

Statement Concerning Suggested Daily Caloric Intake:

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 mg for a typical adult eating 2,000 daily. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Important Statement:

Nutrition information is based on analysis by R-TECH and Commercial Testing Laboratory, Inc., and representative values from manufacturers, Genesis R6D® SQL and the USDA. Allergen information is provided by the ingredient or product manufacturer. The information in this assumes compliance by locations with ingredient requirements and standardized preparation procedures. Seasonal and manufacturer variations may also affect information.

This brochure is for permanent menu items in DQ® approved system food restaurants (DQ Grill & Chill® or Brazier® locations). It does not apply to: (1) test items; (2) non-system food locations that sell food products not approved by DQ (you can identify approved system food locations by the DQ 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; (4) soft-serve products in some New Jersey stores that use a soft-serve differing significantly in nutritional content from the standard DQ soft-serve, including increased butterfat content; (5) 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. Since allergens are present in every DQ location and cross-contact can easily occur, we cannot guarantee any item to be allergen free or 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.

Soybean Oil: Our frying oil is a vegetable oil blend with soybean oil. While soybean oil is not recognized as an allergen, consult your doctor as to whether you should avoid soybean oil.

Gluten Sensitive: Gluten is in many DQ products and cross contact may easily occur during product preparation. For those with gluten sensitivity, we recommend trying one of our manufactured novelties: Dilly® Bars, Buster Bar® Treats, Fudge Bars, Vanilla Orange Bars, or Starkiss® Bars, which can be found in clear, sealed plastic wrappers. These products are made without wheat, rye, oats, or barley in a facility that has limited cross contact risk. This does not include Dilly Bars or Buster Bar Treats in paper bags, which are made on the store premises and are subject to potential cross contact.

Sesame: While DQ® breads and buns do not contain sesame seeds, sesame seeds are used in many of the bakeries that produce DQ® buns and bread and cross contact can occur. In addition, some DQ® buns and breads contain sesame oil and/or flour. Out of an abundance of caution, DQ is declaring sesame for all buns and breads but actual ingredients may vary by restaurant. Please confirm ingredients at your location.

For more detailed information on food ingredients, we suggest you visit the U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition website at www.cfsan.fda.gov. For more detailed information about food allergies, we suggest you visit the Food Allergy and Anaphylaxis Network website at www.foodallergy.org.

* Locally sourced ingredients are used in this menu item. Please verify allergens at your local restaurant.

Products and menus may vary by location.

Not all products listed in this brochure are available in all locations.

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

Consumer Relations
8000 Tower, Suite 700
8331 Norman Center Drive
Bloomington, MN 55437



To learn more visit:
www.choosemyplate.gov

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DQ23Q2091M

NUTRITION & ALLERGENS US TREATS



Nutrition and allergy information is current as of April 2023.
For the most current nutrition information, visit www.dq.com

DQ® treats 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.

Signature Soft Serve:

Simply creamy, wholesome, and delicious. More than 75 years after the first "cone with the curl on top" made its debut at Sherb Noble's ice cream shop, DQ soft serve remains the same treat you remember from your childhood. 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?

Premium Fruit Smoothies:

Smoothies are the perfect on-the-go snack. Made with real fruit and low-fat yogurt they're substantial enough to tide you over between meals.



