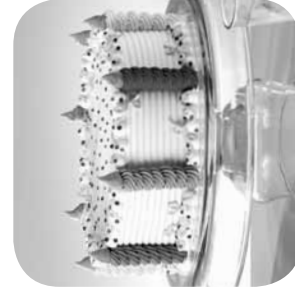




| | Serving Size (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Percent Daily Value Vitamin A | Percent Daily Value Vitamin C | Percent Daily Value Calcium | Percent Daily Value Iron | |
|--|---|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|-------------------------------|-------------------------------|-----------------------------|--------------------------|----|
| Blizzard® Treats | Banana Cream Pie Blizzard - Mini | 216 | 410 | 14 | 9 | 0.4 | 35 | 270 | 67 | 1 | 53 | 7 | 8 | 2 | 25 | 10 |
| | Banana Cream Pie Blizzard - Small | 301 | 570 | 20 | 13 | 0.5 | 50 | 330 | 87 | 1 | 67 | 11 | 15 | 2 | 35 | 15 |
| | Banana Cream Pie Blizzard - Medium | 378 | 760 | 26 | 16 | 0.5 | 65 | 520 | 119 | 1 | 87 | 13 | 20 | 4 | 40 | 20 |
| | Banana Cream Pie Blizzard - Large | 532 | 1080 | 37 | 21 | 1 | 95 | 760 | 170 | 2 | 123 | 19 | 25 | 6 | 60 | 30 |
| | Banana Split Blizzard - Mini | 193 | 290 | 7 | 4.5 | 0.3 | 25 | 115 | 51 | 1 | 44 | 6 | 6 | 10 | 20 | 8 |
| | Banana Split Blizzard - Small | 297 | 450 | 13 | 8 | 0.5 | 50 | 190 | 75 | 1 | 65 | 10 | 10 | 8 | 35 | 15 |
| | Banana Split Blizzard - Medium | 382 | 580 | 15 | 9 | 0.5 | 60 | 240 | 99 | 1 | 85 | 13 | 15 | 15 | 45 | 15 |
| | Banana Split Blizzard - Large | 527 | 800 | 21 | 13 | 1 | 80 | 330 | 137 | 2 | 118 | 17 | 20 | 20 | 60 | 25 |
| | Chocolate Xtreme Blizzard - Mini | 201 | 410 | 17 | 9 | 0.4 | 40 | 210 | 58 | 1 | 48 | 8 | 8 | 0 | 25 | 15 |
| | Chocolate Xtreme Blizzard - Small | 287 | 640 | 28 | 15 | 0.5 | 65 | 370 | 88 | 3 | 71 | 12 | 15 | 0 | 35 | 20 |
| | Chocolate Xtreme Blizzard - Medium | 392 | 940 | 42 | 25 | 1 | 100 | 590 | 128 | 5 | 101 | 17 | 20 | 0 | 45 | 35 |
| | Chocolate Xtreme Blizzard - Large | 553 | 1390 | 64 | 36 | 1 | 140 | 870 | 186 | 7 | 146 | 24 | 30 | 0 | 60 | 50 |
| | Cookie Dough Blizzard - Mini | 202 | 420 | 15 | 9 | 0.5 | 35 | 320 | 64 | 0 | 49 | 8 | 8 | 0 | 25 | 10 |
| | Cookie Dough Blizzard - Small | 319 | 700 | 27 | 16 | 1 | 60 | 590 | 107 | 0 | 81 | 12 | 15 | 0 | 35 | 15 |
| | Cookie Dough Blizzard - Medium | 456 | 1030 | 40 | 24 | 1 | 80 | 1080 | 157 | 1 | 117 | 17 | 20 | 0 | 50 | 20 |
| | Cookie Dough Blizzard - Large | 560 | 1280 | 50 | 30 | 1.5 | 100 | 1290 | 195 | 1 | 145 | 21 | 25 | 0 | 60 | 25 |
| | Crispy Crunch® Blizzard - Mini | 195 | 360 | 12 | 7 | 0.4 | 35 | 170 | 55 | 0 | 47 | 8 | 8 | 0 | 25 | 10 |
| | Crispy Crunch Blizzard - Small | 262 | 500 | 17 | 9 | 0.5 | 45 | 230 | 76 | 0 | 64 | 11 | 10 | 0 | 35 | 15 |
| | Crispy Crunch Blizzard - Medium | 383 | 810 | 29 | 15 | 0.5 | 60 | 380 | 121 | 1 | 101 | 16 | 15 | 0 | 45 | 25 |
| | Crispy Crunch Blizzard - Large | 507 | 1070 | 39 | 20 | 1 | 85 | 500 | 160 | 1 | 134 | 21 | 20 | 0 | 60 | 35 |
| | Double Fudge Cookie Dough Blizzard - Mini | 204 | 440 | 18 | 9 | 0.5 | 35 | 240 | 65 | 0 | 51 | 8 | 8 | 0 | 25 | 10 |
| | Double Fudge Cookie Dough Blizzard - Small | 322 | 750 | 31 | 15 | 1 | 60 | 430 | 110 | 1 | 83 | 12 | 15 | 0 | 35 | 20 |
