

DOMINO'S NUTRITION MENU

Complete Nutritional Information | 149 Total Items | All Categories

PIZZA CRUST

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Tossed Crust	8" XS / 1/2 pizza	230	3	0.5	0	230	42	1	2	7
Tossed Crust	10" S / 1/3 pizza	220	3	0.5	0	230	40	1	2	7
chy Thin Crust	10" S / 1/4 pizza	110	4.5	0.5	0	40	15	0	0	2
n Free Crust	10" S / 1/3 pizza	170	1.5	0	0	180	37	1	4	2
Tossed Crust	12" M / 1/8 pizza	110	1.5	0	0	115	21	1	1	4
York Style Crust	12" M / 1/6 pizza	110	1.5	0	0	115	20	1	1	4
chy Thin Crust	12" M / 1/4 pizza	150	6	1	0	55	20	1	0	3
Pizza Crust	12" M / 1/8 pizza	190	7	3.5	0	160	26	1	1	5
esan Stuffed Crust	12" M / 1/8 pizza	230	10	6	15	320	28	1	1	8
Tossed Crust	14" L / 1/8 pizza	160	2	0	0	170	30	1	1	5
chy Thin Crust	14" L / 1/8 pizza	100	4	0.5	0	35	13	0	0	2
York Style Crust	14" L / 1/6 pizza	150	2	0	0	160	28	1	1	5
Tossed Crust	16" XL / 1/8 pizza	220	3	0.5	0	220	39	1	2	7
York Style Crust	16" XL / 1/6 pizza	220	3	0.5	0	220	40	1	2	7

PIZZA SAUCE

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Sauce	8" XS / 21g	10	0	0	0	90	2	0	2	0
Sauce	10" S / 28g	15	0	0	0	120	3	1	2	1

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Sauce	12" M / 15g	10	0	0	0	65	2	0	1	0

PIZZA CHEESE

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
8" XS / 35g	8" XS / 35g	100	7	4.5	25	300	2	0	0	6
10" S / 47g	10" S / 47g	130	9	6	35	400	3	0	0	8
10" Thin / 35g	10" Thin / 35g	100	7	4.5	25	300	2	0	0	6
12" M / 27g	12" M / 27g	70	5	3.5	20	220	1	0	0	4
12" NY Style / 26g	12" NY Style / 26g	80	6	4	20	220	1	0	0	5
12" Thin / 53g	12" Thin / 53g	150	11	7	40	450	3	0	0	9
12" Pan / 30g	12" Pan / 30g	100	7	4.5	25	260	1	0	0	5
14" L / 37g	14" L / 37g	100	7	4.5	25	310	2	0	0	6
14" NY Style / 35g	14" NY Style / 35g	110	9	5	30	300	2	0	0	6
16" XL / 48g	16" XL / 48g	130	10	6	35	400	3	0	0	8
16" NY XL / 47g	16" NY XL / 47g	150	12	7	40	400	2	0	0	9

PIZZA TOPPINGS

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Meat Lovers	8" XS / 11g	50	4.5	1.5	10	200	0	0	0	2
Pepperoni	8" XS / 21g	80	8	2.5	10	135	0	0	0	3
Buffalo Chicken	8" XS / 21g	30	1	0	15	115	1	0	0	4
Ham	8" XS / 14g	70	6	2.5	15	260	0	0	0	4
Mushrooms	8" XS / 14g	20	1	0	5	200	0	0	0	2
Spinach	8" XS / 21g	5	0	0	0	0	1	0	0	1
Onion	8" XS / 14g	5	0	0	0	0	1	0	0	0

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Onions	8" XS / 14g	5	0	0	0	0	1	0	1	0
Black Olives	8" XS / 14g	25	2	0	0	115	1	0	0	0
Apple	8" XS / 21g	15	0	0	0	0	4	0	3	0
Pepperoni	10" S / 12g	50	4.5	2	10	220	0	0	0	2
Italian Sausage	10" S / 24g	90	9	3	10	150	0	0	0	3
Medium Chicken	10" S / 24g	35	1	0	15	130	1	0	0	5
Pepperoni	10" S / 19g	100	7	3	20	340	1	0	1	6
Pepperoni	12" M / 7g	30	2.5	1	5	125	0	0	0	1
Italian Sausage	12" M / 12g	50	4.5	1.5	5	80	0	0	0	2
Medium Chicken	12" M / 12g	20	0.5	0	10	70	0	0	0	2
Pepperoni	12" M / 9g	45	3.5	1.5	10	160	0	0	0	3
Pepperoni	12" M / 9g	10	0.5	0	5	125	0	0	0	1
Pepperoni	12" M / 12g	5	0	0	0	0	0	0	0	0

