

Swig Menu with Prices (2026)

Dirty Sodas - Swig Energy - Refreshers - Cookies & Treats - Secret Menu

Last updated: October 2026

Calorie counts come from Swig's official menu. Swig does not publish official prices, so prices are gathered from third-party sources and may vary by location. Drink sizes run from a 12 oz Kid's Cup up to 44 oz - calorie ranges cover the smallest to the largest size.

Dirty Sodas

Texas Tab	3.30 \$	140-500 Cal	Beach Babe	3.00 \$	160-570 Cal
Raspberry Dream	2.90 \$	150-550 Cal	Bloody Wild	2.90 \$	150-590 Cal
Princess Peach	2.60 \$	140-510 Cal	Dew Gooder	3.70 \$	170-650 Cal
Spring Fling	3.30 \$	170-610 Cal	Endless Summer	4.00 \$	140-500 Cal
Save Me Jade	2.30 \$	0 Cal	Guava Have It!	2.70 \$	160-560 Cal
Life's a Peach	3.00 \$	130-480 Cal	Watermelon Sugar	3.70 \$	180-590 Cal
The Ring King	3.30 \$	170-620 Cal	Shark Attack	2.30 \$	140-460 Cal
Dirty Dr Pepper	1.90 \$	120-440 Cal	Hula Girl	3.40 \$	160-600 Cal
Birthday Girl	Varies	Varies	Loop-T-Loop	2.70 \$	120-500 Cal
Dr Spice	Varies	140-490 Cal	Poppin' Pineapple	3.00 \$	150-520 Cal
Malibu	Varies	120-430 Cal	Riptide	3.00 \$	140-590 Cal
Spice Spice Baby	Varies	160-590 Cal	Unlucky Ducky	Varies	140-450 Cal
The Founder	3.00 \$	20-80 Cal	The Tropic	3.00 \$	Varies
Big Al	2.30-3.30 \$	15-40 Cal	Buttery Beer	2.60 \$	140-490 Cal
This Bliss	3.30 \$	25-80 Cal	Happy Camper	2.60 \$	130-460 Cal
Just Peachy	3.70 \$	60-220 Cal	Island Time	3.70 \$	60-240 Cal
Waikiki	2.60 \$	150-540 Cal	Pink Bahama	3.10 \$	25-80 Cal
Cherry Bomb	3.00 \$	150-520 Cal	Heartthrob	Varies	Varies

Swig Energy

Aloha Horizon	3.49 \$	250-510 Cal	Weekend Dream	3.49 \$	130-250 Cal
Cabana Colada	3.49 \$	160-290 Cal	Passion Swirl	3.49 \$	350-690 Cal
Coastal Kiss	3.49 \$	250-500 Cal	Sweet Skies	3.49 \$	270-530 Cal
Lemon Berry Bliss	3.49 \$	25-35 Cal	Create Your Own Swig Energy	Varies	Varies
Midnight Hex	3.49 \$	Varies			

Refreshers

Mango Breeze	4.50 \$	110-340 Cal	The Fighter	3.90 \$	60-230 Cal
Pretty in Pink	2.90 \$	50-140 Cal	Autumn Blush	3.70 \$	120-430 Cal
Sandy Cheeks	2.55 \$	0-5 Cal	Fruit Water	3.85 \$	25-80 Cal
Strawberry Breeze	4.40 \$	90-310 Cal	Unbreakable	3.20 \$	100-350 Cal
Summer Splash	3.20 \$	60-230 Cal	Create Your Own Refresher	Varies	Varies

Hot Chocolate

Hot Chocolate	3.49 \$	Varies	Create Your Own Frozen Hot Chocolate	Varies	Varies
Frozen Hot Chocolate	5.75 \$	Varies			

Sweets & Treats

Sugar Cookie	2.25 \$	410 Cal	Mini Chocolate Chip	3.99 \$	500 Cal
Coconut Lime Sugar Cookie	4.15 \$	500 Cal	Mini Pumpkin Chocolate Chip	3.99 \$	Varies
Kid's Cookie	1.75 \$	240 Cal			

Pretzel Bites

Salted Pretzel Bites	3.99 \$	320 Cal	Strawberry Cream Cheese Dip	0.50 \$	60 Cal
White Cheddar Dip	0.50 \$	110 Cal			

Seasonal Favorites (Fall 2026)

Caramel Apple Elixir	4.94 \$	300-580 Cal	Midnight Hex	3.49 \$	Varies
Crimson Cauldron	Varies	Varies	Mini Pumpkin Chocolate Chip	3.99 \$	Varies

Create Your Own

Create Your Own Soda	Varies	Varies	Create Your Own Refresher	Varies	Varies
Create Your Own Swig Energy	Varies	Varies	Create Your Own Frozen Hot Chocolate	Varies	Varies

Swig Secret Menu (Fan Favorites)

Swig has no official secret menu. These are fan-favorite custom orders built through Create Your Own, so no official prices or calories exist: Dirty Dr Pepper - Jolly Rancher - Lime Ricky - Paradise.

Swig Drink Sizes

Kid's Cup 12 oz - 16 oz - 24 oz - 32 oz - 44 oz. Your final price depends on the size you pick and any add-ins (extra syrups, purees, fresh fruit and creams run about \$0.40-\$0.70 each).