| | Double Fudge Cookie Dough Blizzard - Medium | 425 | 1000 | 41 | 20 | 1 | 80 | 590 | 148 | 1 | 111 | 16 | 20 | 0 | 45 | 25 |
| | Double Fudge Cookie Dough Blizzard - Large | 528 | 1260 | 53 | 25 | 1.5 | 95 | 720 | 184 | 2 | 139 | 20 | 25 | 0 | 60 | 30 |
| | French Silk Pie Blizzard - Mini | 209 | 440 | 19 | 12 | 0.4 | 35 | 190 | 60 | 1 | 49 | 8 | 8 | 0 | 25 | 10 |
| | French Silk Pie Blizzard - Small | 308 | 680 | 30 | 18 | 0.5 | 55 | 310 | 93 | 1 | 73 | 12 | 15 | 0 | 35 | 20 |
| | French Silk Pie Blizzard - Medium | 378 | 910 | 41 | 25 | 0.5 | 65 | 440 | 123 | 2 | 93 | 15 | 20 | 0 | 40 | 25 |
| | French Silk Pie Blizzard - Large | 539 | 1340 | 61 | 36 | 1 | 95 | 650 | 180 | 4 | 135 | 21 | 30 | 0 | 60 | 35 |
| | Georgia Mud Fudge® Blizzard - Mini | 201 | 420 | 20 | 8 | 0.4 | 40 | 240 | 54 | 2 | 44 | 9 | 8 | 0 | 25 | 15 |
| | Georgia Mud Fudge Blizzard - Small | 290 | 670 | 33 | 12 | 0.5 | 65 | 420 | 82 | 3 | 65 | 13 | 15 | 0 | 35 | 25 |
| | Georgia Mud Fudge Blizzard - Medium | 390 | 970 | 53 | 18 | 1 | 95 | 670 | 113 | 6 | 87 | 18 | 20 | 0 | 45 | 35 |
| | Georgia Mud Fudge Blizzard - Large | 546 | 1420 | 79 | 25 | 1 | 130 | 970 | 161 | 9 | 123 | 26 | 30 | 0 | 70 | 50 |
| | Hawaiian Blizzard - Mini | 198 | 300 | 9 | 6 | 0.4 | 30 | 120 | 49 | 1 | 42 | 7 | 6 | 2 | 25 | 10 |
| | Hawaiian Blizzard - Small | 283 | 440 | 13 | 9 | 0.5 | 40 | 180 | 70 | 1 | 60 | 9 | 10 | 4 | 30 | 10 |
| | Hawaiian Blizzard - Medium | 383 | 590 | 18 | 12 | 0.5 | 55 | 250 | 97 | 3 | 82 | 12 | 10 | 6 | 40 | 15 |
| | Hawaiian Blizzard - Large | 520 | 820 | 25 | 18 | 1 | 70 | 340 | 132 | 4 | 112 | 16 | 15 | 8 | 50 | 20 |
| | Midnight Truffle Blizzard - Mini | 207 | 440 | 20 | 10 | 0.4 | 35 | 160 | 59 | 2 | 50 | 9 | 8 | 0 | 25 | 15 |
| | Midnight Truffle Blizzard - Small | 345 | 770 | 37 | 19 | 0.5 | 60 | 270 | 102 | 4 | 85 | 15 | 10 | 0 | 40 | 25 |
| | Midnight Truffle Blizzard - Medium | 467 | 1020 | 48 | 27 | 1 | 85 | 340 | 136 | 5 | 113 | 20 | 15 | 0 | 60 | 35 |
| | Midnight Truffle Blizzard - Large | 590 | 1330 | 64 | 36 | 1 | 105 | 440 | 175 | 7 | 145 | 25 | 20 | 0 | 70 | 45 |
| | Mint OREO® Blizzard - Mini | 205 | 410 | 14 | 9 | 0.4 | 30 | 220 | 65 | 1 | 51 | 8 | 6 | 0 | 25 | 15 |
| | Mint OREO Blizzard - Small | 283 | 550 | 20 | 13 | 0.5 | 45 | 320 | 84 | 1 | 65 | 11 | 10 | 0 | 35 | 20 |
| Mint OREO Blizzard - Medium | 334 | 680 | 25 | 17 | 0.5 | 55 | 400 | 104 | 1 | 79 | 13 | 10 | 0 | 40 | 25 | |
| Mint OREO Blizzard - Large | 500 | 990 | 35 | 24 | 1 | 80 | 570 | 150 | 2 | 116 | 19 | 15 | 0 | 60 | 40 | |
| OREO® Cookies Blizzard - Mini | 195 | 380 | 14 | 9 | 0.4 | 30 | 220 | 58 | 1 | 45 | 8 | 6 | 0 | 25 | 15 | |
| OREO Cookies Blizzard - Small | 283 | 550 | 20 | 13 | 0.5 | 45 | 320 | 84 | 1 | 65 | 11 | 10 | 0 | 35 | 20 | |
| OREO Cookies Blizzard - Medium | 341 | 720 | 26 | 18 | 0.5 | 55 | 430 | 108 | 2 | 81 | 13 | 10 | 0 | 40 | 30 | |
