

Dairy Queen Menu

Complete Menu With Prices & Calories — 2026

Prices may vary by location. Updated May 2026.

Dairy Queen 85th Birthday Celebrates & Summer Blizzard Treat Menu

#	Menu Item Name	Price	Calories
1	Mixing Bowl Mashup Blizzard Treat	\$4.99	430-1410 Cal
2	Dipped Strawberry Cheesecake Blizzard Treat	\$5.49	310-910 Cal
3	S'mores Blizzard Treat	\$4.99	350-980 Cal
4	Confetti Cake Blizzard Treat	\$4.99	380-1100 Cal
5	Cotton Candy Blizzard Treat	\$4.99	360-990 Cal

MooLatte Frozen Blended Coffee

#	Menu Item Name	Price	Calories
1	Cappuccino MooLatte	\$3.39	450-700 Cal
2	Mocha MooLatte	\$3.39	500-780 Cal
3	Caramel MooLatte	\$4.59	490-780 Cal
4	Vanilla MooLatte	\$3.39	450-700 Cal

Dairy Queen Blizzard Treats Menu

#	Menu Item Name	Price	Calories
1	Choco Brownie Extreme Blizzard Treat	\$5.39	400-1120 Cal
2	Royal New York Cheesecake Blizzard Treat	\$4.91	450-1350 Cal
3	Royal Reese's Fluffernutter Blizzard Treat	\$4.99	360-1000 Cal
4	SNICKERS Blizzard Treat	\$4.99	350-1060 Cal
5	HEATH Blizzard Treat	\$4.99	370-1150 Cal
6	OREO Cookie Blizzard Treat	\$3.49	380-1140 Cal

#	Menu Item Name	Price	Calories
7	Butterfinger Blizzard Treat	\$4.99	350-970 Cal
8	REESE'S Peanut Butter Cup Blizzard Treat	\$4.99	360-1000 Cal

Dairy Queen Chicken Strip Baskets

#	Menu Item Name	Price	Calories
1	6-Piece Chicken Strip Basket	\$13.19	1090-1440 Cal
2	Sauced & Tossed Honey BBQ Chicken Strip Basket	\$10.79	1140-1480 Cal
3	4-Piece Chicken Strip Basket	\$9.69	1020-1300 Cal

Dairy Queen Classic Treats

#	Menu Item Name	Price	Calories
1	DQ Sandwich	\$1.99	190 Cal
2	BUSTER BAR Treat	\$4.99	480 Cal
3	Dilly Bar Chocolate	\$2.15	220 Cal
4	Non-Dairy Dilly Bar	\$2.59	240 Cal
5	Peanut Buster Parfait	\$4.39	710 Cal
6	Banana Split	\$4.39	520 Cal
7	HEATH Caramel Brownie Cupfection	\$5.59	760 Cal
8	Brownie and OREO Cupfection	\$7.80	720 Cal

Dairy Queen Orange Julius

#	Menu Item Name	Price	Calories
1	Strawberry Banana Premium Fruit Smoothie	\$2.89	260-440 Cal
2	Mango Pineapple Premium Fruit Smoothie	\$2.89	250-420 Cal
3	Strawberry Banana Julius Original	\$2.99	330-670 Cal

Dairy Queen Icy, Cold Beverages

#	Menu Item Name	Price	Calories
1	Lemonade Twisty Misty Slush	\$2.99	200-340 Cal

#	Menu Item Name	Price	Calories
2	Lemon Lime Arctic Rush	\$2.99	200-340 Cal
3	Cherry Ade	\$2.99	200-340 Cal
4	Lime Ade	\$2.99	200-340 Cal

Soft Drinks & Water

#	Menu Item Name	Price	Calories
1	Dr Pepper	\$2.39	0 Cal
2	Brisk Iced Tea	\$2.39	0 Cal
3	Diet Coke	\$2.89	0 Cal
4	Barq's Root Beer	\$2.39	0 Cal
5	Coke	\$2.39	0 Cal
6	Sprite	\$2.39	0 Cal

