Nutrition Facts

	Serv. Size (g)	Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
SHAKES AND MALTS													
Shake, Banana - Small	367	490	170	19	14	0.5	45	200	70	1	58	12	M/S
Shake, Banana - Medium	459	610	200	22	16	1	60	250	88	1	72	16	M/S
Shake, Banana - Large	608	770	240	27	19	1	75	320	115	2	93	20	M/S
Shake, Caramel - Small	373	570	170	19	15	0.5	50	260	85	0	66	13	M/S
Shake, Caramel - Medium	480	760	210	24	18	1	65	370	121	0	90	17	M/S
Shake, Caramel - Large	629	1000	260	29	22	1	85	500	162	0	117	22	M/S
Shake, Chocolate - Small	373	550	170	19	14	0.5	45	220	82	0.5	71	13	M/S
Shake, Chocolate - Medium	480	720	200	23	17	1	60	300	115	1	101	16	M/S
Shake, Chocolate - Large	629	940	250	28	20	1	75	390	153	2	133	21	M/S
Shake, Hot Fudge - Small	373	570	200	22	17	1	45	240	80	0.5	66	13	M/S
Shake, Hot Fudge - Medium	480	770	260	29	23	1	60	340	111	1	90	17	M/S
Shake, Hot Fudge - Large	629	1010	340	37	30	1.5	75	460	146	2	117	23	M/S
Shake, Peanut Butter - Small	373	650	300	34	16	0.5	45	370	73	2	58	16	M/P/S (T)
Shake, Peanut Butter - Medium	480	950	470	53	21	1	60	600	97	3	74	22	M/P/S (T)
Shake, Peanut Butter - Large	629	1270	650	72	26	1	75	850	125	4	93	30	M/P/S (T)
Shake, Strawberry - Small	373	510	170	19	14	0.5	45	210	73	0.5	64	12	M/S
Shake, Strawberry - Medium	480	650	200	22	16	1	60	270	98	1	86	16	M/S
Shake, Strawberry - Large	629	830	240	27	20	1	75	360	126	1	112	20	M/S
Shake, Vanilla - Small	373	540	170	19	14	1	50	200	79	0	67	13	M/S
Shake, Vanilla - Medium	469	680	210	23	17	1	60	260	103	0	87	16	M/S
Shake, Vanilla - Large	622	880	260	29	21	1.5	80	350	134	0	113	21	M/S
Malt, Banana - Small	373	540	170	19	14	0.5	45	230	80	1	66	13	M/S/W
Malt, Banana - Medium	465	670	200	22	16	1	60	290	102	1	84	17	M/S/W
Malt, Banana - Large	621	860	250	27	20	1	75	390	134	2	108	22	M/S/W
Malt, Caramel - Small	380	610	180	20	15	0.5	50	290	95	0	74	14	M/S/W
Malt, Caramel - Medium	487	830	220	24	18	1	65	420	136	0	101	18	M/S/W
Malt, Caramel - Large	635	1080	260	29	22	1	85	570	180	0	132	24	M/S/W
Malt, Chocolate - Small	380	590	170	19	14	0.5	50	260	92	0.5	79	14	M/S/W
Malt, Chocolate - Medium	487	790	210	23	17	1	60	350	130	1	112	17	M/S/W
Malt, Chocolate - Large	635	1020	250	28	20	1	75	460	171	2	147	23	M/S/W
Malt, Hot Fudge - Small	380	610	200	22	18	1	50	280	90	0.5	74	14	M/S/W
Malt, Hot Fudge - Medium	487	830	270	29	23	1	60	390	125	1	101	18	M/S/W
Malt, Hot Fudge - Large	635	1090	340	38	30	1.5	75	520	165	2	131	24	M/S/W
Malt, Peanut Butter - Small	380	700	310	34	16	0.5	50	410	83	2	66	16	M/P/S/W (T)
Malt, Peanut Butter - Medium	487	1010	480	53	21	1	60	650	111	3	85	23	M/P/S/W (T)
Malt, Peanut Butter - Large	635	1350	650	72	26	1	75	910	143	4	107	31	M/P/S/W (T)
Malt, Strawberry - Small	380	560	170	19	14	0.5	50	250	84	0.5	72	13	M/S/W
Malt, Strawberry - Medium	487	710	200	22	16	1	60	320	112	1	97	17	M/S/W
Malt, Strawberry - Large	635	910	240	27	19	1	75	420	145	1	126	22	M/S/W
Malt, Vanilla - Small	378	580	170	19	14	0.5	50	240	88	0	74	14	M/S/W
Malt, Vanilla - Medium	472	730	210	23	17	1	60	310	115	0	96	17	M/S/W
Malt, Vanilla - Large	624	950	260	29	21	1	80	410	150	0	125	23	M/S/W
DRINKS													
Coca-Cola® - Kids'	369	150	0	0	0	0	0	10	40	0	40	0	
Coca-Cola - Small	492	210	0	0	0	0	0	10	53	0	53	0	
Coca-Cola - Medium	646	270	0	0	0	0	0	15	70	0	70	0	
Coca-Cola - Large	984	410	0	0	0	0	0	20	107	0	107	0	
Diet *Coke*® - Kids'	359	0	0	0	0	0	0	5	0	0	0	0	
Diet *Coke* - Small	479	0	0	0	0	0	0	10	0	0	0	0	
Diet *Coke* - Medium	629	0	0	0	0	0	0	10	0	0	0	0	
Diet *Coke* - Large	958	0	0	0	0	0	0	15	0	0	0	0	
Sprite® - Kids'	397	160	0	0	0	0	0	35	40	0	36	0	
Sprite - Small	400	150	0	0	0	0	0	35	42	0	42	0	
Sprite - Medium	525	200	0	0	0	0	0	50	55	0	55	0	
Sprite - Large	800	310	0	0	0	0	0	75	84	0	84	0	
Barq's® - Kids'	376	170	0	0	0	0	0	35	45	0	45	0	
Barq's - Small	501	220	0	0	0	0	0	50	60	0	60	0	
Barq's - Medium	658	290	0	0	0	0	0	65	79	0	79	0	
Barq's - Large	1002	440	0	0	0	0	0	95	120	0	120	0	
Pepsi® - Kids'	373	150	0	0	0	0	0	30	42	0	42	0	
Pepsi - Small	498	200	0	0	0	0	0	40	56	0	56	0	
Pepsi - Medium	653	260	0	0	0	0	0	55	74	0	74	0	
Pepsi - Large	996	400	0	0	0	0	0	80	112	0	112	0	
Diet *Pepsi* - Kids'	359	0	0	0	0	0	0	40	0	0	0	0	
Diet *Pepsi* - Small	479	0	0	0	0	0	0	50	0	0	0	0	
Diet *Pepsi* - Medium	629	0	0	0	0	0	0	65	0	0	0	0	
Diet *Pepsi* - Large	958	0	0	0	0	0	0	100	0	0	0	0	
Sierra Mist® - Kids'	360	150	0	0	0	0	0	40	39	0	39	0	
Sierra Mist - Small	480	200	0	0	0	0	0	50	52	0	52	0	
Sierra Mist - Medium	630	260	0	0	0	0	0	65	68	0	68	0	
Sierra Mist - Large	960	400	0	0	0	0	0	100	104	0	104	0	
Mountain Dew® - Kids'	377	170	0	0	0	0	0	60	47	0	47	0	
Mountain Dew - Small	502	220	0	0	0	0	0	80	62	0	62	0	
Mountain Dew - Medium	659	290	0	0	0	0	0	105	81	0	81	0	
Mountain Dew - Large	1004	440	0	0	0	0	0	160	124	0	124	0	
Mug® - Kids'	370	150	0	0	0	0	0	60	44	0	44	0	
Mug - Small	493	200	0	0	0	0	0	80	58	0	58	0	
Mug - Medium	648	260	0	0	0	0	0	105	76	0	76	0	
Mug - Large	987	400	0	0	0	0	0	160	116	0	116	0	
Dr Pepper® - Kids'	369	150	0	0	0	0	0	55	41	0	41	0	
Dr Pepper - Small	492	200	0	0	0	0	0	70	54	0	54	0	
Dr Pepper - Medium	646	260	0	0	0	0	0	90	71	0	71	0	
Dr Pepper - Large	984	400	0	0	0	0	0	140	108	0	108	0	
Bottled Water	500	0	0	0	0	0	0	0	0	0	0	0	
Coffee - 12 oz.	355	0	0	0	0	0	0	5	0	0	0	0	
Milk, 2% - 8 oz.	244	120	45	5	3	0	20	115	12	0	12	8	M
Orange Juice - 12 oz.	372	170	0	0	0	0	0	0	41	0	36	0	
ARCTIC RUSH® Frozen Beverages													
Arctic Rush, All Flavors - Small	387	220	0	0	0	0	0	30	54	0	54	0	
Arctic Rush, All Flavors - Medium	496	280	0	0	0	0	0	40	69	0	69	0	
Arctic Rush, All Flavors - Large	659	370	0	0	0	0	0	55	92	0	92	0	
MOOLATTÉ® Frozen Blended Coffee													
Cappuccino *MooLatté* - Small	371	450	140	16	12	0.5	35	160	70	0	63	8	M/S
Cappuccino *MooLatté* - Medium	469	570	170	19	15	0.5	45	220	90	0	79	10	M/S
Cappuccino *MooLatté* - Large	620	710	200	23	17	1	55	280	115	0	102	13	M/S
Caramel *MooLatté* - Small	385	520	140	16	13	0.5	35	210	88	0	70	8	M/S
Caramel *MooLatté* - Medium	483	650	170	19	15	0.5	45	280	110	0	88	11	M/S
Caramel *MooLatté* - Large	642	830	210	23	18	1	55	350	144	0	114	13	M/S
Vanilla *MooLatté* - Small	389	500	140	15	12	0.5	30	160	84	0	73	8	M/S
Vanilla *MooLatté* - Medium	487	630	170	19	14	0.5	40	210	106	0	92	10	M/S
Vanilla *MooLatté* - Large	642	790	200	22	17	1	50	260	137	0	119	12	M/S
Mocha *MooLatté* - Small	377	510	160	18	13	0.5	30	180	79	1	70	8	M/S
Mocha *MooLatté* - Medium	489	690	240	27	17	0.5	40	260	104	1	91	11	M/S
Mocha *MooLatté* - Large	633	830	270	30	18	1	50	340	130	2	114	13	M/S