| OREO Cookies Blizzard - Large | 512 | 1040 | 38 | 26 | 1 | 80 | 610 | 158 | 2 | 121 | 20 | 15 | 0 | 60 | 40 | |
| Reese® Peanut Butter Cups® Blizzard - Mini | 195 | 370 | 14 | 7 | 0.4 | 35 | 190 | 53 | 1 | 46 | 9 | 8 | 0 | 25 | 10 | |
| Reese Peanut Butter Cups Blizzard - Small | 305 | 630 | 25 | 12 | 0.5 | 50 | 350 | 87 | 2 | 76 | 15 | 10 | 0 | 35 | 15 | |
| Reese Peanut Butter Cups Blizzard - Medium | 383 | 820 | 35 | 16 | 0.5 | 65 | 470 | 113 | 3 | 99 | 20 | 15 | 0 | 45 | 15 | |
| Reese Peanut Butter Cups Blizzard - Large | 514 | 1100 | 46 | 21 | 1 | 85 | 630 | 151 | 3 | 132 | 26 | 15 | 0 | 60 | 20 | |
| Rolo® Blizzard - Mini | 197 | 380 | 13 | 9 | 0.4 | 35 | 120 | 58 | 0 | 50 | 7 | 6 | 0 | 25 | 15 | |
| Rolo Blizzard - Small | 312 | 640 | 23 | 17 | 0.5 | 50 | 180 | 97 | 1 | 83 | 12 | 10 | 0 | 35 | 25 | |
| Rolo Blizzard - Medium | 425 | 960 | 37 | 28 | 1 | 70 | 220 | 145 | 1 | 124 | 16 | 15 | 2 | 50 | 30 | |
| Rolo Blizzard - Large | 553 | 1310 | 51 | 39 | 1 | 85 | 270 | 197 | 2 | 168 | 20 | 15 | 2 | 60 | 40 | |
| Skor® Blizzard - Mini | 195 | 390 | 15 | 9 | 0.5 | 35 | 200 | 56 | 0 | 49 | 7 | 8 | 0 | 25 | 10 | |
| Skor Blizzard - Small | 276 | 570 | 23 | 13 | 0.5 | 55 | 300 | 80 | 0 | 72 | 10 | 10 | 0 | 35 | 15 | |
| Skor Blizzard - Medium | 383 | 850 | 36 | 20 | 1 | 75 | 460 | 117 | 1 | 105 | 14 | 15 | 0 | 50 | 20 | |
| Skor Blizzard - Large | 507 | 1150 | 50 | 28 | 1.5 | 105 | 630 | 158 | 1 | 142 | 19 | 20 | 0 | 60 | 25 | |
| Smarties® Chocolate Candy Blizzard - Mini | 198 | 380 | 11 | 7 | 0.4 | 35 | 130 | 62 | 1 | 55 | 7 | 8 | 0 | 25 | 10 | |
| Smarties Chocolate Candy Blizzard - Small | 326 | 650 | 19 | 11 | 0.5 | 55 | 220 | 108 | 2 | 96 | 12 | 15 | 0 | 45 | 20 | |
| Smarties Chocolate Candy Blizzard - Medium | 397 | 830 | 24 | 15 | 0.5 | 70 | 260 | 137 | 2 | 122 | 15 | 15 | 0 | 50 | 25 | |
| Smarties Chocolate Candy Blizzard - Large | 542 | 1130 | 32 | 20 | 1 | 95 | 360 | 189 | 3 | 168 | 20 | 25 | 0 | 70 | 35 | |
| Strawberry CheeseQuake® Blizzard - Mini | 195 | 330 | 11 | 7 | 0.4 | 45 | 170 | 49 | 0 | 42 | 7 | 8 | 8 | 25 | 10 | |
| Strawberry CheeseQuake Blizzard - Small | 280 | 520 | 20 | 12 | 0.5 | 80 | 290 | 73 | 0 | 60 | 11 | 10 | 15 | 30 | 15 | |
| Strawberry CheeseQuake Blizzard - Medium | 371 | 700 | 27 | 16 | 0.5 | 110 | 390 | 98 | 0 | 81 | 15 | 15 | 25 | 40 | 20 | |
| Strawberry CheeseQuake Blizzard - Large | 504 | 950 | 36 | 22 | 1 | 145 | 530 | 133 | 1 | 110 | 20 | 20 | 35 | 50 | 25 | |
| Turtle Pecan Cluster Blizzard - Mini | 198 | 410 | 18 | 10 | 0.4 | 40 | 170 | 54 | 1 | 45 | 8 | 8 | 0 | 25 | 20 | |
| Turtle Pecan Cluster Blizzard - Small | 311 | 670 | 31 | 16 | 0.5 | 50 | 310 | 88 | 2 | 78 | 20 | 10 | 0 | 35 | 30 | |
| Turtle Pecan Cluster Blizzard - Medium | 425 | 1030 | 53 | 26 | 0.5 | 60 | 470 | 129 | 4 | 115 | 33 | 15 | 0 | 45 | 50 | |
| Turtle Pecan Cluster Blizzard - Large | 603 | 1510 | 79 | 39 | 1 | 85 | 690 | 185 | 6 | 165 | 49 | 20 | 0 | 60 | 80 | |
| More Treats | Peanut Buster® Parfait | 304 | 710 | 31 | 17 | 0.5 | 35 | 370 | 97 | 3 | 75 | 16 | 8 | 0 | 35 | 10 |