Burgers & Sandwiches

#	Menu Item Name	Price	Calories
1	Crispy Chicken Sandwich	\$6.69	550 Cal
2	Grilled Chicken Sandwich	\$6.69	530 Cal
3	Spicy Chicken Strip Sandwich	\$6.69	530 Cal
4	Double Cheeseburger	\$7.67	720-920 Cal
5	Loaded A1 Steakhouse Burger	\$8.52	720-910 Cal

Dairy Queen Tex-Mex Menu

#	Menu Item Name	Price	Calories
1	Texas T-Brand Tacos	\$3.49	240 Cal
2	Nachos Deluxe	\$4.99	580 Cal
3	Beef Taco Salad	\$6.49	530 Cal
4	Grilled Chicken Taco Salad	\$6.49	400 Cal

Dairy Queen Favorites Items

#	Menu Item Name	Price	Calories
1	Classic Hot Dog	\$2.99	330 Cal
2	Chili Cheese Dog	\$2.49	420 Cal
3	Hamburger	\$3.49	350 Cal
4	Original Cheeseburger	\$4.29	400 Cal
5	Wild Alaskan Fish Sandwich	\$6.24	420 Cal

Dairy Queen Drinks

#	Menu Item Name	Price	Calories
1	Frozen Hot Chocolate	\$4.99	530-920 Cal
2	Vanilla Shake or Malt	\$4.99	520-860 Cal
3	Orange Cream Flavored Shake	\$4.99	490-800 Cal
4	Strawberry Shake or Malt	\$4.99	490-800 Cal

Kids' Meals

#	Menu Item Name	Price	Calories
1	Kids Hot Dog Meal	\$2.99	330 Cal
2	Steak Fingers	\$5.00	280 Cal
3	Hamburger (Kids)	\$3.49	350 Cal
4	Kids Chicken Strips Meal	\$5.00	280 Cal

Dairy Queen Snacks, Sides & Salads

#	Menu Item Name	Price	Calories
1	Pretzel Sticks with Zesty Queso	\$4.31	330 Cal
2	Cheese Curds	\$3.49	510-550 Cal
3	Grilled Chicken Salad Bowl	\$7.39	290 Cal

Blizzard Cakes

#	Menu Item Name	Price	Calories
1	Choco Brownie Xtreme Blizzard Cake	\$24.99+	Varies by size

#	Menu Item Name	Price	Calories
2	Chocolate Chip Cookie Dough Blizzard Cake	\$24.99+	Varies by size
3	Oreo Blizzard Cake	\$24.99+	Varies by size
4	Reese's Peanut Butter Cup Blizzard Cake	\$24.99+	Varies by size

Kids Drink Options

#	Menu Item Name	Price	Calories
1	Milk	\$2.74	110 Cal
2	Bottled Water	\$2.19	0 Cal

Enjoy Layers of Celebration with a DQ Cake Menu

#	Menu Item Name	Price	Calories
1	Sheet Cakes	\$39.99+	Varies by size
2	Round Cakes	\$24.99+	Varies by size

Cones (Additional Varieties)

#	Menu Item Name	Price	Calories
1	Vanilla Cone (Small)	\$2.79	160 Cal
2	Vanilla Cone (Medium)	\$3.19	240 Cal
3	Vanilla Cone (Large)	\$3.69	340-450 Cal
4	Chocolate Dipped Cone (Small)	\$3.19	200 Cal
5	Chocolate Dipped Cone (Medium)	\$3.69	330 Cal
6	Chocolate Dipped Cone (Large)	\$4.19	470-640 Cal
7	Twist Cone (Small)	\$2.79	170 Cal
8	Twist Cone (Medium)	\$3.19	250 Cal

Sundaes (Additional Varieties)

#	Menu Item Name	Price	Calories
1	Hot Fudge Sundae (Small)	\$2.79	300 Cal
2	Hot Fudge Sundae (Medium)	\$3.49	440 Cal

#	Menu Item Name	Price	Calories
3	Hot Fudge Sundae (Large)	\$3.99	610 Cal
4	Strawberry Sundae (Small)	\$2.79	240 Cal
5	Strawberry Sundae (Medium)	\$3.19	340 Cal
6	Strawberry Sundae (Large)	\$3.69	490 Cal
7	Chocolate Sundae (Small)	\$2.79	270 Cal
8	Chocolate Sundae (Medium)	\$3.19	380 Cal
9	Chocolate Sundae (Large)	\$3.69	560 Cal
10	Caramel Sundae (Small)	\$2.79	300 Cal
11	Caramel Sundae (Medium)	\$3.19	430 Cal
12	Caramel Sundae (Large)	\$3.69	600 Cal
13	Small Sundae (2 for \$5 Deal)	\$3.49	240 Cal

