



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)	*Salt (g)
Keel	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1110	265	13.3	2.2	7.3	0.5	29.1	0.94
Drumstick	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	720	170	10.2	1.7	6.9	0.3	13.4	0.79
Thigh	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1190	285	19.4	4.1	8.1	0.3	19.2	0.98
Rib	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1365	325	18.9	3.3	9.5	0.5	30.5	1.32
Wing	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	735	175	10.3	2.0	4.9	0.3	16.1	0.61
Chicken Burgers	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Fillet Burger	sesame milk egg wheat gluten mustard	barley gluten soya celery sulphur	1985	475	19.3	2.3	45.1	5.5	29.7	2.02
Zinger® Burger	sesame milk egg wheat gluten mustard sulphur	barley gluten soya celery	1885	450	18.8	2.1	43.8	5.4	26.4	1.97
Fillet Tower Burger	sesame milk egg wheat gluten celery mustard sulphur	barley gluten soya	2595	620	28.0	4.6	58.4	10.2	33.5	3.39
Zinger® Tower Burger	sesame milk egg wheat gluten barley gluten mustard sulphur	soya celery	2495	595	27.6	4.5	56.7	8.9	30.2	3.22
BBQ Bacon Tower Burger	sesame milk egg wheat gluten celery mustard sulphur	barley gluten soya	2890	690	34.5	5.9	57.5	7.6	38.6	4.00



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Mini Fillet Burger	sesame milk egg wheat gluten mustard	barley gluten soya celery sulphur	1205	290	10.7	1.4	29.1	3.2	18.0	1.35
Kids Burger	sesame milk egg wheat gluten celery	barley gluten soya mustard sulphur	1105	265	7.3	1.1	30.7	5.1	18.0	1.42
Big Daddy Burger	sesame milk egg wheat gluten celery mustard sulphur	barley gluten soya	2870	685	33.4	6.2	57.9	9.4	38.7	4.07
Bacon & Cheese Fillet Burger	sesame milk egg wheat gluten celery mustard	barley gluten soya sulphur	2455	585	26.4	5.8	49.6	9.6	37.7	3.51
Zinger Stacker	sesame milk egg wheat gluten sulphur	barley gluten soya celery mustard	3270	780	37.7	7.3	58.8	12.0	51.7	4.29
Vegan Burger	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Vegan Burger (ve)	sesame wheat gluten mustard	milk egg barley gluten soya celery sulphur	1875	450	19.0	2.0	52.9	5.7	18.7	2.91
Wraps	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Original Kentucky Mayo Twister Wrap	milk egg wheat gluten mustard	sesame barley gluten soya celery sulphur	2095	500	22.8	4.0	45.1	6.0	28.4	2.09
Sweet Chilli Twister Wrap	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	2015	485	17.6	3.7	51.8	12.0	28.7	2.00
Smokey BBQ Twister Wrap	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1980	475	17.4	3.7	50.0	10.4	28.8	2.06
Flamin' Wrap	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1400	335	14.9	2.2	30.9	2.0	18.9	1.59
BBQ Wrap	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1245	300	9.8	2.1	33.0	3.9	18.7	1.48
Salads & Riceboxes	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Fillet Salad	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1550	370	16.8	2.5	26.7	11.8	26.6	2.34



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Zinger® Salad	milk egg wheat gluten sulphur	sesame barley gluten soya celery mustard	1450	350	16.3	2.3	25.4	11.7	23.2	2.29
Veggie Salad (v)	milk egg	sesame wheat gluten barley gluten soya celery mustard sulphur	980	235	8.2	1.4	32.5	13.2	6.8	1.08
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	2.71
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	2.70
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	1.51
Chicken Pieces	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (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	0.73
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	1.54
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	2.49
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	0.43
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	0.86
Original Recipe Fillet (per piece, average)	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	915	220	10.3	1.3	8.7	0.3	22.8	1.25
Zinger Fillet (per piece, average)	milk egg wheat gluten sulphur	sesame barley gluten soya celery mustard	820	200	9.8	1.1	7.5	0.2	19.5	1.20
Sides	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)



