

Nutrition is important to us...

This leaflet is designed to equip you with the facts you need to make the most informed choice about our extensive menu.



We know nutrition is important, so at KFC we've been working hard to make improvements to our menu where possible. In the past year we're proud to have made a 10% reduction in salt across our menu and introduced our irresistible new range of tender, oven grilled chicken, KFC Grilled. Did you know we've also changed to a healthier canola-sunflower blend oil with significantly lower levels of saturated fat and less than 1g of trans-fat?

And all without sacrificing that great KFC taste!

...as is the great fresh taste!

All of our processes, equipment, and of course the fresh ingredients for our delicious variety of menu items are checked regularly.

And, we work closely with our local suppliers to ensure that they meet our very high standards every day so that our team members can prepare you a great tasting meal every time you visit your local KFC.

At KFC our chicken pieces and breast fillets are delivered FRESH* not frozen to KFC stores across the country. Our fresh chicken has no added hormones and is steroid free. And it's also carefully prepared and cooked in store, so you can enjoy the juiciest, most succulent, tastiest chicken around!

Another reason why you can't beat that taste!

* Excludes emergency stock



great taste starts with really fresh chicken...



Nutritional information

making good choices for a balanced diet





Sides & Desserts

	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g
reg. Potato & Gravy	reg. serve	137	397	290	95	69	2.3	1.7	2.1	1.5	1.0	0.7	0.1	0.1	16.0	11.7	**	<0.5	438	320	1.1	0.8
Ige. Potato & Gravy	4 serves	113	328	290	78	69	1.9	1.7	1.7	1.5	0.8	0.7	0.1	0.1	13.2	11.7	**	<0.5	362	320	0.9	0.8
reg. Gravy	reg. serve	134	312	233	75	56	2.3	1.7	4.3	3.2	1.9	1.4	0.1	0.1	6.8	5.1	**	<0.5	549	410	**	<0.5
reg. Seasoned Chips	reg. serve	120	1180	983	282	235	4.2	3.5	13.4	11.2	1.4	1.2	0.1	<0.1	33.4	27.8	**	<0.5	288	240	5.5	4.6
Ige. Seasoned Chips	Ige. serve	246	2418	983	578	235	8.6	3.5	27.6	11.2	3.0	1.2	**	<0.1	68.4	27.8	**	<0.5	590	240	11.3	4.6
Bread Roll	1 roll	42	501	1196	120	286	4.4	10.4	2.6	6.3	0.3	0.7	**	<0.1	18.8	44.9	4.8	11.5	205	490	1.2	2.8
Chocolate Mousse	1 serve	88	1078	1225	258	293	2.6	3.0	20.2	23.0	12.3	14.0	**	**	17.6	20.0	14.1	16.0	74	84	**	**
Boysenberry Cheesecake	1 serve	88	1067	1213	255	290	3.5	4.0	14.1	16.0	8.8	10.0	**	**	29.0	33.0	22.0	25.0	104	118	**	**



Krushers & Sparklers

	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g
Classic Krushers																						
Hokey Pokey (reg.)	1 serve (reg.)	237	1192	503	284	120	3.1	1.3	6.9	2.9	5.7	2.4	**	<0.1	51.0	21.5	37.2	15.7	73	31	2.4	1.0
Hokey Pokey (Ige.)	1 serve (Ige.)	460	2314	503	552	120	6.0	1.3	13.3	2.9	11.0	2.4	**	<0.1	98.9	21.5	72.2	15.7	143	31	4.6	1.0
Kookies & Kream (reg.)	1 serve (reg.)	236	1303	552	312	132	5.2	2.2	10.4	4.4	7.3	3.1	**	<0.1	45.5	19.3	30.9	13.1	153	65	6.8	2.9
Kookies & Kream (Ige.)	1 serve (Ige.)	462	2550	552	610	132	10.2	2.2	20.3	4.4	14.3	3.1	**	<0.1	89.2	19.3	60.5	13.1	300	65	13.4	2.9
Choc Berry (reg.)	1 serve (reg.)	248	1287	519	308	124	3.0	1.2	9.2	3.7	6.4	2.6	**	<0.1	49.8	20.1	34.5	13.9	171	69	6.2	2.5
Choc Berry (Ige.)	1 serve (Ige.)	507	2631	519	629	124	6.1	1.2	18.8	3.7	13.2	2.6	**	<0.1	101.9	20.1	70.5	13.9	350	69	12.7	2.5
Smoothie Krushers																						
Strawberry (reg.)	1 serve (reg.)	258	877	340	209	81	3.4	1.3	4.6	1.8	4.1	1.6	**	<0.1	35.9	13.9	28.6	11.1	65	25	4.9	1.9
Strawberry (Ige.)	1 serve (Ige.)	515	1751	340	417	81	6.7	1.3	9.3	1.8	8.2	1.6	**	<0.1	71.6	13.9	57.2	11.1	129	25	9.8	1.9
Mango (reg.)	1 serve (reg.)	254	955	376	229	90	3.3	1.3	5.6	2.2	4.8	1.9	**	<0.1	39.9	15.7	30.0	11.8	66	26	1.8	0.7
Mango (Ige.)	1 serve (Ige.)	524	1970	376	472	90	6.8	1.3	11.5	2.2	10.0	1.9	**	<0.1	82.3	15.7	61.8	11.8	136	26	3.7	0.7
Banana (reg.)	1 serve (reg.)	256	973	380	233	91	3.8	1.5	4.6	1.8	4.1	1.6	**	<0.1	42.5	16.6	33.0	12.9	59	23	1.8	0.7
Banana (Ige.)	1 serve (Ige.)	518	1968	380	471	91	7.8	1.5	9.3	1.8	8.3	1.6	**	<0.1	86.0	16.6	66.8	12.9	119	23	3.6	0.7
Sparklers																						
Virgin Mojito	1 cup	395.8	1603	405	384	97	0.8	0.2	**	<0.1	**	<0.1	**	<0.1	93.4	23.6	46.7	11.8	67	17	**	<0.5
Vanilla Blue	1 cup	365.7	790	216	190	52	0.4	0.1	**	<0.1	**	<0.1	**	<0.1	46.1	12.6	44.6	12.2	51	14	**	<0.5
Apple Spritz	1 cup	367.4	643	175	154	42	0.4	0.1	**	<0.1	**	<0.1	**	<0.1	37.5	10.2	34.9	9.5	40	11	**	<0.5

