

Nutrition Facts

ROYAL SHAKES														
Caramel Cheesecake Shake - Small	361	580	200	22	16	0.5	60	280	82	0	62	13	E/M/S/W (P/T)	
Caramel Cheesecake Shake - Medium	459	750	260	29	20	1	85	380	107	0	80	17	E/M/S/W (P/T)	
Caramel Cheesecake Shake - Large	610	1000	340	37	26	1	115	530	142	0	105	23	E/M/S/W (P/T)	
Mint Chip Shake - Small	357	630	290	32	27	0.5	45	200	74	0.5	64	12	M/S	
Mint Chip Shake - Medium	457	840	390	43	36	1	55	260	100	1	86	15	M/S	
Mint Chip Shake - Large	599	1090	490	55	46	1	70	340	129	1	111	20	M/S	
Oreo Shake - Small	369	620	230	25	15	0.5	45	410	85	1	66	14	M/S/W	
Oreo Shake - Medium	472	840	310	34	19	1	60	630	118	1	89	18	M/S/W	
Oreo Shake - Large	617	1100	400	44	23	1	75	870	155	2	116	23	M/S/W	

SHAKES AND MALTS

Shake, Banana - Small	367	490	170	19	14	0.5	45	200	70	1	58	12	M/S		
Shake, Banana - Medium	459	610	200	22	16	1	60	250	88	1	72	16	M/S		
Shake, Banana - Large	608	770	240	27	19	1	75	320	115	2	93	20	M/S		
Shake, Caramel - Small	373	570	170	19	15	0.5	50	260	85	0	66	13	M/S		
Shake, Caramel - Medium	480	760	210	24	18	1	65	370	121	0	90	17	M/S		
Shake, Caramel - Large	629	1000	260	29	22	1	85	500	162	0	117	22	M/S		
Shake, Cherry - Small	373	510	170	19	14	0.5	45	210	73	0	63	12	M/S		
Shake, Cherry - Medium	480	650	200	22	16	1	60	260	98	0.5	84	16	M/S		
Shake, Cherry - Large	629	830	240	27	20	1	75	340	126	0.5	109	20	M/S		
Shake, Chocolate - Small	373	550	170	19	14	0.5	45	220	82	0.5	71	13	M/S		
Shake, Chocolate - Medium	480	720	200	23	17	1	60	300	115	1	101	16	M/S		
Shake, Chocolate - Large	629	940	250	28	20	1	75	390	153	2	133	21	M/S		
Shake, Hot Fudge - Small	373	570	200	22	17	1	45	240	80	0.5	66	13	M/S		
Shake, Hot Fudge - Medium	480	770	260	29	23	1	60	340	111	1	90	17	M/S		
Shake, Hot Fudge - Large	629	1010	340	37	30	1.5	75	460	146	2	117	23	M/S		
Shake, Peanut Butter - Small	373	650	300	34	16	0.5	45	370	73	2	58	16	M/P/S (T)		
Shake, Peanut Butter - Medium	480	950	470	53	21	1	60	600	97	3	74	22	M/P/S (T)		
Shake, Peanut Butter - Large	629	1270	650	72	26	1	75	850	125	4	93	30	M/P/S (T)		
Shake, Strawberry - Small	373	510	170	19	14	0.5	45	210	73	0.5	64	12	M/S		