DQ BAKES! OVEN-HOT

Introducing. . .

The latest additions to our Fan Food line-up. Hot Desserts à la Mode, Artisan-style Sandwiches and Snack Melts served hot from the oven.

Chicken Bacon Ranch Sandwich

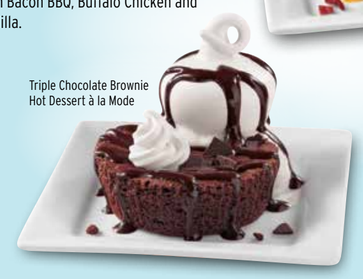
Artisan-style Sandwiches

Premium ingredients, melted cheese and Ciabatta or Basil Cheese Focaccia bread come together to create an artisan-style sandwich. Flavors include: Chicken Bacon Ranch, Chicken Mozzarella and Turkey BLT.

Chicken Bacon BBQ Snack Melt

Snack Melts

Snack Melts combine crisp tortilla and craveable flavors to give you a new way to snack. Flavors include: Chicken Bacon BBQ, Buffalo Chicken and Chicken Quesadilla.



Triple Chocolate Brownie Hot Dessert à la Mode

Hot Desserts à la Mode

Hot Desserts give you the ultimate hot and cold experience, pairing oven-hot desserts with our famous creamy vanilla soft serve. Flavors include: Triple Chocolate Brownie, Fudge Stuffed Cookie and Apple Tart.