Nutrition Facts

Limited Time Offers

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Caramel Mocha Chip Shake - Small	600	27	21	1	45	240	79	1	65	12	MIS
Caramel Mocha Chip Shake - Medium	830	39	31	1	55	310	106	1	86	16	MIS
Caramel Mocha Chip Shake - Large	1100	52	41	1.5	75	410	140	2	113	20	MIS
Chicken Strips and Fry-Rings Basket - 4pc	970	45	8	0	55	2170	108	4	4	32	MISW
Chicken Strips and Fry-Rings Basket - 6pc	1250	58	10	0.1	85	2800	135	7	6	45	MISW
Choco Dipped Strawberry Blizzard - Mini	310	11	7	0	30	110	46	1	39	7	MIS
Choco Dipped Strawberry Blizzard - Small	520	19	13	0.5	50	180	79	1	67	12	MIS
Choco Dipped Strawberry Blizzard - Medium	720	25	18	1	65	250	110	2	94	16	MIS
Choco Dipped Strawberry Blizzard - Large	910	32	22	1	80	310	140	3	120	20	MIS
Cotton Candy Blizzard - Mini	390	16	10	0	30	125	55	0	50	7	MIS
Cotton Candy Blizzard - Small	610	22	14	1	50	220	91	0	81	13	MIS
Cotton Candy Blizzard - Medium	870	33	21	1	65	290	127	0	114	16	MIS
Cotton Candy Blizzard - Large	1150	45	29	1.5	85	370	166	0	150	21	MIS
Dipped Cone, Churro - Kids	210	9	7	0	15	75	29	0	21	4	MISW
Dipped Cone, Churro - Small	300	13	10	0	25	105	40	0	31	6	MISW
Dipped Cone, Churro - Medium	450	21	16	0.5	30	160	59	0	44	8	MISW
Dipped Cone, Churro - Large	630	28	22	0.5	45	220	82	0	62	12	MISW
Frozen Hot Chocolate - Small	630	29	14	1	30	240	86	3	75	10	MIS
Frozen Hot Chocolate - Medium	810	38	17	1	40	320	111	4	96	13	MIS
Frozen Hot Chocolate - Large	1010	46	20	1	50	400	143	5	124	16	MIS
Heath Caramel Brownie Cupfection	760	29	14	0.5	65	390	117	2	90	11	E\MIS\TW(P)
Oreo Brookie Blizzard - Mini	480	21	9	0.5	35	280	66	1	50	8	E\MISW
Oreo Brookie Blizzard - Small	860	39	16	1	55	520	116	2	86	13	E\MISW
Oreo Brookie Blizzard - Medium	1210	56	22	1.5	80	760	162	2	119	18	E\MISW
Oreo Brookie Blizzard - Large	1590	73	29	2	100	1000	212	3	155	23	E\MISW
Peanut Butter Puppy Chow Blizzard - Mini	400	17	10	0.4	30	180	55	1	44	9	M\PI\S(T)
Peanut Butter Puppy Chow Blizzard - Small	720	32	18	0.5	50	320	97	2	77	16	M\PI\S(T)
Peanut Butter Puppy Chow Blizzard - Medium	1010	48	25	1	60	470	130	3	101	21	M\PI\S(T)
Peanut Butter Puppy Chow Blizzard - Large	1360	66	34	1	80	650	172	4	133	28	M\PI\S(T)
Popcorn Shrimp Basket	700	31	7	0	105	2710	88	7	14	18	FISFISW
S'mores Blizzard - Mini	400	17	8	0	25	200	56	1	44	7	MISW(P)
S'mores Blizzard - Small	740	32	15	1	45	380	103	1	80	13	MISW(P)
S'mores Blizzard - Medium	1010	45	21	1	55	540	137	2	105	17	MISW(P)
S'mores Blizzard - Large	1350	59	27	1.5	75	710	187	3	143	22	MISW(P)
Summertime Sunset Twisty Misty Slush - Small	220	0	0	0	0	35	55	0	53	0	
Summertime Sunset Twisty Misty Slush - Medium	290	0	0	0	0	45	75	0	70	0	
Summertime Sunset Twisty Misty Slush - Large	400	0	0	0	0	60	101	0	95	0	

Blizzard® Treats

Butterfinger® Blizzard - Mini	350	12	7	0	30	150	52	1	41	9	M\PI\S(E)\(T)\(W)
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Allergens: E=Egg F=Fish M=Milk P=Peanut SS=Sesame
SF=Shellfish S=Soy T=Tree Nuts W=Wheat (J)=May Contain