Shake, Strawberry - Medium	480	650	200	22	16	1	60	270	98	1	86	16	M/S		
Shake, Strawberry - Large	629	830	240	27	20	1	75	360	126	1	112	20	M/S		
Shake, Vanilla - Small	373	540	170	19	14	1	50	200	79	0	67	13	M/S		
Shake, Vanilla - Medium	469	680	210	23	17	1	60	260	103	0	87	16	M/S		
Shake, Vanilla - Large	622	880	260	29	21	1.5	80	350	134	0	113	21	M/S		
Malt, Banana - Small	373	540	170	19	14	0.5	45	230	80	1	66	13	M/S/W		
Malt, Banana - Medium	465	670	200	22	16	1	60	290	102	1	84	17	M/S/W		
Malt, Banana - Large	621	860	250	27	20	1	75	390	134	2	108	22	M/S/W		
Malt, Caramel - Small	380	610	180	20	15	0.5	50	290	95	0	74	14	M/S/W		
Malt, Caramel - Medium	487	830	220	24	18	1	65	420	136	0	101	18	M/S/W		
Malt, Caramel - Large	635	1080	260	29	22	1	85	570	180	0	132	24	M/S/W		
Malt, Cherry - Small	380	560	170	19	14	0.5	50	240	83	0	71	13	M/S/W		
Malt, Cherry - Medium	487	710	200	22	16	1	60	310	112	0.5	95	17	M/S/W		
Malt, Cherry - Large	635	910	240	27	19	1	75	410	144	0.5	123	22	M/S/W		
Malt, Chocolate - Small	380	590	170	19	14	0.5	50	260	92	0.5	79	14	M/S/W		
Malt, Chocolate - Medium	487	790	210	23	17	1	60	350	130	1	112	17	M/S/W		
Malt, Chocolate - Large	635	1020	250	28	20	1	75	460	171	2	147	23	M/S/W		
Malt, Hot Fudge - Small	380	610	200	22	18	1	50	280	90	0.5	74	14	M/S/W		
Malt, Hot Fudge - Medium	487	830	270	29	23	1	60	390	125	1	101	18	M/S/W		
Malt, Hot Fudge - Large	635	1090	340	38	30	1.5	75	520	165	2	131	24	M/S/W		
Malt, Peanut Butter - Small	380	700	310	34	16	0.5	50	410	83	2	66	16	M/P/S/W (T)		
Malt, Peanut Butter - Medium	487	1010	480	53	21	1	60	650	111	3	85	23	M/P/S/W (T)		
Malt, Peanut Butter - Large	635	1350	650	72	26	1	75	910	143	4	107	31	M/P/S/W (T)		
Malt, Strawberry - Small	380	560	170	19	14	0.5	50	250	84	0.5	72	13	M/S/W		
Malt, Strawberry - Medium	487	710	200	22	16	1	60	320	112	1	97	17	M/S/W		
Malt, Strawberry - Large	635	910	240	27	19	1	75	420	145	1	126	22	M/S/W		
Malt, Vanilla - Small	378	580	170	19	14	0.5	50	240	88	0	74	14	M/S/W		
Malt, Vanilla - Medium	472	730	210	23	17	1	60	310	115	0	96	17	M/S/W		
Malt, Vanilla - Large	624	950	260	29	21	1	80	410	150	0	125	23	M/S/W		

