

IMPORTANT STATEMENT:

The nutrition analysis is comprised of data from R-TECH Laboratories, combined with data from our suppliers, the Health Canada Nutrient File, the United States Department of Agriculture, and Genesis® R&D SQL Nutrition Analysis Program from ESHA Research in Salem, Oregon. As further described below, the nutrition data does not apply to all menu items served at all Dairy Queen restaurants. This nutritional information is based on standard ingredients and the accuracy of the data is dependent on the individual restaurant operator's compliance with proper preparation and portion requirements. Please note that slight variations may occur and Dairy Queen Canada Inc. ("DQC") does not assume responsibility for this information and cannot guarantee that the data is completely accurate as it relates to the prepared menu items in every restaurant. It is also important to note that given the long history of the Dairy Queen system, not all restaurants are the same, and we are unable to provide nutritional information for some or all of the menu items at every location. For instance, a small number of restaurants are identified as "Non-System Food" locations based on differing menu, ingredients, suppliers or preparation procedures. To obtain nutritional information for a specific Dairy Queen Restaurant, please contact the restaurant operator.

Cooked Food Products: Dairy Queen® restaurants fall into one of three categories: DQ® approved System Food (Full Brazier®; Limited Brazier®; and Grill & Chill® food concepts); DQ® soft serve only restaurants; and DQ® soft serve restaurants that serve non-System food. The nutritional information provided above for cooked food products is for DQ® approved System food restaurants only. Some franchised Dairy Queen® restaurants, due to historical circumstances, do not currently participate in the DQ® approved program. Nutritional analysis was performed by R-TECH. Representative values from manufacturers and Health Canada were also used.

Allergen Statement: Allergens including peanuts and eggs are used in this location and may come in contact with your food.

If you have questions or need additional information, write to:

International Dairy Queen, Inc.
Nutrition/Research & Development Dept.
P.O. Box 390286
Minneapolis, MN 55439-0286



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2008

Dairy Queen®/Brazier® Canadian Nutrition Guide



Dairy Queen® Soft Serve...
a tradition of **GOOD** taste

As the name implies, our traditional Dairy Queen soft serve is produced with wholesome milk to give it that creamy-smooth texture and taste you've come to love. Dairies that make our soft serve must meet our rigorous standards to ensure you receive only the highest quality product. It's the only way to treat yourself right.

Dairy Queen soft serve is a delicious reduced-fat ice cream containing the following ingredients: Modified milk ingredients, sugar, glucose, mono and diglycerides, guar gum, polysorbate 80, carrageenan, artificial flavour. Contains milk.

Helping you
make **HEALTHY**
choices

Dairy Queen locations offer a wide variety of menu options that can fit into any healthy, well-balanced diet. According to Health Canada's Food Guide, making wise choices, maintaining healthy choices and physical activity are keys to a healthy lifestyle.

You may want to try one of our fat free, no sugar added novelty items such as our DQ Fudge or DQ Vanilla Orange Bars that weigh in at 45-60 calories. These products are available at most DQ locations.



100% pure
quality

Dairy Queen 100% beef hamburgers are made with the finest quality, lean Canadian Food Inspection Agency (CFIA) inspected beef. Our mouth-watering Grilled and Crispy Chicken Breast Fillet Sandwiches, Chicken Strips and Chicken Salads are indescribably good.

Some Dairy Queen restaurants sell food that is not the licensed Brazier line of food products. The information on food products contained in this guide applies only to the Dairy Queen products served by authorized Dairy Queen restaurants.

Allergies and *food*
INTOLERANCES

For customers with peanut and nut allergies, these items are used in products sold in Dairy Queen restaurants. Although we use our best efforts to keep these items separate, it is impossible to guarantee that any Dairy Queen product will be free of peanuts or other nuts.

In addition to being delicious reduced-fat ice cream, DQ vanilla, as well as chocolate soft serve, which is available at participating locations, are gluten-free.