Nutrition Facts

	Serv. Size (g)	Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
HOT DESSERTS À LA MODE													
Fudge Stuffed Cookie Dessert	212	650	300	34	18	0.5	60	290	80	3	55	10	E/M/S/W
Triple Chocolate Brownie Treat	202	550	230	25	9	0	40	280	75	3	57	8	E/M/S/W
Apple Tart	232	570	230	26	15	0	50	300	79	2	45	8	M/W
ROYAL TREATS®													
Peanut Buster® Parfait	304	710	280	31	18	1	35	350	95	3	69	16	M/P/S
Banana Split	374	530	120	13	10	0.5	30	160	96	4	75	9	M/P
SUNDAES													
Sundae, Caramel - Small	163	300	70	7	5	0	25	150	51	0	36	6	M
Sundae, Caramel - Medium	234	430	100	11	7	0.5	40	220	75	0	52	9	M
Sundae, Caramel - Large	333	610	140	15	11	1	55	310	104	0	74	13	M
Sundae, Chocolate - Small	163	280	60	7	4.5	0	25	115	48	0.5	41	6	M
Sundae, Chocolate - Medium	234	400	90	10	7	0.5	35	170	70	1	60	8	M
Sundae, Chocolate - Large	333	570	130	14	9	1	45	240	98	1	84	12	M
Sundae, Hot Fudge - Small	163	300	90	10	8	0	25	135	46	0	36	6	M/S
Sundae, Hot Fudge - Medium	234	440	130	15	11	0.5	35	200	67	0.5	52	9	M/S
Sundae, Hot Fudge - Large	333	610	190	21	16	1	50	280	94	1	74	13	M/S
Sundae, Peanut Butter - Small	163	390	200	22	7	0	25	260	39	1	28	9	M/P (T)
Sundae, Peanut Butter - Medium	234	570	290	32	10	0.5	35	390	56	2	40	13	M/P (T)
Sundae, Peanut Butter - Large	333	790	400	44	14	1	45	540	80	3	58	18	M/P (T)
Sundae, Pineapple - Small	163	240	60	7	4.5	0	25	100	38	0	32	6	M
Sundae, Pineapple - Medium	234	340	90	10	6	0.5	35	140	54	0	46	8	M
Sundae, Pineapple - Large	333	480	130	14	9	1	45	200	77	1	66	11	M
Sundae, Strawberry - Small	192	280	60	7	4.5	0	25	115	49	0.5	43	6	M
Sundae, Strawberry - Medium	248	360	90	10	6	0.5	35	150	61	0.5	54	8	M
Sundae, Strawberry - Large	333	490	120	14	9	1	45	210	81	0.5	70	12	M
CONES													
Vanilla Cone - Kids'	100	170	45	4.5	3	0	15	75	28	0	18	4	M/S/W
Vanilla Cone - Small	142	230	60	7	4.5	0	25	100	37	0	26	6	M/S/W
Vanilla Cone - Medium	199	330	90	10	6	0.5	30	140	53	0	36	8	M/S/W
Vanilla Cone - Large	284	470	120	14	9	1	45	200	74	0	52	12	M/S/W
Chocolate Cone - Kids'	100	170	40	4.5	3	0	15	70	28	0	18	4	M/S/W
Chocolate Cone - Small	142	240	60	7	4.5	0	20	100	38	0	26	6	M/S/W
Chocolate Cone - Medium	199	330	90	9	6	0.5	30	140	53	0	36	8	M/S/W
Chocolate Cone - Large	284	470	120	14	9	1	45	200	75	0	52	12	M/S/W
Dipped Cone, Chocolate - Kids'	107	220	80	9	7	0	15	75	30	0	20	4	M/S/W
Dipped Cone, Chocolate - Small	156	330	130	15	12	0	25	110	42	0.5	30	6	M/S/W
Dipped Cone, Chocolate - Medium	220	470	200	22	17	0.5	30	150	61	1	43	9	M/S/W
Dipped Cone, Chocolate - Large	312	650	270	30	24	1	45	220	85	1	61	13	M/S/W
WAFFLE CONE BLIZZARD® TREATS (Add to any *Blizzard* Treat)													
Waffle Cone, Dipped	49	240	100	11	6	0	5	35	32	1	20	2	E/M/S/W
Waffle Cone, Plain	28	110	25	2.5	0	0	5	0	22	0	10	2	E/M/S/W
WAFFLE CONES													
Chocolate Coated Waffle Cone w/ Soft Serve	247	540	190	21	13	0.5	40	170	77	1	57	10	E/M/S/W
Plain Waffle Cone with Soft Serve	226	420	110	13	7	0.5	40	140	67	0	47	10	E/M/S/W
DQ® CAKES													
DQ Cake, 10", 1/12 slice*	213	410	140	15	11	0.5	30	200	60	1	47	8	M/S/W
DQ Cake, 8", 1/8 slice*	209	400	140	15	11	0.5	30	190	59	1	46	8	M/S/W
DQ Heart Cake, 1/10 slice*	120	290	100	11	8	0	20	140	42	0.5	33	6	M/S/W
DQ Log Cake, 1/8 slice*	142	340	120	13	10	0	20	170	50	1	38	6	M/S/W
DQ Sheet Cake, 1/24 slice*	156	320	110	12	9	0	20	160	47	1	36	6	M/S/W
Oreo® Blizzard® Cake, 10", 1/12 slice	240	550	210	23	16	0	30	340	78	1	59	9	M/S/W
Oreo Blizzard Cake, 8", 1/8 slice	235	560	220	25	17	0	30	330	77	1	59	9	M/S/W
Reese's® PB Cups® Blizzard Cake 10", 1/12 slice	246	580	240	27	19	0.5	30	280	77	2	63	11	M/P/S/W
Reese's PB Cups Blizzard Cake 8", 1/8 slice	237	570	240	27	19	0	30	270	75	2	62	10	M/P/S/W
Chocolate Xtreme *Blizzard* Cake, 10", 1/12 slice	248	590	240	27	19	0.5	35	280	80	2	62	10	E/M/S/W
Chocolate Xtreme *Blizzard* Cake, 8", 1/8 slice	242	580	240	27	19	0.5	35	270	79	2	61	9	E/M/S/W

Allergens: E = Egg F = Fish M = Milk P = Peanut SF = Shellfish S = Soy T = Tree Nuts W = Wheat ( ) = May Contain * = Local source - check at store