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Nutrition Facts

Blizzard® Treats

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Butterfinger® Blizzard - Small	590	21	12	0.5	50	270	87	1	68	15	M\P\S\(\E)\(T)\(W)
Butterfinger® Blizzard - Medium	800	28	17	1	65	360	118	2	91	20	M\P\S\(\E)\(T)\(W)
Butterfinger® Blizzard - Large	1060	37	22	1	85	480	155	2	119	27	M\P\S\(\E)\(T)\(W)
Choco Brownie Extreme Blizzard - Mini	420	18	10	0	30	190	58	2	46	9	E\M\SIW
Choco Brownie Extreme Blizzard - Small	740	33	18	1	50	340	103	4	81	15	E\M\SIW
Choco Brownie Extreme Blizzard - Medium	980	43	25	1	70	460	137	5	106	20	E\M\SIW
Choco Brownie Extreme Blizzard - Large	1330	60	33	1.5	85	620	184	7	142	26	E\M\SIW
Chocolate Chip Cookie Dough Blizzard - Mini	410	16	9	0	30	210	60	1	46	8	M\SIW
Chocolate Chip Cookie Dough Blizzard - Small	710	27	16	0.5	45	380	104	1	78	13	M\SIW
Chocolate Chip Cookie Dough Blizzard - Medium	1030	40	24	1	60	550	151	2	113	18	M\SIW
Chocolate Chip Cookie Dough Blizzard - Large	1370	54	33	1.5	80	740	201	3	151	23	M\SIW
Heath® Blizzard - Mini	360	14	9	0	30	170	52	0	45	8	M\SI\T(\E)\(P)\(W)
Heath® Blizzard - Small	640	26	16	1	55	310	91	1	79	13	M\SI\T(\E)\(P)\(W)
Heath® Blizzard - Medium	880	37	24	1	70	430	124	1	110	17	M\SI\T(\E)\(P)\(W)
Heath® Blizzard - Large	1190	49	32	1.5	90	590	168	2	148	23	M\SI\T(\E)\(P)\(W)
M&M's® Chocolate Candy Blizzard -Mini	370	12	8	0	30	125	58	1	50	8	M\SI\(\E)\(P)\(T)\(W)
M&M's® Chocolate Candy Blizzard - Small	660	21	13	0.5	50	220	103	1	89	14	M\SI\(\E)\(P)\(T)\(W)
M&M's® Chocolate Candy Blizzard - Medium	880	29	18	1	65	290	135	2	117	18	M\SI\(\E)\(P)\(T)\(W)
M&M's® Chocolate Candy Blizzard - Large	1160	38	24	1	85	380	183	3	159	23	M\SI\(\E)\(P)\(T)\(W)
OREO® Cookie Blizzard - Mini	330	12	6	0	30	150	48	0	39	7	M\SIW
OREO® Cookie Blizzard - Small	600	22	12	1	50	280	89	1	70	13	M\SIW
OREO® Cookie Blizzard - Medium	820	30	16	1	65	390	121	1	94	17	M\SIW
OREO® Cookie Blizzard - Large	1050	39	20	1.5	80	500	156	1	121	22	M\SIW
Reese's® Peanut Butter Cups Blizzard - Mini	360	14	7	0	30	170	50	1	43	9	M\P\SI\(\E)\(T)\(W)
Reese's® Peanut Butter Cups Blizzard - Small	610	24	13	1	50	300	84	1	72	16	M\P\SI\(\E)\(T)\(W)
Reese's® Peanut Butter Cups Blizzard - Medium	820	34	17	1	65	410	113	2	97	21	M\P\SI\(\E)\(T)\(W)
Reese's® Peanut Butter Cups Blizzard - Large	1080	45	23	1.5	85	550	148	3	128	28	M\P\SI\(\E)\(T)\(W)
Royal New York Cheesecake Blizzard Filled with Strawberry - Mini	450	18	8	0.5	40	220	65	1	53	8	E\M\SIW(P)\(T)
Royal New York Cheesecake Blizzard Filled with Strawberry - Small	750	32	15	1	75	380	102	2	82	14	E\M\SIW(P)\(T)
Royal New York Cheesecake Blizzard Filled with Strawberry - Medium	1040	46	21	1.5	105	530	140	2	112	19	E\M\SIW(P)\(T)
Royal New York Cheesecake Blizzard Filled with Strawberry - Large	1320	60	28	2	135	690	171	2	135	25	E\M\SIW(P)\(T)
Royal Ultimate Choco Brownie Blizzard Filled with Fudge - Mini	480	21	13	0	30	220	68	2	55	9	E\M\SIW
Royal Ultimate Choco Brownie Blizzard Filled with Fudge - Small	770	34	20	0.5	45	350	107	4	86	14	E\M\SIW
Royal Ultimate Choco Brownie Blizzard Filled with Fudge - Medium	1040	45	29	1	65	480	146	5	117	19	E\M\SIW