For the most current information visit our website at: www.dq.ca



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Percent Daily Value Vitamin A	Percent Daily Value Vitamin C	Percent Daily Value Calcium	Percent Daily Value Iron
GrillBurgers®															
1/4 lb Chili Meltdown GrillBurger	228	540	30	11	2.5	55	1080	40	2	3	28	8	2	15	25
1/4 lb FlameThrower GrillBurger	254	770	53	15	3	90	1660	40	1	4	33	20	15	10	25
Bacon Cheddar GrillBurger	238	620	36	13	2.5	75	1690	40	1	6	34	60	0	15	25
Cheeseburger	159	410	19	10	0.5	65	910	34	1	7	20	8	0	15	25
Classic GrillBurger	221	470	24	7	2.5	40	1060	40	1	6	24	20	6	6	25
Double Cheeseburger	229	650	35	19	1.5	125	1200	35	1	7	35	10	0	20	30
DQ Ultimate® Burger	262	780	48	22	1.5	150	1360	34	2	5	42	20	6	25	30
Hamburger	145	360	15	7	0.5	50	680	34	1	7	17	6	0	4	20
Mushroom Swiss GrillBurger	219	610	38	11	2.5	65	970	38	1	2	28	4	0	20	25

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Blizzard® Treats															
Chocolate Chip Cookie Dough Blizzard - Large	517	1230	45	19	6	95	610	196	1	133	11	50	4	70	30
Chocolate Chip Cookie Dough Blizzard - Medium	418	980	36	16	4.5	75	480	157	1	107	9	40	2	50	25
Chocolate Chip Cookie Dough Blizzard - Small	305	710	25	11	3	55	350	113	1	78	6	30	2	40	20
Crispy Crunch® Blizzard - Large	507	1140	40	21	1	80	530	184	1	139	12	35	4	70	40
Crispy Crunch® Blizzard - Medium	383	860	30	16	0.5	60	400	139	1	105	9	25	2	50	30
Crispy Crunch® Blizzard - Small	262	540	18	10	0.5	45	250	89	0	67	5	20	2	40	20
Oreo® Cookies Blizzard - Large	500	1060	36	24	1	80	600	175	2	122	10	35	4	70	40
Oreo® Cookies Blizzard - Medium	334	730	26	17	0.5	50	420	119	1	83	7	20	2	45	30
Oreo® Cookies Blizzard - Small	283	600	20	14	0.5	45	330	98	1	69	5	20	2	40	25
Reese's® Peanut Butter Cups Blizzard - Large	514	1170	47	22	1	80	660	175	3	138	17	35	4	70	25
Reese's® Peanut Butter Cups Blizzard - Medium	383	870	35	16	0.5	60	500	130	3	103	13	25	2	50	20
Reese's® Peanut Butter Cups Blizzard - Small	305	670	26	13	0.5	50	370	102	2	80	9	20	2	40	15
Strawberry CheeseQuake Blizzard - Large	504	1030	39	24	1.5	165	610	157	1	121	12	45	35	70	30
Strawberry CheeseQuake Blizzard - Medium	371	760	29	18	1	125	460	115	1	89	9	35	20	50	20
Strawberry CheeseQuake Blizzard - Small	280	570	21	13	1	90	330	87	0	66	6	25	10	40	15

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Sandwiches and Baskets															
Chicken Strip Basket - 4 piece with Brown Gravy Hot Dip	446	950	43	5	9	40	2570	95	5	5	46	2	10	10	30
Chicken Strip Basket - 4 piece with Hickory BBQ Hot Dip	432	1060	43	5	9	40	3320	123	6	5	46	6	20	10	35
Chicken Strip Basket - 4 piece with Wild Buffalo Hot Dip	466	1250	87	14	12	60	5120	75	6	4	43	15	15	8	25
Crispy Chicken Sandwich	198	540	28	3.5	2.5	40	1040	46	2	4	26	10	6	6	25
Crispy FlameThrower Chicken Sandwich	256	830	55	10	4.5	80	1930	50	2	6	36	20	15	15	30
Fish Fillet Sandwich	184	430	20	3.5	2.5	30	1050	53	1	6	17	10	2	4	45
Grilled FlameThrower Chicken Sandwich	230	590	35	9	0.4	110	1950	35	1	6	35	20	15	10	20

