

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 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

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. Allergen information is provided by the ingredient or product manufacturer. The information in this information assumes compliance by locations with ingredient requirements and standardized preparation procedures. Seasonal and manufacturer variations may also affect information.

This brochure does not apply to: (1) limited time offers or test items; (2) soft-serve products in some Illinois and New Jersey stores that use a soft-serve differing significantly in nutritional content from the standard DQ soft-serve, including increased butterfat content in the NJ stores; (3) MooLatté® drinks and Julius® Originals in a small number of mall locations that do not carry Arctic Rush®, which have up to 190 more calories per beverage; (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. 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.

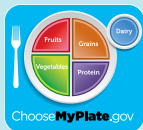
Gluten Sensitive: Gluten is in many DQ products and cross contact may easily occur during product preparation. For those with gluten sensitivity, we recommend trying one of our manufactured novelties: Dilly Bars, Buster Bar Treats, Fudge Bars, Vanilla Orange Bars, or Starkiss® Bars, which can be found in 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.

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.

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

Consumer Relations
P.O. Box 390286
Minneapolis, MN 55439-0286



To learn more visit: www.choosemyplate.gov



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DQ BAKES!

Nutrition & Allergens

Treats – USA



Nutrition and allergy information is current as of January 2016.
For the most current nutrition information, visit www.dq.com

D016012260

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 F 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 fat¹ and is 140 calories per creamy 1/2 cup^{1,2}? That sounds as good as it tastes.



Dairy Queen® Menu: Better for you Choices

The menu at Dairy Queen restaurants offer quality choices.

Here are some ideas:



DQ® Small Strawberry Sundae

230
calories



DQ® Small Vanilla Cone

230
calories

DQ® Fudge Bar*

No sugar added
and fat free



50
calories

¹See nutrition facts for total fat content for DQ® treat items. ²For 4 fl. oz. of soft serve only. Doesn't apply to finished treat products.

*At participating locations.