SPECIALTY PIZZA

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
People's Pizza - Deluxe	Small / 1/4	360	16	7	35	700	38	1	3	14
AvaganZZa	Small / 1/4	400	19	8	45	900	38	2	3	16
Hululu Hawaiian	Small / 1/4	350	15	6	35	780	39	1	4	15
AvaganZZa	Small / 1/4	390	19	8	45	870	38	1	3	16
Ohio's BBQ Chicken	Small / 1/4	360	14	7	40	680	41	1	7	15
Classic Veggie	Small / 1/4	330	13	6	30	620	38	1	3	13
Pepperoni Cheese Steak	Small / 1/4	340	15	7	40	790	36	1	3	14
Pepperoni Chicken Bacon Ranch	Small / 1/4	390	21	7	45	1110	34	1	2	16
Pepperoni Ranch & Feta	Small / 1/4	340	15	8	35	620	36	1	2	14
Pepperoni	Small / 1/4	380	18	8	40	850	38	1	3	16

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Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
onsin 6 Cheese	Small / 1/4	340	14	7	35	660	38	1	3	14
People's Pizza - Deluxe	Medium / 1/5	390	19	8	40	780	39	2	4	15
avaganZZa	Medium / 1/5	440	22	9	50	1040	40	2	4	18
ulu Hawaiian	Medium / 1/5	380	17	7	45	910	40	1	5	17
ZZa	Medium / 1/5	420	21	9	50	1000	38	1	3	18
phis BBQ Chicken	Medium / 1/5	410	17	8	50	800	44	1	8	18
ic Veggie	Medium / 1/5	360	15	7	35	730	39	2	4	14
y Cheese Steak	Medium / 1/5	370	16	8	45	890	37	1	3	15
y Chicken Bacon Ranch	Medium / 1/5	480	27	9	55	1280	38	1	3	19
ach & Feta	Medium / 1/5	370	17	9	45	710	37	1	2	15
ate Pepperoni	Medium / 1/5	420	21	9	50	960	38	1	3	17
onsin 6 Cheese	Medium / 1/5	390	18	9	45	790	39	1	3	17
People's Pizza - Deluxe	Large / 1/8	340	16	7	35	680	35	1	3	13
avaganZZa	Large / 1/8	380	19	8	45	900	36	2	3	16
ulu Hawaiian	Large / 1/8	330	14	6	35	760	36	1	4	14
ZZa	Large / 1/8	370	18	8	45	850	34	1	3	15
phis BBQ Chicken	Large / 1/8	350	14	7	40	680	39	1	7	15
ic Veggie	Large / 1/8	310	13	6	30	630	35	1	3	12
y Cheese Steak	Large / 1/8	310	13	7	35	720	33	1	3	13
y Chicken Bacon Ranch	Large / 1/8	410	22	8	45	1090	34	1	3	16
ach & Feta	Large / 1/8	320	15	8	40	610	33	1	2	13
ate Pepperoni	Large / 1/8	360	18	8	40	830	34	1	3	15
onsin 6 Cheese	Large / 1/8	330	15	7	35	670	35	1	3	14
People's Pizza - Deluxe	XL / 1/8	450	21	9	45	900	46	2	4	18
avaganZZa	XL / 1/8	500	25	10	60	1220	47	2	4	21
ulu Hawaiian	XL / 1/8	430	18	8	45	1010	47	2	6	19

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Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Pizza										
Ohio BBQ Chicken	XL / 1/8	480	24	10	60	1160	45	2	4	20
Classic Veggie	XL / 1/8	400	16	8	40	790	46	2	4	16
Original Cheese Steak	XL / 1/8	400	17	8	45	920	43	2	3	17
Original Chicken Bacon Ranch	XL / 1/8	530	29	10	60	1410	44	1	3	21
Original Ranch & Feta	XL / 1/8	420	19	10	50	770	43	2	3	17
Original Late Pepperoni	XL / 1/8	480	23	10	55	1110	45	2	4	20
Original Mornin' 6 Cheese	XL / 1/8	440	19	10	50	880	46	2	4	19

BREADS

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Original Bread Bites	4 pieces	210	9	4	0	200	27	1	1	5
Original Cheddar Bread Bites	4 pieces	210	9	4.5	0	220	27	1	1	5
Original Stuffed Cheesy Bread	1 piece	150	7	3	15	250	16	1	1	6
Original Bacon & Jalapeno Stuffed Cheesy Bread	1 piece	170	8	3.5	20	350	17	1	1	7
Original Pepperoni Stuffed Cheesy Bread	1 piece	170	8	3.5	15	310	16	1	1	7
Original Ranch & Feta Stuffed Cheesy Bread	1 piece	160	7	3.5	15	270	17	1	1	6

CHICKEN

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Original Less Chicken	3 pieces	170	7	1.5	35	660	18	0	1	9
Original Wings (No sauce)	4 pieces	250	20	5	110	720	8	0	0	14
Original Honey BBQ Wings	4 pieces	310	20	5	110	940	22	0	13	15
Original Buffalo Wings	4 pieces	260	20	5	110	1520	9	0	0	15
Original Buffalo Wings	4 pieces	260	20	5	110	1420	10	0	0	15