Shakes & Malts

#	Menu Item Name	Price	Calories
1	Chocolate Shake or Malt (Small)	\$4.99	530 Cal
2	Chocolate Shake or Malt (Medium)	\$4.99	700 Cal
3	Chocolate Shake or Malt (Large)	\$4.99	920 Cal
4	Vanilla Shake or Malt (Small)	\$4.99	520 Cal
5	Vanilla Shake or Malt (Medium)	\$4.99	660 Cal
6	Vanilla Shake or Malt (Large)	\$4.99	860 Cal
7	Strawberry Shake or Malt (Small)	\$4.99	490 Cal
8	Strawberry Shake or Malt (Medium)	\$4.99	620 Cal
9	Strawberry Shake or Malt (Large)	\$4.99	800 Cal
10	Caramel Shake or Malt (Small)	\$4.99	550 Cal
11	Caramel Shake or Malt (Large)	\$4.99	980 Cal
12	Peanut Butter Shake or Malt (Small)	\$4.99	640 Cal
13	Peanut Butter Shake or Malt (Large)	\$4.99	1250 Cal
14	Hot Fudge Shake or Malt (Small)	\$4.99	430 Cal
15	Hot Fudge Shake or Malt (Large)	\$4.99	990 Cal

Snacks, Sides & Salads (Additional Items)

#	Menu Item Name	Price	Calories
1	French Fries (Small)	\$2.19	330 Cal
2	French Fries (Medium)	\$2.69	400 Cal
3	French Fries (Large)	\$3.19	500 Cal
4	Onion Rings (Regular)	\$2.69	400-450 Cal
5	Side Salad (no dressing)	\$1.99	25-35 Cal
6	Rotisserie-Style Chicken Bite Salad	\$5.99	400-450 Cal
7	Crispy Chicken BLT Salad	\$7.39	390 Cal
8	2-Piece Chicken Strips	\$3.49	280 Cal

Signature StackBurgers

#	Menu Item Name	Price	Calories
1	Original Cheeseburger Signature StackBurger	\$7.68	570-760 Cal
2	Bacon Cheese Deluxe Signature StackBurger	\$7.67	720-920 Cal
3	Cheese Deluxe Signature StackBurger	\$8.30	620-820 Cal
4	FlameThrower Signature StackBurger	\$8.52	720-910 Cal
5	Backyard Bacon Ranch Signature StackBurger	\$6.79	820-1020 Cal

Meal Deals & Value Combos

#	Menu Item Name	Price	Calories
1	3-Piece Chicken Strip Meal Deal	\$7.00	1010 Cal
2	Original Cheeseburger Meal Deal	\$7.00	1100 Cal
3	2 for \$5 Mix & Match (per item)	\$2.50	Varies
4	\$5 Buck Lunch (burger + fries + drink + sundae)	\$5.00	Varies
5	Original Cheeseburger (2 for \$5)	\$4.29	400 Cal
6	2-Piece Chicken Strips (2 for \$5)	\$3.49	280 Cal
7	Small Sundae (2 for \$5)	\$3.49	240 Cal
8	Regular Fries (2 for \$5)	\$2.19	330 Cal
9	Pretzel Sticks with Zesty Queso (2 for \$5)	\$4.31	330 Cal

Tripleberry & Additional Smoothies

#	Menu Item Name	Price	Calories
1	Tripleberry Premium Fruit Smoothie (Small)	\$2.89	280 Cal
2	Tripleberry Premium Fruit Smoothie (Medium)	\$3.39	370 Cal
3	Tripleberry Premium Fruit Smoothie (Large)	\$3.89	460 Cal
4	Orange Julius Original (Small)	\$2.69	200 Cal
5	Orange Julius Original (Medium)	\$3.19	300 Cal
6	Orange Julius Original (Large)	\$3.69	400 Cal

Kids' Sides & Treats

#	Menu Item Name	Price	Calories
1	Kids' Fries	\$2.79	280 Cal
2	Applesauce	\$1.49	45 Cal
3	Banana	\$1.29	110 Cal
4	Kid's Vanilla Cone	\$1.59	160 Cal
5	Kid's Dilly Bar	\$2.15	220 Cal

Nutritional Info & Dietary Considerations

1. Nutritional Overview

Dairy Queen provides nutrition facts for all permanent menu items at DQ Grill & Chill and Brazier locations. Nutritional data is based on analysis by R-TECH and Commercial Testing Laboratory, Inc., and representative values from manufacturers. Information is current as of March 30, 2026.