Nutrition Facts

BLIZZARD® TREATS

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Banana Split - Mini	280	70	8	5	0	25	105	47	1	39	6	M
Banana Split - Small	450	120	13	8	0.5	45	180	73	1	61	11	M
Banana Split - Medium	580	140	16	10	1	55	220	97	1	81	14	M
Banana Split - Large	820	200	22	14	1	75	300	138	2	115	19	M
Brownie Batter - Mini	370	130	15	8	0	40	190	54	1	41	9	E/M/S/W
Brownie Batter - Small	660	240	27	14	1	65	340	94	3	71	15	E/M/S/W
Brownie Batter - Medium	880	330	37	18	1	90	460	126	4	93	20	E/M/S/W
Brownie Batter - Large	1150	430	48	23	1.5	115	610	163	6	121	25	E/M/S/W
Brownie Cookie Dough - Mini	440	160	18	11	0	40	220	64	1	48	8	E/M/S/W
Brownie Cookie Dough - Small	790	290	33	20	1	70	410	115	3	84	14	E/M/S/W
Brownie Cookie Dough - Medium	1140	430	48	29	1	95	600	166	4	121	20	E/M/S/W
Brownie Cookie Dough - Large	1500	560	63	39	1.5	125	790	218	6	158	26	E/M/S/W
Butterfinger® - Mini	350	110	12	7	0	30	150	53	0	42	8	M/P/S
Butterfinger - Small	520	160	18	11	0.5	40	220	78	1	60	12	M/P/S
Butterfinger - Medium	730	230	26	15	1	55	300	110	1	85	16	M/P/S
Butterfinger - Large	960	310	34	20	1	70	400	146	1	112	21	M/P/S
Chocolate Xtreme - Mini	400	150	17	9	0	40	190	57	2	45	9	E/M/S/W
Chocolate Xtreme - Small	620	250	28	15	0.5	55	300	87	3	68	12	E/M/S/W
Chocolate Xtreme - Medium	800	320	36	20	1	75	390	113	5	87	16	E/M/S/W
Chocolate Xtreme - Large	1120	460	51	28	1	100	540	156	7	120	22	E/M/S/W
Cookie Dough - Mini	420	140	16	9	0	35	220	61	1	47	8	E/M/S/W
Cookie Dough - Small	710	250	28	16	0.5	55	390	103	1	77	12	E/M/S/W
Cookie Dough - Medium	1030	370	41	24	1	75	570	150	2	112	17	E/M/S/W
Cookie Dough - Large	1330	480	53	31	1	95	750	194	2	144	22	E/M/S/W
Heath® - Mini	370	140	15	9	0	30	180	53	0	46	8	M/S/T
Heath - Small	600	230	26	16	0.5	50	300	83	1	73	11	M/S/T
Heath - Medium	860	340	37	23	1	65	430	118	1	105	16	M/S/T
Heath - Large	1140	450	50	31	1.5	85	580	158	2	140	20	M/S/T
M&M's® Chocolate Candy - Mini	370	110	12	8	0	30	125	58	1	50	8	M/S(P)
M&M's Chocolate Candy - Small	630	180	20	13	0.5	50	210	99	1	86	13	M/S(P)
M&M's Chocolate Candy - Medium	800	240	26	17	1	60	250	124	2	107	16	M/S(P)
M&M's Chocolate Candy - Large	1100	320	35	22	1	80	350	173	3	150	22	M/S(P)
Oreo® Cookies - Mini	380	130	14	10	0	30	210	55	1	42	8	M/S/W
Oreo Cookies - Small	620	210	24	16	0.5	40	350	89	1	66	12	M/S/W
Oreo Cookies - Medium	790	280	31	22	1	50	480	114	2	82	15	M/S/W
Oreo Cookies - Large	1140	400	44	31	1	75	670	165	3	121	22	M/S/W
Peanut Butter Cookie Dough Smash - Mini	440	160	18	10	0	35	230	60	1	45	9	E/M/P/S/W(T)
Peanut Butter Cookie Dough Smash - Small	810	320	35	18	1	65	450	109	2	81	16	E/M/P/S/W(T)
Peanut Butter Cookie Dough Smash - Medium	1130	460	51	25	1	85	660	149	4	109	22	E/M/P/S/W(T)
Peanut Butter Cookie Dough Smash - Large	1510	630	70	33	1.5	115	890	196	5	142	29	E/M/P/S/W(T)
Reese's® Peanut Butter Cups - Mini	360	130	14	8	0	30	170	50	1	43	9	M/P/S
Reese's Peanut Butter Cups - Small	580	210	24	12	0.5	45	290	79	1	68	15	M/P/S
Reese's Peanut Butter Cups - Medium	750	290	32	16	1	60	380	102	2	88	19	M/P/S
Reese's Peanut Butter Cups - Large	1010	380	43	21	1	80	510	136	3	118	25	M/P/S
Salted Caramel Truffle - Mini	450	180	20	12	0.5	40	220	61	1	50	8	M/S
Salted Caramel Truffle - Small	780	330	36	22	1	65	390	104	2	85	13	M/S
Salted Caramel Truffle - Medium	1050	440	49	31	1	90	530	141	3	115	18	M/S
Salted Caramel Truffle - Large	1410	600	67	41	1.5	120	720	188	4	153	23	M/S

Nutrition Facts

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
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BLIZZARD® TREATS

<i>Snickers</i> ® - Mini	360	110	12	7	0	30	150	55	1	47	9	E/M/P/S(T)
<i>Snickers</i> - Small	610	190	21	11	1	45	260	92	1	78	14	E/M/P/S(T)
<i>Snickers</i> - Medium	770	250	27	14	1	55	330	114	2	97	17	E/M/P/S(T)
<i>Snickers</i> - Large	1050	330	37	19	1.5	75	450	159	2	135	23	E/M/P/S(T)
Strawberry Cheesecake - Mini	320	110	12	7	0.5	40	150	45	0	37	8	E/M/S/W(P/T)
Strawberry Cheesecake - Small	510	170	19	12	1	70	250	72	0	59	12	E/M/S/W(P/T)
Strawberry Cheesecake - Medium	670	230	25	15	1	90	330	95	1	77	16	E/M/S/W(P/T)
Strawberry Cheesecake - Large	890	300	34	20	1.5	120	440	127	1	103	21	E/M/S/W(P/T)
Turtle Pecan Cluster - Mini	400	170	18	10	0	30	160	52	1	42	8	M/S/T
Turtle Pecan Cluster - Small	670	280	31	16	1	50	270	86	2	69	13	M/S/T
Turtle Pecan Cluster - Medium	900	430	48	26	1	60	340	105	3	85	16	M/S/T
Turtle Pecan Cluster - Large	1310	610	68	38	1.5	80	500	158	4	127	23	M/S/T

