



Domino's Nutrition Information Guide

Sides & Desserts

Correct as of 12th February 2024

We ensure that the nutrition information provided is as accurate as possible. Pizza nutrition stated excludes dips. Sides and desserts nutrition excludes dips. For ice cream, drinks and other **non-Domino's** pre-packaged products, please see packaging for product-specific calorie, nutrition, and allergen information.

Nutritional Information- Sides and Desserts

Sides

Product Name	Per 100g									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Chick 'n' Mix	219	916	12.3	4.4	9.3	1.4	1.6	17.8	1.44	0.57
Chicken Kickers (4)	232	972	11.1	3.8	15.5	0.8	2.6	17.5	1.65	0.65
Chicken Kickers (7)	232	972	11.1	3.8	15.5	0.8	2.6	17.5	1.65	0.65
Chicken Kickers (14)	232	972	11.1	3.8	15.5	0.8	2.6	17.5	1.65	0.65
Chicken Kickers Combo Wedges UK	173	727	7.1	1.9	18.3	0.6	2.6	9.0	1.24	0.49
Chicken Kickers Combo Wedges IRL	170	714	6.9	1.9	18.4	0.6	2.6	8.6	1.22	0.48
Chicken Kickers Combo Fries	249	1046	10.2	2.0	30.4	0.6	2.7	8.9	0.86	0.34
Chicken Strippers (4)	222	930	11.8	5.1	10.6	1.8	2.3	18.4	1.17	0.46
Chicken Strippers (7)	222	930	11.8	5.1	10.6	1.8	2.3	18.4	1.17	0.46
Chicken Strippers (14)	222	930	11.8	5.2	10.7	1.9	2.4	18.5	1.17	0.46
Chicken Strippers Combo Wedges UK	171	716	7.6	2.6	15.8	1.1	2.5	9.8	1.03	0.41
Chicken Strippers Combo Wedges IRL	169	707	7.4	2.5	16.1	1.1	2.5	9.4	1.03	0.40
Chicken Strippers Combo Fries	243	1021	10.5	2.7	27.5	1.0	2.5	9.7	0.69	0.27
Chicken Wings (4)	206	859	13.7	4.2	3.3	1.5	0.1	17.4	1.50	0.59
Chicken Wings (7)	206	859	13.7	4.2	3.3	1.5	0.1	17.4	1.50	0.59
Chicken Wings (14)	206	859	13.7	4.2	3.3	1.5	0.1	17.4	1.50	0.59
Chicken Wings Combo Wedges UK	165	691	8.7	2.3	12.0	1.0	1.4	9.7	1.20	0.47
Chicken Wings Combo Wedges IRL	163	683	8.5	2.2	12.4	1.0	1.4	9.3	1.19	0.47
Chicken Wings Combo Fries	236	987	11.5	2.4	23.3	0.9	1.5	9.7	0.86	0.34
Chilli Flakes	425	1785	17.0	3.0	56.0	10.0	27.0	12.0	0.00	0.00
Coleslaw	145	600	12.9	1.0	6.3	4.8	0.6	0.9	0.80	0.32
Frank's Red Hot Wings (4)	191	794	12.6	3.9	3.3	1.4	0.2	16.0	2.13	0.84
