

# KFC Ice Cream Menu South Africa 2026 — Prices, Flavors & Nutrition

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While KFC South Africa is best known for its crispy fried chicken, its ice cream and dessert offerings have become a popular choice for many. These desserts provide a sweet, refreshing finish to meals, complementing savory options like burgers, chicken buckets, and wraps. Affordable, easy to enjoy, and suitable for dine-in, takeaway, or delivery, KFC ice creams appeal to families, students, and regular visitors looking for a satisfying treat.

## KFC Ice Cream Menu Prices & Flavors

The KFC ice cream menu includes a range of soft serve, sundaes, and specialty ice creams. Below is the detailed breakdown of **flavors and prices** in South Africa for 2026:

Ice Cream Item	Flavors / Variants	Approx Price (ZAR)
Ice Cream Cone	Plain soft serve	R11.90
KFC Sundae Ice Cream	Chocolate, Mixed Berry, Oreo	R21.90 – R25.90
KFC Oreo Ice Cream	Oreo topping	R21.90
KFC Brownie Ice Cream	Soft serve with brownie chunks	R25.90
KFC Soft Serve Ice Cream	Plain / Twirl / Cup / Cone	R11.90 – R15.00
KFC Ice Cream Bowl	Soft serve or sundae variants	R15.00
KFC Ice Cream Cup	Small cup serving	R10.00 – R11.90
KFC Ice Cream with Flake	Chocolate flake topping	R18.00

### Highlights:

- Wide variety of flavors from classic vanilla to indulgent Oreo and brownie options.
- Perfect for pairing with burgers, meals, or sharing as a dessert.
- Affordable pricing suitable for individuals and families alike.

## KFC Ice Cream Nutrition & Calories

For health-conscious customers, here's an overview of **calories, sugar, fat, and protein content** for popular ice cream items:

<b>Ice Cream Item</b>	<b>Calories (kcal)</b>	<b>Sugar (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Allergens</b>
Ice Cream Cone	200	20	8	4	Milk, Gluten
Soft Serve (Cup)	180	18	7	3	Milk
Soft Swirl with Chocolate Stick	210	22	9	4	Milk, Soy
Ice Cream Bowl	220	21	9	4	Milk
Ice Cream Cup	150	15	6	3	Milk
Ice Cream with Flake	230	24	10	4	Milk, Chocolate
KFC Sundae Chocolate	260	25	12	5	Milk, Soy
KFC Sundae Mixed Berry	255	24	11	5	Milk
KFC Sundae Oreo	270	27	13	6	Milk, Gluten, Soy
Oreo Ice Cream	260	26	12	5	Milk, Gluten, Soy
Brownie Ice Cream	280	28	14	6	Milk, Gluten, Eggs, Soy

### **Key Takeaways:**

- KFC ice creams vary in calories from 150–280 kcal, depending on size and toppings.
- Sugar content ranges from 15g to 28g.
- Popular options like Brownie Ice Cream and Oreo Sundaes are indulgent choices for dessert lovers.

## **How to Enjoy KFC Ice Cream in South Africa**

- **Visit KFC stores** or check the mobile app to locate outlets serving ice cream.
- **Filter menu options** to confirm ice cream availability at your chosen location.
- **Check for promotions** and seasonal flavors that may offer unique options.
- **Delivery apps** often display KFC outlets with ice cream options for convenience.
- **Call ahead** to confirm flavors and stock availability if ordering for takeaway or delivery.

## FAQs

- 1. What ice cream flavors are available at KFC South Africa?**  
KFC offers Chocolate, Mixed Berry, Oreo, Brownie, Twirl, Soft Serve, and Flake-topped options.
- 2. How much does KFC ice cream cost in 2026?**  
Prices range from R10.00 for a small cup to R25.90 for sundaes and Brownie Ice Cream.
- 3. Are KFC ice creams suitable for kids?**  
Yes, small cups, cones, and soft serve are perfect for children.
- 4. Can I order KFC ice cream for delivery?**  
Yes, most delivery apps and KFC stores offer ice cream for home delivery.
- 5. Do KFC ice creams include allergens?**  
Many items contain milk, gluten, soy, or eggs; always check labels if you have dietary restrictions.
- 6. How many calories are in KFC ice cream items?**  
Calories range from 150 kcal (small cup) to 280 kcal (Brownie Ice Cream).
- 7. Does KFC offer seasonal or promotional ice cream flavors?**  
Yes, KFC occasionally releases limited-time flavors and promotions.
- 8. Can I customize my KFC ice cream?**  
Some stores allow toppings or mix-ins like chocolate flakes or Oreo pieces.
- 9. Is soft serve available in cones and cups?**  
Yes, soft serve is available in cones, cups, bowls, and Twirl options.
- 10. Where can I find the official KFC ice cream menu PDF?**  
The PDF consolidates all ice cream offerings, prices, and nutrition info for easy reference.

## Final Thoughts

KFC South Africa's ice cream menu is the perfect sweet finish to any meal, whether dining in, taking away, or ordering delivery. With affordable pricing, multiple flavors, and options for all ages, these desserts complement KFC's main menu of burgers, chicken, and family meals. The menu PDF provides a detailed guide, helping customers choose their favorite ice creams while staying informed about calories, ingredients, and pricing.

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