SHAKES AND MALTS

Shake, Banana - Small	480	170	19	13	1	45	190	66	1	55	13	M/S
Shake, Banana - Medium	600	200	22	16	1	55	240	85	1	69	16	M/S
Shake, Banana - Large	760	240	27	19	1.5	75	310	111	2	90	21	M/S
Shake, Caramel - Small	560	180	20	14	1	50	240	81	0	67	13	M/S
Shake, Caramel - Medium	760	220	25	17	1.5	65	340	117	0	94	17	M/S
Shake, Caramel - Large	990	280	31	21	1.5	85	450	156	0	125	22	M/S
Shake, Chocolate - Small	540	170	19	14	1	45	220	79	1	68	13	M/S
Shake, Chocolate - Medium	720	210	23	16	1	60	290	112	1	97	16	M/S
Shake, Chocolate - Large	930	250	28	19	1.5	75	380	149	2	130	21	M/S
Shake, Hot Fudge - Small	560	200	22	17	1	45	240	77	0	63	13	M/S
Shake, Hot Fudge - Medium	760	260	29	23	1.5	60	330	108	1	86	17	M/S
Shake, Hot Fudge - Large	1000	340	37	29	1.5	75	450	142	1	114	23	M/S
Shake, Peanut Butter - Small	650	310	34	16	1	45	370	70	1	55	16	M/P/S(T)
Shake, Peanut Butter - Medium	940	480	53	20	1	60	590	93	3	70	22	M/P/S(T)
Shake, Peanut Butter - Large	1260	650	72	26	1.5	75	830	121	4	90	30	M/P/S(T)
Shake, Strawberry - Small	490	170	19	14	1	45	200	68	0	58	13	M/S
Shake, Strawberry - Medium	620	200	23	16	1	60	260	89	0	76	16	M/S
Shake, Strawberry - Large	790	250	27	19	1.5	75	330	115	1	98	21	M/S
Shake, Vanilla - Small	530	170	19	14	1	50	210	76	0	66	13	M/S
Shake, Vanilla - Medium	670	210	23	16	1	60	260	99	0	87	16	M/S
Shake, Vanilla - Large	870	260	29	20	1.5	80	340	130	0	114	22	M/S
Make It A Malt Adds - Small	60	5	0.5	0	0	0	40	12	0	9	1	M/S
Make It A Malt Adds - Medium	90	10	1	0	0	5	60	17	0	14	2	M/S
Make It A Malt Adds - Large	110	10	1.5	0.5	0	5	80	23	0	18	2	M/S

ARCTIC RUSH® Frozen Beverages

<i>Arctic Rush</i> , All Flavors - Small	200	0	0	0	0	0	35	50	0	50	0	
<i>Arctic Rush</i> , All Flavors - Medium	260	0	0	0	0	0	40	64	0	64	0	
<i>Arctic Rush</i> , All Flavors - Large	340	0	0	0	0	0	55	85	0	85	0	

Nutrition Facts

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
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MOOLATTÉ® Frozen Blended Coffee