Nutrition Facts

	Serv. Size (g)	Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
PREMIUM FRUIT SMOOTHIES													
Strawberry Banana - Small	471	250	5	0.5	0	0	0	85	61	1	48	4	M
Strawberry Banana - Medium	610	340	5	1	0	0	0	125	82	1	64	5	M
Strawberry Banana - Large	786	430	10	1	0	0	0	170	102	2	80	7	M
Mango Pineapple - Small	439	250	0	0	0	0	0	85	62	0	57	3	M
Mango Pineapple - Medium	562	340	0	0	0	0	0	130	82	0	74	5	M
Mango Pineapple - Large	727	420	5	0.5	0	0	0	170	101	0	92	6	M
Tripleberry® - Small	439	290	0	0	0	0	0	85	72	0	66	3	M
Tripleberry - Medium	562	390	0	0.5	0	0	0	125	94	0	86	5	M
Tripleberry - Large	727	480	5	0.5	0	0	0	170	116	0	105	6	M
Piña Colada - Small	460	230	0	0	0	0	0	100	56	1	50	3	M/T
Piña Colada - Medium	598	340	0	0	0	0	0	150	80	1	72	4	M/T
Piña Colada - Large	776	440	0	0	0	0	0	190	104	1	94	6	M/T
Orange - Small	462	250	0	0	0	0	0	90	60	0	54	3	M
Orange - Medium	599	360	0	0	0	0	0	135	84	0	75	4	M
Orange - Large	778	460	0	0	0	0	0	180	108	0	96	6	M
Strawberry - Small	439	220	0	0	0	0	0	85	53	0	44	3	M
Strawberry - Medium	562	300	5	0.5	0	0	0	125	71	0	59	5	M
Strawberry - Large	727	370	5	1	0	0	0	170	88	0	73	6	M
JULIUS® ORIGINALS													
Strawberry Banana - Small	433	330	40	4.5	4	0	0	70	73	1	62	2	E/M/S/T
Strawberry Banana - Medium	582	470	60	7	6	0	0	95	101	2	84	2	E/M/S/T
Strawberry Banana - Large	881	680	80	9	8	0	2	140	150	3	126	3	E/M/S/T
Mango Pineapple - Small	399	250	0	0	0	0	0	35	62	0	61	0	E/M
Mango Pineapple - Medium	524	330	0	0	0	0	0	45	83	0	81	0.5	E/M
Mango Pineapple - Large	799	490	0	0	0	0	0	70	125	0	122	0.5	E/M
Tripleberry - Small	417	360	40	4.5	4	0	0	70	79	1	71	1	E/M/S/T
Tripleberry - Medium	551	490	60	7	6	0	0	95	108	1	96	2	E/M/S/T
Tripleberry - Large	834	710	80	9	8	0	2	135	158	2	142	3	E/M/S/T
Piña Colada - Small	444	380	40	4.5	4	0	0	80	84	2	75	1	E/M/S/T
Piña Colada - Medium	560	510	60	7	6	0	0	115	112	3	99	2	E/M/S/T
Piña Colada - Large	887	760	80	9	8	0	2	160	168	4	151	2	E/M/S/T
Orange - Small	395	210	0	0	0	0	0	35	53	0	51	0	E/M
Orange - Medium	488	280	0	0	0	0	0	45	69	0	65	0	E/M
Orange - Large	790	430	0	0	0	0	0	65	106	0	101	0	E/M
Strawberry - Small	399	230	0	0	0	0	0	35	58	0	55	0	E/M
Strawberry - Medium	524	310	0	0	0	0	0	45	77	0	71	0.5	E/M
Strawberry - Large	799	460	0	0.5	0	0	0	70	116	0	109	1	E/M
ADD A BANANA													
Banana - Small Drink	30	25	0	0	0	0	0	0	7	1	4	0	
Banana - Medium Drink	44	40	0	0	0	0	0	0	10	1	5	0	
Banana - Large Drink	59	50	0	0	0	0	0	0	13	2	7	1	

Orange Julius®. Where fruit meets fun.

Premium Fruit **Smoothies**

Hand-blended with real fruit and low-fat yogurt.

Julius® Originals

Refreshing and frothy with several flavors under 300 calories.

Choose from fruit-packed flavors, fresh-blended and tasty just for you.

Statement Concerning Suggested Daily Caloric Intake:
The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 mg for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Important Statement:
Nutrition information is based on analysis by R-TECH and Commercial Testing Laboratory, Inc., and representative values from manufacturers, Genesis R&D® SQL and the USDA. Allergen information is provided by the ingredient or product manufacturer. The information in this information assumes compliance by locations with ingredient requirements and standardized preparation procedures. Seasonal and manufacturer variations may also affect information.

This brochure is for permanent menu items in *DQ*® approved system food restaurants (*DQ Grill & Chill*® or *Brazier*® locations). It does not apply to: (1) limited time offers or test items; (2) non-system food locations that sell food products not approved by *DQ* (you can identify approved system food locations by the *DQ Grill & Chill*, *Brazier*, or Limited *Brazier* signs or by asking the restaurant operator); (3) food restaurants in Texas, which have their own authorized food system and nutrition information; (4) soft-serve products in some Illinois and New Jersey stores that use a soft-serve differing significantly in nutritional content from the standard *DQ* soft-serve, including increased butterfat content in the NJ stores; (5) *MooLatté*® drinks and *Julius*® Originals in a small number of mall locations that do not carry *Arctic Rush*®, which have up to 190 more calories per beverage; (6) some location-specific menu items.

If you have questions about a menu item, please contact the store operator or manager.

Allergen Statement:
DQ locations contain allergens that may come into contact with your food. Since allergens are present in every *DQ* location and cross-contact can easily occur, we cannot guarantee any item to be allergen free or the accuracy of the data as it relates to prepared menu items at a location. We suggest you inform the restaurant of any allergies prior to ordering and ask to see the ingredient listing on the packaging for the product you would like to purchase.

Fish/Shellfish: *DQ* locations use the same equipment (including fryers) to prepare fish/shellfish as is used for non-fish/shellfish items like French Fries. While the frying process typically denatures the allergenic protein, it is possible for the fish/shellfish allergenic protein to remain in the frying oil or on equipment surfaces and contact other *DQ* products.

Soybean Oil: Our frying oil is a vegetable oil blend with soybean oil. While soybean oil is not recognized as an allergen, consult your doctor as to whether you should avoid soybean oil.

