

Nutrition Facts																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)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Allergens	
<b>ROYAL TREATS®</b>																																
<i>Peanut Buster®</i> Parfait																304	710	30	17	0.5	40	360	98	3	73	16	8	0	30	15		M/P/S
Banana Split																374	530	13	9	0.5	35	180	99	4	78	9	10	35	25	15		M
<i>Oreo® Brownie EarthQuake®</i> Treat																304	750	27	14	0.5	65	360	152	2	88	10	6	0	25	20		E/M/S/W/G
<b>WAFFLE TREATS</b>																																
Turtle Waffle Bowl Sundae Plain																290	730	28	12	0.5	65	350	112	2	80	11	8	0	30	20		E/M/S/T/W/G
Turtle Waffle Bowl Sundae Dipped																304	820	34	16	0.5	65	380	119	2	87	11	8	0	30	20		E/M/S/T/W/G
Choc. Cov. Strawberry Waffle Bowl S. Plain																304	710	32	25	0.5	40	170	97	2	76	9	8	40	25	20		E/M/S/W/G
Choc. Cov. Strawberry Waffle Bowl S. Dipped																318	790	38	29	0.5	40	190	104	2	82	10	8	40	25	25		E/M/S/W/G
Fudge Brownie Temptation Waffle Bowl S. Plain																305	860	41	17	0.5	55	410	117	6	83	13	10	0	25	25		E/M/S/W/G
Fudge Brownie Temptation Waffle Bowl S. Dip.																319	940	47	21	0.5	55	440	124	6	90	13	10	0	25	30		E/M/S/W/G
Chocolate Coated Waffle Cone w/ Soft Serve																247	540	21	12	0.5	40	170	80	1	61	10	8	0	30	15		E/M/S/W/G
Plain Waffle Cone with Soft Serve																226	420	12	6	0.5	40	140	70	0	51	9	8	0	25	20		E/M/S/W/G

SUNDAES																																	
Sundae, Caramel - Small																163	300	7	4.5	0.3	40	180	53	0	43	6	6	0	20	10		M	
Sundae, Caramel - Medium																234	430	11	7	0.5	40	220	75	0	52	9	15	0	30	15		M	
Sundae, Caramel - Large																333	610	15	9	0.5	80	360	109	0	89	12	10	0	40	20		M	
Sundae, Cherry - Small																163	240	6	4	0.3	25	110	42	0	37	5	6	0	20	10		M	
Sundae, Cherry - Medium																234	350	10	6	0.5	35	150	58	0	49	8	15	0	25	15		M	
Sundae, Cherry - Large																333	500	13	8	0.5	50	220	85	0	75	11	10	0	35	20		M	
Sundae, Chocolate - Small																163	280	7	4	0.3	25	130	50	0	44	6	6	0	20	10		M	
Sundae, Chocolate - Medium																234	400	10	6	0.5	35	180	71	1	61	8	15	0	25	15		M	
Sundae, Chocolate - Large																333	570	13	8	0.5	50	260	103	1	90	11	10	0	35	20		M	
Sundae, Hot Fudge - Small																163	300	10	7	0.4	25	140	48	0	39	6	6	0	20	10		M/S	
Sundae, Hot Fudge - Medium																234	440	15	11	0.5	35	200	67	0.5	52	9	15	0	25	15		M/S	
Sundae, Hot Fudge - Large																333	620	20	15	0.5	50	290	98	1	79	12	10	0	35	20		M/S	
Sundae, Marshmallow - Small																163	290	6	4	0.3	25	100	52	0	45	5	6	0	15	10		M	
Sundae, Marshmallow - Medium																234	410	10	6	0.5	35	135	74	0	61	8	15	0	25	15		M	
Sundae, Marshmallow - Large																333	590	13	8	0.5	50	200	107	0	91	11	10	0	35	20		M	
Sundae, Pineapple - Small																163	240	6	4	0.3	25	100	40	0	35	5	6	0	15	10		M	
Sundae, Pineapple - Medium																234	340	10	6	0.5	35	140	54	0	46	8	15	0	25	15		M	
Sundae, Pineapple - Large																333	490	13	8	0.5	50	210	81	0.5	71	11	10	0	35	20		M	
Sundae, Raspberry - Small																163	270	6	4	0.3	25	100	47	0	40	5	6	0	15	10		M	
Sundae, Raspberry - Medium																234	380	10	6	0.5	35	140	66	0	55	8	15	0	25	15		M	
Sundae, Raspberry - Large																333	550	13	8	0.5	50	210	96	0	83	11	10	0	35	20		M	
Sundae, Strawberry - Small																163	240	6	4	0.3	25	105	41	0	37	5	6	0	20	10		M	
Sundae, Strawberry - Medium																234	350	10	6	0.5	35	150	57	0.5	50	8	15	0	30	25	15		M
Sundae, Strawberry - Large																333	500	13	8	0.5	50	220	85	0.5	76	11	10	0	40	35	20		M

