

KFC Breakfast Menu South Africa – Complete Guide

The KFC Breakfast Menu in South Africa is designed for early risers who want a flavorful, convenient, and satisfying start to the day. By combining KFC's signature chicken with classic breakfast ingredients such as eggs, hash browns, and toasted bread, the menu delivers a variety of wraps, sandwiches, burgers, and value boxes. Whether you prefer a light snack or a full breakfast meal, KFC breakfast options cater to different appetites and budgets across South Africa.

Breakfast is available at selected KFC outlets in major cities including Johannesburg, Cape Town, Durban, Pretoria, and Cape Gate. With in-store dining, drive-thru, and delivery options, KFC breakfast remains a popular choice for commuters, students, and office workers. This guide covers prices, nutritional values, and allergen information to help customers make informed breakfast choices.

KFC Breakfast Menu Prices (South Africa)

Item	Description	Price (ZAR)
AM Mini Twister w/ Hash Brown	Chicken, egg & hash brown wrap	R23.90 – R23.99
Brekkie Crunch Wrap	Chicken strip, egg & hash brown	R26.90 – R39.90
AM Toasted Chicken & Mayo Meal	Toasted sandwich with hash brown & drink	R44.90
AM Deluxe Burger	Egg & chicken breakfast burger	R42.90 – R54.90
AM Snacker Burger	Light breakfast burger	R14.90
KFC AM Brekkie Crunch Box	Wrap, chips, chicken piece & coffee	R67.90

KFC Breakfast Nutrition Information

Item	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
AM Mini Twister w/ Hash Brown	410	18	22	35	850
Brekkie Crunch Wrap	480	20	25	38	900
AM Toasted Chicken & Mayo	520	24	28	40	950
AM Deluxe Burger	550	25	28	45	980
AM Snacker Burger	180	9	8	22	420
AM Brekkie Crunch Box	670	30	35	55	1100

Nutritional values are estimates and may vary by location and portion size. Customers seeking lighter options may choose snack-sized items or wraps, while those needing a filling breakfast can opt for combo meals or breakfast boxes.

KFC Breakfast Allergen Information

Item	Contains Allergens
AM Mini Twister w/ Hash Brown	Wheat, Egg, Milk, Soy
Brekkie Crunch Wrap	Wheat, Egg, Milk, Soy
AM Toasted Chicken & Mayo	Wheat, Egg, Milk, Soy
AM Deluxe Burger	Wheat, Egg, Milk, Soy
AM Snacker Burger	Wheat, Egg
Hash Browns	None
Coffee / Rooibos Tea	None

All breakfast items are prepared in shared kitchens. Customers with allergies or dietary restrictions should always confirm ingredient details with their local KFC branch before ordering.