Gluten Sensitive: Gluten is in many *DQ* products and cross contact may easily occur during product preparation. For those with gluten sensitivity, we recommend trying one of our manufactured novelties: *Dilly* Bars, *Buster Bar* Treats, Fudge Bars, Vanilla Orange Bars, or *

DQ® treats and food start with high-quality ingredients and end with a smile.

Since 1940, our fans have come to expect the best from their neighborhood *Dairy Queen* store. It's still that way today, from our classic treats to the new favorites you've yet to discover.

Chicken Strips

Our chicken strips start with 100% all tenderloin chicken. First, we marinate them so they're always tender and juicy, then we bread them and season them before cooking to golden brown perfection. Definitely worth crossing the road for.

Fresh Choice Salads
with Marzetti® Dressings

Our salads are made with 100% tenderloin grilled or crispy chicken atop a bed of fresh iceberg and Romaine lettuce and a colorful blend of garden vegetables. Topping it all off is your choice of premium *Marzetti* dressings. For over 115 years, the *Marzetti* family has been famous for their five-star quality dressings. One bite and you'll know why.

Dairy Queen® Soft Serve: A fan favorite since 1940

The rich, creamy soft serve found in your favorite *Dairy Queen* treats begins with delicious, wholesome milk from carefully selected dairies. Our high standard is to serve it at 18 degrees for the perfect flavor and texture. You can taste the difference in every cone, *Blizzard*® Treat, shake and sundae. What else would you expect from the people who invented America's favorite soft serve?

Did you also know Dairy Queen® soft serve contains 5% butter fat[1] and is 140 calories per creamy 1/2 cup[1,2]? That sounds as good as it tastes.

[1]See nutrition facts for total fat content for DQ® treat items. [2]For 4 fl. oz. of soft serve only. Doesn't apply to finished treat products.

Dairy Queen® Menu: Trim the calories not the flavor.

The menu at *Dairy Queen* restaurants offers quality nutritional alternatives as well. Menu items are made-to-order so fans can customize their meal to meet their nutritional preferences. Here are some options:

Garden Greens with Grilled Chicken
with Marzetti® Balsamic Vinaigrette*

DQ® Small Vanilla Cone

DQ® Fudge Bar*
No sugar added and fat free

*At participating locations. See nutrition information for sugar content.