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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	0.50
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	0.76
Regular BBQ Beans (ve)	wheat gluten barley gluten mustard celery sulphur	sesame	450	105	0.7	0.1	17.3	6.7	5.4	0.77
Large BBQ Beans (ve)	wheat gluten barley gluten mustard celery sulphur	sesame	1045	250	1.7	0.4	40.3	15.7	12.6	1.81
Regular Coleslaw (v)	egg mustard	peanuts nuts	670	160	13.4	1.0	8.2	6.9	0.8	0.50
Large Coleslaw (v)	egg mustard	peanuts nuts	1340	320	26.8	2.0	16.4	13.8	1.6	1.00
Corn Cobette (ve)		sesame	345	85	1.7	0.2	14.5	1.7	3.1	0
2 Corn Cobettes (Large) (ve)		sesame	690	165	3.4	0.4	29.0	3.4	6.2	0.02
Regular Gravy	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya	195	45	1.3	0.1	6.3	0.1	2.7	1.60
Large Gravy	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya	455	110	3.0	0.3	14.5	0.3	6.1	3.68
Regular Updated Recipe Gravy	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya	185	45	0.5	0.1	9.2	1.9	1.3	1.37
Large Updated Recipe Gravy	milk egg wheat gluten barley gluten oat gluten	sesame soya	430	105	1.0	0.3	21.2	4.4	3.1	3.16



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	rye gluten celery sulphur									
Mashed Potato (v)	milk	sesame	450	110	2.5	1.7	17.5	0.9	2.0	0.79
Onion Rings #	wheat gluten	sesame milk egg soya celery barley gluten mustard sulphur	1675	400	19.4	1.6	51.1	6.2	6.9	1.47
Regular Curry Sauce # (ve)	wheat gluten mustard	sesame	315	75	1.0	0.2	13.2	8.9	2.1	2.74
Large Curry Sauce # (ve)	wheat gluten mustard	sesame	720	175	2.3	0.4	30.4	20.4	4.9	6.32
Southern Rice \$ @ (v)	milk	sesame egg wheat gluten barley gluten soya celery mustard sulphur	860	210	2.0	0.5	45.7	4.7	4.3	0.89
Garden Salad (v)	milk egg	sesame wheat gluten barley gluten soya celery mustard sulphur	315	75	3.1	0.6	8.9	5.7	1.9	0.53
Krushems & Desserts	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Malteser™ Krushems™ (v)	milk wheat gluten barley gluten	egg oat gluten soya	945	225	7.3	5.0	35.3	25.2	4.6	0.25
Oreo Krushems™ (v)	milk wheat gluten soya	egg barley gluten oat gluten	1175	280	10.1	6.6	42.2	32.2	4.1	0.48
MilkyBar Krushems™ (v)	milk	egg wheat gluten barley gluten oat gluten soya	1350	325	13.6	9.0	43.6	38.9	6.4	0.30
Salted Caramel Krushem Soft Serve (v)	milk wheat gluten barley gluten soya	egg oat gluten	1570	375	13.5	9.3	57.2	43.7	6.0	0.80
Munch Bunch Yogurt (v)	milk		415	100	3.0	2.0	13.6	12.8	3.6	0.25
Pineapple Sticks (ve)			120	30	0.3	0.1	6.5	5.5	0.3	0.00
Chocolate Sundae (v)	milk soya	wheat gluten barley gluten oat gluten	960	230	9.2	6.3	33.7	27.4	3.7	0.20
Mini Chocolate Sundae (v)	milk soya	wheat gluten barley gluten oat gluten	630	150	6.0	4.2	21.6	17.4	2.5	0.16



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Cherry Sundae (v)	milk wheat gluten	barley gluten oat gluten soya	915	220	8.7	5.9	33.1	24.9	3.9	0.30
Mini Cherry Sundae (v)	milk wheat gluten	barley gluten oat gluten soya	600	145	5.8	4.0	21.3	16.2	2.6	0.20
Milk Chocolate Cookie (v)	milk egg wheat gluten soya		1360	325	15.9	7.1	40.8	30.5	3.4	0.57
White Chocolate Cookie (v)	milk egg wheat gluten soya		1405	335	16.7	9.2	41.9	28.3	3.2	0.39
Chocolate Muffin (v)	milk egg wheat gluten soya		2320	555	31.3	8.5	59.6	40.3	7.3	0.63
Lemon Muffin (v)	milk egg wheat gluten	soya	1970	470	19.4	1.8	65.7	39.6	6.2	1.18
Drinks	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Bottle of Water (Still & Sparkling) (ve)			0	0	0	0	0	0	0	0
Blackcurrant & Apple Robinsons® Fruit Shoot™ (ve)			40	10	0	0	1.6	1.6	0	0.06
Orange Robinsons® Fruit Shoot™ (ve)			40	10	0	0	1.6	1.6	0	0.04
Pepsi - Kids (ve)			410	100	0	0	24.8	24.6	0	0
Pepsi - Regular (ve)			545	130	0	0	27.1	31.8	0	0
Pepsi - Large (ve)			750	180	0	0	44.9	44.5	0	0
Pepsi Max - Kids (ve)			5	5	0	0	0	0	0	0
Pepsi Max - Regular (ve)			10	5	0	0	0	0	0	0
Pepsi Max - Large (ve)			15	5	0	0	0	0	0	0
Diet Pepsi - Kids (v)			5	5	0	0	0	0	0	0
Diet Pepsi - Regular (v)			10	5	0	0	0	0	0	0