The USDA Dietary Guidelines recommend: limiting saturated fat to 20g and sodium to 2,300mg for a typical adult on a 2,000 calorie daily diet. Use these benchmarks when reviewing the calorie ranges below.

2. Calorie Guide by Category

Category	Lowest Cal Item	Calories	Highest Cal Item	Calories
Blizzard Treats	Mini OREO Blizzard	~380 Cal	Large Cookie Dough Blizzard	740 Cal
Classic Treats	DQ Sandwich	190 Cal	Peanut Buster Parfait	710 Cal
Burgers & Sandwiches	Hamburger	350 Cal	Loaded A1 Steakhouse Burger	720 Cal
Chicken Baskets	4-Piece Chicken Strip Basket	620 Cal	6-Piece Sauced Basket	1,480 Cal
Shakes & Malts	Hot Fudge Shake (Sm)	430 Cal	Peanut Butter Shake (Lg)	750 Cal
MooLatte Coffee	Vanilla MooLatte (Sm)	450 Cal	Caramel MooLatte (Lg)	780 Cal
Orange Julius	Orange Julius Original (Sm)	280 Cal	Strawberry Banana Julius (Lg)	670 Cal
Cold Beverages	Misty Slush (Sm)	200 Cal	Misty Slush (Lg)	340 Cal
Soft Drinks	Diet Coke	0 Cal	Regular Soda (Lg)	~250 Cal
Kids Meals	Kids Hot Dog	330 Cal	Kids Chicken Strips	280-350 Cal
Snacks & Sides	Grilled Chicken Salad	200 Cal	Cheese Curds	510-550 Cal
Cakes	Varies by slice size	-	Full Sheet Cake	Varies

3. Key Allergens at Dairy Queen

Dairy Queen menu items may contain 9 major allergens. DQ uses the following allergen codes on their official nutrition guide:

Allergen Code	Allergen	Commonly Found In
E	Egg	Soft serve, shakes, malts, Blizzards
F	Fish	Wild Alaskan Fish Sandwich, shared fryers
M	Milk / Dairy	All soft serve, Blizzards, shakes, cones, sundaes
P	Peanut	Reese's Blizzard, Peanut Buster Parfait, Butterfinger Blizzard

Allergen Code	Allergen	Commonly Found In
SF	Shellfish	Shared fryer risk - fries cooked in same oil
S	Soy	Frying oil (soybean blend), many sauces and toppings
T	Tree Nuts	Non-Dairy Dilly Bar (coconut), Heath Blizzard
W	Wheat / Gluten	Buns, Blizzard mix-ins, cones, most food items
()	May Contain	Cross-contact risk - not a guaranteed allergen

IMPORTANT: DQ locations cannot guarantee any item to be allergen-free. All locations use shared equipment including fryers, Blizzard mixing machines, and utensils. Always inform staff of any allergies before ordering.

4. Gluten & Gluten Sensitivity

Gluten is present in many DQ products and cross-contact may easily occur during preparation. DQ does not have dedicated gluten-free preparation zones.

Safer Options for Gluten-Sensitive Customers:

- Dilly Bars (in sealed clear plastic wrappers) - made without wheat, rye, oats, or barley
- Buster Bar Treats (in sealed clear plastic wrappers)
- Fudge Bars (factory-sealed)
- Vanilla Orange Bars (factory-sealed)
- Starkiss Bars (factory-sealed)
- Misty Slush (all flavors) - naturally gluten-free
- Plain Soft Serve in a cup (no cone)

NOTE: Dilly Bars and Buster Bars sold in paper bags are made on-site and are subject to cross-contact risk. Only factory-sealed plastic-wrapped versions are considered lower risk. Blizzard machines are shared across all flavors - cross-contact is possible on any Blizzard.

