

KFC Wrap Menu South Africa

Your Complete Guide to KFC Wraps - Prices, Nutrition & More

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About KFC Wraps South Africa

KFC wraps South Africa have become a favorite choice for customers looking for a quick, flavorful, and satisfying meal option. These wraps combine KFC's signature crispy chicken with fresh vegetables, creamy sauces, and soft tortillas to create a portable feast that's perfect for lunch, dinner, or a snack on the go.

The popularity of wraps at KFC stems from their convenience and bold flavors. Each KFC wrap meal is carefully crafted to deliver the perfect balance of protein, vegetables, and sauce wrapped in a warm tortilla. From the zesty Colonel's dressing to specialized wrap sauce options, every bite delivers the authentic KFC taste South African customers have come to love.

KFC Wrap Menu With Prices

Wrap Name	Description	Price (ZAR)
Boxmaster Zinger	Spicy Zinger chicken fillet with lettuce, tomato and creamy sauce wrapped in a soft tortilla.	R69.90
Doritos Cheese Boxmaster	Crunchy Doritos coating with chicken fillet, cheese, lettuce and signature sauce in a tortilla wrap.	R69.90
Boxmaster	Classic Boxmaster with crispy chicken, lettuce, tomato and creamy sauce wrapped in a warm tortilla.	R67.90
Jalapeño Boxmaster	Spicy jalapeño chicken wrap with lettuce, cheese and zesty sauce for extra heat.	R67.90
Dunked Boxmaster	Chicken fillet dunked in sauce, wrapped with fresh lettuce and creamy dressing.	R67.90
Classic Twister	Crispy chicken strips with lettuce, tomato and tangy dressing in a soft wrap.	R59.90
Sweet Chilli Twister	Chicken strips with sweet chilli sauce, lettuce and tomato wrapped in a tortilla.	R59.90
Wrapsta	Small budget wrap with chicken, lettuce and creamy dressing, perfect for a light meal.	R37.90
Brekkie Crunch Wrap	Breakfast wrap with egg, chicken, cheese and hash brown in a warm tortilla.	R39.90
Sweet Chilli Wrap	Chicken wrap with sweet chilli glaze, lettuce and creamy dressing.	R49.90
Veggie Wrap	Vegetarian wrap with fresh veggies, cheese and creamy sauce.	R44.90
Chicken Wrap	Simple chicken wrap with crispy fillet, lettuce and mayo sauce.	R49.90

Pro Tip: Visit www.kfcmenu.co.za for the latest prices and promotional deals!

KFC Wrap Combo Deals

Deal Name	What's Included	Price (ZAR)
Wrapsta Box with Regular Drink	Wrapsta + regular chips + regular cold drink	R49.90
Wrapsta Box with Buddy Bottle	Wrapsta + regular chips + Buddy bottle drink	R54.90
Other Wrap Box Meals	Seasonal wrap combos including wrap, chips and drink	R49.90 – R79.90

Nutrition Information & Calories

Wrap Name	Calories	Protein (g)	Carbs (g)	Fat (g)	Salt (g)
Boxmaster Zinger	630 kcal	31g	58g	30g	2.3g
Doritos Cheese Boxmaster	650 kcal	32g	60g	32g	2.5g
Boxmaster	600 kcal	30g	55g	28g	2.1g
Classic Twister	490 kcal	26g	45g	22g	1.8g
Sweet Chilli Twister	500 kcal	25g	47g	23g	1.9g
Wrapsta	360 kcal	19g	35g	15g	1.4g
Veggie Wrap	390 kcal	14g	46g	16g	1.5g
Chicken Wrap	470 kcal	24g	44g	21g	1.7g
Wrapsta Box (Regular Drink)	720 kcal	24g	78g	24g	2.2g

Allergen Information: Most wraps contain Gluten, Milk, Egg, and Soy. Always check with staff for specific allergen details.

Frequently Asked Questions

Q: What kind of wraps does KFC have?

KFC South Africa offers Classic Twister, Spicy Twister, Sweet Chilli Twister, Boxmaster Zinger, and Wrapsta with different sauces and spice levels.

Q: How much is a KFC original wrap?

The Wrapsta starts from R37.90, Classic Twister around R59.90, and premium options like Boxmaster Zinger cost approximately R69.90.

Q: How many calories are in a KFC wrap?

KFC wraps contain 250-400 calories for regular wraps and 600-700 calories for larger Twister varieties depending on ingredients and sauces.

Q: Is grilled chicken wrap healthier than crispy?

Yes, grilled chicken wraps contain fewer calories and less fat compared to crispy fried versions, making them a healthier choice.

Q: Can I customize my KFC wrap order?

Yes, you can add or remove ingredients, change sauces, or switch between grilled and crispy chicken at most KFC locations.

Q: Are KFC wraps halal in South Africa?

Most KFC outlets serve halal-certified chicken, but not all stores are SANHA certified, so confirm with your local branch before ordering.

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