



		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
Burgers <small>Weights are based on precooked measurements.</small>	1/4 lb. Bacon Cheese GrillBurger®	237	620	35	13	1	105	1300	42	2	6	36	20	4	15	30
	1/4 lb. GrillBurger with Cheese	232	530	28	11	1	80	980	42	2	7	29	20	6	15	30
	1/2 lb. FlameThrower® GrillBurger	330	990	66	24	2	195	1750	42	2	5	57	25	15	20	40
	1/4 lb. Mushroom Swiss GrillBurger	212	600	36	12	1	95	690	37	1	2	32	4	0	20	30
	1/2 lb. GrillBurger with Cheese	330	800	47	20	1.5	160	1160	42	2	7	53	25	6	30	40
	DQ Ultimate® Burger	262	760	48	20	1.5	145	1310	35	2	5	47	20	6	25	35
	Original Double Cheeseburger	229	620	36	17	1.5	120	1160	36	1	7	39	10	0	20	30
Original Cheeseburger	159	400	19	8	0.5	60	880	35	1	7	22	8	0	15	25	
Baskets <small>Basket nutrition does not include a drink.</small>	Chicken Strip Basket™ - 4 piece w/ Gravy	396	790	36	3	0.2	200	2050	82	6	1	38	0	10	6	20
	Chicken Strip Basket - 6 piece w/ Gravy	481	1010	47	4	0.2	300	2690	97	7	1	53	0	10	8	25
	Chicken Quesadilla Basket	393	1100	79	34	1.5	155	2700	67	6	7	54	110	8	170	35
	Veggie Quesadilla Basket	337	1040	77	34	1.5	135	2250	67	6	6	41	110	8	170	35
	Iron Grilled Turkey Sandwich	233	520	24	7	0.3	65	1520	42	2	2	29	15	6	35	15
	Iron Grilled Supreme BLT Sandwich	172	590	34	9	0.2	75	1390	40	2	2	28	10	6	10	20
	Crispy Chicken Sandwich	198	530	28	3.5	0.1	125	1250	50	3	3	23	10	6	4	20
Sandwiches, Salads and Wraps	Grilled Chicken Sandwich	177	360	16	2.5	0.1	40	1020	30	1	4	25	10	6	4	20
	Crispy FlameThrower Chicken Sandwich	256	820	53	10	2	165	2180	55	3	5	32	20	15	10	25
	Crispy Chicken Salad	424	400	20	6	0	130	1090	28	5	8	28	130	80	70	20
	Grilled Chicken Salad	424	280	11	5	0	60	1130	14	4	9	33	130	80	70	15
	Side Salad	182	45	0.2	0	0	0	50	11	3	6	2	180	70	20	6
	Crispy Chicken Wrap	85	260	18	3.5	0.2	65	590	16	1	1	11	10	2	8	6
	Grilled Chicken Wrap	85	200	13	3.5	0.2	25	600	9	1	1	13	10	2	8	6
Hot Dogs	Crispy FlameThrower Chicken Wrap	85	270	19	4	0.1	65	600	16	1	1	11	15	2	8	6
	All-Beef Chili Cheese Dog	140	320	19	8	0.3	50	880	26	2	3	17	8	2	15	15
Kids' Meals <small>Kids' Meals nutrition does not include a drink or a treat.</small>	All-Beef Hot Dog	112	230	11	4	0.3	30	820	25	1	5	12	2	0	4	15
	All-Beef Hot Dog Kid's Meal with Fries	182	420	19	4.5	0.4	30	1290	52	3	5	14	2	6	4	20
	All-Beef Hot Dog Kid's Meal with Applesauce	224	320	12	4	0.3	30	820	47	2	23	12	2	0	4	15
	All-Beef Hot Dog Kid's Meal with Banana	230	340	12	4.5	0.3	30	820	52	4	19	13	4	15	4	15
	Cheeseburger Kids' Meal with Fries	224	570	26	9	0.5	60	1330	59	3	6	24	8	6	15	25
	Cheeseburger Kids' Meal with Applesauce	268	470	19	8	0.5	60	870	55	2	25	22	8	0	15	25
	Cheeseburger Kid's Meal with Banana	278	500	19	9	0.5	60	890	63	4	21	24	10	15	15	25
	Chicken Strip Kids' Meal with Fries	225	440	20	1.5	0.2	100	110	47	3	1	20	0	6	4	10
	Chicken Strip Kids' Meal with Applesauce	193	290	11	1	0	95	620	37	2	18	14	0	0	2	8
	Chicken Strip Kids' Meal with Banana	273	360	12	1.5	0	100	650	47	4	15	19	2	15	2	10
	Hamburger Kids' Meal with Fries	224	550	23	6	0.5	45	1170	66	3	7	22	6	6	6	30
	Hamburger Kids' Meal with Applesauce	254	420	15	6	0.5	50	640	55	2	25	19	6	0	4	25
	Hamburger Kids' Meal with Banana	262	450	15	6	0.5	45	650	61	4	21	21	6	15	4	25
	Grilled Cheese Kids' Meal with Fries	173	500	21	9	0.5	35	1440	57	4	1	16	10	6	35	15
	Grilled Cheese Kids' Meal with Applesauce	215	400	13	8	0.4	35	980	53	3	20	14	10	0	35	15
	Grilled Cheese Kids' Meal with Banana	221	420	13	8	0.4	35	980	57	5	16	15	10	15	35	15
	Side Items	French Fries - Kids'	99	260	11	0.5	0.2	0	660	38	3	0	3	0	8	2
French Fries - Regular		113	290	12	1	0.2	0	760	43	4	0	3	0	10	2	4
French Fries - Large		184	480	20	1.5	0.4	0	1230	70	6	0	5	0	15	2	8
Onion Rings		113	270	15	2.5	0.3	0	560	31	2	4	4	0	0	4	15
Poutine, 11 oz.		520	1240	66	22	2.5	120	2760	121	9	1	42	40	20	90	15
Poutine, 5 oz.	260	620	33	11	1	60	1380	61	5	1	21	20	10	45	6	
Condiments	Ketchup Packet	9	5	0	0	0	0	100	2	0	2	0	4	0	0	0
	Mayonnaise	14	100	11	1.5	0.1	10	70	0	0	0	0	0	0	0	0
	Mustard Packet	6	0	0	0	0	0	65	0	0	0	0	0	0	0	0
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													



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Blizzard Treats (cont.)	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
	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
DQ® Cones	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
	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
DQ® Sundaes	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
Shakes	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										