

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Cones												
DQ® Vanilla Soft Serve	0.5 cup	94	140	22	0	3	4.5	29	3	0	15	70
DQ® Chocolate Soft Serve	0.5 cup	94	150	22	0	4	5	30	3.5	0	15	75
Vanilla Cone	Small	142	230	38	0	6	7	27	4.5	0	20	115
Vanilla Cone	Med.	198	330	53	0	8	9	25	6	0	30	160
Vanilla Cone	Large	284	480	76	0	11	15	26	9	.5	45	230
Chocolate Cone	Small	142	240	37	0	6	8	30	5	0	20	115
Chocolate Cone	Med.	198	340	53	0	8	11	29	7	0	30	160
Dipped Cone	Small	156	340	42	1	6	17	45	9	1	20	130
Dipped Cone	Med.	220	490	59	1	8	24	44	13	1.5	30	190
Dipped Cone	Large	312	710	85	0	12	36	46	17	2.5	45	250
Malts, Shakes, and Arctic Rush™												
Chocolate Malt	Small	418	640	111	1	15	16	22	11	.5	55	340
Chocolate Malt	Med.	567	870	153	2	20	22	22	14	1	70	450
Chocolate Malt	Large	836	1320	222	2	29	35	24	22	1.5	110	670
Chocolate Shake	Small	397	560	93	1	13	15	24	10	.5	50	280
Chocolate Shake	Med.	539	760	129	2	17	20	23	13	1	70	370
Chocolate Shake	Large	794	1140	186	2	26	33	26	21	1.5	105	550
Arctic Rush™ Slush	Small	454	220	56	0	0	0	0	0	0	0	20
Arctic Rush™ Slush	Med.	595	290	74	0	0	0	0	0	0	0	30
MooLatte® Frozen Blended Coffee												
Cappuccino MooLatte®	16 oz	411	490	68	0	7	18	33	14	0	30	170
Cappuccino MooLatte®	24 oz	602	690	102	0	11	23	30	18	1	50	260
Mocha MooLatte®	16 oz	432	590	80	1	8	23	35	15	0	30	210
Mocha MooLatte®	24 oz	631	830	118	1	12	31	34	19	1	50	310
French Vanilla MooLatte®	16 oz	439	570	87	0	7	18	28	14	0	30	170
French Vanilla MooLatte®	24 oz	640	790	127	0	11	23	26	18	1	50	260
Caramel MooLatte®	16 oz	454	630	96	0	9	20	29	15	1	35	250
Caramel MooLatte®	24 oz	659	870	139	0	13	26	27	19	1	55	360
Sundaes												
Chocolate Sundae	Small	163	280	49	0	5	7	23	4.5	0	20	140
Chocolate Sundae	Med.	234	400	71	0	8	10	23	6	0	30	210
Chocolate Sundae	Large	333	580	100	1	11	15	23	10	0	45	260
Strawberry Sundae	Small	163	240	40	0	5	7	23	4.5	0	20	110
Strawberry Sundae	Med.	234	340	58	0	7	9	24	6	0	30	160
Strawberry Sundae	Large	333	500	83	0	10	15	27	9	0	45	230
Royal Treats®												
Banana Split	1 serving	369	510	96	3	8	12	21	8	0	30	180
Peanut Buster® Parfait	1 serving	305	730	99	2	16	31	38	17	0	35	400
Brownie Earthquake™	1 serving	304	740	112	0	10	27	33	16	.5	50	350
Novelties												
DQ® Sandwich	1 serving	85	200	31	1	4	6	27	3	1	10	140
Chocolate Dilly® Bar	1 serving	89	220	25	0	3	13	56	10	1	15	85