Frank's Red Hot Wings (7)	191	794	12.6	3.9	3.3	1.4	0.2	16.0	2.13	0.84
Frank's Red Hot Wings (14)	195	811	12.9	3.9	3.3	1.4	0.2	16.3	1.98	0.78
Fries	260	1094	9.5	0.8	40.8	0.4	2.7	2.9	0.31	0.12
Garlic Dippers	317	1333	10.2	2.6	46.0	4.6	3.6	10.2	0.90	0.35
Garlic Pizza Bread	323	1362	9.6	3.1	46.7	4.1	2.5	12.5	1.01	0.40
Loaded Fries - Cheese	182	762	6.9	2.1	24.7	1.0	2.2	4.3	1.09	0.43
Loaded Fries - Cheeseburger	192	803	9.1	2.4	22.1	2.1	1.5	4.8	0.72	0.28
Loaded Fries - Double Bacon and Cheese	197	824	8.7	2.9	24.1	0.9	1.6	4.8	0.61	0.24
Loaded Fries - Pepperoni Passion	217	908	10.8	3.8	22.7	0.8	1.4	6.5	0.79	0.31
Loaded Wedges	190	793	13.2	4.3	13.4	0.9	2.3	4.5	0.82	0.32
Loaded Wedges with Spicy Sausage	193	806	10.4	3.5	17.4	0.9	2.2	7.4	1.12	0.44
NACHOS (no Jalapenos)	308	1288	17.5	7.1	26.0	1.8	2.2	11.7	1.38	0.54
NACHOS with Jalapenos	276	1154	15.6	6.4	23.4	1.6	2.1	10.5	1.67	0.66
NACHOS - Chicken Mexicana	324	1356	17.9	7	28.3	2.2	3.5	12.5	2.12	0.83
Pasta - Mac 'n' Cheese	177	744	7.2	4.1	19.0	1.7	1.0	9.1	0.73	0.29
Potato Wedges UK	126	530	3.9	0.5	20.4	0.5	2.6	2.3	0.92	0.36
Potato Wedges IRL	126	530	3.9	0.5	20.4	0.5	2.6	2.3	0.92	0.36
Spicy BBQ Wings (4)	203	846	12.1	3.7	7.9	5.6	0.2	15.5	1.57	0.62
Spicy BBQ Wings (7)	203	846	12.2	3.8	7.10	5.7	0.3	15.6	1.57	0.62
Spicy BBQ Wings (14)	203	846	12.3	3.9	7.11	5.8	0.4	15.7	1.55	0.61
The Ultimate Cheesy Garlic Bread	299	1256	11.8	4.4	37.2	3.8	1.6	11.0	1.05	0.41
Twisted Dough Balls- Cheese	341	1433	11.4	3.8	46.6	3.7	2.9	12.9	0.95	0.37
Twisted Dough Balls- Ham	318	1337	10.6	3.5	42.3	3.3	2.7	13.3	1.09	0.43
Twisted Dough Balls- Pepperoni	351	1475	14.1	4.9	42.7	3.4	2.6	13.4	1.23	0.48
Twisted Dough Balls- Spicy Sausage	252	1053	15.4	5.6	16.3	3.0	2.5	12.1	1.33	0.52
Vegan Nuggets (4)	180	755	6.3	0.7	14.8	1.0	4.2	15.9	1.37	0.54
Vegan Nuggets (7)	180	755	6.3	0.7	14.8	1.0	4.2	15.9	1.37	0.54
Vegan Nuggets (14)	180	755	6.3	0.7	14.8	1.0	4.2	15.9	1.37	0.54
Vegan Combo Wedges UK	153	643	5.1	0.6	17.6	0.7	3.4	9.1	1.14	0.45
Vegan Combo Wedges IRL	151	636	5.0	0.6	17.8	0.7	3.4	8.7	1.13	0.45