Cappuccino Moolatté - Small	430	140	15	11	1	30	160	65	0	58	8	M/S
Cappuccino Moolatté - Medium	540	170	18	13	1	45	210	83	0	74	11	M/S
Cappuccino Moolatté - Large	670	190	21	15	1	55	260	107	0	96	13	M/S
Caramel Moolatté - Small	500	140	16	11	1	35	200	81	0	69	8	M/S
Caramel Moolatté - Medium	620	170	19	13	1	45	250	103	0	87	11	M/S
Caramel Moolatté - Large	790	200	22	15	1	55	330	136	0	116	13	M/S
Vanilla Moolatté - Small	480	130	15	11	1	30	160	78	0	71	8	M/S
Vanilla Moolatté - Medium	600	160	18	13	1	40	210	99	0	90	10	M/S
Vanilla Moolatté - Large	740	180	20	14	1	50	260	128	0	117	12	M/S
Mocha Moolatté - Small	490	160	18	12	1	30	180	74	1	65	8	M/S
Mocha Moolatté - Medium	630	220	24	14	1	40	250	95	1	84	11	M/S
Mocha Moolatté - Large	790	260	29	16	1	50	320	122	2	108	14	M/S

DRINKS

Coca-Cola - Small	220	0	0	0	0	0	50	59	0	59	0	
Coca-Cola - Medium	280	0	0	0	0	0	65	78	0	78	0	
Coca-Cola - Large	460	0	0	0	0	0	105	125	0	125	0	
Diet Coke - Small	0	0	0	0	0	0	70	0	0	0	0	
Diet Coke - Medium	0	0	0	0	0	0	90	0	0	0	0	
Diet Coke - Large	0	0	0	0	0	0	150	0	0	0	0	
Sprite - Small	210	0	0	0	0	0	95	57	0	57	0	
Sprite - Medium	280	0	0	0	0	0	125	75	0	75	0	
Sprite - Large	450	0	0	0	0	0	200	121	0	121	0	
Barq's - Small	240	0	0	0	0	0	100	67	0	67	0	
Barq's - Medium	320	0	0	0	0	0	130	87	0	87	0	
Barq's - Large	520	0	0	0	0	0	210	141	0	141	0	
Pepsi - Small	200	0	0	0	0	0	40	56	0	56	0	
Pepsi - Medium	260	0	0	0	0	0	55	74	0	74	0	
Pepsi - Large	430	0	0	0	0	0	85	119	0	119	0	
Diet Pepsi - Small	0	0	0	0	0	0	55	0	0	0	0	
Diet Pepsi - Medium	0	0	0	0	0	0	70	0	0	0	0	
Diet Pepsi - Large	0	0	0	0	0	0	115	0	0	1	0	
Sierra Mist - Small	200	0	0	0	0	0	40	54	0	54	0	
Sierra Mist - Medium	260	0	0	0	0	0	55	71	0	71	0	
Sierra Mist - Large	430	0	0	0	0	0	85	115	0	115	0	
Mountain Dew - Small	220	0	0	0	0	0	70	58	0	58	0	
Mountain Dew - Medium	290	0	0	0	0	0	90	76	0	76	0	
Mountain Dew - Large	470	0	0	0	0	0	150	123	0	123	0	
Mug Root Beer - Small	200	0	0	0	0	0	30	52	0	52	0	
Mug Root Beer - Medium	260	0	0	0	0	0	40	68	0	68	0	
Mug Root Beer - Large	430	0	0	0	0	0	65	111	0	111	0	
Dr Pepper - Small	200	0	0	0	0	0	70	55	0	55	0	
Dr Pepper - Medium	270	0	0	0	0	0	95	72	0	72	0	
Dr Pepper - Large	430	0	0	0	0	0	150	116	0	116	0	
Bottled Water	0	0	0	0	0	0	0	0	0	0	0	
Coffee - 12 oz.	5	0	0	0	0	0	5	0	0	0	0	
Coffee - 16 oz.	5	0	0	0	0	0	10	0	0	0	1	
Milk, 2% - 12 oz.	220	80	9	6	0	35	210	21	0	21	15	M
Milk, 2% - 16 oz.	280	100	11	7	0	45	260	27	0	27	18	M
Orange Juice - 12 oz.	190	0	0	0	0	0	25	44	0	40	3	
Orange Juice - 16 oz.	230	5	0	0	0	0	35	55	0	49	4	

Allergens: E = Egg F = Fish M = Milk P = Peanut SF = Shellfish S = Soy T = Tree Nuts W = Wheat () = May Contain * = Local source - check at store

Nutrition Facts

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
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HOT DESSERTS À LA MODE