CONES																																
Vanilla Cone - Kids'																100	170	4.5	2.5	0.2	15	75	28	0	20	4	4	0	10	0		M/S/W/G
Vanilla Cone - Small																142	240	7	4	0.3	25	105	38	0	29	6	6	0	20	10		M/S/W/G
Vanilla Cone - Medium																199	340	9	6	0.4	35	150	55	0	40	8	8	0	25	15		M/S/W/G
Vanilla Cone - Large																284	470	13	8	0.5	50	210	78	0	57	12	10	0	35	20		M/S/W/G
Chocolate Cone - Kids'																100	180	5	3	0.2	15	65	29	0	19	4	4	0	10	20		M/S/W/G
Chocolate Cone - Small																142	240	7	4	0.3	25	90	39	0	27	6	6	0	15	25		M/S/W/G
Chocolate Cone - Medium																199	350	10	6	0.4	35	130	56	0	38	8	8	0	20	35		M/S/W/G
Chocolate Cone - Large																284	490	14	8	0.5	50	180	79	0	55	12	10	0	30	50		M/S/W/G
Dipped Cone, Chocolate - Kids'																107	220	9	7	0.2	15	80	31	0	22	4	4	0	10	0		M/S/W/G
Dipped Cone, Chocolate - Small																156	330	15	11	0.3	25	110	44	0	33	6	6	0	20	10		M/S/W/G
Dipped Cone, Chocolate - Medium																220	480	21	17	0.5	35	160	63	0.5	47	8	8	0	25	15		M/S/W/G
Dipped Cone, Chocolate - Large																312	660	29	23	0.5	50	220	88	1	66	12	10	0	35	20		M/S/W/G

DO® CAKES																																
<i>DO</i> Cake, 10", 1/12 slice*																213	430	15	10	0.5	35	460	63	0	48	9	8	0	25	15		M/S/W/G
<i>DO</i> Cake, 8", 1/8 slice*																209	420	15	10	0.5	35	470	63	0	47	9	8	0	25	15		M/S/W/G
<i>DO</i> Heart Cake, 1/10 slice*																126	240	8	4.5	0.4	20	120	36	0	27	5	4	0	15	10		M/S/W/G
<i>DO</i> Log Cake, 1/8 slice*																162	340	13	9	0.3	25	170	52	1	40	6	6	0	15	15		M/S/W/G
<i>DO</i> Sheet Cake, 1/24 slice*																156	320	12	9	0.3	25	160	49	0.5	38	6	6	0	15	15		M/S/W/G
<i>Oreo® Blizzard®</i> Cake, 10", 1/12 slice																240	560	23	15	0.4	30	350	81	1	62	9	6	0	25	20		M/S/W/G
<i>Oreo</i> Blizzard® Cake, 8", 1/8 slice																235	560	24	16	0.4	30	330	79	1	61	9	6	0	25	15		M/S/W/G
<i>Reese® PB Cups® Blizz.</i> Cake 10", 1/12 slice																246	590	27	17	0.5	35	550	78	1	63	11	8	0	25	15		M/P/S/W/G
<i>Reese</i> PB Cups Blizz.® Cake 8", 1/8 slice																238	580	27	18	0.5	30	550	77	1	61	10	6	0	25	15		M/P/S/W/G
Chocolate Xtreme Blizz.® Cake, 10", 1/12 slice																248	600	27	19	0.4	40	270	82	2	64	10	8	0	25	30		E/M/S/W/G
Chocolate Xtreme Blizz.® Cake, 8", 1/8 slice																242	590	27	19	0.4	40	270	81	2	63	9	8	0	25	30		E/M/S/W/G
Mocha Torte																181	450	21	6	0.3	30	110	60	2	47	7	4	0	15	20		E/M/S/W/G
Raspberry Torte																171	420	18	5	0.2	25	95	61	2	48	6	4	0	15	20		E/M/S/W/G
Turtle Torte																198	480	15	6	0.3	45	210	79	1	59	7	6	0	20	20		E/M/S/T/W/G
<i>Treatzza</i> Pizza® PB Fudge 1/8 slice																72	220	10	5	0.1	5	320	28	1	17	4	2	0	8	6		M/P/S/W/G (T)
<i>Treatzza</i> Pizza Skor® Blizzard® Cake 1/8 slice																65	180	7	4	0.1	5	200	27	0	19	4	2	0	6	4		M/S/T/W/G
<i>Treatzza</i> Pizza Smarties® Blizz.® Cake 1/8 slice																69	190	7	4.5	0.1	5	290	29	1	19	3	2	0	8	6		M/S/W/G
<i>Treatzza</i> Pizza Straw Banana Blizz.® Cake 1/8 slice																78	170	6	3.5	0.1	5	190	28	1	19	3	2	10	6	6		M/S/W/G
Chocolate Xtreme Blizzard® Cupcake																81	240	9	5	0.1	10	70	24	2	20	3	2	0	6	0		E/M/S/W/G
<i>Oreo® Blizzard</i> Cupcake																73	200	10	6	0.1	10	105	27	1	22	3	0	0	6	0		M/S/W/G
Strawberry Cheesecake® Blizzard® Cupcake																85	230	12	8	0.1	25	95	28	1	23	3	2	4	6	0		E/M/S/W/G (P/T)