| | Banana Split | 374 | 530 | 13 | 9 | 0.4 | 35 | 150 | 99 | 4 | 79 | 9 | 10 | 30 | 25 | 10 |
| | OREO® Brownie EarthQuake® Treat | 304 | 760 | 28 | 18 | 0.5 | 65 | 360 | 119 | 1 | 91 | 10 | 15 | 0 | 35 | 10 |
| | Pecan Mudslide® Treat | 275 | 640 | 30 | 11 | 0.5 | 40 | 330 | 86 | 2 | 64 | 11 | 8 | 0 | 35 | 15 |
| | Arctic Rush® Float, All Flavours - Small | 375 | 330 | 5 | 3.5 | 0.2 | 20 | 95 | 67 | 0 | 63 | 4 | 4 | 0 | 15 | 8 |
| | Arctic Rush Float, All Flavours - Medium | 472 | 420 | 7 | 4 | 0.3 | 25 | 120 | 84 | 0 | 79 | 5 | 6 | 0 | 20 | 10 |
| | Arctic Rush Float, All Flavours - Large | 623 | 550 | 9 | 5 | 0.4 | 35 | 160 | 110 | 0 | 104 | 7 | 8 | 0 | 25 | 15 |
| | Arctic Rush Freeze, All Flavours - Small | 337 | 380 | 9 | 6 | 0.4 | 35 | 140 | 68 | 0 | 62 | 7 | 8 | 0 | 25 | 15 |
| | Arctic Rush Freeze, All Flavours - Medium | 414 | 480 | 11 | 7 | 0.5 | 45 | 180 | 84 | 0 | 76 | 9 | 10 | 0 | 30 | 15 |
| | Arctic Rush Freeze, All Flavours - Large | 560 | 620 | 14 | 9 | 0.5 | 55 | 230 | 111 | 0 | 101 | 12 | 10 | 0 | 40 | 20 |
| Waffle Treats | Turtle Waffle Bowl Sundae | 304 | 810 | 34 | 17 | 0.4 | 45 | 320 | 118 | 2 | 79 | 11 | 8 | 0 | 30 | 15 |
| | Chocolate Covered Strawberry Waffle Bowl Sundae | 318 | 780 | 38 | 29 | 0.4 | 35 | 180 | 103 | 3 | 83 | 9 | 8 | 40 | 25 | 50 |
| | Fab Fudge Waffle Bowl Sundae | 297 | 750 | 30 | 21 | 1 | 35 | 240 | 110 | 2 | 82 | 10 | 8 | 0 | 30 | 15 |
| | Fudge Brownie Temptation Waffle Bowl Sundae | 319 | 950 | 48 | 21 | 0.5 | 55 | 390 | 120 | 4 | 90 | 13 | 10 | 0 | 30 | 30 |
| | Chocolate Coated Waffle Cone with Soft Serve | 247 | 540 | 21 | 12 | 0.5 | 40 | 170 | 80 | 1 | 61 | 10 | 8 | 0 | 30 | 15 |
| Plain Waffle Cone with Soft Serve | 226 | 420 | 12 | 6 | 0.4 | 40 | 140 | 70 | 0 | 51 | 9 | 8 | 0 | 30 | 15 | |



2011 Treat Canada Nutrition Guide



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If you have questions or need additional information, write to:
American Dairy Queen Corp.
Nutrition/Quality Assurance Dept.
P.O. Box 390286
Minneapolis, MN 55439-0286

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 Health Canada. The information in this brochure assumes compliance by DQ® locations with ingredient requirements and standardized preparation procedures. Seasonal and manufacturer variations may also affect nutrition information.

This brochure does not apply to:

- (1) limited time offers;
 - (2) 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. We suggest you inform the location of any allergies prior to ordering. We also have an allergen brochure available. Ask the store operator or find it on our website at www.dq.ca.

TRANS FAT:

This brochure shows that some of our menu items contain trans fat. This is because:
(1) some foods, such as milk, beef and ice cream, contain naturally occurring trans fat; and
(2) some of our ingredients may contain trace amounts of artificial trans fat.