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DQ® Cones															
DQ Chocolate Cone - Large	284	490	15	10	0	45	230	75	0	49	13	30	0	30	15
DQ Chocolate Cone - Medium	199	340	10	7	0	30	160	54	0	34	9	20	0	20	10
DQ Chocolate Cone - Small	142	240	7	5	0	20	115	32	0	25	6	15	0	15	8
DQ Dipped Cone, Chocolate - Large	312	720	32	21	2.5	50	240	101	0	68	6	20	2	45	35
DQ Dipped Cone, Chocolate - Medium	220	520	23	15	2	35	170	72	0	47	4	15	2	30	25
DQ Dipped Cone, Chocolate - Small	156	360	16	10	1.5	25	120	44	0	34	3	10	2	20	20
DQ Vanilla Cone - Large	284	520	14	8	0.5	50	230	93	0	61	5	20	2	45	20
DQ Vanilla Cone - Medium	199	370	10	6	0.4	35	160	66	0	42	4	15	2	30	15
DQ Vanilla Cone - Small	142	260	7	4	0.3	25	115	40	0	30	3	10	2	20	10

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Hot Dogs															
DQ All Beef Chili & Cheese Dog	169	460	24	10	0.5	55	1070	40	2	4	19	8	2	15	20
DQ All Beef Hot Dog	107	280	16	6	0.5	35	870	22	1	4	10	4	0	2	15

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DQ® Sundaes															
DQ Sundae, Chocolate - Large	333	620	14	9	0.5	50	230	118	1	94	5	20	2	45	15
DQ Sundae, Chocolate - Medium	234	440	10	6	0.4	35	160	84	1	67	4	15	2	30	10
DQ Sundae, Chocolate - Small	163	300	7	4	0.3	25	115	58	0	46	3	10	2	20	8
DQ Sundae, Strawberry - Large	333	540	14	9	0.5	50	240	100	1	79	5	20	45	45	20
DQ Sundae, Strawberry - Medium	248	400	10	6	0.4	35	170	75	1	60	3	15	45	30	15
DQ Sundae, Strawberry - Small	192	300	7	4	0.3	25	130	58	1	48	2	10	40	20	10

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Fries and Onion Rings															
French Fries, Large	262	450	18	3	7	0	1410	68	5	1	6	0	20	0	10
French Fries, Medium	206	360	14	2.5	6	0	1110	53	4	1	4	0	15	0	8
French Fries, Small	163	280	11	2	4.5	0	880	42	3	1	3	0	15	0	6
Onion Rings	113	380	23	2	5	0	870	39	3	3	4	0	0	6	20
Poutine, side order	260	480	27	12	5	60	1190	42	3	1	18	20	10	45	6

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Waffle Treats															
Chocolate Coated Waffle Cone with Soft Serve**	247	580	21	9	2.5	40	190	91	1	64	5	15	2	30	20
Chocolate Covered Strawberry Waffle Bowl Sundae**	290	720	38	24	4	30	190	89	1	74	4	15	45	30	30
Fab Fudge Waffle Bowl Sundae**	297	750	30	19	2	35	250	116	1	84	6	15	2	30	15
Plain Waffle Cone with Soft Serve**	226	500	21	9	3	35	200	73	1	58	4	15	2	30	15
Turtle Waffle Bowl Sundae**	304	840	34	15	2	45	330	128	2	82	7	15	2	35	20

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Salads															
Crispy Chicken Salad	424	450	22	6	2	50	1280	32	5	9	33	130	80	70	25
Grilled Chicken Salad	424	290	12	6	0	90	1160	14	4	9	33	130	80	70	20
Side Salad	182	45	0.2	0	0	0	50	11	3	6	2	180	70	20	6

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Royal Treats®															
Banana Split	374	560	13	9	0.3	35	170	109	4	82	5	15	35	30	15
Brownie Earthquake	304	770	28	16	2.5	65	370	127	1	92	6	15	2	30	20
Peanut Buster Parfait	304	740	31	17	0.5	35	380	108	3	77	12	15	2	40	15

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Shakes and Arctic Rush™															
Arctic Rush - Large	907	480	0	0	0	0	1	97	0	97	0	0	0	0	0
Arctic Rush - Medium	595	320	0	0	0	0	0	64	0	64	0	0	0	0	0
Arctic Rush - Small	453	240	0	0	0	0	0	48	0	48	0	0	0	0	0
Shake, Chocolate - Large	811	1190	28	17	1	100									