*Krushers and Sparklers only available at selected KFC stores.



Chicken

	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g		
Original Recipe Chicken	1 piece	82	902	1100	216	264	18.0	21.9	14.1	17.2	3.5	4.3	**	0.1	4.2	5.1	**	<0.5	328	400	**	0.9
Original Recipe Fillet	1 piece	73	633	868	152	208	19.9	27.2	6.0	8.2	1.1	1.5	**	<0.1	4.2	5.7	**	<0.5	423	580	**	0.7
Hot & Spicy Fillet	1 piece	95	918	966	219	231	18.1	19.1	10.6	11.2	1.5	1.6	**	<0.1	12.3	12.9	**	<0.5	646	680	**	0.9
Wicked Wings 3pk	3 pieces	163	2119	1300	509	312	25.6	15.7	36.2	22.2	8.0	4.9	**	0.1	19.1	11.7	**	<0.5	1027	630	**	1.9
Nuggets 6pk	6 pieces	110	1177	1070	283	257	16.7	15.2	18.3	16.6	3.6	3.3	**	0.1	11.6	10.5	**	<0.5	594	540	3.1	2.8
Mini Snack Popcorn	mini. serve	83	1096	1320	262	316	14.4	17.3	15.2	18.3	1.7	2.0	**	<0.1	16.6	20.0	**	<0.5	697	840	**	1.2
reg. Popcorn Chicken	reg. serve	159	2099	1320	502	316	27.5	17.3	29.1	18.3	3.2	2.0	**	<0.1	31.8	20.0	**	<0.5	1336	840	**	1.2
Crispy Strips	2 pieces	95	892	939	214	225	22.3	23.5	10.2	10.7	1.4	1.5	**	<0.1	6.7	7.0	**	<0.5	399	420	**	3.1
Grilled Wings 3pk	3 pieces	71	785	1100	187	262	19.4	27.2	12.1	16.9	3.7	5.2	0.1	0.1	**	<0.5	**	<0.5	328	460	1.3	1.8