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Nutrition Facts

Blizzard® Treats

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Royal Ultimate Choco Brownie Blizzard Filled with Fudge - Large	1340	60	36	1	80	620	186	7	148	25	E\M\S\W
Snickers® Blizzard - Mini	350	12	7	0	30	150	53	0	45	8	E\M\P\S\T
Snickers® Blizzard - Small	610	20	11	0.5	50	260	92	1	78	14	E\M\P\S\T
Snickers® Blizzard - Medium	800	28	15	1	65	340	120	1	102	19	E\M\P\S\T
Snickers® Blizzard - Large	1060	36	20	1	80	450	162	2	138	24	E\M\P\S\T
Turtle Pecan Cluster Blizzard - Mini	430	22	14	0	30	160	51	1	42	8	M\S\T
Turtle Pecan Cluster Blizzard - Small	680	34	18	0.5	50	270	84	2	68	14	M\S\T
Turtle Pecan Cluster Blizzard - Medium	1020	52	29	1	65	390	123	3	99	18	M\S\T
Turtle Pecan Cluster Blizzard - Large	1370	71	41	1.5	85	510	165	4	132	24	M\S\T

Shakes

Banana Shake - Small	470	19	13	1	45	190	64	1	53	13	M\S
Banana Shake - Medium	590	22	16	1	55	240	83	1	68	16	M\S
Banana Shake - Large	750	27	19	1.5	75	310	109	2	88	21	M\S
Caramel Shake - Small	550	20	14	1	50	240	79	0	65	13	M\S
Caramel Shake - Medium	750	25	17	1.5	65	330	115	0	93	17	M\S
Caramel Shake - Large	980	31	21	1.5	85	450	154	0	124	22	M\S
Chocolate Shake - Small	530	19	14	1	45	220	77	1	67	13	M\S
Chocolate Shake - Medium	710	23	16	1	60	290	110	1	96	16	M\S
Hot Fudge Shake - Small	550	22	17	1	45	240	75	0	61	13	M\S
Hot Fudge Shake - Medium	750	30	23	1.5	60	330	105	1	85	17	M\S
Hot Fudge Shake - Large	990	38	29	1.5	75	440	140	1	112	23	M\S
Make It A Malt Adds - Small	60	0.5	0	0	0	50	12	0	8	1	M\W
Make It A Malt Adds - Medium	80	1	0.5	0	5	80	18	1	12	1	M\W
Make It A Malt Adds - Large	110	1	1	0	5	105	23	1	16	2	M\W
Peanut Butter Shake - Small	640	34	16	1	45	370	67	1	54	16	M\P\S\T
Peanut Butter Shake - Medium	930	53	20	1	60	590	91	3	69	22	M\P\S\T
Peanut Butter Shake - Large	1250	72	26	1.5	75	830	119	4	89	30	M\P\S\T
Strawberry Shake - Small	490	19	14	1	45	200	68	0	59	13	M\S
Strawberry Shake - Medium	630	23	16	1	60	260	92	1	80	16	M\S
Strawberry Shake - Large	800	27	19	1.5	75	340	120	1	105	21	M\S
Vanilla Shake - Small	520	19	14	1	50	200	73	0	65	13	M\S
Vanilla Shake - Medium	660	23	16	1	60	260	97	0	85	16	M\S
Vanilla Shake - Large	860	29	20	1.5	80	340	127	0	112	22	M\S