| | | Serving Size (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Percent Daily Value Vitamin A | Percent Daily Value Vitamin C | Percent Daily Value Calcium | Percent Daily Value Iron | |
|--|--------------------------------------|------------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|----------------------------------|----------------------------------|--------------------------------|-----------------------------|----|
| DQ® Cones | Vanilla Cone - Kids' | 99 | 170 | 4.5 | 2.5 | 0.2 | 15 | 75 | 29 | 0 | 20 | 4 | 4 | 0 | 15 | 6 | |
| | Vanilla Cone - Small | 142 | 240 | 6 | 4 | 0.3 | 25 | 105 | 39 | 0 | 29 | 6 | 6 | 0 | 20 | 10 | |
| | Vanilla Cone - Medium | 199 | 340 | 9 | 6 | 0.4 | 35 | 150 | 55 | 0 | 40 | 8 | 8 | 0 | 25 | 15 | |
| | Vanilla Cone - Large | 284 | 470 | 13 | 8 | 0.5 | 50 | 210 | 78 | 0 | 57 | 11 | 10 | 0 | 40 | 20 | |
| | Chocolate Cone - Kids' | 99 | 190 | 5 | 3 | 0.2 | 20 | 70 | 31 | 0 | 20 | 5 | 4 | 0 | 10 | 15 | |
| | Chocolate Cone - Small | 142 | 260 | 7 | 4.5 | 0.3 | 25 | 95 | 42 | 0 | 29 | 6 | 6 | 0 | 20 | 20 | |
| | Chocolate Cone - Medium | 199 | 360 | 10 | 6 | 0.4 | 35 | 135 | 59 | 0 | 40 | 9 | 8 | 0 | 25 | 30 | |
| | Chocolate Cone - Large | 284 | 520 | 15 | 9 | 0.5 | 55 | 200 | 83 | 0 | 58 | 13 | 10 | 0 | 35 | 40 | |
| | Dipped Cone, Chocolate - Kids' | 106 | 220 | 9 | 6 | 0.2 | 15 | 80 | 31 | 0 | 22 | 4 | 4 | 0 | 15 | 15 | |
| | Dipped Cone, Chocolate - Small | 156 | 330 | 15 | 11 | 0.3 | 25 | 110 | 44 | 1 | 33 | 6 | 6 | 0 | 20 | 25 | |
| | Dipped Cone, Chocolate - Medium | 220 | 470 | 21 | 16 | 0.4 | 35 | 160 | 63 | 1 | 46 | 9 | 8 | 0 | 25 | 40 | |
| | Dipped Cone, Chocolate - Large | 312 | 660 | 29 | 23 | 0.5 | 50 | 220 | 88 | 2 | 65 | 12 | 10 | 0 | 40 | 50 | |
| | DQ® Sundaes | Sundae, Caramel - Small | 163 | 300 | 7 | 4.5 | 0.3 | 30 | 150 | 53 | 0 | 39 | 6 | 6 | 0 | 20 | 8 |
| | | Sundae, Caramel - Medium | 234 | 440 | 10 | 7 | 0.4 | 40 | 230 | 77 | 0 | 56 | 8 | 8 | 0 | 30 | 10 |
| Sundae, Caramel - Large | | 333 | 610 | 14 | 9 | 0.5 | 60 | 320 | 108 | 0 | 79 | 12 | 10 | 0 | 45 | 15 | |
| Sundae, Cherry - Small | | 163 | 240 | 6 | 4 | 0.3 | 25 | 110 | 42 | 0 | 37 | 5 | 6 | 0 | 20 | 8 | |
| Sundae, Cherry - Medium | | 234 | 350 | 9 | 6 | 0.4 | 35 | 150 | 60 | 0 | 53 | 8 | 8 | 0 | 25 | 10 | |
| Sundae, Cherry - Large | | 333 | 500 | 13 | 8 | 0.5 | 50 | 220 | 85 | 0 | 75 | 11 | 10 | 0 | 40 | 15 | |
| Sundae, Chocolate - Small | | 163 | 280 | 7 | 4 | 0.3 | 25 | 105 | 50 | 0 | 44 | 6 | 6 | 0 | 20 | 8 | |
| Sundae, Chocolate - Medium | | 234 | 410 | 9 | 6 | 0.4 | 35 | 150 | 73 | 1 | 64 | 8 | 8 | 0 | 25 | 10 | |
| Sundae, Chocolate - Large | | 333 | 570 | 13 | 8 | 0.5 | 50 | 220 | 103 | 1 | 90 | 11 | 10 | 0 | 40 | 15 | |
| Sundae, Hot Fudge - Small | | 163 | 300 | 10 | 7 | 0.4 | 25 | 140 | 48 | 0 | 39 | 6 | 6 | 0 | 20 | 8 | |