Serves	Per Product As Sold									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
1	738	3086	41.4	14.8	31.5	4.7	5.3	59.9	4.84	1.90
2	1476	6172	82.8	29.6	63.0	9.4	10.6	119.8	9.68	3.80
3	2214	9258	124.2	44.4	94.5	14.1	15.9	179.7	14.52	5.70
4	2952	12344	165.6	59.2	126.0	18.8	21.2	239.6	19.36	7.60
5	3690	15430	207.0	74.0	157.5	23.5	26.5	309.5	24.20	9.50
6	4428	18516	248.4	88.8	189.0	28.2	31.8	379.4	29.04	11.40
7	5166	21602	289.8	103.6	220.5	32.9	37.1	449.3	33.88	13.30
8	5904	24688	331.2	118.4	252.0	37.6	42.4	519.2	38.72	15.20
9	6642	27774	372.6	133.2	283.5	42.3	47.7	589.1	43.56	17.10
10	7380	30860	414.0	148.0	315.0	47.0	53.0	659.0	48.40	19.00
11	8118	33946	455.4	162.8	346.5	51.7	58.3	728.9	53.24	20.90
12	8856	37032	496.8	177.6	378.0	56.4	63.6	798.8	58.08	22.80
13	9594	40118	538.2	192.4	409.5	61.1	68.9	868.7	62.92	24.70
14	10332	43204	579.6	207.2	441.0	65.8	74.2	938.6	67.76	26.60
15	11070	46290	621.0	222.0	472.5	70.5	79.5	1008.5	72.60	28.50
16	11808	49376	662.4	236.8	504.0	75.2	84.8	1078.4	77.44	30.40
17	12546	52462	703.8	251.6	535.5	79.9	90.1	1148.3	82.28	32.30
18	13284	55548	745.2	266.4	567.0	84.6	95.4	1218.2	87.12	34.20
19	14022	58634	786.6	281.2	598.5	89.3	100.7	1288.1	91.96	36.10
20	14760	61720	828.0	296.0	630.0	94.0	106.0	1358.0	96.80	38.00
21	15498	64806	869.4	310.8	661.5	98.7	111.3	1427.9	101.64	39.90
22	16236	67892	910.8	325.6	693.0	103.4	116.6	1497.8	106.48	41.80
23	16974	70978	952.2	340.4	724.5	108.1	121.9	1567.7	111.32	43.70
24	17712	74064	993.6	355.2	756.0	112.8	127.2	1637.6	116.16	45.60
25	18450	77150	1035.0	370.0	787.5	117.5	132.5	1707.5	121.00	47.50
26	19188	80236	1076.4	384.8	819.0	122.2	137.8	1777.4	125.84	49.40
27	19926	83322	1117.8	399.6	850.5	126.9	143.1	1847.3	130.68	51.30
28	20664	86408	1159.2	414.4	882.0	131.6	148.4	1917.2	135.52	53.20
29	21402	89494	1200.6	429.2	913.5	136.3	153.7	1987.1	140.36	55.10
30	22140	92580	1242.0	444.0	945.0	141.0	159.0	2057.0	145.20	57.00
31	22878	95666	1283.4	458.8	976.5	145.7	164.3	2126.9	150.04	58.90
32	23616	98752	1324.8	473.6	1008.0	150.4	169.6	2196.8	154.88	60.80
33	24354	101838	1366.2	488.4	1039.5	155.1	174.9	2266.7	159.72	62.70
34	25092	104924	1407.6	503.2	1071.0	160.8	180.2	2336.6	164.56	64.60
35	25830	108010	1449.0	518.0	1102.5	165.5	185.5	2406.5	169.40	66.50
36	26568	111096	1490.4	532.8	1134.0	170.2	190.8	2476.4	174.24	68.40
37	27306	114182	1531.8	547.6	1165.5	174.9	196.1	2546.3	179.08	70.30
38	28044	117268	1573.2	562.4	1197.0	179.6	201.4	2616.2	183.92	72.20
39	28782	120354	1614.6	577.2	1228.5	184.3	206.7	2686.1	188.76	74.10
40	29520	123440	1656.0	592.0	1260.0	189.0	212.0	2756.0	193.60	76.00
41	30258	126526	1697.4	606.8	1291.5	193.7	217.3	2825.9	198.44	77.90
42	31000	129612	1738.8	621.6	1323.0	198.4	222.6	2895.8	203.28	79.80
43	31742	132698	1780.2	636.4	1354.5	203.1	227.9	2965.7	208.12	81.70
44	32484	135784	1821.6	651.2	1386.0	207.8	233.2	3035.6	212.96	83.60
45	33226	138870	1863.0	666.0	1417.5	212.5	238.5	3105.5	217.80	85.50
46	33968	141956	1904.4	680.8	1449.0	217.2	243.8	3175.4	222.64	87.40
47	34710	145042	1945.8	695.6	1480.5	221.9	249.1	3245.3	227.48	89.30
48	35452	148128	1987.2	710.4	1512.0	226.6	254.4	3315.2	232.32	91.20
49	36194	151214	2028.6	725.2	1543.5	231.3	259.7	3385.1	237.16	93.10
50	36936	154300	2070.0	740.0	1575.0	236.0	265.0	3455.0	242.00	95.00
51	37678	157386	2111.4	754.8	1606.5	240.7	270.3	3524.9	246.84	96.90
52	38420	160472	2152.8	769.6	1638.0	245.4	275.6	3594.8	251.68	98.80
53	39162	163558	2194.2	784.4	1669.5	250.1	280.9	3664.7	256.52	100.70
54	39904	166644	2235.6	799.2	1701.0	254.8	286.2	3734.6	261.36	102.60
55	40646	169730	2277.0	814.0	1732.5	259.5	291.5	3804.5	266.20	104.50
56	41388	172816	2318.4	828.8	1764.0	264.2	296.8	3874.4	271.04	106.40
57	42130	175902	2359.8	843.6	1795.5	268.9	302.1	3944.3	275.88	108.30
58	42872	178988	2401.2	858.4	1827.0	273.6	307.4	4014.2	280.72	110.20
59	43614	182074	2442.6	873.2	1858.5	278.3	312.7	4084.1	285.56	112.10
60	44356	185160								