MooLatté® Frozen Beverages

Caramel MooLatte - Small	490	15	11	1	30	190	81	0	69	8	M\S
Caramel MooLatte - Medium	620	18	13	1	40	240	103	0	87	10	M\S
Caramel MooLatte - Large	780	21	15	1	50	320	135	0	113	13	M\S
Mocha MooLatte - Small	500	18	12	1	30	180	76	1	67	9	M\S
Mocha MooLatte - Medium	620	23	14	1	40	240	94	2	82	11	M\S
Mocha MooLatte - Large	780	29	16	1	50	310	121	2	106	14	M\S
Vanilla MooLatte - Small	450	14	11	1	30	150	74	0	67	7	M\S

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Nutrition Facts

MooLatté® Frozen Beverages

Vanilla MooLatte - Medium	560	17	12	1	35	190	93	0	84	9	MIS
Vanilla MooLatte - Large	700	19	14	1	45	240	121	0	109	12	MIS

Misty® Slush

Mango Misty® Freeze - Small	390	10	6	0	30	130	69	0	60	8	M
Mango Misty® Freeze - Medium	490	12	8	0.5	40	170	86	0	75	10	M
Mango Misty® Freeze - Large	640	15	10	1	50	210	115	0	101	12	M
Mango Misty® Freeze - Extra Large	890	22	14	1	75	300	158	0	138	18	M
Mango Misty® Slush - Small	230	0	0	0	0	35	57	0	55	0	
Mango Misty® Slush - Medium	290	0	0	0	0	45	74	0	71	0	
Mango Misty® Slush - Large	390	0	0	0	0	60	99	0	95	0	
Mango Misty® Slush - Extra Large	550	0	0	0	0	80	138	0	133	0	
Misty® Freeze - Small	360	10	6	0	30	130	62	0	55	8	M
Misty® Freeze - Medium	450	12	8	0.5	40	160	77	0	68	10	M
Misty® Freeze - Large	590	15	10	1	50	210	102	0	90	12	M
Misty® Slush - Small	200	0	0	0	0	35	50	0	50	0	
Misty® Slush - Medium	260	0	0	0	0	40	65	0	64	0	
Misty® Slush - Large	340	0	0	0	0	55	86	0	85	0	

Curl on Top Treats

Banana Split	520	14	9	0.5	30	150	94	4	74	9	MIS
Brownie and OREO® Cupfection	720	23	9	0.5	55	330	122	2	96	10	EMISW
Peanut Buster Parfait	710	31	18	0.5	35	340	95	3	68	17	MPIS

Sundaes

Add DQ Sprinkles	35	1.5	1	0	0	0	6	0	3	0	S
Caramel Sundae - Small	300	8	5	0	25	130	50	0	40	6	M
Caramel Sundae - Medium	430	11	7	0.5	35	190	73	0	58	9	M
Caramel Sundae - Large	600	16	10	1	55	260	102	0	81	12	M
Cherry Sundae - Small	250	7	4.5	0	25	95	42	0	36	6	M
Cherry Sundae - Medium	360	9	6	0	30	135	61	0	52	8	M
Cherry Sundae - Large	510	14	9	0.5	45	200	86	1	73	12	M
Chocolate Sundae - Small	270	7	4.5	0	25	110	48	1	41	6	M
Chocolate Sundae - Medium	400	10	6	0	30	160	70	1	60	8	M
Chocolate Sundae - Large	560	14	9	0.5	45	220	97	1	84	12	M
Hot Fudge Sundae - Small	300	10	8	0	25	125	46	0	36	6	MIS
Hot Fudge Sundae - Medium	430	15	11	0.5	35	190	66	1	52	9	MIS
Hot Fudge Sundae - Large	610	21	16	1	50	260	93	1	73	13	MIS
Peanut Butter Sundae - Small	380	22	7	0	25	260	39	1	28	9	MP(T)
Peanut Butter Sundae - Medium	560	32	10	0	30	380	56	2	40	13	MP(T)
Peanut Butter Sundae - Large	780	44	13	0.5	45	520	79	3	58	18	MP(T)
Pineapple Sundae - Small	230	7	4.5	0	25	85	38	0	33	6	M
Pineapple Sundae - Medium	330	10	6	0	30	120	54	1	47	8	M
Pineapple Sundae - Large	480	14	9	0.5	45	170	77	1	67	12	M