5. Dairy-Free & Vegan Options

Dairy Queen does not have a dedicated vegan or vegetarian menu. However, some items are dairy-free or plant-based:

Item	Dairy-Free?	Vegan?	Notes
Non-Dairy Dilly Bar	Yes	Yes	Made with coconut cream. Contains soy & tree nuts
Misty Slush (all flavors)	Yes	Yes	Free from top 8 allergens. Best dairy-free option.
Side Salad (no dressing)	Yes	Yes	Check dressing ingredients separately.
French Fries	Yes	Yes	Cooked in vegetable/soybean oil. Shared fryer risk.
Soft Drinks & Water	Yes	Yes	All fountain sodas and bottled water are dairy-free.
Grilled Chicken Salad Bowl	Yes	No	Contains chicken. Dairy-free without cheese.
DQ Soft Serve	No	No	Contains milk and eggs.
All Blizzards	No	No	All contain DQ soft serve (milk, eggs).
All Shakes & Malts	No	No	All contain soft serve and dairy.

6. Lower Calorie Choices

Best lower-calorie picks at Dairy Queen:

Item	Calories	Why It's a Good Choice
Side Salad (no dressing)	25-35 Cal	Extremely light, adds vegetables to your meal
DQ Sandwich	190 Cal	Classic treat, portion-controlled
Dilly Bar	220 Cal	Satisfying frozen treat with a reasonable calorie count
Hamburger (Kids)	350 Cal	Smaller portion, great for lighter meals
Wild Alaskan Fish Sandwich	420 Cal	Lighter fish option vs. beef burgers
Grilled Chicken Salad Bowl	290 Cal	High protein, low calorie, filling
Non-Dairy Dilly Bar	240 Cal	Dairy-free and low calorie
Strawberry Banana Smoothie (Sm)	260 Cal	Real fruit, low-fat yogurt, filling
Orange Julius Original (Sm)	200 Cal	Light and fruity, lowest-cal blended drink
Misty Slush (Sm)	200 Cal	Refreshing icy drink, very low in calories
Mini Blizzard (any flavor)	350-430 Cal	Enjoy a Blizzard in the smallest size to save calories

7. DQ Soft Serve - Important Facts

- DQ soft serve is NOT classified as ice cream by FDA standards. Ice cream requires at least 10% milkfat; DQ soft serve contains approximately 5% milkfat.
- It contains milk, eggs, sugar, corn syrup, whey, natural flavorings, and emulsifiers/stabilizers.
- DQ serves soft serve at exactly 18 degrees Fahrenheit for optimal texture and flavor.
- Soft serve contains both milk (M) and egg (E) allergens.
- It is not suitable for lactose-intolerant individuals or those with dairy/egg allergies.

8. Shared Fryer Warning

DQ locations use the same fryers for fish/shellfish AND non-fish items like French Fries. This means:

- French Fries are NOT safe for customers with severe fish or shellfish allergies.
- The frying oil is a vegetable oil blend containing soybean oil.
- Cross-contact with fish/shellfish allergenic proteins can remain in the oil or on equipment surfaces.
- Always notify staff of allergies before ordering fried items.

9. Tips for Ordering with Dietary Restrictions

- Always inform DQ staff about any food allergies or sensitivities before placing your order.
 - Ask to see ingredient listings on packaged items.
 - Request that the Blizzard machine be thoroughly cleaned before blending your treat if you have gluten sensitivity.
 - Choose factory-sealed novelties (Dilly Bars, Buster Bars) over store-made versions for lower gluten risk.
 - Use the DQ app or website nutrition calculator for the most up-to-date allergen and ingredient information.
 - Menus and ingredients can vary by location - Texas DQ locations use a different menu system.
 - Visit dairyqueen.com/en-us/nutrition/ for the official full nutrition and allergen guide.
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Disclaimer: Prices are average national estimates and may vary by franchise location. Calorie ranges reflect Small to Large sizes where applicable. Nutritional data sourced from Dairy Queen official nutrition guides (updated March 30, 2026) and trusted third-party sources. Always verify current information at your local DQ restaurant or at dairyqueen.com.