

YOU'RE AMONG THE FIRST TO GET YOUR FINGERS ON OUR NEW TRIAL MENU: LUCKY YOU!  
GOT QUESTIONS OR NEED HELP DECIDING? OUR TEAM'S GOT YOU COVERED. JUST ASK!

ALLERGEN & NUTRITION INFORMATION MARCH 2025

			Energy		Fat		Carbohydrate					
Original Recipe Chicken	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Keel	milk egg wheat gluten	sesame soya celery	1125	270	14.2	2.3	8.4	0.2	28.3	1.13	✖	✖
Drumstick	milk egg wheat gluten	sesame soya celery	730	175	9.9	1.5	7.7	0.3	14.1	0.86	✖	✖
Thigh	milk egg wheat gluten	sesame soya celery	1120	265	17.0	3.4	8.2	0.2	20.4	1.07	✖	✖
Rib	milk egg wheat gluten	sesame soya celery	1255	300	15.2	2.5	10.8	0.5	31.5	1.31	✖	✖
Wing	milk egg wheat gluten	sesame soya celery	750	180	8.0	1.3	6.8	0.3	16.3	0.69	✖	✖
Chicken Pieces	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Hot Wing (per piece, average)	wheat gluten	sesame soya celery egg milk	375	90	6.2	0.9	3.7	0.1	4.9	0.35	✖	✖
Mini Fillet Tender (per piece, average)	milk egg wheat gluten	sesame soya celery	550	130	6.0	0.7	5.6	0.3	13.7	0.79	✖	✖
Burgers	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Original Recipe Fillet Burger	sesame milk egg wheat gluten mustard	soya celery	2050	490	19.0	2.0	45.0	4.7	33.0	2.50	✖	✖
Spicy Zinger Burger	sesame egg wheat gluten mustard	soya celery milk	1915	420	17.6	2.0	40.9	5.8	25.8	1.98	✖	✖
Original Recipe Tower Burger	sesame milk egg wheat gluten celery mustard	soya	2615	625	27.0	4.4	55.0	9.0	38.0	3.50	✖	✖
BBQ Tower Burger	sesame milk egg wheat gluten mustard	soya celery	2665	635	27.0	4.4	58.0	9.3	38.0	3.50	✖	✖
Spicy Zinger Tower Burger	sesame milk egg wheat gluten mustard	soya celery	2580	615	32.9	5.0	52.4	8.4	29.6	3.40	✖	✖
Mini Burger	sesame milk egg wheat gluten mustard	soya celery	1205	290	11.0	1.4	28.5	3.3	17.9	1.28	✖	✖
Kids Mini Fillet Burger	sesame milk egg wheat gluten celery	soya	1105	265	7.6	1.1	30.1	5.1	17.8	1.35	✖	✖
Twisters & Wraps	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Original Recipe Twister	milk egg wheat gluten mustard	sesame soya celery	2255	540	24.0	3.8	46.0	5.1	33.0	2.80	✖	✖
Spicy Zinger Twister	milk egg wheat gluten	sesame soya celery mustard	2250	540	28.0	4.1	47.0	6.0	23.0	2.30	✖	✖
Flamin' Mini Wrap	milk egg wheat gluten	sesame soya celery mustard	1390	330	14.8	2.5	30.4	1.9	18.6	1.60	✖	✖
BBQ Mini Wrap	milk egg wheat gluten	sesame soya celery mustard	1255	300	10.2	2.2	32.7	3.7	18.6	1.50	✖	✖
Kentucky Original Wrap	milk egg wheat gluten mustard	sesame soya celery	2270	540	25.0	3.7	46.0	3.2	32.0	2.50	✖	✖
Rice Bowl	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Original Ranch Rice Bowl	milk egg wheat gluten	sesame soya celery	2365	560	19.0	2.3	64.0	7.9	31.0	2.90	✖	✖
Zinger Ranch Rice Bowl	milk egg wheat gluten	sesame soya celery	2315	550	21.0	2.4	65.0	7.9	23.0	2.60	✖	✖
Veggie Ranch Rice Bowl		wheat gluten egg milk sesame soya celery	1573	374	9.1	1.3	62.0	9.8	7.5	1.20	✓	✓
Sides	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Regular Fries/ Signature Fries		milk egg wheat gluten soya celery	1015	245	9.2	0.8	38.1	0.5	3.7	0.60	✖	✖
Large Fries/ Signature Fries		milk egg wheat gluten soya celery	1415	340	12.8	1.1	53.3	0.6	5.1	0.81	✖	✖
Regular BBQ Beans	wheat gluten barley gluten mustard celery		440	105	0.7	0.1	15.1	5.9	4.7	0.68	✓	✓
Regular Coleslaw	egg		615	150	12.9	1.0	6.1	5.3	1.1	0.57	✓	✖
Corn Cobette			250	60	1.4	0.2	8.2	1.9	2.2	0.01	✓	✓
Regular Gravy	milk egg wheat gluten barley gluten oat gluten rye gluten celery	soya	250	60	2.6	0.3	7.3	0.2	1.7	1.33	✖	✖
Condiments	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Garlic Buttermilk Mayo dip pot	milk egg		460	110	10.3	0.9	4.0	2.4	0.3	0.40	✓	✖