\*Nutrition is for undecorated cakes.

**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 restaurants 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 or test items; (2) some location-specific menu items; (3) *MooLatté®* drinks and *Ju-lius®* Originals in a small number of mall locations that do not carry *Arctic Rush®*, which have up to 190 more calories per beverage.

If you have questions about a menu item, please contact the restaurant 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 nor 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.

Nutrition Facts																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)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
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<b>BURGERS (Weights are based on precooked measurements)</b>																
1/4 lb. Bacon Cheese GrillBurger™	243	600	35	14	1	100	1280	38	1	6	33	25	6	15	40	E/M/S/W/G (SS/SP)
1/4 lb. FlameThrower® GrillBurger	230	720	50	16	1	90	1300	35	1	4	33	6	6	10	40	E/M/S/W/G (SS/SP)
1/4 lb. Mushroom Swiss GrillBurger	199	550	33	11	1	80	850	38	1	2	26	4	0	15	35	E/M/S/W/G (SS/SP)
1/2 lb. GrillBurger with Cheese	295	700	39	15	1	135	820	42	2	7	46	20	6	6	40	E/M/S/W/G (SS/SP)
1/4 lb. GrillBurger with Cheese	233	510	27	11	1	75	1080	42	2	7	26	25	6	15	35	E/M/S/W/G (SS/SP)
Original Cheeseburger	156	370	18	8	1	60	830	31	1	7	21	10	0	15	30	M/M/D/S/SS/W/G (E/SP)
Original Double Cheeseburger	226	580	34	16	1.5	120	1150	31	1	7	37	15	0	20	40	E/M/D/S/SS/W/G (E/SP)
DQ Ultimate® Burger	264	720	46	19	1.5	145	1310	32	2	5	45	25	6	20	45	M/M/D/S/SS/W/G (E/SP)

<b>BASKETS (Basket nutrition does not include a drink)</b>																
Chicken Strip Basket™ - 4pc w/ Gravy	368	810	40	6	0.1	80	2530	78	16	1	35	0	0	6	30	M/S/SP/W/G
Chicken Strip Basket™ - 6pc w/ Gravy	453	1050	53	8	0.1	120	3160	92	22	1	50	0	0	6	35	M/S/SP/W/G
Chicken Quesadilla Basket	467	930	48	21	1	100	2510	86	6	8	40	20	15	60	50	M/S/W/G*
Veggie Quesadilla Basket	410	860	47	21	1	75	2060	85	6	8	27	20	15	60	45	M/S/W/G*

<b>IRON GRILLED SANDWICHES</b>																
Iron Grilled Turkey Sandwich	233	540	28	7	0.3	80	1980	43	3	3	30	15	6	20	25	E/M/S/W/G
Iron Grilled Supreme BLT Sandwich	172	630	36	10	0.2	15	1630	41	2	3	27	15	6	8	20	E/S/W/G
Iron Grilled Cheese Sandwich	123	360	13	8	0.4	35	1070	41	2	1	16	10	0	35	15	M/S/W/G