Nutrition Facts

	Serv. Size (g)	Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
BURGERS (Weights are based on precooked measurements)													
1/4 lb. Bacon Cheese *GrillBurger*™	243	620	320	36	14	1	100	1320	41	1	9	34	E/M/S/W*
1/2 lb. *FlameThrower*® *GrillBurger*	311	950	600	66	25	2	155	1540	39	2	7	49	E/M/S/W*
1/4 lb. Mushroom Swiss *GrillBurger*	193	560	300	33	12	1	80	890	39	1	5	27	E/M/S/W*
1/2 lb. Cheese *GrillBurger*	313	770	410	46	20	1.5	140	1410	43	2	10	45	E/M/S/W*
1/4 lb. Cheese *GrillBurger*	227	520	250	28	11	1	75	1100	43	2	10	25	E/M/S/W*
Original Cheeseburger	156	380	170	19	8	1	90	930	34	1	8	21	M/S/W*
Original Double Cheeseburger	226	580	310	34	16	1.5	150	1240	35	1	9	37	M/S/W*
ARTISAN-STYLE SANDWICHES													
Chicken Bacon Ranch	213	500	190	21	7	0	55	1590	45	3	3	29	E/M/S/W
Chicken Mozzarella	243	630	240	26	9	0	70	1500	63	9	3	34	M/S/W
Turkey BLT	218	530	220	24	7	0	60	1590	46	3	3	29	E/M/S/W
BASKETS (Basket nutrition does not include a drink)													
Chicken Strip Basket™ - 4pc w/ Country Gravy	418	1020	470	52	9	0.5	80	2570	101	17	4	37	M/S/W
Chicken Strip Basket - 6pc w/ Country Gravy	503	1250	590	65	10	0.5	120	3210	115	23	4	52	M/S/W
CHICKEN, FRESH CHOICE SALADS AND WRAPS													
Crispy Chicken Sandwich	198	610	270	30	3.5	0	70	1120	50	3	5	22	E/M/W*
Grilled Chicken Sandwich	177	390	130	14	2.5	0	35	920	44	2	3	20	E/M/S/W*
Crispy *FlameThrower* Chicken Sandwich	277	970	530	58	12	0	65	2130	61	4	7	34	E/M/S/W*
Crispy Chicken BLT Salad	338	520	280	31	10	0	100	1470	25	9	6	37	M/S/W
Grilled Chicken BLT Salad	342	380	170	19	9	0	100	1540	11	3	6	42	M/S
Crispy Chicken Garden Greens Salad	293	280	120	13	2	0	40	670	24	9	6	17	S/W
Grilled Chicken Garden Greens Salad	297	150	20	2	0.5	0	40	730	10	3	6	23	S/W
Side Salad	113	25	0	0	0	0	0	15	5	2	3	1	
Crispy Chicken Wrap	122	360	190	21	5	0	35	780	31	6	1	13	E/M/S/W
Grilled Chicken Wrap	122	290	140	15	4	0	30	790	24	2	1	16	E/M/S/W
Crispy *FlameThrower* Chicken Wrap	122	370	200	22	5	0	35	740	31	6	1	13	E/M/S/W
3 Chicken Strips	128	350	180	20	3	0	60	960	22	10	0	22	S/W
HOT DOGS													
Chili Cheese Dog	141	390	230	25	11	1	55	1000	25	1	4	16	M/S/W*
Chili Dog	126	340	180	20	9	1	40	900	25	1	4	13	S/W*
Chili Cheese Mega Dog	284	860	510	56	26	4	125	1980	53	3	8	36	M/S/W*
Mega Dog	156	480	320	35	15	2	70	1310	24	1	4	17	S/W*
Hot Dog	98	300	160	18	8	1	35	750	23	1	4	11	S/W*
KIDS' MEAL FOOD ITEMS													
Hot Dog	98	300	160	18	8	1	35	750	23	1	4	11	S/W*
Original Cheeseburger	156	380	170	19	8	1	90	930	34	1	8	21	M/S/W*
2 Chicken Strips	85	230	120	13	2	0	40	640	14	6	0	15	S/W
Grilled Cheese Sandwich	135	450	170	19	10	0.5	50	1430	40	2	7	16	M/S/W*
Chicken Wrap	136	260	90	10	2.5	0	30	770	24	2	1	17	E/S/W
Kids' Fries	99	260	100	12	2	0	0	550	37	3	0	3	
Applesauce	113	80	0	0	0	0	0	0	20	1	17	0	
Banana	118	110	0	0	0	0	0	0	27	3	14	1	
SNACK MELTS													
Buffalo Chicken Snack Melt	108	310	160	17	6	0	30	1010	23	2	1	14	E/M/S/W
Chicken Bacon BBQ Snack Melt	108	280	100	11	5	0	35	870	29	2	7	17	M/S/W
Chicken Quesadilla Snack Melt	127	280	110	13	6	0	40	720	25	3	1	17	M/S/W
SIDE ITEMS													
French Fries - Regular	142	380	150	17	2.5	0	0	790	54	4	0	4	
French Fries - Large	184	490	190	21	3.5	0	0	1030	69	5	0	6	
Onion Rings	113	360	140	16	2.5	0	0	840	48	2	3	6	E/M/S/W
Cheese Curds - 5oz.	142	610	400	44	22	1.5	110	1240	27	2	2	26	M/W/E/S
LOCAL FOOD ITEMS													
Crispy Fish Sandwich	163	370	130	14	2	0	45	1060	49	2	6	15	E/F/M/S/W (SF/T)*
Breaded Mushrooms	85	190	70	8	1	0	0	390	25	2	1	4	W
Steak Finger Basket	390	920	430	48	12	1.5	60	2260	99	6	4	23	E/M/S/W*
Pork Tenderloin Sandwich	191	610	320	35	6	0	65	1320	57	2	6	19	E/M/S/W*
DQ Ultimate® Burger	260	730	430	48	19	1.5	175	1360	33	1	7	45	E/M/S/W (T)*
Corn Dog	76	240	120	13	3	0	25	390	25	2	7	6	E/M/S/W
Chili Cheese Fries	425	1020	460	51	15	0.5	55	2360	117	10	4	25	M/S
Chili Cheese Mega Dog	284	860	510	56	26	4	125	1980	53	3	8	36	M/S/W*
Mega Dog	156	480	320	35	15	2	70	1310	24	1	4	17	S/W*
BBQ Beef Sandwich	142	320	80	9	2.5	0	75	1010	42	1	13	20	F/M/S/W (E/T)*
BBQ Pork Sandwich	142	300	80	9	2	0	65	1050	43	2	16	15	F/M/S/W (E/T)*
SALAD DRESSINGS AND CONDIMENTS													
Country Gravy	57	90	50	6	2	0	0	480	8	0	1	0.5	M/S/W
BBQ Dipping Sauce	56	80	0	0	0	0	0	430	0.5	1	15	1	
Honey Mustard Dipping Sauce	56	250	190	21	3	0	20	380	16	0	9	1	E
Ranch Dipping Sauce	56	230	210	23	3.5	0	25	490	5	0	3	0.5	E/M
Sweet and Sour Dipping Sauce	56	90	0	0	0	0	0	240	24	0	22	0	
Wild Buffalo Dipping Sauce	57	170	160	18	3.5	0	0	1390	1	1	0.5	0	S
Marzetti® Honey French Dressing	43	190	135	15	2.5	0	0	300	13	0	12	0	
Marzetti® Light Ranch Dressing	43	80	40	4.5	0.5	0	0	330	9	0	3	1	M
Marzetti® Ranch Dressing	43	210	200	22	3.5	0	10	330	2	0	1	0.5	E/M
Marzetti® Light Italian Dressing	43	20	10	1	0	0	0	720	2	0	2	0	
Marzetti® Dijon Honey Mustard	43	180	140	16	2.5	0	10	230	8	0	7	0.5	E
Marzetti® Balsamic Vinaigrette	43	120	110	12	2	0	0	470	4	0	4	0	
BREAKFAST													
Biscuits & Gravy	365	720	410	46	16	1.5	15	2240	64	2	4	12	M/S/W
Sausage Biscuit Sandwich	154	410	240	27	9	0	195	990	25	1	1	16	E/M/S/W
Bacon Biscuit Sandwich	144	410	240	27	9	0	195	1080	26	1	1	16	E/M/S/W
Ham Biscuit Sandwich	154	350	190	21	8	0	185	1160	26	1	2	14	E/M/S/W
Chicken Biscuit Sandwich	147	430	200	22	6	0	40	1190	39	7	1	18	M/S/W
Chicken Strip	43	120	60	7	1	0	20	320	7	3	0	7	S/W
Sausage Biscuit Twin Pack	195	680	400	46	16	0.5	45	1650	48	2	2	19	M/S/W
Ultimate Breakfast Burrito - Ham	265	560	240	27	9	1.5	195	1290	58	6	2	23	E/M/S/W
Ultimate Breakfast Burrito - Sausage	265	620	300	33	11	1.5	205	1120	57	6	2	24	E/M/S/W
Ultimate Breakfast Burrito - Bacon	255	620	290	33	11	1.5	205	1210	57	6	2	25	E/M/S/W
Country Platter	315	780	410	46	16	2	340	1710	69	4	3	21	E/M/S/W
Ultimate Hash Browns Platter	355	670	390	43	14	2.5	370	1050	45	5	2	24	E/M
Buttermilk Pancake Platter	131	260	45	5	1.5	0	45	530	46	3	8	7	E/M/S/W
Biscuit	69	250	140	16	6	0	0	610	24	1	1	3	M/S/W
Eggs (2)	92	180	120	14	4	0	370	190	1	0	0	13	E
Hash Browns	71	190	110	12	2.5	1	0	210	18	2	0	2	
Cinnamon Roll	113	430	200	22	10	0	20	520	53	3	25	5	E/S/M/W (P/T)
Ham	28	30	10	1	0	0	10	380	1	0	0	5	
Pancakes (3)	131	260	45	5	1.5	0	45	530	46	3	8	7	E/M/S/W
Sausage	28	90	60	7	2.5	0	20	210	0	0	0	6	
Sausage Gravy	136	110	70	8	3	0.5	5	590	10	0	1	2	M/S/W
Bacon, 2 slices	12	50	40	4.5	1.5	0	15	190	0	0	0	4	