Smokey BBQ sauce dip pot			220	50	0.2	0.1	12.2	10.0	0.4	0.26	✓	✓
Sticky Sweet Chilli sauce dip pot			310	75	0.7	0.2	16.4	14.0	0.2	0.36	✓	✖
Spicy Supercharger Mayo dip pot	milk egg		570	140	13.7	1.1	3.2	2.3	0.3	0.41	✓	✖
Heinz Tomato Ketchup sachet	celery		30	10	0.0	0.0	2.2	1.9	1.0	0.20	✓	✓
Heinz Light Mayonnaise sachet	egg mustard		115	30	2.5	0.2	0.7	0.4	0.1	0.20	✓	✖
Salt sachet			0	0	0.0	0.0	0.0	0.0	0.0	0.69	✓	✓
Pepper sachet			5	1	0.0	0.0	0.1	0.0	0.0	0.00	✓	✓
Drinks	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Bottle of Still Water			0	0	0.0	0.0	0.0	0.0	0.0	0.00	✓	✓
Robinsons Fruit Shoot Blackcurrant & Apple			40	10	0.0	0.0	1.6	1.4	0.0	0.06	✓	✓
Robinsons Fruit Shoot Orange			50	10	0.0	0.0	2.4	2.4	0.0	0.06	✓	✓
Pepsi Max Regular			4	1	0.0	0.0	0.0	0.0	0.3	0.00	✓	✓
Pepsi Max Large			6	2	0.0	0.0	0.0	0.0	0.4	0.00	✓	✓
Pepsi Max Cherry - Regular			6	2	0.0	0.0	0.0	0.0	0.0	0.01	✓	✓
Pepsi Max Cherry - Large			8	2	0.0	0.0	0.0	0.0	0.0	0.01	✓	✓
7Up Free - Regular			25	5	0.0	0.0	0.3	0.0	0.3	0.00	✓	✓
7Up Free- Large			35	10	0.0	0.0	0.4	0.0	0.4	0.00	✓	✓
Robinsons Apple & Blackcurrant- Regular	sulphites		25	6	0.0	0.0	0.0	0.0	0.0	0.02	✓	✓
Robinsons Apple & Blackcurrant- Large	sulphites		33	8	0.0	0.0	0.0	0.0	0.0	0.02	✓	✓
Tango Orange Sugar Free - Regular			15	3	0.0	0.0	0.0	0.0	0.0	0.03	✓	✓
Tango Orange Sugar Free- Large			21	4	0.0	0.0	0.0	0.0	0.0	0.05	✓	✓
Lipton Ice Tea - Regular			240	55	1.5	0.3	13.8	13.5	1.5	0.00	✓	✓
Lipton Ice Tea - Large			335	80	2.1	0.4	19.3	18.9	2.1	0.00	✓	✓
Diet Pepsi - Regular			5	1	0.0	0.0	0.0	0.0	0.0	0.00	✓	✖
Diet Pepsi - Large			5	1	0.0	0.0	0.0	0.0	0.0	0.00	✓	✖
1.5L Pepsi Max Bottle			25	5	0.0	0.0	1.5	0.0	1.5	0.00	✓	✓
1.5L Diet Pepsi Bottle			40	10	0.0	0.0	0.0	0.0	0.0	0.00	✓	✖
1.5L Tango Orange Bottle			1190	285	0.0	0.0	63.0	63.0	1.5	0.00	✓	✓
1.5L 7up Free Bottle			120	30	0.0	0.0	1.5	0.0	1.5	0.00	✓	✓
KWENCH	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Iced Latte	milk		400	95	3	1.8	10.9	8.9	6.9	0.19	✓	✖
Iced Mocha Koffee Krunch	milk	egg soya	1235	295	6.5	3.3	52.6	42	7.5	0.32	✓	✖
Iced Caramel Koffee Krunch	milk wheat gluten	egg soya	1320	315	7	3.5	56.6	46.8	7.4	0.45	✓	✖
Oatly Iced Latte	oat gluten	milk	390	95	3	0.4	13.9	7.6	2.5	0.19	✓	✓
Oatly Iced Mocha Koffee Krunch	oat gluten wheat gluten	egg soya milk	935	220	4.1	0.5	43.8	43.8	2.7	0.30	✓	✓
Oatly Iced Caramel Koffee Krunch	milk oat gluten wheat gluten	egg soya	1055	250	5.4	1.2	47	37.1	3.3	0.45	✓	✖
Caramel Krunch Shake	milk wheat gluten	egg soya	2760	660	24.1	10.9	99.4	75.9	9.5	1.30	✓	✖
Chocolate Krunch Shake	milk wheat gluten	egg soya	2700	640	23.2	9.9	97.1	74.9	8.8	1.20	✓	✖
Coconut Mango Shake	milk		2320	555	15.7	8.8	93.6	77.7	8.3	0.90	✓	✖
Cherry Poppin' Refresher	sulphites	egg soya milk	430	100	0.5	0.2	24.3	24.3	0.1	0.23	✓	✓
Watermelon Poppin' Refresher	sulphites	egg soya milk	295	65	0.5	0.2	16	16	0.1	0.23	✓	✓
Sparkling Raspberry Lemonade	sulphites	egg soya milk	410	95	1	0.3	20.96	20.9	1.0	0.25	✓	✓
Spicy Mango Lemonade	sulphites	milk	475	115	0	0	27.5	27.3	0.1	0.22	✓	✖
Desserts	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Milk Chocolate Cookie	milk egg wheat gluten soya		1250	300	14.4	6.4	40.1	20.5	3.0	0.39	✓	✖
Pineapple Stick			190	45	0.4	0.1	10.4	8.8	0.4	0.01	✓	✓
Add ons	Contains Allergens	May Also Contain Allergens	kJ	kcal	Fat (g)	*Sat. Fat (g)	⬆Carbs (g)	Sugars (g)	Protein (g)	*Salt (g)	Vegetarian	Vegan
Cheese Slice (per slice average)	milk	egg wheat gluten soya sesame celery	170	40	3.2	1.9	1.0	0.7	2.3	0.49	✓	✖
Hashbrown (per piece average)		milk egg wheat gluten soya sesame celery	360	85	5.3	0.2	8.8	0.7	0.9	0.56	✖	✖

