https://swigdrinksmenu.com/

Soda			
Name	**Price**	**Calories**	**Carbs / Fats**
Soda Create your own dirty soda	$1.50 → $2.49	170 → 290	40 → 68 1 → 4
Dr de Leche	$3.30 → $5.80	190 → 420	42 → 95 4 → 8
Life’s a Peach	$2.99 → $4.49	180 → 350	42 → 82 2 → 4
Princess Peach	$2.60 → $4.30	175 →340	40 → 78 2 → 5
Raspberry Dream	$2.99 → $4.49	180 → 360	42 → 85 2 → 5
Save Me Jade	$2.30 → $3.99	0 → 0	0 → 0 0 → 0
Spring Fling	$3.30 → $5.80	180 → 370	42 → 85 3 → 7
Texas Tab	$2.60 → $4.20	390 → 640	92 → 150 3 → 6
The Ring King	$3.30 → $5.80	185 → 360	44 → 86 2 → 5
Big Al	$2.30 → $4.00	30 → 90	7 → 22 0 → 0
This Bliss	$2.30 → $4.00	90 → 170	22 → 42 0 → 0
The Founder	$3.29 → $4.99	80 → 160	18 → 36 1 → 3
Just Peachy	$2.60 → $4.20	180 → 350	43 → 82 2 → 5
Waikiki	$2.60 → $4.30	380→ 680	90 → 162 4 → 10
Cherry Bomb	$3.00 → $5.40	430 → 800	100 → 185 5 → 10
Beach Baby	$2.99 → $4.49	480→ 820	115 → 195 4 → 10
Bloody Wild	$2.90 → $4.00	520 → 900	130 → 225 0 → 0
Dew Gooder	$3.70 → $6.00	600 → 980	145 → 235 4 → 8
Endless Summer	$2.70 → $4.30	400 → 720	100 → 180 0 → 0
Guava Have It	$3.19 → $4.79	480 → 830	115 → 200 3 → 8
Jolly Elf	$3.00 → $4.90	580 → 1020	140 → 245 4 → 10

Soda			
Name	**Price**	**Calories**	**Carbs / Fats**
Watermelon Sugar	$3.70 → $6.10	510 → 980	127 → 245 0 → 0
Hula Girl	$3.40 → $4.99	550 → 1040	130 → 245 6 → 12
Loop T Loop	$2.70 → $4.00	400→ 760	100 → 190 0 → 0
Poppin Pineapple	$3.00 → $4.50	390 → 750	97 → 187 0 → 0
RipTide	$3.00 → $4.99	490 → 890	122 → 222 0 → 0
Shark Attack	$2.99 → $4.49	400 → 780	100 → 195 0 → 0
Unlucky Ducky	$2.99 → $4.49	390 → 730	97 → 182 0 → 0
Beach Bum	$2.70 → $4.00	190 → 390	47 → 97 0 → 0
The Tropic	$2.99 → $4.49	200 → 430	48 → 102 2 → 6
Buttery Beer	$2.60 → $4.00	430 → 800	102 → 190 4 → 9
Happy Camper	$2.60 → $4.00	410 → 790	95 → 185 4 → 8
Island Time	$3.70 → $6.15	185 → 370	43 → 88 2 → 5
Pink Bahama	$3.10 → $4.99	70 → 120	17 → 30 0 → 0
Sleigh All Day	$3.40 → $5.25	200 → 430	50 → 107 0 → 0
Vanilla Vixen	$3.30 → $5.10	520 → 980	120 → 230 8 → 16
Naughty & Nice	$1.50 → $2.70	140 → 480	32 → 112 3 → 9
Big Booty Judy	$2.99 → $4.49	160 → 490	40 → 122 0 → 0
Dragon Dew	$3.00 → $4.99	220 → 690	55 → 172 0 → 0
The Heart-Breaker	$3.00 → $4.99	140 → 480	32 → 112 3 → 8

Reviver (create your own)			
Name	**Price**	**Calories**	**Carbs / Fats**
Drama Queen	$3.49 → $4.99	140 → 380	34 → 92 0 → 1