Nutrition Facts

	Serv. Size (g)	Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
BLIZZARD® TREATS													
Banana Split - Mini	193	290	70	8	5	0	25	115	49	1	41	6	M
Banana Split - Small	306	460	120	13	9	0.5	45	190	75	1	62	11	M
Banana Split - Medium	397	590	140	16	10	1	55	240	100	2	83	13	M
Banana Split - Large	560	830	200	22	14	1	75	340	142	2	119	18	M
Brownie Batter - Mini	198	380	130	15	8	0.5	40	210	54	1	41	9	E/M/S/W
Brownie Batter - Small	340	670	240	27	14	1	65	390	94	3	71	15	E/M/S/W
Brownie Batter - Medium	439	890	330	37	19	1	90	53	125	4	93	19	E/M/S/W
Brownie Batter - Large	567	1160	430	48	24	1.5	115	690	163	6	121	25	E/M/S/W
Brownie Cookie Dough - Mini	202	440	160	18	11	0.5	40	250	64	1	47	8	E/M/S/W
Brownie Cookie Dough - Small	347	800	300	33	21	1	70	450	114	3	83	14	E/M/S/W
Brownie Cookie Dough - Medium	485	1150	430	48	30	1	100	660	166	4	120	20	E/M/S/W
Brownie Cookie Dough - Large	624	1510	570	63	40	1.5	125	870	217	6	156	26	E/M/S/W
Butterfinger® - Mini	195	350	110	12	8	0.5	30	160	53	0	42	8	M/P/S
Butterfinger - Small	269	520	160	18	11	0.5	40	240	79	0.5	60	12	M/P/S
Butterfinger - Medium	372	730	230	26	16	1	55	340	111	1	84	16	M/P/S
Butterfinger - Large	493	960	310	34	21	1	75	450	147	1	112	21	M/P/S
Choco Cherry Love - Mini	194	320	100	11	8	0.5	30	125	47	0	40	7	M/S
Choco Cherry Love - Small	337	560	180	20	14	1	55	210	83	1	70	13	M/S
Choco Cherry Love - Medium	439	750	240	27	19	1	70	270	110	1	93	17	M/S
Choco Cherry Love - Large	578	980	310	35	25	1.5	90	350	146	2	123	22	M/S
Chocolate Xtreme - Mini	201	410	150	17	10	0.5	40	210	57	2	45	8	E/M/S/W
Chocolate Xtreme - Small	287	630	250	28	16	0.5	60	340	87	3	68	12	E/M/S/W
Chocolate Xtreme - Medium	365	810	330	36	21	1	75	450	112	4	87	16	E/M/S/W
Chocolate Xtreme - Large	500	1130	460	51	29	1	105	620	155	6	120	22	E/M/S/W
Cookie Dough - Mini	202	420	140	16	10	0.5	35	230	61	0.5	46	8	E/M/S/W
Cookie Dough - Small	319	710	250	28	16	1	55	400	103	1	75	13	E/M/S/W
Cookie Dough - Medium	450	1030	370	41	24	1	75	590	151	2	109	18	E/M/S/W
Cookie Dough - Large	567	1340	480	54	32	1.5	95	770	194	3	141	22	E/M/S/W
Heath® - Mini	195	380	140	15	10	0.5	35	190	53	0	46	8	M/S/T
Heath - Small	291	600	230	26	16	1	50	310	84	0.5	73	11	M/S/T
Heath - Medium	400	860	340	38	24	1	65	450	119	1	105	15	M/S/T
Heath - Large	528	1150	450	50	32	1.5	85	600	159	2	140	20	M/S/T
M&M's® Chocolate Candy - Mini	198	380	110	13	8	0	30	135	58	0.5	50	8	M/S (P/T)
M&M's Chocolate Candy - Small	325	640	190	22	14	1	50	220	99	1	85	13	M/S (P/T)
M&M's Chocolate Candy - Medium	393	810	250	28	18	1	65	270	124	2	107	16	M/S (P/T)
M&M's Chocolate Candy - Large	540	1120	340	38	24	1	85	370	174	3	150	21	M/S (P/T)
Oreo® Cookies - Mini	195	380	120	14	7	0	30	280	56	0.5	42	8	M/S/W
Oreo Cookies - Small	298	620	210	23	11	0.5	45	500	92	1	67	12	M/S/W
Oreo Cookies - Medium	358	790	270	30	13	1	50	690	117	2	84	15	M/S/W
Oreo Cookies - Large	535	1150	390	43	19	1	75	970	169	2	123	22	M/S/W
Peanut Butter Cookie Dough Smash - Mini	202	440	160	18	10	0.5	40	240	60	1	45	9	E/M/P/S/W (T)
Peanut Butter Cookie Dough Smash - Small	357	820	320	35	19	1	65	470	110	2	81	16	E/M/P/S/W (T)
Peanut Butter Cookie Dough Smash - Medium	465	1140	470	52	26	1	85	680	150	4	107	22	E/M/P/S/W (T)
Peanut Butter Cookie Dough Smash - Large	595	1500	620	69	34	1.5	110	910	194	5	138	28	E/M/P/S/W (T)
Reese's® Peanut Butter Cups - Mini	195	360	130	14	8	0.5	30	180	50	0.5	42	9	M/P/S
Reese's Peanut Butter Cups - Small	298	580	210	24	13	1	50	310	80	1	67	15	M/P/S
Reese's Peanut Butter Cups - Medium	372	750	290	32	16	1	60	410	103	2	86	19	M/P/S
Reese's Peanut Butter Cups - Large	500	1010	380	43	22	1.5	80	550	138	3	116	25	M/P/S
Salted Caramel Truffle - Mini	207	450	180	20	12	0.5	40	220	62	1	51	8	M/S
Salted Caramel Truffle - Small	341	780	320	35	22	1	65	380	106	2	87	13	M/S
Salted Caramel Truffle - Medium	454	1050	430	47	31	1.5	85	510	143	3	118	17	M/S
Salted Caramel Truffle - Large	594	1420	590	65	41	1.5	115	690	192	4	157	23	M/S
Snickers® - Mini	197	370	120	13	7	0.5	30	170	55	0.5	47	8	E/M/P/S (T)