Dips

Product Name	Per 100g									
	Energy KCal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
BBQ Dip 100g	188	798	0.3	0.0	44.9	43.0	0.9	1.4	2.16	0.85
BBQ Dip 25g	188	798	0.3	0.0	44.9	43.0	0.9	1.4	2.16	0.85
Frank's Hot Dip 100g	21	89	0.6	0.1	3.0	0.6	1.6	0.9	9.00	3.54
Frank's Hot Dip 25g	21	89	0.6	0.1	3.0	0.6	1.6	0.9	9.00	3.54
Garlic and Herb Dip 100g	675	2778	73.8	5.1	2.0	1.6	0.1	0.8	0.76	0.30
Garlic and Herb Dip 25g	675	2778	73.8	5.1	2.0	1.6	0.1	0.8	0.76	0.30
Honey and Mustard Dip 25g	435	1796	43.3	3.0	9.7	8.6	0.7	1.7	1.58	0.62
Sweet Chili Dip 25g	215	912	0.9	0.1	51.4	50.3	0.2	0.3	0.92	0.36
Tangy Salsa Dip 25g	167	705	5.4	0.5	27.7	25.0	2.4	2.0	1.30	0.51
Vegan Garlic & Herb Dip 25g	464	1911	49.1	3.7	4.5	3.3	0.2	0.3	1	0.4

Serves	Per Product As Sold									
	Energy KCal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
4	188	798	0.3	0.0	44.9	43.0	0.9	1.4	2.16	0.85
1	47	200	0.1	0.0	11.2	10.8	0.2	0.3	0.54	0.21
4	21	89	0.6	0.1	3.0	0.6	1.6	0.9	9.00	3.54
1	5	22	0.2	0.0	0.8	0.2	0.4	0.2	2.25	0.89
4	675	2778	73.8	5.1	2.0	1.6	0.1	0.8	0.76	0.30
1	169	695	18.5	1.3	0.5	0.4	0.0	0.2	0.19	0.08
1	109	449	10.8	0.8	2.4	2.2	0.2	0.4	0.39	0.16
1	54	228	0.2	0.0	12.9	12.6	0.1	0.1	0.23	0.09
1	42	176	1.4	0.1	6.9	6.2	0.6	0.5	0.32	0.13
1	116	478	12.3	0.9	1.1	0.8	<0.5	<0.5	0.25	0.1

Portion/ Dip	Per Portion or Dip									
	Energy KCal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Portion	47	200	0.1	0.0	11.2	10.8	0.2	0.3	0.54	0.21
Dip	47	200	0.1	0.0	11.2	10.8	0.2	0.3	0.54	0.21
Portion	6	25	0.1	0.0	1.0	0.4	0.4	0.2	2.14	0.84
Dip	6	25	0.1	0.0	1.0	0.4	0.4	0.2	2.14	0.84
Portion	169	695	18.5	1.3	0.5	0.4	0.0	0.2	0.19	0.08
Dip	169	695	18.5	1.3	0.5	0.4	0.0	0.2	0.19	0.08
Dip	109	449	10.8	0.8	2.4	2.2	0.2	0.4	0.39	0.16
Dip	54	228	0.2	0.0	12.9	12.6	0.1	0.1	0.23	0.09
Dip	42	176	1.4	0.1	6.9	6.2	0.6	0.5	0.32	0.13
Dip	116	478	12.3	0.9	1.1	0.8	<0.5	<0.5	0.25	0.1