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Diet Pepsi - Large (v)			15	5	0	0	0	0	0	0
Pepsi Max Cherry - Kids (ve)			5	5	0	0	0.2	0	0.2	0
Pepsi Max Cherry - regular (ve)			5	5	0	0	0.3	0	0.3	0
Pepsi Max Cherry - large (ve)			10	5	0	0	0.4	0	0.4	0
7Up Free - Kids (ve)			20	5	0	0	0	0	0	0
7Up Free - Regular (ve)			30	5	0	0	0	0	0	0
7Up Free- Large (ve)			40	10	0	0	0	0	0	0
Robinson Apple & Blackcurrant- Kids (ve)	sulphur		20	5	0	0	0	0	0	0
Robinsons apple & blackcurrant- Regular (ve)	sulphur		30	5	0	0	0	0	0	0
Robinsons Apple & blackcurrant- Large (ve)	sulphur		40	10	0	0	0	0	0	0
1.5L Pepsi Max Bottle (ve)			30	5	0	0	1.5	0	0	0
Tango Orange - Kids (ve)			185	45	0	0	0	0	0	0
Tango Orange - Regular (ve)			240	60	0	0	0	0	0	0
Tango Orange - Large (ve)			335	80	0	0	0	0	0	0
Lipton Ice Tea - Kids (ve)			85	20	0.5	0.1	4.5	4.5	0.5	0.03
Lipton Ice Tea - Regular (ve)			185	45	1.2	0.2	10.7	10.4	1.2	0.06
Lipton Ice Tea - Large (ve)			250	60	1.5	0.3	13.8	13.5	1.5	0.09
Club Orange - Kids # (ve)			525	125	0	0	30.2	30.2	0	0.10
Club Orange - Regular # (ve)			700	160	0	0	39.0	39.0	0	0.20
Club Orange - Large # (ve)			965	230	0	0	54.6	54.6	0	0.20



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Club Orange Zero - Kids # (ve)			40	10	0	0	0	0	0	0.20
Club Orange Zero - Regular # (ve)			40	10	0	0	0	0	0	0.20
Club Orange Zero - Large # (ve)			65	15	0	0	0	0	0	0.30
Tropicana Orange Juice (ve)			505	120	0	0	25.0	25.0	2.0	0
Espresso- Single (ve)			45	10	0.4	0.2	1.8	0,0	0.4	0
Espresso- Double (ve)			60	15	0.6	0.3	27.0	0,0	0.6	0
Black Americano- Regular (ve)			65	15	0.6	0.3	2.7	0,0	0.6	0
White Americano- Regular (v)	milk		335	80	2.7	1.7	9.0	6.3	5.4	0.15
Cappuccino - Regular (v)	milk	wheat gluten oat gluten soya	525	125	4.2	2.7	13.9	11.2	8.8	0.30
Latte - Regular (v)	milk		590	140	4.8	3.0	15.3	12.6	10.1	0.30
Vanilla Latte - Regular (v)	milk		815	195	4.8	3.1	29.0	26.0	10.1	0.30
Caramel Latte - Regular (v)	milk		815	195	4.8	3.1	29.0	26.0	10.1	0.30
Café Mocha - Regular (v)	milk	wheat gluten oat gluten soya	755	180	4.9	3.2	24.3	21.0	10.4	0.49
Hot Chocolate - Regular (v)	milk	wheat gluten oat gluten soya	755	180	2.6	2.7	31.0	29.3	6.0	0.70
Black Tea - Regular (ve)			0	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)	*Salt (g)
Real Tomato sauce dip pot (ve)			155	40	0.2	0.1	8.5	7.3	0.4	0.44
Garlic Buttermilk Mayo dip pot (v)	milk egg		460	110	10.3	0.9	4.0	2.4	0.3	0.40
Kentucky Smoky BBQ sauce dip pot (ve)	barley gluten		220	50	0.2	0.1	12.2	10.0	0.4	0.26