DRINKS

Coca-Cola® - Kids'	369	150	0	0	0	0	0	10	40	0	40	0	
Coca-Cola - Small	492	210	0	0	0	0	0	10	53	0	53	0	
Coca-Cola - Medium	646	270	0	0	0	0	0	15	70	0	70	0	
Coca-Cola - Large	984	410	0	0	0	0	0	20	107	0	107	0	
Diet Coke® - Kids'	359	0	0	0	0	0	0	5	0	0	0	0	
Diet Coke - Small	479	0	0	0	0	0	0	10	0	0	0	0	
Diet Coke - Medium	629	0	0	0	0	0	0	10	0	0	0	0	
Diet Coke - Large	958	0	0	0	0	0	0	15	0	0	0	0	
Sprite® - Kids'	397	160	0	0	0	0	0	35	40	0	36	0	
Sprite - Small	400	150	0	0	0	0	0	35	42	0	42	0	
Sprite - Medium	525	200	0	0	0	0	0	50	55	0	55	0	
Sprite - Large	800	310	0	0	0	0	0	75	84	0	84	0	
Barq's® - Kids'	376	170	0	0	0	0	0	35	45	0	45	0	
Barq's - Small	501	220	0	0	0	0	0	50	60	0	60	0	
Barq's - Medium	658	290	0	0	0	0	0	65	79	0	79	0	
Barq's - Large	1002	440	0	0	0	0	0	95	120	0	120	0	
Pepsi® - Kids'	373	150	0	0	0	0	0	30	42	0	42	0	
Pepsi - Small	498	200	0	0	0	0	0	40	56	0	56	0	
Pepsi - Medium	653	260	0	0	0	0	0	55	74	0	74	0	
Pepsi - Large	996	400	0	0	0	0	0	80	112	0	112	0	
Diet Pepsi - Kids'	359	0	0	0	0	0	0	40	0	0	0	0	
Diet Pepsi - Small	479	0	0	0	0	0	0	50	0	0	0	0	
Diet Pepsi - Medium	629	0	0	0	0	0	0	65	0	0	0	0	
Diet Pepsi - Large	958	0	0	0	0	0	0	100	0	0	0	0	
Sierra Mist® - Kids'	360	150	0	0	0	0	0	40	39	0	39	0	
Sierra Mist - Small	480	200	0	0	0	0	0	50	52	0	52	0	
Sierra Mist - Medium	630	260	0	0	0	0	0	65	68	0	68	0	
Sierra Mist - Large	960	400	0	0	0	0	0	100	104	0	104	0	
Mountain Dew® - Kids'	377	170	0	0	0	0	0	60	47	0	47	0	
Mountain Dew - Small	502	220	0	0	0	0	0	80	62	0	62	0	
Mountain Dew - Medium	659	290	0	0	0	0	0	105	81	0	81	0	
Mountain Dew - Large	1004	440	0	0	0	0	0	160	124	0	124	0	
Mug® - Kids'	370	150	0	0	0	0	0	60	44	0	44	0	
Mug - Small	493	200	0	0	0	0	0	80	58	0	58	0	
Mug - Medium	648	260	0	0	0	0	0	105	76	0	76	0	
Mug - Large	987	400	0	0	0	0	0	160	116	0	116	0	
Dr Pepper® - Kids'	369	150	0	0	0	0	0	55	41	0	41	0	
Dr Pepper - Small	492	200	0	0	0	0	0	70	54	0	54	0	
Dr Pepper - Medium	646	260	0	0	0	0	0	90	71	0	71	0	
Dr Pepper - Large	984	400	0	0	0	0	0	140	108	0	108	0	
Bottled Water	500	0	0	0	0	0	0	0	0	0	0	0	
Coffee - 12 oz.	355	0	0	0	0	0	0	5	0	0	0	0	
Milk, 2% - 8 oz.	244	120	45	5	3	0	20	115	12	0	12	8	M
Orange Juice - 12 oz.	372	170	0	0	0	0	0	0	41	0	36	0	

DQ® treats and food start with high-quality ingredients and end with a smile.

Since 1940, our fans have come to expect the best from their neighborhood *Dairy Queen* store. It's still that way today, from our classic treats to the new favorites you've yet to discover.

Chicken Strips

Our chicken strips start with 100% white meat chicken. First, we marinate them so they're always tender and juicy, then we bread them and season them five times before cooking to golden brown perfection. Definitely worth crossing the road for.

Fresh Choice Salads with Marzetti® Dressings

Our salads are made with 100% white meat grilled or crispy chicken atop a bed of fresh iceberg and Romaine lettuce and a colorful blend of garden vegetables. Topping it all off is your choice of premium *Marzetti* dressings. For over 115 years, the *Marzetti* family has been famous for their five star quality dressings. One bite and you'll know why.

Dairy Queen® Soft Serve: A fan favorite since 1940

The rich, creamy soft serve found in your favorite *Dairy Queen* treats begins with delicious, wholesome milk from carefully selected dairies. Our high standard is to serve it at 18 degrees for the perfect flavor and texture. You can taste the difference in every cone, *Blizzard*® Treat, shake, and sundae. What else would you expect from the people who invented America's favorite soft serve?

Did you also know Dairy Queen® soft serve contains 5% butter fat* and is 140 calories per creamy 1/2 cup*? That sounds as good as it tastes.

Dairy Queen® Menu: Trim the calories not the flavor.

The menu at *Dairy Queen* restaurants offers quality nutritional alternatives as well. Menu items are made-to-order so fans can customize their meal to meet their nutritional preferences. Here are some options:

Grilled Chicken Sandwich Combo

405 calories
total meal

Side Salad with Marzetti® Lite Italian Dressing* = 45 cal.

Grilled Chicken Sandwich = 360 cal.

Medium Diet Soda or Bottled Water = 0 cal.