THE IMPORTANT STUFF:

- Our allergen information will be kept up to date and should be checked each time you dine with us as we may update recipes. Our teams cannot recommend or tell you what is suitable for you to eat or drink.
- KFC (UK&I) is committed to provide allergen information in store for all of it 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). Our teams regularly handle multiple food ingredients in our kitchens, our food and packaging may contact allergens during preparation, cooking and delivery. Delivery courier may deliver more than one order. We can't guarantee that any items are 100% allergen free including ingredients removed on request.
- Orders placed on delivery platforms cannot be customised in any way. In restaurant, please ask out team member if you wish to customise a product. If products are customised in any way, please be aware this is for customer preference and we cannot guarantee they are 100% allergen free. The allergen and nutrition information will no longer be accurate.

- The information 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.
- Due to the handling of cheese, we cannot guarantee our products do not contain traces of milk including vegan food and where a request has been made to remove cheese from an order.
- For pre-packed products including dip pots, sachets, bottle drinks and canned drinks, please refer to the packaging for the latest information.
- Fryers: Our fries & hash browns are cooked in the same vegetable oil as our chicken items so they are not suitable for vegetarians.
- Toasters: All our buns are toasted in the same toaster. They all contain wheat gluten and some contain sesame.
- The nutritional information comes from averages of composite food samples. There may be some variation depending on ingredients used, supplier and season of the year.
- All food calorie (kcal) and kJ figures are rounded to the nearest five. All drink calories (kcal) and kJ figures are rounded to the nearest one.

All info given is correct as printed and subjected to print on March 2025. For the latest allergen & nutritional information, scan QR code.



Symbol explanations:

- \* Salt value is calculated from Sodium
- ◆ Carbs = Carbohydrate
- + Sat Fat = Saturates
- # Products available only in Ireland
- ~ Product available only in Northern Ireland and Ireland