<b>CHICKEN, SALADS AND WRAPS</b>																
Crispy Chicken Sandwich	198	530	28	3.5	0.1	125	1250	50	3	3	23	10	6	4	20	E/M/S/SS/W/G (SP)
Grilled Chicken Sandwich	177	360	16	2.5	0.1	40	1020	30	1	4	25	10	6	4	20	E/M/S/SS/W/G (SS)
Crispy Chicken Salad	424	450	24	9	0	145	1170	28	5	8	31	110	70	80	20	M/S/W
Grilled Chicken Salad	424	330	15	8	0	75	1210	14	4	8	36	110	70	80	15	M/S
Side Salad	113	25	0	0	0	15	5	2	3	1	50	30	20	0		
Crispy Chicken Wrap	114	360	21	5	0.3	35	690	29	4	2	13	10	2	15	15	E/M/S/W/G
Grilled Chicken Wrap	114	290	15	4	0.3	30	710	22	4	2	15	10	4	15	15	E/M/S/W/G
Crispy FlameThrower Chicken Wrap	114	370	22	5	0.2	35	650	29	4	2	13	6	2	15	15	E/M/S/W/G
Grilled FlameThrower Chicken Wrap	117	300	16	4.5	0.2	35	690	22	1	2	16	6	4	15	15	E/M/S/W/G
3 Chicken Strips	128	350	20	3	0	60	960	22	10	0	22	0	0	2	10	S/W/G

<b>HOT DOGS</b>																
Chili Cheese Dog	139	340	20	9	0.4	55	670	24	1	3	15	4	4	15	20	M/M/D/S/W/G (SS/SP)
Hot Dog	97	260	15	6	0.2	40	550	22	1	3	11	0	0	4	15	M/M/D/W/G (SS/SP)

<b>KIDS' MEAL FOOD ITEMS</b>																
Hot Dog Kids' Meal	97	260	15	6	0.2	40	550	22	1	3	11	0	0	4	15	M/M/D/W/G (SS/SP)
Cheeseburger Kids' Meal	156	370	18	8	1	60	830	31	1	7	21	10	0	15	30	M/M/D/S/SS/W/G (E/SP)
Hamburger Kids' Meal	142	320	14	6	0.5	50	590	31	1	6	19	0	0	6	30	M/D/SS/W/G (E/M/S/SP)
2 Chicken Strips Kids' Meal	85	230	13	2	0	40	640	14	6	0	15	0	0	0	8	S/W/G
Iron Grilled Cheese Sandwich Kids' Meal	123	360	13	8	0.4	35	1070	41	2	1	16	10	0	35	15	M/S/W/G
Turkey Wrap	126	260	12	2.5	0.3	25	720	25	3	2	12	6	6	8	15	E/M/W/G
Kids' Fries	99	260	11	0.5	0.2	0	660	38	3	0	3	0	4	2	4	
Applesauce	113	90	0.2	0	0	0	30	23	1	20	0.2	0	4	0	2	
Banana	126	110	0.4	0.1	0	0	1	29	3	15	1	0	20	0	2	
Kids' Strawberry Banana Smoothie	484	190	0.4	0.1	0	0	15	47	1	37	1	0	6	2	0	

<b>SIDE ITEMS</b>																
French Fries - Kids'	99	260	11	0.5	0.2	0	660	38	3	0	3	0	8	2	4	
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	260	14	2	0.2	0	730	32	2	3	4	0	0	4	15	S/W/G
Poutine - Large	538	1280	67	22	2.5	110	3710	131	10	3	37	25	25	80	20	M/S/SP/W/G
Poutine - Small	256	610	32	11	1	55	177	60	5	1	18	10	10	40	8	M/S/SP/W/G

