

I have formatted all the Popeyes calorie data into a structured document ready for PDF creation. Here's a clear, organized format:

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## Popeyes UK Menu Calories

### Festive Menu Calories

Item	Calories
Cheesy Loaded Fries	573 kcal
The Mega Cheese Dip (450g)	527 kcal
The Big Cheese Dip (160g)	187 kcal
The Cheesy Chicken Sandwich	538 kcal
The Cheesy Chicken Sandwich Box Meal	From 538 kcal

### Sandwiches Calories

Item	Calories
Hot Honey Sandwich	662 kcal
Classic Superstack Sandwich	867 kcal
Spicy Superstack Sandwich	907 kcal
The Cheesy Chicken Sandwich	538 kcal
The Classic Chicken Sandwich	691 kcal
The Spicy Chicken Sandwich	737 kcal
The Deluxe Sandwich	772 kcal
The Spicy Deluxe Sandwich	811 kcal
The Double Stack	1,020 kcal
The Spicy Double Stack	1,136 kcal
Red Bean Creole Sandwich (VE)	591 kcal

### Box Meals Calories

Item	Calories
Boneless Box	From 873 kcal
Classic Superstack Box Meal	From 867 kcal

Item	Calories
Spicy Superstack Box Meal	From 907 kcal
Hot Honey Box Meal	From 662 kcal
The Cheesy Chicken Sandwich Box Meal	From 538 kcal
The Deluxe Box Meal	From 826 kcal
The Spicy Deluxe Box Meal	From 855 kcal
The Chicken Sandwich Box Meal	From 753 kcal
The Spicy Chicken Sandwich Box Meal	From 782 kcal
Combo Box Meal	From 873 kcal

## Tenders Calories

Item	Calories
3 Classic Tenders	From 468 kcal
3 Spicy Tenders	From 454 kcal
5 Classic Tenders	From 780 kcal
5 Spicy Tenders	From 756 kcal
8 Classic Tenders	From 1,248 kcal
8 Spicy Tenders	From 1,210 kcal

## Boneless Calories

Item	Calories
6 Boneless & a dip	From 261 kcal
8 Boneless & a dip	From 348 kcal
12 Boneless & a dip	From 522 kcal
20 Boneless & 2 dips	From 870 kcal
6 Ghost Pepper Boneless	232 kcal
8 Ghost Pepper Boneless	310 kcal
12 Ghost Pepper Boneless	465 kcal

## Big & Mega Dips Calories

Item	Calories
The Big Cheese Dip (160g)	187 kcal

Item	Calories
The Big Kickback Dip (160g)	907 kcal
The Big Ranch Dip (160g)	846 kcal
The Mega Cheese Dip (450g)	527 kcal
The Mega Kickback Dip (400g)	2,552 kcal
The Mega Ranch Dip (400g)	2,380 kcal

## Hot Wings Calories

Item	Calories
6 Hot Wings	885 kcal
8 Hot Wings	1,180 kcal
12 Hot Wings	1,770 kcal
20 Hot Wings	2,950 kcal
6 Ghost Pepper Wings	617 kcal
8 Ghost Pepper Wings	823 kcal

## Signature Louisiana Chicken Calories

Item	Calories
2 Piece Signature Louisiana Chicken	728 kcal
3 Piece Signature Louisiana Chicken	1,092 kcal
6 Piece Signature Louisiana Chicken	2,184 kcal

## Saucin' Wings Calories

Item	Calories
6 Garlic Parm Saucin' Wings	1,093 kcal
6 Bold BBQ Saucin' Wings	874 kcal
6 Buffalo Saucin' Wings	815 kcal
8 Garlic Parm Saucin' Wings	1,694 kcal
8 Bold BBQ Saucin' Wings	1,165 kcal
8 Buffalo Saucin' Wings	1,087 kcal
12 Garlic Parm Saucin' Wings	From 2,186 kcal
12 Bold BBQ Saucin' Wings	From 1,747 kcal

Item	Calories
12 Buffalo Saucin' Wings	From 1,630 kcal
6 Hot Honey Saucin' Wings	783 kcal
8 Hot Honey Saucin' Wings	1,044 kcal

## Saucin' Boneless Calories

Item	Calories
6 Garlic Parm Saucin' Boneless	518 kcal
6 Bold BBQ Saucin' Boneless	372 kcal
6 Buffalo Saucin' Boneless	333 kcal
8 Garlic Parm Saucin' Boneless	691 kcal
8 Bold BBQ Saucin' Boneless	495 kcal
8 Buffalo Saucin' Boneless	443 kcal
12 Garlic Parm Saucin' Boneless	1,036 kcal
12 Bold BBQ Saucin' Boneless	743 kcal
12 Buffalo Saucin' Boneless	665 kcal
6 Hot Honey Saucin' Boneless	341 kcal
8 Hot Honey Saucin' Boneless	455 kcal
12 Hot Honey Saucin' Boneless	682 kcal

