



2009 Grill & Chill®/Brazilier® U.S. Breakfast Nutrition Guide

Serving Size (g)	Calories	Calories from Fat	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
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Breakfast

Biscuits and Gravy	369	820	420	47	13	7	15	2590	87	0	6	13	0	0	10	20
Sausage Biscuit Sandwich	163	540	330	37	10	3.5	195	1180	37	0	3	15	6	10	8	10
Bacon Biscuit Sandwich	146	480	280	31	8	3.5	185	1210	37	0	3	15	6	0	8	10
Ham Biscuit Sandwich	163	460	250	28	7	3.5	180	1420	38	0	4	16	6	0	8	15
Sausage Biscuit Twin Pack	213	940	570	64	16	7	50	2020	71	0	5	17	2	0	10	15
Ultimate Hash Browns w/ Bacon	372	750	440	49	17	2.5	390	1470	45	5	2	31	20	8	30	25
Ultimate Hash Browns w/ Sausage	411	880	560	62	21	2.5	425	1480	45	5	2	32	20	8	30	25
Ultimate Hash Browns w/ Ham	412	740	410	45	15	2.5	395	1960	47	5	4	35	20	10	30	30
Country Platter with Bacon	350	1070	590	66	16	8	360	2500	92	2	5	30	10	2	15	30
Country Platter with Sausage	432	1360	810	91	24	8	415	2250	95	3	5	36	10	2	15	30
Country Platter with Ham	404	1100	570	64	15	8	360	3030	97	3	7	34	10	2	20	30
Pancake Platter with Sausage	187	530	230	25	7	0	50	1040	57	3	9	16	20	0	10	10
Pancake Platter with Bacon	148	400	110	13	3.5	0	20	1030	57	3	9	14	20	0	10	15
Pancake Platter with Ham	187	380	70	8	2	0	20	1510	59	3	11	18	20	0	10	15
Ultimate Breakfast Burrito	282	660	330	36	12	1	210	1180	59	5	2	22	10	4	25	25

Side Items

Sausage - 1 patty	28	110	90	10	3	0	25	150	0	0	0	4	0	0	0	0
Bacon - 3 slices	17	80	60	6	2	0	20	290	0	0	0	6	0	0	0	2
Ham - 1 slice	28	35	10	1	0	0	10	390	1	0	1	5	0	0	0	2
Hashbrowns	71	190	110	12	2.5	1	0	210	18	2	0	2	0	2	0	4

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

This brochure is for permanent breakfast menu items in DQ® approved breakfast food restaurants (*Grill & Chill*® and *Brazier*® locations). It does not apply to:

- (1) limited time offers;
- (2) non-system food locations that sell food products that are not approved by DQ (you can identify approved breakfast food locations by the *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; and
- (4) 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 restaurant of any allergies prior to ordering. We also have an allergen brochure available. Ask the restaurant operator or find it on our website at www.dq.com.

California and Multnomah County, OR

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

King County, WA

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be high or low depending upon daily calorie consumption.

Philadelphia, PA

A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.



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

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