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Sticky Sweet Chilli sauce dip pot (v)			310	75	0.7	0.2	16.4	14.0	0.2	0.36
Original Hot sauce dip pot (ve)			160	40	0.1	0.1	8.5	6.4	0.5	0.52
Spicy Supercharger dip pot (v)	milk egg		620	150	15	1.2	2.7	2.4	1	0.43
Heinz Vinegar Sachet (ve)	barley gluten		10	5	0	0	0.2	0.1	0.1	0
Heinz Tomato Ketchup Sachet (ve)	celery		30	10	0	0	2.2	1.9	1.0	0.20
Heinz Light Mayonnaise Sachet (v)	egg mustard		115	30	2.5	0.2	0.7	0.4	0.1	0.20
Heinz HP BBQ Sauce Sachet (v)			65	15	0	0	3.2	2.3	0.1	0.10
Heinz HP Brown Sauce Sachet (v)	barley gluten rye gluten		55	15	0	0	3.5	2.5	0.1	0.15
Sugar Sachet (ve)			45	10	0	0	2.5	2.5	0	0
Salt Sachet (ve)			0	0	0	0	0	0	0	0.80
Pepper Sachet (ve)			5	5	0	0	0.1	0	0	0
Milk Portion (v)	milk		30	10	0.4	0.3	0.5	0.5	0.3	0
Bundles	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (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	4.27
Fillet Box Meal	sesame milk egg wheat gluten gluten barley gluten oat gluten gluten rye gluten mustard celery sulphur	peanut nut soya	4370	1045	46.2	6.5	97.4	7.4	57.3	3.49



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Zinger Box Meal	sesame milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut soya	3960	945	42.9	5.4	95.4	7.3	42.2	3.38
The Big Daddy Meal Box Meal	sesame milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut soya	5270	1260	60.2	10.4	110.1	11.4	66.2	5.54
Zinger Stacker Box Meal	sesame milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut soya	5340	1280	61.7	10.6	110.3	14.0	67.6	5.69
BBQ Bacon Tower Burger Box Meal (1 PC)	sesame milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut soya	5210	1245	58.4	10.3	111.2	12.7	66.2	5.33
BBQ Bacon Tower Burger Box Meal (2 hot wings)	sesame milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut soya	4895	1170	55.6	9.3	110.5	12.7	54.5	5.27
Trilogy Box Meal Pepsi Max	sesame milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut soya	4795	1145	44.6	5.2	122.4	26.6	57.9	5.25
Trilogy Box Meal Lipton	sesame milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut soya	5030	1200	46.1	5.5	136.2	40.1	59.1	5.25
Original Kentucky Mayo Twister Wrap Box Meal	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	4025	965	41.1	6.1	96.0	8.1	49.1	3.52



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Sweet Chilli Twister Wrap Box Meal	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	3950	945	35.9	5.8	102.8	14.3	49.3	3.54
Smokey BBQ Twister Wrap Box Meal	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	3910	935	35.8	5.8	100.9	12.5	49.4	3.47
Nashville Hot Twister Wrap Box Meal	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	3965	950	37.0	5.9	101.2	12.0	49.4	3.59
For Sharing	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
6 Piece Bargain Bucket	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	2545	610	32.2	5.5	41.5	0.2	34.5	1.93
10 Piece Bargain Bucket	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	3550	850	46.3	8.3	49.0	0.2	55.2	2.85
14 Piece Bargain Bucket	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	4560	1090	60.4	11.1	56.5	0.2	75.8	3.77
8 Piece Dipping Boneless Feast	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	3260	780	32.9	3.7	78.5	14.4	43.7	3.87
12 Piece Dipping Boneless Feast	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	3805	910	38.5	4.3	84.8	14.7	57.5	4.73
6 Piece Wicked Variety	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	3785	905	49.1	8.0	54.6	0.5	57.3	3.64
10 Piece Wicked Variety	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	4790	1145	63.2	10.8	62,1	0.5	77.9	4.56