## Signature Wraps Calories

Item	Calories
Chicken Wrap	485 kcal
Spicy Chicken Wrap	488 kcal

## Big Box Meals Calories

Item	Calories
Boneless BIG Box	From 873 kcal
Classic Superstack BIG Box Meal	From 867 kcal
Spicy Superstack BIG Box Meal	From 907 kcal
The Cheesy Chicken Sandwich BIG Box Meal	From 538 kcal
Hot Honey BIG Box Meal	From 662 kcal

Item	Calories
The Deluxe BIG Box Meal	From 826 kcal
The Spicy Deluxe BIG Box Meal	From 855 kcal
The Chicken Sandwich BIG Box Meal	From 753 kcal
The Spicy Chicken Sandwich BIG Box Meal	From 782 kcal
Combo BIG Box Meal	From 873 kcal

## Savin' Calories

Item	Calories
Gravy Savin' Box	From 1,083 kcal
1 Piece & Fries	From 295 kcal
2 Classic Tenders & Fries	From 295 kcal
2 Spicy Tenders & Fries	From 295 kcal
1 Classic Tender & Fries	From 219 kcal
1 Spicy Tender & Fries	From 219 kcal
3 Hot Wings & Fries	From 295 kcal
2 Hot Wings & Fries	From 295 kcal
Classic Savin' Wrap and Fries	From 305 kcal
Spicy Savin' Wrap and Fries	From 317 kcal
Classic Savin' Wrap	164 kcal
Spicy Savin' Wrap	166 kcal

## Sides Calories

Item	Calories
Regular Fries	283 kcal
Large fries	355 kcal
Cajun Fries	293 kcal
Large Cajun Fries	373 kcal
Cheesy Loaded Fries	573 kcal
Smoky Beans	136 kcal
Mac & Cheese	277 kcal
Biscuit & Cajun Gravy	238 kcal

Item	Calories
Cajun Gravy	21 kcal
Original Biscuit	226 kcal
Biscuit & Honey	319 kcal
Mash & Cajun Gravy	383 kcal
Biscuit & Hot Honey	322 kcal
Biscuit & Nutella	260 kcal

## Shakes Calories

Item	Calories
Strawberry Cheesecake Shake	535 kcal
Made with Oreo Shake	556 kcal
Biscoff Shake	548 kcal
Vanilla Shake	341 kcal
Strawberry Shake	434 kcal
Chocolate Shake	473 kcal
Large Biscoff Shake	758 kcal
Large Made with Oreo Shake	841 kcal
Large Strawberry Cheesecake Shake	810 kcal
Large Chocolate Shake	725 kcal
Large Strawberry Shake	709 kcal
Large Vanilla Shake	608 kcal

## Drinks Calories

Item	Calories
Regular Coca-Cola Classic	190 kcal
Regular Diet Coke	0 kcal
Regular Coca-Cola Zero Sugar	1 kcal
Regular Dr Pepper Zero	0 kcal
Regular Fanta Orange Zero	3 kcal
Regular Sprite Zero	1 kcal
Large Coca-Cola Classic	274 kcal

Item	Calories
Large Diet Coke	0 kcal
Large Coca-Cola Zero Sugar	1 kcal
Large Dr Pepper Zero	0 kcal
Large Fanta Orange Zero	3 kcal
Large Sprite Zero	1 kcal
Red Bull Energy Drink	115 kcal
Red Bull Winter Edition - Fuji Apple and Ginger	116 kcal
Red Bull Pink Edition Sugar Free - Forest Fruits	5 kcal
Oasis Summer Fruits 500ml	17 kcal
Still Water	0 kcal
Caramel Latte	151 kcal
Cappuccino	24 kcal
Flat White	24 kcal
Latte	35 kcal
Tea	0 kcal
White Americano	9 kcal
Black Americano	0 kcal
Fruit Shoot Orange 200ml	12 kcal
Fruit Shoot Apple and Blackcurrant 200ml	8 kcal
Tropicana Orange Juice	100 kcal
Jimmy's Iced Coffee	98 kcal
Irn Bru Can	62 kcal

## Whipz Calories

Item	Calories
Strawberry Whipz	225 kcal
M&M Whipz	288 kcal
Strawberry Cheesecake Whipz	323 kcal
Vanilla Whipz	182 kcal
Chocolate Whipz	222 kcal
Made with Oreo Whipz	289 kcal

Item	Calories
Biscoff Whipz	351 kcal
Mini Biscoff Whipz	198 kcal
Mini Strawberry Cheesecake Whipz	323 kcal
Mini Oreo Whipz	168 kcal
Mini Strawberry Whipz	136 kcal
Mini M&M Whipz	157 kcal
Mini Vanilla Whipz	117 kcal
Mini Chocolate Whipz	135 kcal

## Dips Calories

Item	Calories
Kickback Dip	220 kcal
Ranch	185 kcal
Garlic Mayo	218 kcal
Bold BBQ	70 kcal
Hot Honey	68 kcal
Louisiana Hot	8 kcal
Buffalo	8 kcal
Mango Habanero	52 kcal
Classic Mayo	219 kcal
Cajun Gravy	21 kcal

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