Fudge Stuffed Cookie Dessert	640	300	33	17	0	55	380	80	3	55	10	E/M/S/W
Triple Chocolate Brownie Treat	540	230	25	9	0	40	280	74	3	57	8	E/M/S/W
Apple Tart	570	230	26	15	0	50	290	78	2	47	8	M/W

ROYAL TREATS®

Peanut Buster® Parfait	710	270	30	18	0.5	35	340	94	3	69	17	M/P/S
Banana Split	510	120	14	9	0.5	30	150	92	4	71	9	M/S

SUNDAES

Sundae, Caramel - Small	300	70	8	5	0	25	130	50	0	40	6	M
Sundae, Caramel - Medium	430	100	11	7	0.5	35	190	73	0	58	9	M
Sundae, Caramel - Large	600	140	16	10	1	55	260	102	0	81	12	M
Sundae, Chocolate - Small	280	60	7	4.5	0	25	110	48	1	41	6	M
Sundae, Chocolate - Medium	400	90	10	6	0	30	160	70	1	60	8	M
Sundae, Chocolate - Large	560	130	14	9	0.5	45	220	97	1	84	12	M
Sundae, Hot Fudge - Small	300	90	10	8	0	25	125	46	0	36	6	M/S
Sundae, Hot Fudge - Medium	430	130	15	11	0.5	35	190	66	1	52	9	M/S
Sundae, Hot Fudge - Large	610	190	21	16	1	50	260	93	1	74	13	M/S
Sundae, Peanut Butter - Small	380	190	22	7	0	25	260	39	1	28	9	M/P/S(T)
Sundae, Peanut Butter - Medium	560	290	32	10	0	30	380	56	2	40	13	M/P/S(T)
Sundae, Peanut Butter - Large	780	400	44	13	0.5	45	520	79	3	58	18	M/P/S(T)
Sundae, Pineapple - Small	230	60	7	4.5	0	25	90	37	0	32	6	M
Sundae, Pineapple - Medium	330	90	10	6	0	30	130	54	0	46	8	M
Sundae, Pineapple - Large	470	120	14	9	0.5	45	180	76	1	66	11	M
Sundae, Strawberry - Small	230	60	7	4.5	0	25	90	37	0	31	6	M
Sundae, Strawberry - Medium	330	90	10	6	0	30	130	53	0	44	8	M
Sundae, Strawberry - Large	470	120	14	9	0.5	45	180	75	0	63	12	M

CONES

Vanilla Cone - Kids'	170	40	4.5	3	0	15	65	27	0	18	4	M/S/W
Vanilla Cone - Small	230	60	7	4.5	0	25	95	37	0	26	6	M/S/W
Vanilla Cone - Medium	330	90	9	6	0	30	130	52	0	36	9	M/S/W
Vanilla Cone - Large	460	120	14	9	0.5	45	190	72	0	52	12	M/S/W
Chocolate Cone - Kids'	170	40	4.5	3	0	15	70	28	0	18	4	M/S/W
Chocolate Cone - Small	240	60	7	4.5	0	20	100	38	0	26	6	M/S/W
Chocolate Cone - Medium	330	90	9	6	0.5	30	140	53	0	36	8	M/S/W
Chocolate Cone - Large	470	120	14	9	1	45	200	75	0	52	12	M/S/W
Dipped Cone, Chocolate - Kids'	220	80	9	7	0	15	70	30	0	20	4	M/S/W
Dipped Cone, Chocolate - Small	330	130	15	12	0	25	100	42	1	30	6	M/S/W
Dipped Cone, Chocolate - Medium	460	190	22	17	0.5	30	140	60	1	43	9	M/S/W
Dipped Cone, Chocolate - Large	640	270	30	24	1	45	200	83	1	61	13	M/S/W

WAFFLE CONE BLIZZARD® TREATS (Add to any Blizzard Treat)

Waffle Cone, Dipped	240	100	11	6	0	5	35	32	1	20	2	E/M/S/W
Waffle Cone, Plain	110	25	2.5	0	0	5	0	22	0	10	2	E/M/S/W