Reviver (create your own)			
Name	**Price**	**Calories**	**Carbs / Fats**
Mountain Man	$3.49 → $4.99	290 → 680	65 → 155 3 → 7
Super Trooper	$3.49 → $4.99	340 → 780	78 → 180 4 → 8
Surf’s Up	$3.49 → $4.99	280 → 570	68 → 140 0 → 0
Weekender	$3.49 → $4.99	280 → 590	65 → 138 2 → 5
Cloud 9	$3.49 → $4.99	280 → 550	64 → 125 3 → 6
P.O.G.	$4.29 → $6.29	150 → 340	37 → 85 0 → 0
Zeus Juice	$4.29 → $6.29	160 → 370	40 → 92 0 → 0
El Capitan	$4.29 → $6.29	140 → 320	35 → 80 0 → 0
Blended Revivers (Slushy Style)	 	 	
All Star	$3.49 → $4.99	280 → 550	64 → 125 3 → 6
Daisy Duke	$3.49 → $4.99	400 → 780	92 → 180 4 → 8
Flirty Flamango	$3.49 → $4.99	300 → 620	70 → 145 3 → 6
Peaches N Cream	$3.49 → $4.99	260 → 530	60 → 122 2 → 5
Polar Punch	$3.49 → $4.99	280 → 550	65 → 128 2 → 5
Electric Dragon	$5.20 → $8.50	420 → 810	98 → 190 3 → 7
Pixie	$4.50 → $7.50	250 → 490	62 → 122 0 → 0

Refreshers			
Name	**Price**	**Calories**	**Carbs / Fats**
Refresher (Create Your Own)	$1.50 → $2.70	0/60 → 0/200	0/15 → 0/50 0 → 2
Fruit Water	$3.70 → $5.50	30 → 100	7 → 25 0 → 0
Mango Breeze	$4.40 → $6.99	300 → 580	68 → 130 3 → 7
Pretty in Pink	$2.70 → $4.99	130 → 260	32 → 65 0 → 0

Refreshers			
Name	**Price**	**Calories**	**Carbs / Fats**
Sandy Cheeks	$2.30 → $3.99	0/5 → 0/60	0 → 15 0 → 0
Strawberry Breeze	$4.40 → $6.99	90 → 310	20 → 70 2 → 5
Summer Splash	$3.00 → $5.00	230 → 400	57 → 100 0 → 0
The Fighter	$3.80 → $6.00	230 → 430	55 → 105 0 → 0
Unbreakable	$3.00 → $4.99	350 → 700	87 → 175 0 → 0
Mistletoe Madness	$3.40 → $5.90	300 → 620	70 → 145 3 → 7
Berry Nice	$3.30 → $5.00	110 → 260	28g → 64g 0
Tiki	$3.40 → $5.10	140 → 320	34g → 79g 2g → 5g

Hot Chocolate			
Name	**Price**	**Calories**	**Carbs / Fats**
Hot Chocolate (Create Your Own)	$3.40 → $5.50	200 → 520	35 → 90 5 → 15
Dream Coco	$3.70 → $5.80	310 → 620	55 → 110 8 → 18
The Nutcracker	$3.40 → $5.50	300 → 560	52 → 98 8 → 16
Fancy Cocoa	$5.75 → $8.50	750 → 1320	135 → 245 22 → 38
Ninny Muggins	$5.75 → $8.50	780 → 1420	140 → 265 24 → 42
Serendipity	$5.75 → $8.50	720 → 1370	132 → 255 20 → 36

Pretzel Bites			
Name	**Price**	**Calories**	**Carbs / Fats**
Salted Pretzel Bites	$3.75	410	12
Cinnamon & Sugar Pretzel Bites	$4.25	510	12
Strawberry Cream Cheese Dip	$0.50	60	1

Pretzel Bites			
Name	**Price**	**Calories**	**Carbs / Fats**
Warm White Cheddar Cheese Dip	$0.50	110	4

Sweets & Treats			
Name	**Price**	**Calories**	**Carbs / Fats**
Chocolate Peppermint Crinkle Cookie	$3.49	690	7
Sugar Cookie	$2.25	410	4
Mini Chocolate Chip (cookie cup)	$3.99	600	6
Kid’s Cookie (mini frosted)	$1.75	240	2
Dirty Cookie	$3.25	480	5
Dirt Cup (Kids Snack)	$3.50	290	3

