



Domino's Nutrition Information Guide

Sides & Desserts

Correct as of 7th April 2025

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.

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)
American Hot	247	1034	12.7	5.8	23.2	2.5	1.5	10.0	1.91	0.75
Chicken and Bacon	267	1119	11.0	3.4	26.3	2.0	1.3	15.6	1.42	0.56
Pepperoni Passion	321	1344	17.3	8.4	27.3	2.5	1.3	14.1	2.08	0.82
Tandoori Chicken	216	907	7.8	4.1	25.7	2.6	1.9	10.7	1.57	0.62
Texas BBQ	266	1116	10.6	3.3	27.7	4.4	1.2	14.9	1.41	0.55
Vegi	226	951	7.5	3.9	31.2	3.4	0.5	8.4	1.11	0.44
Mexicana Wrap	235	988	9.2	4.6	26.7	1.9	2.0	11.4	2.00	0.79
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	358	1500	18.4	8.4	33.6	3.6	2.2	14.5	2.77	1.09
1	405	1701	16.7	5.1	40.1	3.1	2.0	23.6	2.16	0.85
1	431	1801	23.2	11.3	36.6	3.4	1.7	18.9	2.79	1.10
1	306	1289	11.1	5.8	36.5	3.7	2.7	15.2	2.23	0.88
1	420	1764	16.8	5.2	43.7	7.0	1.9	23.6	2.22	0.88
1	310	1303	10.3	5.3	42.7	4.7	0.7	11.5	1.52	0.60
1	320	1344	12.5	6.3	36.3	2.6	2.7	15.5	2.72	1.07
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

Portion/ Wrap	Per Wrap									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Wrap	358	1500	18.4	8.4	33.6	3.6	2.2	14.5	2.77	1.09
Wrap	405	1701	16.7	5.1	40.1	3.1	2.0	23.6	2.16	0.85
Wrap	431	1801	23.2	11.3	36.6	3.4	1.7	18.9	2.79	1.10
Wrap	306	1289	11.1	5.8	36.5	3.7	2.7	15.2	2.23	0.88
Wrap	420	1764	16.8	5.2	43.7	7.0	1.9	23.6	2.22	0.88
Wrap	310	1303	10.3	5.3	42.7	4.7	0.7	11.5	1.52	0.60
Wrap	320	1344	12.5	6.3	36.3	2.6	2.7	15.5	2.72	1.07
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
Domino's Cookies (2)	455	1907	20.2	10.2	61.8	36.6	1.8	6.4	0.80	0.31
Domino's Cookies (4)	455	1907	20.2	10.2	61.8	36.6	1.8	6.4	0.80	0.31
Lotta - Chocca Pizza	409	1718	15.7	6.0	56.2	16.1	2.6	10.7	0.10	0.04
Domino's Cookies with Cadbury Crème Egg	451	1887	15.3	8.0	73.5	48.4	0.9	4.3	0.53	0.21
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
2	347	1457	15.4	7.8	47.7	27.3	1.8	4.6	0.63	0.25
4	894	2913	30.7	15.5	95.4	54.6	3.5	9.1	1.25	0.49
4	828	3480	31.4	12.1	114.5	32.7	5.3	21.8	0.10	0.04
2	758	3170	25.7	13.4	123.5	81.3	1.5	7.3	0.89	0.35
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	174	728	7.7	3.9	23.9	13.7	0.9	2.3	0.31	0.12
Piece	207	870	7.9	3.0	28.6	8.2	1.3	5.5	0.03	0.01
Piece	379	1585	12.9	6.7	61.8	40.7	0.8	3.7	0.45	0.18
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.