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Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic Parmesan Wings	4 pieces	390	34	8	120	960	10	0	1	15
Hot Mango Habanero Wings	4 pieces	310	20	5	110	790	21	0	10	15
Classic Hot Buffalo Loaded Chicken	4 pieces	190	11	3.5	35	1030	14	0	1	9
Spicy Bacon & Tomato Loaded Chicken	4 pieces	260	17	5	45	810	14	0	1	11
Spicy Jalapeno & Pineapple Loaded Chicken	4 pieces	190	8	2.5	35	670	21	0	7	9
Hot BBQ Bacon Loaded Chicken	4 pieces	210	10	3.5	40	790	20	0	7	11

LOADED TOTS

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cheddar Bacon Loaded Tots	1/4 order	240	16	5	20	590	17	1	1	7
3-Cheese Loaded Tots	1/4 order	210	13	6	25	510	17	1	1	6
Cheddar Cheese Steak Loaded Tots	1/4 order	200	12	5	20	530	18	1	1	6

DESSERTS

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cheddar Bacon Bread Bites	4 pieces	230	9	4	0	160	30	1	4	5
Chocolate Lava Crunch Cake	1 cake	350	17	10	60	180	47	1	30	4
Loaded Cookie Brownie	1 brownie	200	10	5	20	125	26	1	18	2

SANDWICHES

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Spicy Chicken Sandwich	1/2 sandwich	420	20	7	55	1300	39	0	2	20
Spicy Bacon Ranch Sandwich	1/2 sandwich	450	22	8	60	1190	37	0	2	23
Spicy Parm Sandwich	1/2 sandwich	400	15	7	60	1050	38	0	2	24

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Chicken Sandwich	1/2 sandwich	420	20	9	60	1530	37	0	1	21
Pepperoni Cheese Steak Sandwich	1/2 sandwich	380	15	8	50	1280	38	0	3	20
Hot & Spicy Chicken Habanero Sandwich	1/2 sandwich	390	14	7	55	1080	44	0	6	21

PASTA

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chicken Alfredo Pasta (Bread Bowl)	1/2 bread bowl	660	24	10	50	950	87	3	5	22
Chicken Alfredo Pasta (Dish)	1 dish	590	28	17	100	1020	60	2	5	24
Chicken Sausage Marinara Pasta (Bread Bowl)	1/2 bread bowl	700	28	9	35	1050	89	3	8	23
Chicken Sausage Marinara Pasta (Dish)	1 dish	680	35	15	65	1230	65	3	11	26
Beef Mac & Cheese	1 dish	830	50	31	145	1680	64	2	6	30
Buffalo 5-Cheese Mac & Cheese	1 dish	840	50	31	145	2090	64	2	6	31

SALADS

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Classic Garden Salad	1.5 cup	80	4	2	10	125	8	1	2	3
Chicken Caesar Salad	1 container	220	8	3	50	490	14	2	3	19

DIPPING SAUCES

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Smoky BBQ Sauce	1 cup	70	0	0	0	310	17	1	15	0
Alfredo Cheese Sauce	1 cup	200	21	4	20	270	2	0	1	1
Marinara Sauce	1 cup	250	28	5	0	170	0	0	0	0
Buffalo Sauce	1 cup	15	1	0	0	860	1	0	0	0

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Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Habanero Sauce	1 cup	30	0	0	0	290	6	0	4	0
Hot Sauce	1 cup	160	17	3	5	300	1	0	1	0
Light Icing	1 cup	220	4	1	0	110	52	0	52	0
Light Mango Habanero Sauce	1 cup	70	0	0	0	65	17	0	13	0
Light Queso Cheese Dipping Cup	1 cup	120	8	5	25	830	5	0	0	6

HOAGIES

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Basic Hoagie	1/2 hoagie	430	20	8	50	1130	40	2	4	21
Cheddar Hoagie	1/2 hoagie	510	24	9	60	1320	48	2	13	23
Light Ranch Hoagie	1/2 hoagie	530	30	10	65	1750	39	2	4	23
Light Room Delight Hoagie	1/2 hoagie	430	21	8	50	1210	39	2	3	21
Light Turkey Hoagie	1/2 hoagie	460	23	8	55	1340	40	2	5	22

SALAD DRESSINGS

Item	Size/Serving	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Light Garden Ranch Dressing	1.5 oz	220	24	4	10	400	2	0	1	1
Light Cardini Caesar Dressing	1.5 oz	230	25	4	40	270	0	0	0	1
Light Balsamic Vinaigrette Dressing	1.5 oz	130	12	2	0	470	4	0	4	0
Light Garden Ranch Dressing	1.5 oz	190	20	3	15	270	2	0	1	1
Light Caesar Dressing	1.5 oz	210	23	4	5	400	1	0	1	1
Light Balsamic with Olive Oil	1.5 oz	100	8	1	0	370	-	-	-	-