Wraps

Product Name	Per 100g									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Chicken and Bacon	267	1119	11.0	3.4	26.3	2.0	1.3	15.6	1.42	0.58
Pepperoni Passion	309	1292	17.0	7.7	26.8	2.0	1.2	12.2	1.91	0.75
Texas BBQ	266	1116	10.6	3.3	27.7	4.4	1.2	14.9	1.41	0.55
Vegi Supreme	211	886	7.0	3.4	29.2	2.7	1.6	7.7	0.93	0.37
Ham & Cheese Wrap	308	1287	16.9	8.6	24.6	2.1	1.7	14.3	1.97	0.77
Tuna Melt Wrap	266	1115	12.9	5.8	23.1	1.9	1.4	14.4	1.19	0.47

Serves	Per Product As Sold									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
1	405	1701	16.7	5.1	40.1	3.1	2.0	23.6	2.16	0.85
1	454	1899	25.0	11.4	39.5	3.0	1.7	17.9	2.80	1.10
1	420	1764	16.8	5.2	43.7	7.0	1.9	23.6	2.22	0.88
1	303	1276	10.1	4.9	42.0	3.8	2.3	11.0	1.35	0.53
1	397	1660	21.8	11.1	31.7	2.7	2.2	18.4	2.54	1.00
1	372	1557	18.0	8.1	32.3	2.7	2.0	20.1	1.66	0.65

Wrap	Per Wrap									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Wrap	405	1701	16.7	5.1	40.1	3.1	2.0	23.6	2.16	0.85
Wrap	454	1899	25.0	11.4	39.5	3.0	1.7	17.9	2.80	1.10
Wrap	420	1764	16.8	5.2	43.7	7.0	1.9	23.6	2.22	0.88
Wrap	303	1276	10.1	4.9	42.0	3.8	2.3	11.0	1.35	0.53
Wrap	397	1660	21.8	11.1	31.7	2.7	2.2	18.4	2.54	1.00
Wrap	372	1557	18.0	8.1	32.3	2.7	2.0	20.1	1.66	0.65

Desserts

Product Name	Per 100g									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Cinni Dippers	423	1773	18.8	3.3	53.4	8.8	2.6	10.0	0.2	0.08
Dominos Cookies	455	1907	20.2	10.2	61.8	36.6	1.8	6.4	0.80	0.31
Dominos Cookie with Cadbury Crème Egg	451	1887	15.3	8.0	73.5	48.4	0.9	4.3	0.53	0.21
Lotta - Chocca Pizza	409	1718	15.7	6.0	56.2	16.1	2.6	10.7	0.10	0.04
Twisted Dough Balls: Cinnamon	372	1563	15.4	5.9	50	17.4	2.8	8.9	0.6	0.24

Serves	Per Product As Sold									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
4	782	3281	34.7	6.1	98.8	16.2	4.8	18.6	0.37	0.59
4	694	2913	30.7	15.5	95.4	54.6	3.5	9.1	1.25	0.49
2	758	3170	25.7	13.4	123.5	81.3	1.5	7.3	0.89	0.35
4	828	3490	31.4	12.1	114.5	32.7	5.3	21.8	0.10	0.04
2	767	3219	31.7	12.2	102	35.8	5.8	18.3	1.24	0.49

Portion/ Piece	Per Portion or Piece									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Portion	196	820	8.7	1.5	24.7	4.1	1.2	4.7	0.09	0.15
Piece	174	728	7.7	3.9	23.9	13.7	0.9	2.3	0.31	0.12
Piece	379	1585	12.9	6.7	61.8	40.7	0.8	3.7	0.45	0.18
Piece	207	870	7.9	3.0	28.6	8.2	1.3	5.5	0.03	0.01
Piece	128	537	5.3	2.0	17.0	6.0	1.0	3.1	0.21	0.08

The calorie and nutritional information given for our products is a guide only, as all our pizzas are handmade to order and nutritional values may vary.