,8
3 piece Boneless Dips Meal (1 dip)	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut sesame soya	2945	705	30.2	3.5	58.85	9	45.54
4 piece Boneless Dips Meal (1 dip)	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut sesame soya	3490	835	35.8	4.1	65.1	9.25	59.36
Trilogy Box Meal Pepsi Max	sesame milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut soya	4795	1145	44.6	5.2	122.37	26.61	57.94
Trilogy Box Meal Lipton	sesame milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanut nut soya	5030	1200	46.1	5.5	136.17	40.11	59.14
6 piece Family Feast	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanuts nuts sesame soya	2895	690	33,4	5,7	59,6	5,6	39,6
10 piece Family Feast	milk egg wheat <i>gluten</i> barley <i>gluten</i> oat <i>gluten</i> rye <i>gluten</i> mustard celery sulphur	peanuts nuts sesame soya	3900	930	47,5	8,5	67,1	5,6	60,3
20 Hot Wing Bucket	milk egg wheat <i>gluten</i> sulphur	sesame barley <i>gluten</i> soya celery mustard	6895	1650	112,7	18,7	68,4	0,2	89,7



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Fill up lunch	sesame milk egg wheat gluten mustard sulphur	barley gluten soya celery	1205	290	10,7	1,4	29,1	3,2	18,0
Sweet Chilli Bites	milk egg wheat gluten soya	sesame celery barley gluten mustard sulphur	1480	355	14.34	1.62	36.47	18.04	20.6
Popcorn Bucket **	milk egg wheat gluten celery	sesame soya barley gluten mustard sulphur	1280	305	17.32	1.79	18.81	0.2	18.81
Watermelon & Lime Southern Refresher			40	10	0.3	2.1	1.5	0	0

Notes:-

- > The above information points to foods that contain allergens. However, in our kitchens our teams are regularly handling multiple food ingredients, which may and can contain allergens so we can't guarantee any items that are allergen free
- > Allergen Advice: If you need allergen information of any products not listed in the table above, please ask a member of staff.
- > All allergens are highlighted above in bold. For cereals containing glutens, the source of the gluten is in bold
- > KFC (UK&I) is committed to provide allergen information in store for all of its products of the 14 mandatory allergens
(Cereals containing gluten, crustaceans, eggs, fish, peanuts, soya beans, milk, nuts, celery, mustard, sesame seeds, sulphur dioxide & sulphites, Lupin & Mollusc)
- Allergens that are contained in the products listed are displayed in the table above
- > Data above is derived by analysis and are averages of composite food samples. Products may be subject to some variation depending on ingredients used, supplier & seasons of the year. Therefore products described above may not be identical to the product served in a participating restaurant.
- > All Calorie (kcal) and kJ information above are rounded to the nearest 5.
- > All nutritional data is per serving, the number of portions of fries included indicates the number of servings in that item
- > KFC (UK&I) GM Statement: Our research shows that UK customers don't want genetically modified foods in KFC products; so naturally we have ensured none of our products contain genetically modified ingredients.
- > All information given is correct as of February 2020, and subject to change without notice.
- > Our fries and hash browns are cooked in the same vegetable oil as our popcorn chicken so are not suitable for vegetarians
- > The table above also shows which menu items are suitable for vegetarians and vegans. These are made using vegetarian and vegan ingredients. However, our preparation and cooking methods could mean they may come into contact with non-vegetarian and non-vegan ingredients



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Symbol Explanations:

(v) vegetarian

(ve) vegan

^ Carbs = Carbohydrate

~ Sat Fat = Saturates

** Salt Value is calculate from Sodium*

Products available only in Ireland

\$ Products available only in Scotland

@ Products available on in England & Wales

+Data for whole bottle / bucket

" In test store only

***Data for 1 portion, bucket has 4 portions*

The KFC logo, consisting of the letters "KFC" in a bold, red, italicized sans-serif font.