WAFFLE CONES

Chocolate Coated Waffle Cone w/ Soft Serve	540	190	21	13	0.5	40	160	77	1	57	10	E/M/S/W
Plain Waffle Cone with Soft Serve	410	110	12	7	0.5	40	125	66	0	47	10	E/M/S/W

Nutrition Facts

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
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PREMIUM FRUIT SMOOTHIES

Strawberry Banana - Small	260	5	0	0	0	0	90	66	2	57	4	M
Strawberry Banana - Medium	350	5	0.5	0	0	0	130	89	2	76	6	M
Strawberry Banana - Large	440	5	1	0	0	0	170	110	3	94	8	M
Mango Pineapple - Small	250	5	0	0	0	0	85	60	1	55	3	M
Mango Pineapple - Medium	340	5	0	0	0	0	130	79	1	72	5	M
Mango Pineapple - Large	420	5	0.5	0	0	0	170	99	1	89	6	M
Tripleberry® - Small	290	5	1	0	0	0	85	70	1	64	3	M
Tripleberry - Medium	380	10	1	0	0	0	125	91	2	83	5	M
Tripleberry - Large	470	10	1.5	0	0	0	170	113	2	103	7	M
Piña Colada - Small	240	0	0	0	0	0	95	56	1	52	4	M/T
Piña Colada - Medium	350	5	0	0	0	0	135	83	1	76	5	M/T
Piña Colada - Large	470	5	0	0	0	0	180	109	1	100	7	M/T
Orange - Small	250	0	0	0	0	0	90	60	0	54	3	M
Orange - Medium	360	5	0	0	0	0	135	84	0	75	4	M
Orange - Large	460	5	0	0	0	0	180	108	0	96	6	M
Strawberry - Small	230	5	0	0	0	0	90	59	1	53	4	M
Strawberry - Medium	310	5	0.5	0	0	0	130	78	1	70	5	M
Strawberry - Large	390	5	0.5	0	0	0	170	97	1	86	7	M
Orange Berry Smoothie - Small	250	5	0	0	0	0	85	63	1	55	3	M
Orange Berry Smoothie - Medium	340	5	0	0	0	0	125	83	1	73	5	M
Orange Berry Smoothie - Large	420	5	0.5	0	0	0	170	103	1	90	6	M
Berry Pomegranate Smoothie - Small	280	5	0.5	0	0	0	90	69	1	63	3	M
Berry Pomegranate Smoothie - Medium	380	10	1	0	0	0	130	90	1	81	5	M
Berry Pomegranate Smoothie - Large	470	10	1	0	0	0	170	112	1	100	6	M

JULIUS® ORIGINALS

Strawberry Banana - Small	330	40	4.5	4	0	0	70	73	2	63	2	E/M/S/T
Strawberry Banana - Medium	460	60	7	6	0	0	100	101	3	86	3	E/M/S/T
Strawberry Banana - Large	670	80	9	8	0	0	140	149	4	129	4	E/M/S/T
Mango Pineapple - Small	240	0	0	0	0	0	35	58	0	57	0	E/M
Mango Pineapple - Medium	310	0	0	0	0	0	45	78	1	76	1	E/M
Mango Pineapple - Large	470	5	0	0	0	0	70	117	1	114	1	E/M
Tripleberry - Small	340	40	4.5	4	0	0	70	75	2	67	1	E/M/S/T
Tripleberry - Medium	470	60	7	6	0	0	95	102	2	91	2	E/M/S/T
Tripleberry - Large	680	80	9	8	0	0	135	149	3	134	3	E/M/S/T
Piña Colada - Small	380	40	4.5	4	0	0	70	82	2	74	2	E/M/S/T
Piña Colada - Medium	510	60	7	6	0	0	100	109	3	98	3	E/M/S/T
Piña Colada - Large	750	80	9	8	0	0	140	164	4	148	4	E/M/S/T
Orange - Small	200	0	0	0	0	0	35	50	0	48	0	E/M
Orange - Medium	260	0	0	0	0	0	45	65	0	62	0	E/M
Orange - Large	400	0	0	0	0	0	65	99	0	95	0	E/M
Strawberry - Small	220	0	0	0	0	0	35	58	1	56	1	E/M
Strawberry - Medium	300	0	0	0	0	0	45	77	1	74	1	E/M
Strawberry - Large	450	5	0	0	0	0	70	116	1	112	1	E/M
Orange Berry Smoothie - Small	230	0	0	0	0	0	35	59	0	57	0	E/M
Orange Berry Smoothie - Medium	310	0	0	0	0	0	45	79	1	76	1	E/M
Orange Berry Smoothie - Large	470	5	0	0	0	0	70	119	1	114	1	E/M
Berry Pomegranate Smoothie - Small	250	5	0	0	0	0	35	63	1	61	0	E/M
Berry Pomegranate Smoothie - Medium	340	5	0	0	0	0	45	84	1	81	1	E/M
Berry Pomegranate Smoothie - Large	500	5	0.5	0	0	0	70	125	1	121	1	E/M