Burgers

	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g		
Original Recipe Fillet Burger	1 burger	202	2141	1060	513	254	32.7	16.2	20.2	10.0	2.8	1.4	**	<0.1	45.9	22.7	11.7	5.8	1111	550	7.5	3.7
Original Recipe Fillet Burger with Low Fat Mayonnaise	1 burger	159	1501	944	359	226	23.2	14.6	9.7	6.1	1.4	0.9	**	<0.1	42.0	26.4	10.5	6.6	747	470	4.3	2.7
Original Recipe Works Burger	1 burger	236	2407	1020	576	244	30.4	12.9	18.4	7.8	2.8	1.2	**	<0.1	67.0	28.4	11.1	4.7	1086	460	8.0	3.4
Original Recipe BBQ Bacon & Cheese Burger	1 burger	215	2240	1042	535	249	33.3	15.5	20.4	9.5	6.7	3.1	**	0.1	49.9	23.2	11.2	5.2	1312	610	8.8	4.1
Zinger Burger	1 burger	213	2237	1050	533	250	29.0	13.6	21.7	10.2	3.0	1.4	**	<0.1	51.1	24.0	8.7	4.1	1193	560	7.7	3.6
Zinger Works Burger	1 burger	260	2348	903	562	216	31.2	12.0	22.9	8.8	6.0	2.3	0.3	0.1	52.5	20.2	9.9	3.8	1482	570	9.6	3.7
Zinger BBQ Bacon & Cheese Burger	1 burger	248	2505	1010	600	242	34.5	13.9	22.6	9.1	5.5	2.2	0.2	0.1	59.3	23.9	12.4	5.0	1488	600	9.7	3.9
Snack Burger	1 burger	165	1848	1120	442	268	16.3	9.9	18.3	11.1	2.6	1.6	**	<0.1	49.8	30.2	10.9	6.6	792	480	6.1	3.7
Snack Burger with Cheese	1 burger	180	2052	1140	490	272	19.1	10.6	21.1	11.7	5.6	3.1	0.2	0.1	51.1	28.4	10.3	5.7	1368	760	9.2	5.1
Grilled Fillet Burger with Low Fat Mayo	1 burger	185	1499	810	359	194	30.5	16.5	9.1	4.9	3.7	2.0	**	<0.1	36.3	19.6	9.8	5.3	1184	640	3.5	1.9
Grilled Fillet Burger	1 burger	184.5	1710	927	410	222	26.0	14.1	14.6	7.9	4.4	2.4	0.2	0.1	41.5	22.5	8.5	4.6	812	440	2.8	1.5
Grilled BLT Burger	1 burger	217.2	1905	877	456	210	32.1	14.8	18.5	8.5	6.3	2.9	0.2	0.1	38.2	17.6	9.3	4.3	999	460	3.0	1.4



Twisters & Wraps

	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g		
Pepper Mayo Twister	1 twister	234	2504	1070	599	256	26.4	11.3	36.7	15.7	3.7	1.6	**	<0.1	37.4	16.0	2.6	1.1	819	350	7.7	3.3
Sweet Chilli Twister	1 twister	218	1772	813	423	194	24.6	11.3	14.0	6.4	2.0	0.9	**	<0.1	45.3	20.8	9.8	4.5	763	350	8.3	3.8
Super Charged Twister	1 twister	214	1892	884	452	211	24.8	11.6	19.3	9.0	3.2	1.5	**	<0.1	41.3	19.3	5.8	2.7	899	420	6.8	3.2
Pepper Mayo Grilled Wrap	1 wrap	207.3	1982	956	475	229	24.3	11.7	26.5	12.8	2.7	1.3	0.2	0.1	31.9	15.4	3.1	1.5	705	340	5.6	2.7
Sweet Chilli Grilled Wrap	1 wrap	191.1	1361	712	325	170	22.9	12.0	6.1	3.2	1.3	0.7	**	<0.1	40.9	21.4	13.6	7.1	669	350	6.1	3.2
Super Charged Grilled Wrap	1 wrap	197.8	1396	706	334	169	25.1	12.7	11.3	5.7	2.0	1.0	**	<0.1	29.5	14.9	3.8	1.9	613	310	6.3	3.2



Salads

	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g		
Grilled Chicken Salad	1 serve	323	827	256	197	61	38.4	11.9	4.5	1.4	1.9	0.6	**	<0.1	**	<0.5	**	<0.5	969	300	6.1	1.9
Green Side Salad	1 serve	71	74	104	18	25	1.4	2.0	0.4	0.5	0.1	0.1	**	<0.1	1.3	1.9	1.1	1.5	28	39	1.7	2.4
reg. Coleslaw	reg. serve	80	380	475	90	113	0.8	1.0	4.2	5.3	0.7	0.9	**	<0.1	12.3	15.4	6.6	8.3	66	82	1.1	1.4
lge. Coleslaw	4 serves	75	356	475	85	113	0.8	1.0	4.0	5.3	0.7	0.9	**	<0.1	11.6	15.4	6.2	8.3	62	82	1.1	1.4
Bean Salad	4 serves	75	380	506	91	121	2.4	3.2	6.4	8.5	0.5	0.7	**	<0.1	4.6	6.1	**	<0.5	72	96	3.2	4.2

Nutrition information is based on data from independent testing facilities and our suppliers. It is based on average figures and standard product formulations. Actual serving sizes and nutrient values may vary due to regional and seasonal differences in ingredients, minor differences in product assembly and other factors.

Nutritional Information correct as 13/12/2011. Product data is based on current formulations as of date of publication. If you intend to use this information in a publication then you should ensure a notation is included of the date the information is current.

Some menu items may not be available at all KFC restaurants and certain locations may at times offer test products, limited time offerings or other regional menu choices not listed. Nutrition information shown does not apply to special or custom orders.

** Data Not Available

Figures will vary depending on cut of chicken and actual size of piece. Data is based on edible portion of 9 pieces* (representing a whole chicken) averaged to obtain the edible portion of 1 piece of chicken.

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