170 calories

290 calories

Garden Greens with Grilled Chicken

with Marzetti® Lite Italian Dressing*

Small Orange Light Smoothie

No artificial sweeteners or flavors

DQ® Fudge Bar®

No sugar added and fat free

DQ® Small Vanilla Cone

50 calories

230 calories

140 calories

230 calories

230 calories

230 calories

230 calories

230 calories

230 calories

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	Serv. Size (g)	Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
BURGERS (Weights are based on precooked measurements)													
1/4 lb. Bacon Cheese GrillBurger®	243	620	320	36	14	1	100	1320	41	1	9	34	E / M / S / W *
1/2 lb. FlameThrower® GrillBurger	321	1010	640	71	26	2	165	1670	39	2	7	54	E / M / S / W *
1/4 lb. Mushroom Swiss GrillBurger	193	560	300	33	12	1	80	890	39	1	5	27	E / M / S / W *
1/2 lb. GrillBurger with Cheese	313	770	410	46	20	1.5	140	1410	43	2	10	45	E / M / S / W *
1/4 lb. GrillBurger with Cheese	227	520	250	28	11	1	75	1010	43	2	10	25	E / M / S / W *
Original Cheeseburger	156	380	170	19	8	1	90	930	34	1	8	21	M / S / W *
Original Double Cheeseburger	226	580	310	34	16	1.5	150	1240	35	1	9	37	M / S / W *
BASKETS (Basket nutrition does not include a drink)													
Chicken Strip Basket® - 4pc w/ Country Gravy	418	1020	470	52	9	0.5	80	2570	101	17	4	37	M / S / W
Chicken Strip Basket® - 6pc w/ Country Gravy	503	1250	590	65	10	0.5	120	3210	115	23	4	52	M / S / W
Chicken Quesadilla Basket	494	1100	510	57	24	1.5	120	2660	103	9	8	44	E / M / S / W *
Veggie Quesadilla Basket	437	1040	500	56	23	1.5	95	2210	102	9	8	31	E / M / S / W *
Popcorn Shrimp Basket	425	950	390	44	9	0	105	3510	118	8	3	18	M / S / S / F / W *
IRON GRILLED SANDWICHES													
Iron Grilled Turkey Sandwich	233	550	210	23	7	0	85	1510	43	2	2	34	E / M / S / W
Iron Grilled Classic Club Sandwich	234	560	230	26	8	0	90	1790	42	2	3	32	E / M / S / W
Iron Grilled Supreme BLT Sandwich	172	630	320	36	10	0	15	1630	41	2	3	27	E / S / W
Iron Grilled Cheese Sandwich	123	360	120	13	8	0	40	1040	40	2	2	15	M / S / W
CHICKEN, FRESH CHOICE SALADS AND WRAPS													
Crispy Chicken Sandwich	198	610	270	30	3.5	0	70	1120	50	3	5	22	E / M / W *
Grilled Chicken Sandwich	194	360	150	16	2.5	0	80	1040	32	1	6	26	E / M / S / W *
Crispy FlameThrower Chicken Sandwich	277	970	530	58	12	0	65	2130	61	4	7	34	E / M / S / W *
Crispy Chicken BLT Salad	338	520	280	31	10	0	100	1470	25	9	6	37	M / S / W
Grilled Chicken BLT Salad	342	380	170	19	9	0	100	1540	11	3	6	42	M / S
Crispy Chicken Garden Greens Salad	293	280	120	13	2	0	40	670	24	9	6	17	S / W
Grilled Chicken Garden Greens Salad	297	150	20	2	0.5	0	40	730	10	3	6	23	S / W
Side Salad	113	25	0	0	0	0	0	15	5	2	3	1	