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14 Piece Party Bucket	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	5130	1225	64.1	10.5	77.5	4.2	84.3	5.18
6 Piece Family Feast	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanuts nuts sesame soya	2895	690	33.4	5.7	59.6	5.6	39.6	2.45
10 Piece Family Feast	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanuts nuts sesame soya	3900	930	47.5	8.5	67.1	5.6	60.3	3.37
Delivery only- Ultimate Variety Bucket***	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	4305	1030	54.9	9.0	58.4	1.6	72.5	4.34
Chicken	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Mighty Bucket For One	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	4840	1155	61.8	10.1	64.6	0.8	81.7	4.97
6 Hot Wings Meal	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	3105	740	44.9	6.9	50.7	0.3	30.6	3.11
Popcorn Chicken Meal	milk egg wheat gluten celery	sesame soya barley gluten mustard sulphur	2235	535	27.3	2.9	47.8	0.4	21.4	2.09
Large Popcorn Chicken Meal	milk egg wheat gluten celery	sesame soya barley gluten mustard sulphur	2980	710	37.3	4.0	58.8	0.5	32.3	3.04
4 Piece Boneless Dips Meal (1 dip)	milk egg wheat gluten barley gluten oat gluten rye gluten mustard celery sulphur	peanut nut sesame soya	3490	835	35.8	4.1	65.1	9.3	59.4	4.40
3 Piece Boneless Dips Meal (1 dip)	milk egg wheat gluten barley gluten oat gluten	peanut nut sesame soya	2945	705	30.2	3.5	58.9	9.0	45.5	3.54



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	rye gluten mustard celery sulphur										
Colonel's Meal for one - 4 piece	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	5065	1210	67.4	12.5	60.3	0.2	86.5	4.3	
Colonel's Meal for one - 3 piece	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	4060	970	53.3	9.7	52.8	0.2	65.8	3.31	
Colonel's Meal for one - 2 piece	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	3050	730	39.2	6.9	45.3	0.2	45.1	2.39	
3 Piece Variety Meal	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	5295	1265	70.2	12.2	65.9	0.5	88.6	5.02	
2 Piece Variety Meal	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	4290	1025	56.1	9.4	58.3	0.5	67.9	4.10	
Burger Meals	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	
Fillet Tower Meal	sesame milk egg wheat gluten celery mustard sulphur	barley gluten soya	3635	870	39.1	5.9	88.6	10.4	37.3	3.94	
Zinger Tower Meal	sesame milk egg wheat gluten barley gluten mustard sulphur	soya celery	3530	845	38.6	5.7	86.9	9.1	34.0	3.77	
BBQ Bacon Tower Burger Meal	sesame milk egg wheat gluten celery mustard sulphur	barley gluten soya	3860	925	42.6	7.2	89.1	11.0	42.4	4.42	
Fillet Burger Meal	sesame milk egg wheat gluten mustard	barley gluten soya celery sulphur	3020	720	30.4	3.5	75.3	5.7	33.5	2.57	
Zinger Burger Meal	sesame milk egg wheat gluten mustard sulphur	barley gluten soya celery	2925	700	29.9	3.4	74.1	5.6	30.2	2.52	
Zinger Stacker Meal	sesame milk egg wheat gluten sulphur	barley gluten soya celery mustard	4310	1030	48.7	8.6	89.0	12.3	55.5	4.83	
Salads & Riceboxes	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	



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Zinger Ricebox with a sugar free drink	milk egg wheat gluten barley gluten mustard sulphur	sesame soya celery	2000	480	14.7	2.2	63.5	10.9	25.9	2.71
Fillet Ricebox with a sugar free drink	milk egg wheat gluten barley gluten mustard	sesame soya celery sulphur	2100	500	16.6	2.3	64.5	11.0	27.9	2.50
Veggie Ricebox with a sugar free drink (v)	milk egg barley gluten mustard	sesame wheat gluten soya celery sulphur	1525	365	6.7	1.2	70.6	12.5	9.5	1.51
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	2.34
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	2.29
Veggie Salad with a sugar free drink (v)	milk egg mustard	sesame wheat gluten barley gluten soya celery sulphur	985	235	8.2	1.4	32.5	13.2	7.1	1.08
Wraps	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (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	2.64
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	2.55
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	2.61
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	2.72
Snacking	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Sweet Chilli Bites	milk wheat gluten soya	sesame egg barley gluten celery mustard sulphur	1480	355	14.3	1.6	36.5	18.0	20.6	1.78
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	5.00