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Novelties												
Buster Bar®	1 serving	151	500	45	2	11	28	56	15	1	15	230
Starkiss®	1 serving	85	80	21	0	0	0	0	0	0	0	10
DQ® Fudge Bar no sugar added	1 serving	66	50	13	0	4	0	0	0	0	0	70
DQ® Vanilla Orange Bar no sugar added	1 serving	66	60	17	0	2	0	0	0	0	0	40
Blizzard® Treats												
Oreo® & Cookies Blizzard®	Small	283	570	83	0	11	21	33	10	.5	40	430
Oreo® & Cookies Blizzard®	Med.	334	700	103	1	13	26	33	12	1	45	560
Oreo® & Cookies Blizzard®	Large	500	1010	148	2	19	37	33	18	1.5	70	770
Chocolate Chip Cookie Dough Blizzard®	Small	319	720	105	0	12	28	33	14	2.5	50	370
Chocolate Chip Cookie Dough Blizzard®	Med.	446	1030	150	0	17	40	34	20	4	70	520
Chocolate Chip Cookie Dough Blizzard®	Large	560	1320	193	0	21	52	35	26	5	90	670
Banana Split Blizzard®	Small	297	460	73	0	10	14	27	9	0	40	210
Banana Split Blizzard®	Med.	382	580	97	1	12	17	26	11	.5	50	260
Banana Split Blizzard®	Large	527	810	134	2	17	23	26	15	1	70	360
Reese's® & PB Cup Blizzard®	Small	305	600	87	0	14	21	32	16	0	40	220
Reese's® & PB Cup Blizzard®	Med.	383	790	114	0	18	28	32	22	.5	50	280
Reese's® & PB Cup Blizzard®	Large	514	1050	152	0	25	38	33	29	1	70	370
Strawberry CheeseQuake™ Blizzard®	Small	283	530	76	0	10	21	36	13	1	85	320
Strawberry CheeseQuake™ Blizzard®	Med.	376	730	105	0	13	29	36	18	1	120	440
Strawberry CheeseQuake™ Blizzard®	Large	510	990	143	0	18	39	35	24	1.5	160	600
Sandwiches and Meals												
DQ Homestyle® Hamburger	1 each	138	290	29	2	17	12	37	5	0	45	630
DQ Homestyle® Cheeseburger	1 each	152	340	29	2	20	17	45	8	0	55	850
DQ Homestyle® Double Cheeseburger	1 each	219	540	30	2	35	31	52	16	0	115	1130
DQ Homestyle® Bacon Double Cheeseburger	1 each	255	610	31	2	41	36	53	18	0	130	1380
DQ Ultimate® Burger	1 each	269	670	29	2	40	43	58	19	0	135	1210
1/4 lb. FlameThrower® GrillBurger™	1 each	246	850	38	1	34	64	68	19	3	130	1590
1/2 lb. FlameThrower® GrillBurger™	1 each	345	1180	38	1	55	90	69	30	3	225	2200
Classic GrillBurger™	1 each	213	540	41	2	27	30	50	11	3	65	990
Classic GrillBurger™ with Cheese	1 each	232	610	41	2	31	36	53	15	3.5	85	1110
1/2 lb. GrillBurger™	1 each	298	800	41	2	47	50	56	21	4.5	130	1230

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Sandwiches and Meals												
1/2 lb. GrillBurger™ with Cheese	1 each	331	930	41	2	56	60	58	27	4.5	160	1380
Bacon Cheddar GrillBurger™	1 each	229	710	40	1	36	45	57	19	3.5	105	1430
Mushroom Swiss GrillBurger™	1 each	210	700	37	1	30	47	60	16	3.5	90	890
California GrillBurger™	1 each	206	630	37	1	26	42	60	13	3	75	820
Hot Dog	1 each	99	240	19	1	9	14	53	5	0	25	730
Chili 'n' Cheese Dog	1 each	142	330	22	2	14	21	57	9	0	45	1090
Grilled Chicken Sandwich	1 each	189	340	26	3	22	16	42	2.5	0	55	1000
Crispy Chicken Sandwich	1 each	190	590	50	5	21	34	52	6	2	40	1100
Chicken Strip Basket™	4 pieces	440	920	92	7	32	49	45	9	12	40	2090
Chicken Strip Basket™	6 pieces	525	1120	102	9	45	60	48	11	15	60	2450
Salads												
Crispy Chicken Salad, no dressing	1 each	190	350	21	6	21	20	51	6	2.5	40	620
Grilled Chicken Salad, no dressing	1 each	389	240	12	4	26	10	38	5	0	65	950
Side Salad	1 each	126	60	6	2	3	2.5	38	1.5	0	5	60
Salad Dressing												
DQ® Honey Mustard Dressing	1 each	57	260	18	0	0	21	73	3.5	0	20	370
DQ® Blue Cheese Dressing	1 each	57	210	4	0	2	20	86	4	0	5	700
DQ® Ranch Dressing	1 each	57	310	3	0	1	33	96	5	0	25	390
Fat Free Italian Dressing	1 each	43	10	3	0	0	0	0	0	0	0	390
Fries/Onion Rings												
DQ® French Fries	Small	113	300	45	3	3	12	46	2.5	3.5	0	640
DQ® French Fries	Med.	142	380	56	4	4	15	36	3	4.5	0	800
DQ® French Fries	Large	184	480	72	5	5	19	36	4	6	0	1040
G&C® French Fries	Regular	142	380	56	4	4	15	36	3	4	0	800
G&C® French Fries	Large	198	530	78	6	6	21	530	4	6	0	1120
DQ® Onion Rings	Regular	113	470	45	3	5	30	57	6	7	0	740
DQ® Onion Rings	Large	142	590	56	4	7	37	56	7	9	0	930