Crispy Chicken Wrap	115	360	190	21	5	0	35	780	30	6	1	13	E / M / S / W
Grilled Chicken Wrap	115	290	140	15	4	0	30	790	23	2	1	16	E / M / S / W
Crispy FlameThrower Chicken Wrap	115	370	200	22	5	0	35	740	30	6	1	13	E / M / S / W
3 Chicken Strips	128	350	180	20	3	0	60	960	22	10	0	22	S / W
HOT DOGS													
Chili Cheese Dog	141	390	230	25	11	1	55	1000	25	1	4	16	M / S / W *
Chili Dog	126	340	180	20	9	1	40	900	25	1	4	13	S / W *
Foot-Long Chili Cheese Dog	284	860	510	56	26	4	125	1980	53	3	8	36	M / S / W *
Foot-Long Hot Dog	156	480	320	35	15	2	70	1310	24	1	4	17	S / W *
Hot Dog	98	300	160	18	8	1	35	750	23	1	4	11	S / W *
KIDS' MEAL FOOD ITEMS													
Hot Dog	98	300	160	18	8	1	35	750	23	1	4	11	S / W *
Original Cheeseburger	156	380	170	19	8	1	90	930	34	1	8	21	M / S / W *
2 Chicken Strips	85	230	120	13	2	0	40	640	14	6	0	15	S / W
Grilled Cheese Sandwich	123	360	120	13	8	0	40	1040	40	2	2	15	M / S / W
Turkey Wrap	126	260	110	12	2.5	0	25	720	25	3	2	12	E / M / W
Kids' Fries	99	260	100	12	2	0	0	550	37	3	0	3	
Applesauce	113	80	0	0	0	0	0	0	20	1	17	0	
Banana	118	110	0	0	0	0	0	0	27	3	14	1	
Kids' Strawberry Banana Smoothie	482	180	0	0	0	0	0	15	47	1	37	1	
SIDE ITEMS													
French Fries - Regular	142	380	150	17	2.5	0	0	790	54	4	0	4	
French Fries - Large	184	490	190	21	3.5	0	0	1030	69	5	0	6	
Chili Cheese Fries	425	1020	460	51	15	0.5	55	2360	117	10	4	25	M / S
Onion Rings	113	360	140	16	2.5	0	0	840	48	2	3	6	E / M / S / W
LOCAL FOOD ITEMS													
Corn Dog	76	240	120	13	3	0	25	390	25	2	7	6	E / M / S / W
BBO Beef Sandwich	142	320	80	9	2.5	0	75	1010	42	1	13	20	F / M / S / W (E / T) *
BBO Pork Sandwich	142	300	80	9	2	0	65	1050	43	2	16	15	F / M / S / W (E / T) *
Breaded Mushrooms	85	190	70	8	1	0	0	390	25	2	1	4	W
Chili - Cup	245	220	60	7	3	0.5	0	890	25	5	5	13	S
Chili - Bowl	368	330	90	11	4.5	1	0	1340	38	8	8	20	S
Deluxe Cheeseburger	177	430	230	25	9	1	95	760	33	1	7	21	M / S / W (E / T) *
Deluxe Double Cheeseburger	192	490	340	38	17	1.5	125	800	4	0	2	33	M / S / W (E / T) *
Deluxe Double Hamburger	220	540	300	33	11	1.5	130	580	32	1	6	33	M / S / W (E / T) *
Deluxe Hamburger	163	380	190	21	6	1	80	520	32	1	6	19	M / S / W (E / T) *
DO Ultimate® Burger	260	730	430	48	19	1.5	175	1360	33	1	7	45	E / M / S / W (T) *
Crispy Fish Sandwich	163	370	130	14	2	0	45	1060	49	2	6	15	E / M / S / W (S / F) *
Cheese Curds	142	610	400	44	22	1.5	110	1240	27	2	2	26	E / M / S / W
SALAD DRESSINGS AND CONDIMENTS													
Country Gravy	57	90	50	6	2	0	0	480	8	0	1	0.5	M / S / W
BBO Dipping Sauce	56	80	0	0	0	0	0	430	0.5	1	15	1	
Honey Mustard Dipping Sauce	56	250	190	21	3	0	20	380	16	0	9	1	E
Ranch Dipping Sauce	56	230	210	23	3.5	0	25	490	5	0	3	0.5	E / M