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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	1.49
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	1.68
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	1.63
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	1.62
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	2.85
Allstars Meal (Flamin')	milk egg wheat gluten celery	sesame barley gluten soya mustard sulphur	3010	720	33.6	4.3	69.5	2.3	30.7	2.86
Kids	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Kids Meal - Popcorn	milk egg wheat gluten celery	sesame soya barley gluten mustard sulphur	1370	330	12.4	3.0	38.1	16.2	15.1	1.00
Kids Meal - Burger	sesame milk egg wheat gluten celery	barley gluten soya mustard sulphur	1900	455	12.0	3.3	60.4	21.2	25.7	1.70
Kids Meal - Minifillet	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	1445	345	9.9	2.8	43.6	23.5	19.5	1.42
ROI										
ROI Lunchbox #	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	3165	755	33.3	3.8	72.9	1.0	34.5	2.83
ROI 3 Legends #	sesame milk egg wheat gluten barley gluten oat gluten rye gluten celery mustard sulphur	peanut nut sesame soya	5060	1210	57.5	8.4	104.2	7.4	66.3	4.34
ROI Spicebox #	sesame milk egg wheat gluten barley gluten		3980	950	45.8	5.6	89.5	11.1	39.8	6.32



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Promotion	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	~Sat Fat(g)	^Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)
Vegan Burger (ve)	soya celery mustard sulphur sesame wheat gluten mustard	milk egg barley gluten soya celery sulphur	1875	450	19.0	2.0	52.9	5.7	18.7	2.91
Vegan Burger & Drink (ve)	soya celery mustard sulphur sesame wheat gluten mustard	milk egg barley gluten soya celery sulphur	1895	455	19.0	2.0	53.2	5.7	19.0	2.91
Kansas BBQ Dipped Bites	milk soya wheat gluten barley gluten	sesame egg celery mustard sulphur	1550	370	14.4	1.7	40.1	24.9	20.6	2.01
Nashville Hot Dipped Bites	milk soya wheat gluten	sesame egg celery mustard sulphur barley gluten	1630	390	17.2	3.3	37.4	20.1	21.4	1.99
Hot Wings Bucket ^^	milk egg wheat gluten sulphur	sesame barley gluten soya celery mustard	3445	825	56.4	9.3	34.2	0.1	44.9	4.26
9 Pieces COB +	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	9125	2185	125.2	24.5	62.6	2.5	204.7	9.09
Delivery only Deals- 2 Fillet Burgers, 2 Fries, 2 Hot wings ^^	sesame milk egg wheat gluten mustard sulphur	barley gluten soya celery	3360	805	36.0	4.5	78.8	5.7	37.7	3.05
Delivery only Deals- 9 Mini Fillets # ^^	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	2470	590	25.3	2.9	28.1	1.1	62.2	3.89
Delivery only Deals- 10 COB **	milk egg wheat gluten	sesame barley gluten soya celery mustard sulphur	2515	600	35.3	7.1	18.8	0	51.7	2.30
Gravy Burger Box Meal	milk egg sesame mustard celery sulphur wheat gluten barley gluten oat gluten rye gluten	soya	5090	1215	63.8	8.4	103.4	7.8	54.3	6.77
Gravy Double Bucket (Mini Fillets)	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya mustard	3875	925	46.0	7.0	61.9	0.8	62.6	5.21



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Gravy Double Bucket (Hot Wings)	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya mustard	3740	895	48.8	7.9	59.4	0.4	50.9	4.77
Gravy Triple Bucket	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya mustard	4565	1090	57.3	8.9	68.8	0.8	71.6	6.06
Regular Gravy	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya	195	45	1.3	0.1	6.3	0.1	2.7	1.60
Large Gravy	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya	455	110	3.0	0.3	14.5	0.3	6.1	3.68
Regular Updated Recipe Gravy	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya	185	45	0.5	0.1	9.2	1.9	1.3	1.37
Large Updated Recipe Gravy	milk egg wheat gluten barley gluten oat gluten rye gluten celery sulphur	sesame soya	430	105	1.0	0.3	21.2	4.4	3.1	3.16

Notes: -

> All information given is correct as of January 2021, and subject to change without notice.

> 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



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(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.

> 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

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 stores only

**Data for 1 portion, contains 4 portions

^^ Data for 1 portion, contains 2 portions

***Data for 1 portion, contains 8 portions