Swig Latest Seasonal			
Name	**Price**	**Calories**	**Carbs / Fats**
Jack Frost	$3.50 – $6.50	160 – 520	38 → 125 1 → 4
Run Run Rudolph	$4.50 – $7.50	210 – 610	45 → 135 3 → 8
The Grinch	$3.25 – $6.25	150 – 540	38 → 135 0 → 0
Doctor Peppermint	$3.50 – $6.50	180 – 580	42 → 138 2 → 5
Mistletoe Madness	$3.75 – $6.75	160 – 530	40 → 132 0 → 0
Doctor De Leche	$3.50 – $6.50	200 – 640	45 → 145 4 → 9
Jack-O-Lantern	$3.25 – $6.25	140 – 510	34 → 122 1 → 4

Seasonal			
Name	**Price**	**Calories**	**Carbs / Fats**
Alpine Avalanche	$5.20 – $7.25	230 – 780	55 – 180 2 10
Reindeer Roca	$3.50 – $6.50	210 – 650	48 – 155 3 8
Cookie Cocoa	$4.15 – $6.85	310 – 750	60 – 140 8 22
Choc. Peppermint Cookie	$3.25 – $4.50	480 – 540	70 – 85 25 30
SOUR PATCH KIDS® Blue Raspberry	$3.50 – $6.50	180 – 580	45 – 145 0 0
SOUR PATCH KIDS® REDBERRY	$3.50 – $6.50	180 – 580	45 – 145 0 0
SOUR PATCH KIDS® Watermelon Wave	$3.75 – $6.75	200 – 620	50 – 150 2 5
Mini Lemon Zest Cookies	$3.00 – $5.50	250 – 500	35 – 70 10 20

Seasonal			
Name	**Price**	**Calories**	**Carbs / Fats**
Dragon Dew	$4.14 → $5.84	190 → 390	48g → 98g 0
Dragonada	$6.09 → $7.79	310 → 540	62g → 112g 4g → 8g
Flame Kissed	$3.89 → $5.59	160 → 340	41g → 86g 0
Red Fang	$5.64 → $7.34	280 → 490	58g → 104g 3g → 7g
Summer Sunset	$4.40 → $6.10	140 → 290	36g → 74g 2g → 5g
Coconut Lime Sugar Cookie	$3.49	380 (Per Cookie)	46g 18g

Swig Stuffed sips			
Name	**Price**	**Calories**	**Carbs / Fats**
Nags Head	$4.75 – $7.50	280 – 550	68 → 132 1 → 3
Tybee	$4.50 – $7.25	180 – 410	42 → 95 1 → 3
Dewey	$4.50 – $7.25	190 – 450	47 → 112 0 → 0

Swig Stuffed sips			
Name	**Price**	**Calories**	**Carbs / Fats**
Kiawah	$5.25 – $8.25	300 – 620	72 → 148 2 → 4
The Outer Banks	$4.75 – $7.50	210 – 490	52 → 122 0 → 0
Boba Chiller	$5.25 – $8.25	450 – 850	110 → 210 1 → 3

Secret Menu			
Name	**Price**	**Calories**	**Carbs / Fats**
The Lifeboat	$4.00 – $6.75	160 – 540	40 → 135 0 → 0
The Shark	$3.50 – $6.50	140 – 510	32 → 120 2 → 5
Raspberry Truffle	$4.25 – $7.00	320 – 880	72 → 195 4 → 12
Bloody Wild	$3.50 – $6.50	150 – 590	37 → 147 0 → 0
Big Al	$3.25 – $6.00	15 – 40	3 → 9 0 → 0
Missionary	$4.00 – $6.75	120 – 500	28 → 115 1 → 4
Caribbean Wave	$3.50 – $6.50	160 – 560	40 → 140 0 → 0
Candy Girl	$3.75 – $6.75	120 – 480	28 → 112 0 → 0

Secret Menu			
Name	**Price**	**Calories**	**Carbs / Fats**
Item NamesApproximate PricesApproximate CaloriesApproximat Carbs FatsKey Ingredients			
Swig Pop (Gallon Jug)	$12.50 – $16.50	Varies by soda	300 → 800 10 → 35
Swig Pop (Half-Gallon)	$7.50 – $9.50	Varies by soda	150 → 400 5 → 18
Standard Cookie Party Pack	$28.00 (12-pack)	350 – 500 per	52 → 75 15 → 25
Mini Cookie Party Pack	$18.50 (12-pack)	120 – 180 per	18 → 28 5 → 9