Allergens: E = Egg F = Fish M = Milk P = Peanut SF = Shellfish S = Soy T = Tree Nuts W = Wheat () = May Contain * = Local source - check at store

Nutrition Facts

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
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LIGHT PREMIUM FRUIT SMOOTHIES

Strawberry Banana - Small	170	0	0	0	0	0	15	46	1	42	1	
Strawberry Banana - Medium	210	5	0	0	0	0	20	58	2	53	1	
Strawberry Banana - Large	260	5	0	0	0	0	25	71	2	64	2	
Mango Pineapple - Small	170	0	0	0	0	0	15	43	1	41	0	
Mango Pineapple - Medium	210	0	0	0	0	0	15	53	1	51	1	
Mango Pineapple - Large	260	0	0	0	0	0	20	65	1	62	1	
Tripleberry - Small	160	5	0	0	0	0	10	40	1	38	1	
Tripleberry - Medium	210	5	0.5	0	0	0	15	52	1	50	1	
Tripleberry - Large	260	5	1	0	0	0	20	66	2	63	1	
Piña Colada - Small	160	0	0	0	0	0	20	40	1	38	1	T
Piña Colada - Medium	200	0	0	0	0	0	20	49	1	47	1	T
Piña Colada - Large	270	0	0	0	0	0	30	66	1	64	1	T
Orange - Small	140	0	0	0	0	0	15	35	0	32	0	
Orange - Medium	170	0	0	0	0	0	15	41	0	38	0	
Orange - Large	230	0	0	0	0	0	25	56	0	52	0	
Strawberry - Small	170	0	0	0	0	0	15	46	1	44	1	
Strawberry - Medium	210	0	0	0	0	0	20	56	1	54	1	
Strawberry - Large	260	0	0	0	0	0	30	70	1	67	1	
Orange Berry Smoothie - Small	180	0	0	0	0	0	15	47	1	44	1	
Orange Berry Smoothie - Medium	220	0	0	0	0	0	20	57	1	54	1	
Orange Berry Smoothie - Large	280	0	0	0	0	0	25	74	1	69	1	
Berry Pomegranate Smoothie - Small	150	5	0	0	0	0	15	39	1	37	0	
Berry Pomegranate Smoothie - Medium	210	5	0	0	0	0	15	52	1	49	1	
Berry Pomegranate Smoothie - Large	260	5	0.5	0	0	0	25	65	1	61	1	

ADD A BANANA

Banana - Small Drink	25	0	0	0	0	0	0	7	1	4	0	
Banana - Medium Drink	40	0	0	0	0	0	0	10	1	5	0	
Banana - Large Drink	50	0	0	0	0	0	0	13	2	7	1	

Supplemental Facts

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (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
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JULIUS® ORIGINALS

Antioxidant Nutrition Boost	20	-	-	-	-	-	5	-	-	-	71	392	-	-	-	-	116	
Energy Nutrition Boost	20	-	-	-	-	-	5	-	-	-	-	-	-	-	1074	4475	-	
Vitamin C Nutrition Boost	20	-	-	-	-	-	5	-	-	-	-	347	-	-	-	-	-	
Protein Nutrition Boost	50	0	0	0	0	5	100	0	0	0	12	-	-	-	-	-	-	M/S