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Sundaes

Strawberry Sundae - Small	240	7	4.5	0	25	95	39	0	34	6	M
Strawberry Sundae - Medium	340	10	6	0	30	135	56	1	49	8	M
Strawberry Sundae - Large	490	14	9	0.5	45	190	80	1	69	12	M

Cones

Chocolate Cone - Kids'	160	5	3	0	15	60	25	0	17	4	MIW
Chocolate Cone - Small	240	7	4.5	0	25	90	36	0	25	6	MIW
Chocolate Cone - Medium	340	10	6	0	30	130	52	0	35	8	MIW
Chocolate Cone - Large	480	15	9	0.5	45	190	73	0	50	12	MIW
Dipped Cone, Cherry - Kids'	210	9	7	0	15	65	28	0	20	4	MSIW
Dipped Cone, Cherry - Small	320	15	12	0	25	95	40	0	31	6	MSIW
Dipped Cone, Cherry - Medium	460	22	18	0	30	140	58	0	44	8	MSIW
Dipped Cone, Cherry - Large	550	22	16	0.5	45	190	76	0	57	12	MSIW
Dipped Cone, Chocolate - Kids'	200	9	7	0	15	65	28	0	20	4	MSIW
Dipped Cone, Chocolate - Small	320	15	12	0	25	95	40	1	30	6	MSIW
Dipped Cone, Chocolate - Medium	460	22	17	0	30	140	58	1	43	9	MSIW
Dipped Cone, Chocolate - Large	640	30	23	0.5	45	200	81	1	60	13	MSIW
Vanilla Cone - Kids'	160	4.5	3	0.2	15	65	25	0	18	4	MIW
Vanilla Cone - Small	220	7	4.5	0	25	90	34	0	26	6	MIW
Vanilla Cone - Medium	320	10	6	0	30	130	50	0	36	8	MIW
Vanilla Cone - Large	450	14	9	0.5	45	180	71	0	52	12	MIW

Premium Fruit Smoothies

Blueberry Mango Twist Premium Fruit Smoothie - Small	270	0.2	0	0	0	95	63	1	61	4	M
Blueberry Mango Twist Premium Fruit Smoothie - Medium	380	0.2	0.1	0	0	95	91	1	87	4	M
Blueberry Mango Twist Premium Fruit Smoothie - Large	490	0.3	0.1	0	0	140	115	2	110	6	M
Blueberry Mango Twist Premium Fruit Smoothie - Extra Large	660	0.4	0.1	0	0	190	154	2	147	8	M
Coconana Berry Smoothie - Small	340	0	0	0	0	90	79	2	74	4	M
Coconana Berry Smoothie - Medium	460	0	0	0	0	135	109	2	102	6	M
Coconana Berry Smoothie - Large	590	0	0	0	0	180	138	3	130	8	M
Coconana Berry Smoothie - XLarge	800	0	0	0	0	230	188	4	176	11	M
Mango Pineapple Smoothie - Small	250	0	0	0	0	90	59	1	56	4	M
Mango Pineapple Smoothie - Medium	330	0	0	0	0	135	77	1	74	6	M
Mango Pineapple Smoothie - Large	420	0	0	0	0	180	96	1	92	8	M
Mango Pineapple Smoothie - XLarge	590	0	0	0	0	230	136	1	130	10	M
Strawberry Banana Smoothie - Small	260	0	0	0	0	100	62	2	56	4	M
Strawberry Banana Smoothie - Medium	350	0	0	0	0	140	83	3	75	6	M
Strawberry Banana Smoothie - Large	440	0	0	0	0	190	103	3	93	8	M
Strawberry Banana Smoothie - XLarge	620	0.5	0	0	0	240	144	5	131	11	M
Strawberry Mango Rush Premium Fruit Smoothie - Small	190	0.2	0	0	0	15	48	2	43	1	
Strawberry Mango Rush Premium Fruit Smoothie - Medium	300	0.3	0.1	0	0	20	73	3	65	1	