Snickers - Small	315	610	200	22	12	1	50	280	92	1	78	14	E/M/P/S (T)
Snickers - Medium	383	770	260	28	15	1	60	360	114	2	96	17	E/M/P/S (T)
Snickers - Large	521	1060	340	38	20	1.5	80	490	159	2	134	23	E/M/P/S (T)
Strawberry Cheesecake - Mini	195	330	110	12	8	0	40	160	47	0	39	8	E/M/S/W (P/T)
Strawberry Cheesecake - Small	305	520	170	19	12	0.5	70	270	74	0	61	12	E/M/S/W (P/T)
Strawberry Cheesecake - Medium	400	690	230	25	16	1	90	360	100	0.5	82	15	E/M/S/W (P/T)
Strawberry Cheesecake - Large	535	920	300	33	21	1	120	470	134	1	111	20	E/M/S/W (P/T)
Turtle Pecan Cluster - Mini	191	380	160	18	10	0.5	30	160	48	1	37	8	M/S/T
Turtle Pecan Cluster - Small	322	650	280	31	16	1	50	280	81	2	63	13	M/S/T
Turtle Pecan Cluster - Medium	443	970	450	50	28	1	65	410	117	3	89	18	M/S/T
Turtle Pecan Cluster - Large	591	1330	620	69	39	1.5	90	550	159	4	120	24	M/S/T
EXTRA STUFF													
Banana Slices	32	30	0	0	0	0	0	0	7	1	4	0	
Butterfinger Pieces	28	120	45	5	3	0	0	60	20	1	14	1	M/P/S
Caramel Topping	28	90	10	1	0.5	0	3	50	20	0	10	0.5	M
Cheesecake Pieces	28	100	60	6	3.5	0	25	80	10	0	6	2	E/M/S/W (P/T)
Brownie Pieces	28	120	50	6	2.5	0	20	140	17	1	10	2	E/M/S/W
Choco Chunks	28	150	90	10	9	0	0	0	17	1	14	1	M/S
Cookie Dough Pieces	28	130	50	6	3	0	5	95	19	0	10	1	E/M/S/W
Chocolate Topping	28	70	0	0	0	0	0	25	18	1	16	0	
Cocoa Fudge	28	140	90	10	2	0	0	75	16	2	12	1	M/S
Heath Pieces	28	150	80	9	5	0	5	100	18	0	17	1	M/S/T
Hot Fudge Topping	28	100	30	3.5	3.5	0	0	45	15	0	11	1	M/S
M&M's Chocolate Candies	28	140	50	6	3.5	0	4	15	20	1	18	1	M/S (P/T)
Oreo Cookie Pieces	28	140	50	6	1.5	0	0	190	20	1	11	1	S/W
Peanut Butter Topping	28	180	140	15	2.5	0	0	170	8	1	3	3	P/S (T)
Peanuts	28	160	120	14	2	0	0	115	5	3	0	8	P
Pecan Pieces	28	200	190	21	2	0	0	110	4	3	1	3	T
Reese's Peanut Butter Cups Pieces	28	140	80	9	3	0	0	100	16	1	14	3	M/P/S
Snickers Pieces	28	130	60	7	2.5	0	4	70	17	1	14	2	E/M/P/S (T)
Strawberry Topping	28	35	0	0	0	0	0	10	9	0	9	0	
Whipped Topping, 1/2 oz.	14	45	30	3.5	3.5	0	0	0	4	0	4	0	M/S
NOVELTIES													
Chocolate *Dilly*® Bar	87	220	110	12	10	0	15	80	26	1	21	3	M/S
No Sugar Added *Dilly* Bar	88	200	120	13	10	0	15	55	23	5	5	3	M/S
Chocolate Mint *Dilly* Bar	88	220	110	12	10	0	15	80	26	1	21	3	M/S
Butterscotch *Dilly* Bar	87	200	100	11	9	0	15	95	24	0	21	3	M/S
Cherry *Dilly* Bar	88	210	100	12	9	0	15	95	24	0	21	3	M/S
Heath Dilly Bar	87	220	110	13	9	0	15	105	25	0	22	3	M/S/T
Buster Bar® Treat	148	470	270	30	18	0	15	220	46	3	37	10	M/P/S
DQ Sandwich	85	190	50	5	3	0	10	140	31	1	18	4	M/S/W
Cherry *StarKiss*® Bar	87	80	0	0	0	0	0	5	21	0	17	0	(M)
Stars & Stripes *StarKiss* Bar	87	80	0	0	0	0	0	10	21	0	17	0	(M)
Fudge Bar	66	50	0	0	0	0	0	40	13	6	4	4	M
Vanilla Orange Bar	67	60	0	0	0	0	45	18	6	4	2	2	M
DQ Home-Pak	748	1140	340	38	25	2	130	510	171	0	142	30	M

*Nutrition is for undecorated cakes.

Allergens: E = Egg F = Fish M = Milk P = Peanut SF = Shellfish S = Soy T = Tree Nuts W = Wheat ( ) = May Contain * = Local source - check at store

Kids LiveWell
National Restaurant Association

Kids LiveWell at DQ®

The National Restaurant Association's Kids LiveWell initiative helps parents and children select healthful menu options when dining out - making the healthy choice the easy choice. Participating restaurants commit to offer and promote healthful meal items for children, with a particular focus on increasing consumption of fruit and vegetables, lean protein, whole grains and low-fat dairy; and limiting unhealthy fats, sugars and sodium.

The *Dairy Queen* system is pleased to be a participating partner in this program, offering a Kids LiveWell meal that includes a:

- Grilled Chicken Wrap
- Banana
- Water

Nutrition Information:

- 1 serving fruit; 1 serving lean meat
- 770 mg of sodium
- 11 grams of fat
- 360 calories

Nutrition & Allergens
Food & Treats – USA

DQ BAKES!

Nutrition and allergy information is current as of March 2015.
For the most current nutrition information, visit www.dq.com

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