| Sundae, Hot Fudge - Medium | | 234 | 440 | 15 | 10 | 0.5 | 35 | 200 | 69 | 0 | 57 | 9 | 8 | 0 | 30 | 10 | |
| Sundae, Hot Fudge - Large | | 333 | 620 | 20 | 14 | 0.5 | 50 | 290 | 97 | 1 | 80 | 12 | 10 | 0 | 45 | 15 | |
| Sundae, Marshmallow - Small | | 163 | 280 | 6 | 4 | 0.3 | 25 | 110 | 51 | 0 | 44 | 5 | 6 | 0 | 20 | 8 | |
| Sundae, Marshmallow - Medium | | 234 | 400 | 9 | 6 | 0.4 | 35 | 160 | 74 | 0 | 64 | 7 | 8 | 0 | 25 | 10 | |
| Sundae, Marshmallow - Large | | 333 | 570 | 13 | 8 | 0.5 | 50 | 220 | 104 | 0 | 89 | 11 | 10 | 0 | 40 | 15 | |
| Sundae, Pineapple - Small | | 163 | 240 | 6 | 4 | 0.3 | 25 | 100 | 40 | 0 | 35 | 5 | 6 | 0 | 20 | 8 | |
| Sundae, Pineapple - Medium | | 234 | 340 | 9 | 6 | 0.4 | 35 | 150 | 57 | 0 | 50 | 7 | 8 | 2 | 25 | 10 | |
| Sundae, Pineapple - Large | | 333 | 490 | 13 | 8 | 0.5 | 50 | 210 | 81 | 0 | 72 | 11 | 10 | 2 | 40 | 15 | |
| Sundae, Raspberry - Small | | 163 | 270 | 6 | 4 | 0.3 | 25 | 100 | 47 | 0 | 40 | 5 | 6 | 2 | 20 | 8 | |
| Sundae, Raspberry - Medium | | 234 | 390 | 9 | 6 | 0.4 | 35 | 150 | 68 | 0 | 59 | 8 | 8 | 4 | 25 | 10 | |
| Sundae, Raspberry - Large | | 333 | 550 | 13 | 8 | 0.5 | 50 | 210 | 96 | 0 | 83 | 11 | 10 | 6 | 40 | 15 | |
| Sundae, Strawberry - Small | | 192 | 280 | 6 | 4 | 0.3 | 25 | 120 | 50 | 1 | 46 | 6 | 6 | 40 | 20 | 10 | |
| Sundae, Strawberry - Medium | | 248 | 370 | 9 | 6 | 0.4 | 35 | 160 | 64 | 1 | 58 | 8 | 8 | 40 | 30 | 10 | |
| Sundae, Strawberry - Large | | 333 | 500 | 13 | 8 | 0.5 | 50 | 220 | 85 | 1 | 76 | 11 | 10 | 40 | 40 | 15 | |
| Shakes | Shake, Caramel - Small | 372 | 580 | 20 | 14 | 0.5 | 55 | 260 | 88 | 0 | 70 | 12 | 10 | 0 | 45 | 10 | |
| | Shake, Caramel - Medium | 479 | 780 | 24 | 17 | 0.5 | 70 | 370 | 125 | 0 | 95 | 16 | 15 | 0 | 60 | 15 | |
| | Shake, Caramel - Large | 628 | 1020 | 31 | 22 | 1 | 130 | 430 | 163 | 0 | 136 | 21 | 20 | 0 | 80 | 20 | |
| | Shake, Cherry - Small | 372 | 520 | 19 | 14 | 0.5 | 50 | 210 | 77 | 0 | 68 | 12 | 10 | 0 | 45 | 10 | |
| | Shake, Cherry - Medium | 479 | 670 | 23 | 16 | 0.5 | 65 | 280 | 102 | 0 | 90 | 15 | 15 | 0 | 50 | 15 | |
| | Shake, Cherry - Large | 628 | 850 | 28 | 19 | 1 | 85 | 360 | 132 | 0 | 117 | 19 | 20 | 0 | 70 | 20 | |
| | Shake, Chocolate - Small | 372 | 560 | 19 | 14 | 0.5 | 50 | 210 | 85 | 1 | 75 | 12 | 10 | 0 | 45 | 10 | |
| | Shake, Chocolate - Medium | 479 | 740 | 23 | 16 | 0.5 | 65 | 270 | 119 | 1 | 106 | 15 | 15 | 0 | 50 | 15 | |
| | Shake, Chocolate - Large | 628 | 960 | 28 | 19 | 1 | 85 | 350 | 158 | 2 | 140 | 20 | 20 | 0 | 70 | 20 | |
| | Shake, Coffee - Small | 372 | 520 | 21 | 15 | 0.5 | 55 | 230 | 72 | 0 | 63 | 12 | 10 | 0 | 45 | 15 | |
| | Shake, Coffee - Medium | 462 | 640 | 25 | 17 | 1 | 70 | 290 | 90 | 0 | 79 | 16 | 15 | 0 | 60 | 15 | |
| | Shake, Coffee - Large | 606 | 820 | 31 | 21 | 1 | 90 | 390 | 115 | 0 | 100 | 21 | 20 | 0 | 70 | 20 | |
| | Shake, Hot Fudge - Small | 372 | 580 | 23 | 17 | 0.5 | 50 | 240 | 82 | 0 | 71 | 13 | 10 | 0 | 45 | 10 | |