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SF=Shellfish S=Soy T=Tree Nuts W=Wheat ()=May Contain

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Nutrition Facts

Premium Fruit Smoothies

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Strawberry Mango Rush Premium Fruit Smoothie - Large	350	0.3	0.1	0	0	25	87	3	76	2	
Strawberry Mango Rush Premium Fruit Smoothie - Extra Large	490	0.4	0.1	0	0	35	122	4	108	2	
Tripleberry® Smoothie - Small	280	0	0	0	0	90	66	1	65	4	M
Tripleberry® Smoothie - Medium	370	0	0	0	0	135	87	2	84	6	M
Tripleberry® Smoothie - Large	460	0	0	0	0	180	107	2	104	8	M
Tripleberry® Smoothie - XLarge	660	0	0	0	0	220	153	3	149	10	M

Julius® Originals

Blueberry Mango Twist Julius Original - Small	340	0.2	0	0	0	35	85	1	82	1	E\W
Blueberry Mango Twist Julius Original - Medium	490	0.3	0	0	0	45	121	1	116	1	E\W
Blueberry Mango Twist Julius Original - Large	720	0.5	0	0	0	70	177	2	170	2	E\W
Coconana Berry Julius - Small	300	0	0	0	0	35	75	1	70	1	E\W
Coconana Berry Julius - Medium	430	0	0	0	0	45	105	2	99	1	E\W
Coconana Berry Julius - Large	630	0	0	0	0	70	155	3	147	1	E\W
Orange Julius - Small	200	0	0	0	0	35	50	0	48	1	E\W
Orange Julius - Medium	260	0	0	0	0	45	65	0	62	1	E\W
Orange Julius - Large	400	0	0	0	0	70	99	0	95	2	E\W
Strawberry Banana Julius - Small	330	4.5	4.5	0	0	75	71	1	64	1	E\W\T
Strawberry Banana Julius - Medium	460	7	7	0	0	105	99	3	86	2	E\W\T
Strawberry Banana Julius - Large	670	9	9	0	0	150	146	4	129	3	E\W\T
Strawberry Mango Rush Julius Original - Small	340	0.3	0	0	0	35	85	2	79	1	E\W
Strawberry Mango Rush Julius Original - Medium	480	0.4	0.1	0	0	50	119	3	109	1	E\W
Strawberry Mango Rush Julius Original - Large	690	0.5	0.1	0	0	75	171	4	159	2	E\W
Tripleberry® Julius - Small	340	4.5	4.5	0	0	70	74	1	68	1	E\W\T
Tripleberry® Julius - Medium	470	7	7	0	0	100	101	2	92	2	E\W\T
Tripleberry® Julius - Large	680	9	9	0	0	140	147	2	136	3	E\W\T

Supplemental Facts

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Vitamin B6 (%DV)	Vitamin B12 (%DV)	Vitamin E (%DV)	Allergens
Add A Banana - Small	30	25	0	0	0	0	0	7	1	4	0	0	4	0	0	6	0	0	
Add A Banana - Medium	44	40	0	0	0	0	0	10	1	5	0	0	6	0	0	8	0	0	
Add A Banana - Large	59	50	0	0	0	0	0	13	2	7	1	0	8	0	0	10	0	0	
Add A Banana - XLarge	74	70	0	0	0	0	0	17	2	9	1	0	10	0	2	15	0	0	
Antioxidant Boost	6	20	0	0	0	0	0	5	0	0	0	0	261	0	0	0	0	0	
Protein Boost	13	50	0	0	0	0	90	0	0	0	12	0	0	0	0	0	0	0	M

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