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<b>BLIZZARD® TREATS</b>																
Banana Cream Pie Blizzard™ - Mini	223	410	14	9	0.5	35	180	63	0.5	48	8	10	6	20	15	E/M/S/W/G
Banana Cream Pie Blizzard™ - Small	326	610	20	13	0.5	55	290	98	0.5	72	11	15	10	30	20	E/M/S/W/G
Banana Cream Pie Blizzard™ - Medium	414	800	24	15	1	65	370	133	1	94	13	20	20	35	25	E/M/S/W/G
Banana Cream Pie Blizzard™ - Large	581	1100	32	19	1	90	510	188	2	133	19	25	30	50	35	E/M/S/W/G
Choco Cherry Love Blizzard™ - Mini	194	320	11	7	0.4	35	130	50	0	44	7	8	0	25	15	M/S
Choco Cherry Love Blizzard™ - Small	297	560	22	16	0.5	50	190	83	1	72	11	10	0	35	15	M/S
Choco Cherry Love Blizzard™ - Medium	411	850	27	25	0.5	65	250	122	3	106	15	15	0	45	20	M/S
Choco Cherry Love Blizzard™ - Large	586	1230	51	39	1	90	350	175	5	152	21	20	0	70	30	M/S
Chocolate Xtreme Blizzard™ - Mini	201	410	17	9	0.4	40	210	59	2	48	8	8	0	25	15	E/M/S/W/G
Chocolate Xtreme Blizzard™ - Small	287	640	27	15	0.5	60	340	90	3	72	12	15	0	30	25	E/M/S/W/G
Chocolate Xtreme Blizzard™ - Medium	365	820	35	20	1	80	450	116	4	92	15	15	0	40	35	E/M/S/W/G
Chocolate Xtreme Blizzard™ - Large	500	1140	50	27	1	110	630	161	6	128	21	25	0	50	50	E/M/S/W/G
Cookie Dough Blizzard™ - Mini	202	420	16	9	0.4	35	230	64	0.5	49	8	8	0	20	15	E/M/S/W/G
Cookie Dough Blizzard™ - Small	319	720	27	15	0.5	60	410	107	1	80	12	10	0	30	20	E/M/S/W/G
Cookie Dough Blizzard™ - Medium	450	1040	40	23	1	80	600	155	2	116	17	15	0	45	30	E/M/S/W/G
Cookie Dough Blizzard™ - Large	567	1340	52	30	1	100	780	200	3	149	21	20	0	50	35	E/M/S/W/G
CrispyCrunch® Blizzard™ - Mini	195	360	12	7	0.4	35	170	55	0	47	8	8	0	25	10	M/P/S/W/G (T)
CrispyCrunch® Blizzard™ - Small	262	500	17	9	0.5	45	230	76	0	64	11	10	0	35	15	M/P/S/W/G (T)
CrispyCrunch® Blizzard™ - Medium	383	810	29	15	0.5	60	380	121	1	101	16	15	0	45	25	M/P/S/W/G (T)
CrispyCrunch® Blizzard™ - Large	507	1070	39	20	1	85	500	160	1	134	21	20	0	60	35	M/P/S/W/G (T)
Double Fudge Cookie Dough Blizzard™ - Mini	204	450	18	9	0.4	35	250	66	1	50	8	8	0	20	15	E/M/S/W/G
Double Fudge Cookie Dough Blizzard™ - Small	322	760	31	15	0.5	60	430	110	2	82	13	10	0	30	20	E/M/S/W/G
Double Fudge Cookie Dough Blizzard™ - Medium	425	1020	41	20	1	80	580	148	3	108	16	15	0	40	25	E/M/S/W/G
Double Fudge Cookie Dough Blizzard™ - Large	511	1190	46	24	1	100	700	177	2	128	20	20	0	50	35	E/M/S/W/G
French Silk Pie Blizzard™ - Mini	211	450	20	12	0.5	35	210	61	1	49	8	10	0	20	15	E/M/S/W/G
French Silk Pie Blizzard™ - Small	315	700	31	18	0.5	55	340	92	2	75	12	15	0	35	20	E/M/S/W/G
French Silk Pie Blizzard™ - Medium	368	850	38	22	1	65	420	116	3	89	14	20	0	45	25	E/M/S/W/G
French Silk Pie Blizzard™ - Large	514	1190	53	30	1	90	590	163	4	125	20	25	0	50	35	E/M/S/W/G
Georgia Mud Fudge® Blizzard™ - Mini	201	420	19	8	0.4	40	240	56	2	45	9	8	0	25	20	E/M/S/T/W/G
Georgia Mud Fudge Blizzard™ - Small	287	660	33	12	0.5	60	400	83	3	65	13	15	0	30	30	E/M/S/T/W/G
Georgia Mud Fudge Blizzard™ - Medium	365	860	44	15	0.5	80	540	106	4	82	16	15	0	40	40	E/M/S/T/W/G
Georgia Mud Fudge Blizzard™ - Large	500	1190	62	21	1	105	740	148	6	114	22	25	0	50	50	E/M/S/T/W/G
Hawaiian Blizzard™ - Mini	198	300	9	6	0											