| | Shake, Hot Fudge - Medium | 479 | 780 | 30 | 22 | 1 | 65 | 340 | 114 | 1 | 96 | 16 | 15 | 0 | 60 | 15 | |
| | Shake, Hot Fudge - Large | 628 | 1020 | 39 | 28 | 1 | 85 | 460 | 149 | 1 | 125 | 22 | 20 | 0 | 80 | 20 | |
| | Shake, Raspberry - Small | 372 | 540 | 19 | 14 | 0.5 | 50 | 210 | 82 | 0 | 72 | 12 | 10 | 2 | 45 | 10 | |
| | Shake, Raspberry - Medium | 479 | 710 | 23 | 16 | 0.5 | 65 | 260 | 113 | 0 | 98 | 15 | 15 | 6 | 50 | 15 | |
| | Shake, Raspberry - Large | 628 | 920 | 28 | 19 | 1 | 85 | 340 | 148 | 1 | 129 | 19 | 20 | 8 | 70 | 20 | |
| | Shake, Strawberry - Small | 372 | 520 | 19 | 14 | 0.5 | 50 | 210 | 76 | 0 | 68 | 12 | 10 | 20 | 45 | 15 | |
| | Shake, Strawberry - Medium | 479 | 660 | 23 | 16 | 0.5 | 65 | 270 | 101 | 1 | 91 | 15 | 15 | 40 | 50 | 20 | |
| | Shake, Strawberry - Large | 628 | 850 | 28 | 19 | 1 | 85 | 360 | 131 | 1 | 118 | 20 | 20 | 60 | 70 | 25 | |
| | Shake, Vanilla - Small | 237 | 450 | 19 | 14 | 0.5 | 55 | 210 | 80 | 0 | 72 | 12 | 10 | 0 | 45 | 10 | |
| | Shake, Vanilla - Medium | 468 | 680 | 23 | 16 | 1 | 70 | 270 | 104 | 0 | 93 | 15 | 15 | 0 | 60 | 15 | |
| | Shake, Vanilla - Large | 621 | 880 | 29 | 20 | 1 | 90 | 350 | 135 | 0 | 131 | 20 | 20 | 0 | 70 | 20 | |
| MooLatté® Frozen Blended Coffee | Cappuccino MooLatté - Small | 371 | 460 | 15 | 12 | 0.4 | 35 | 170 | 76 | 0 | 67 | 7 | 8 | 0 | 25 | 10 | |
| | Cappuccino MooLatté - Medium | 469 | 580 | 18 | 14 | 0.5 | 45 | 220 | 96 | 0 | 84 | 10 | 10 | 0 | 35 | 15 | |
| | Cappuccino MooLatté - Large | 620 | 730 | 22 | 16 | 0.5 | 60 | 290 | 124 | 0 | 109 | 12 | 10 | 0 | 45 | 15 | |
| | Caramel MooLatté - Small | 385 | 530 | 15 | 12 | 0.4 | 35 | 220 | 93 | 0 | 74 | 8 | 8 | 0 | 25 | 10 | |
| | Caramel MooLatté - Medium | 483 | 670 | 19 | 14 | 0.5 | 65 | 260 | 115 | 0 | 98 | 10 | 10 | 0 | 35 | 10 | |
| | Caramel MooLatté - Large | 642 | 850 | 23 | 17 | 0.5 | 80 | 330 | 152 | 0 | 129 | 12 | 15 | 0 | 45 | 15 | |
| | French Vanilla MooLatté - Small | 389 | 500 | 15 | 11 | 0.4 | 35 | 170 | 87 | 0 | 78 | 7 | 8 | 0 | 25 | 10 | |
| | French Vanilla MooLatté - Medium | 487 | 630 | 18 | 13 | 0.5 | 45 | 220 | 109 | 0 | 97 | 9 | 10 | 0 | 35 | 10 | |
| | French Vanilla MooLatté - Large | 642 | 790 | 21 | 15 | 0.5 | 55 | 280 | 141 | 0 | 126 | 11 | 10 | 0 | 40 | 15 | |
| | Mocha MooLatté - Small | 377 | 520 | 18 | 12 | 0.4 | 35 | 180 | 84 | 0 | 74 | 8 | 8 | 0 | 25 | 10 | |
| | Mocha MooLatté - Medium | 482 | 680 | 24 | 15 | 0.5 | 45 | 250 | 108 | 1 | 94 | 11 | 10 | 0 | 35 | 15 | |
| | Mocha MooLatté - Large | 633 | 860 | 30 | 17 | 0.5 | 55 | 320 | 138 | 1 | 120 | 13 | 10 | 0 | 40 | 20 | |
| | Arctic Rush® Frozen Bev. | Arctic Rush, All Flavours - Small | 387 | 230 | 0 | 0 | 0 | 0 | 30 | 61 | 0 | 55 | 0 | 0 | 0 | 0 | 0 |
| | | Arctic Rush, All Flavours - Medium | 496 | 300 | 0 | 0 | 0 | 0 | 40 | 78 | 0 | 70 | 0 | 0 | 0 | 0 | 0 |