Sweet and Sour Dipping Sauce	56	90	0	0	0	0	0	240	24	0	22	0	
Wild Buffalo Dipping Sauce	57	170	160	18	3.5	0	0	1390	1	1	0.5	0	S
Marzetti® Honey French Dressing	43	190	135	15	2.5	0	0	300	13	0	12	0	
Marzetti® Light Ranch Dressing	43	80	40	4.5	0.5	0	0	330	9	0	3	1	M
Marzetti® Ranch Dressing	43	210	200	22	3.5	0	10	330	2	0	1	0.5	E / M
Marzetti® Light Italian Dressing	43	20	10	1	0	0	0	720	2	0	2	0	
Marzetti® Dijon Honey Mustard	43	180	140	16	2.5	0	10	230	8	0	7	0.5	E
Marzetti® Balsamic Vinaigrette	43	130	110	12	2	0	0	470	4	0	4	0	
BREAKFAST													
Biscuits & Gravy	365	720	410	46	16	1.5	15	2240	64	2	4	12	M / S / W
Sausage Biscuit Sandwich	154	410	240	27	9	0	195	990	25	1	1	16	E / M / S / W
Bacon Biscuit Sandwich	144	410	240	27	9	0	195	1080	26	1	1	16	E / M / S / W
Ham Biscuit Sandwich	154	350	190	21	8	0	185	1160	26	1	2	14	E / M / S / W
Chicken Biscuit Sandwich	147	430	200	22	6	0	40	1190	39	7	1	18	M / S / W
Sausage Biscuit Twin Pack	195	680	400	46	16	0.5	45	1650	48	2	2	19	M / S / W
Ultimate Breakfast Burrito - Ham	265	560	240	27	9	1.5	195	1290	58	6	2	23	E / M / S / W
Ultimate Breakfast Burrito - Sausage	265	620	300	33	11	1.5	205	1120	57	6	2	24	E / M / S / W
Ultimate Breakfast Burrito - Bacon	255	620	290	33	11	1.5	205	1210	57	6	2	25	E / M / S / W
Country Platter	315	780	410	46	16	2	340	1710	69	4	3	21	E / M / S / W
Ultimate Hashbrown Platter	355	670	390	43	14	2.5	370	1050	45	5	2	24	E / M
Buttermilk Pancake Platter	131	260	45	5	1.5	0	45	530	46	3	8	7	E / M / S / W
Hashbrowns	71	190	110	12	2.5	1	0	210	18	2	0	2	
Cinnamon Roll	113	430	200	22	10	0	20	520	53	3	25	5	E / S / M / W (P / T)
Ham	28	30	10	1	0	0	10	380	1	0	0	5	
Sausage	28	90	60	7	2.5	0	20	210	0	0	0	6	
Bacon, 2 slices	12	50	40	4.5	1.5	0	15	190	0	0	0	4	
DQ® CAKES													
DO Cake, 10", 1/12 slice*	213	410	140	15	11	0.5	30	200	60	1	47	8	M / S / W
DO Cake, 8", 1/8 slice*	209	400	140	15	11	0.5	30	190	59	1	46	8	M / S / W
DO Heart Cake, 1/10 slice*	120	290	100	11	8	0	20	140	42	0.5	33	6	M / S / W
DO Log Cake, 1/8 slice*	142	340	120	13	10	0	20	170	50	1	38	6	M / S / W
DO Sheet Cake, 1/24 slice*	156	320	110	12	9	0	20	160	47	1	36	6	M / S / W
Oreo® Blizzard® Cake, 10", 1/12 slice	240	550	210	23	16	0	30	340	78	1	59	9	M / S / W
Oreo Blizzard® Cake, 8", 1/8 slice	235	560	220	25	17	0	30	330	77	1	59	9	M / S / W
Reese's® PB Cups® Blizzard® Cake 10", 1/12 slice	246	580	240	27	19	0.5	30	280	77	2	63	11	M / P / S / W
Reese's® PB Cups® Blizzard® Cake 8", 1/8 slice	237	570	240	27	19	0	30	270	75	2	62	10	M / P / S / W
Chocolate Xtreme Blizzard® Cake, 10", 1/12 slice	248	590	240	27	19	0.5	35	280	80	2	62	10	E / M / S / W
Chocolate Xtreme Blizzard® Cake, 8", 1/8 slice	242	580	240	27	19	0.5	35	270	79	2	61	9	E / M / S / W