| Arctic Rush, All Flavours - Large | | 659 | 400 | 0 | 0 | 0 | 0 | 50 | 103 | 0 | 93 | 0 | 0 | 0 | 0 | 0 | |
| Lemonade Chillers | Lemonade Chiller, Classic, Small | 354 | 270 | 0 | 0 | 0 | 0 | 25 | 72 | 0 | 65 | 0 | 0 | 15 | 0 | 0 | |
| | Lemonade Chiller, Classic, Medium | 489 | 410 | 0 | 0 | 0 | 0 | 35 | 109 | 0 | 99 | 0 | 0 | 30 | 0 | 0 | |
| | Lemonade Chiller, Classic, Large | 673 | 640 | 0 | 0 | 0 | 0 | 50 | 171 | 0 | 156 | 0 | 0 | 70 | 0 | 0 | |
| | Lemonade Chiller, Raspberry, Small | 393 | 350 | 0 | 0 | 0 | 0 | 35 | 92 | 0 | 82 | 0 | 0 | 20 | 0 | 0 | |
| | Lemonade Chiller, Raspberry, Medium | 528 | 490 | 0 | 0 | 0 | 0 | 45 | 129 | 0 | 116 | 0 | 0 | 35 | 0 | 0 | |
| | Lemonade Chiller, Raspberry, Large | 751 | 800 | 0 | 0 | 0 | 0 | 70 | 211 | 0 | 189 | 0 | 0 | 70 | 0 | 0 | |
| | Lemonade Chiller, Strawberry, Small | 393 | 320 | 0 | 0 | 0 | 0 | 45 | 84 | 0 | 77 | 0 | 0 | 45 | 0 | 0 | |
| | Lemonade Chiller, Strawberry, Medium | 528 | 460 | 0 | 0 | 0 | 0 | 55 | 121 | 0 | 111 | 0 | 0 | 60 | 0 | 2 | |
| | Lemonade Chiller, Strawberry, Large | 751 | 740 | 0 | 0 | 0 | 0 | 80 | 195 | 1 | 180 | 0 | 0 | 120 | 2 | 4 | |
| Novelties | Chocolate Dilly® Bar | 85 | 200 | 12 | 9 | 0.2 | 15 | 55 | 22 | 1 | 19 | 3 | 2 | 0 | 10 | 20 | |
| | Buster Bar® Treat | 150 | 460 | 28 | 17 | 0.2 | 15 | 550 | 43 | 3 | 31 | 11 | 4 | 0 | 15 | 25 | |
| | DQ Sandwich | 85 | 190 | 6 | 3 | 0.2 | 10 | 180 | 31 | 1 | 19 | 4 | 2 | 0 | 10 | 8 | |
| | Fudge Bar | 66 | 50 | 0.3 | 0.2 | 0.2 | 5 | 45 | 12 | 1 | 4 | 4 | 0 | 0 | 6 | 0 | |
| | Vanilla Orange Bar | 73 | 60 | 0.2 | 0.1 | 0.1 | 0 | 45 | 17 | 0 | 3 | 2 | 0 | 0 | 6 | 0 | |
| | DQ Litre | 114 | 180 | 5 | 3.5 | 0.3 | 20 | 80 | 28 | 0 | 24 | 4 | 4 | 0 | 15 | 6 | |



| | | Serving Size (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Percent Daily Value Vitamin A | Percent Daily Value Vitamin C | Percent Daily Value Calcium | Percent Daily Value Iron | |
|---------------|---------------------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|----------------------------------|----------------------------------|--------------------------------|-----------------------------|---|
| Drinks | Pepsi® - Small | 470 | 160 | 0 | 0 | 0 | 0 | 40 | 44 | 0 | 44 | 0 | 0 | 0 | 0 | 0 | |
| | Pepsi - Medium | 618 | 210 | 0 | 0 | 0 | 0 | 50 | 57 | 0 | 57 | 0 | 0 | 0 | 0 | 0 | |
| | Pepsi - Large | 941 | 320 | 0 | 0 | 0 | 0 | 80 | 87 | 0 | 87 | 0 | 0 | 0 | 0 | 0 | |
| | Diet Pepsi - Small | 470 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Diet Pepsi - Medium | 618 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Diet Pepsi - Large | 885 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 |
| | 7-Up® - Small | 470 | 160 | 0 | 0 | 0 | 0 | 80 | 42 | 0 | 42 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 7-Up - Medium | 618 | 210 | 0 | 0 | | | | | | | | | | | | |