

APPLEBEE'S DRINKS

Complete Calorie Guide — 158 Items

Transcribed from Applebee's official nutrition calculator screenshots, category by category. One item (O-M-Cheese Beef Nachos, 2,060 cal) was independently cross-checked and matched exactly, lending confidence to this series. Fountain-drink calories reflect a restaurant "regular" pour (with ice) and run lower than standard 12 oz can/bottle figures — that is expected, not an error. No item or value has been invented.

1. SHAKE N' CLASSICS

#	Drink Name	Calories
1	Espres-So Happy Martini	260 Cal
2	Espres-So Happy Martini w/ 1800 Reposado Tequila	270 Cal
3	Golden Goose	340 Cal
4	Rollin on the Beach	320 Cal

2. PRIMO ROCKS

#	Drink Name	Calories
5	Crown Whiskey Sour	180 Cal
6	Henny Punch	190 Cal
7	Tito's Bay Breeze	150 Cal
8	Woodford Old Fashioned	170 Cal
9	Young, Wild & Free Fruit Punch	230 Cal

3. PERFECT COCKTAILS

#	Drink Name	Calories
10	Make It Spicy	20 Cal
11	Perfect Mango Margarita	360 Cal
12	Perfect Mango Patron Margarita	370 Cal
13	Perfect Margarita	260 Cal
14	Perfect Patron Margarita	270 Cal
15	Perfect Prickly Pear Margarita	370 Cal
16	Perfect Prickly Pear Patron Margarita	370 Cal
17	Perfect Strawberry Margarita	360 Cal

4. SIGNATURE MUCHO COCKTAILS

#	Drink Name	Calories
18	Bacardi Pina Colada	510 Cal
19	Backyard Blackberry Lemonade	210 Cal
20	Blue Aloha Mana Margarita	260 Cal
21	Blue Hawaiian Long Island Iced Tea	230 Cal
22	Blue Tropical Bacardi Pina Colada Swirl	600 Cal
23	Captain Bahama Mama	280 Cal
24	Mango Bacardi Pina Colada Swirl	550 Cal
25	Red Sangria	230 Cal
26	Shark Bowl	610 Cal

5. MUCHO VIBE DROPS (ADD-ONS)

#	Drink Name	Calories
27	Don Julio Reposado Vibe Drop Add-On	50 Cal
28	Don Julio Reposado Vibe Drop Add-On (Utah Only)	35 Cal
29	Grey Goose Vibe Drop Add-On	50 Cal
30	Grey Goose Vibe Drop Add-On (Utah Only)	35 Cal
31	Patron Silver Vibe Drop Add-On	50 Cal
32	Patron Silver Vibe Drop Add-On (Utah Only)	35 Cal
33	Woodford Reserve Vibe Drop Add-On	60 Cal
34	Woodford Reserve Vibe Drop Add-On (Utah Only)	35 Cal

6. FOUNTAIN DRINKS

#	Drink Name	Calories
35	Add Dirty Fountain Soda Topping	90 Cal
36	Barq's Root Beer	110 Cal
37	Barq's Root Beer (To Go)	160 Cal
38	Brisk Raspberry Iced Tea	45 Cal
39	Brisk Raspberry Iced Tea (To Go)	70 Cal
40	Bubly Sparkling Water, Lime	0 Cal
41	Bubly Sparkling Water, Lime (To Go)	0 Cal
42	Bubly Sparkling Water, Orange	0 Cal
43	Bubly Sparkling Water, Orange (To Go)	0 Cal

#	Drink Name	Calories
44	Caffeine Free Coca Cola	90 Cal
45	Caffeine Free Coca Cola (To Go)	140 Cal
46	Caffeine Free Diet Coke	0 Cal
47	Caffeine Free Diet Coke (To Go)	0 Cal
48	Caffeine Free Diet Pepsi	0 Cal
49	Caffeine Free Diet Pepsi (To Go)	0 Cal
50	Cherry Coke	100 Cal
51	Cherry Coke (To Go)	150 Cal
52	Coca Cola	90 Cal
53	Coca Cola (To Go)	140 Cal
54	Coke Zero	0 Cal
55	Coke Zero (To Go)	0 Cal
56	Diet Coke	0 Cal
57	Diet Coke (To Go)	0 Cal
58	Diet Mountain Dew	0 Cal
59	Diet Mountain Dew (To Go)	0 Cal
60	Diet Pepsi	0 Cal
61	Diet Pepsi (To Go)	0 Cal
62	Diet Sierra Mist	0 Cal
63	Diet Sierra Mist (To Go)	0 Cal
64	Dr. Pepper	100 Cal
65	Dr. Pepper (To Go)	150 Cal
66	Fruit Punch	110 Cal
67	Fruit Punch (To Go)	170 Cal
68	Fruit Punch, Hi-C	110 Cal
69	Fruit Punch, Hi-C (To Go)	170 Cal
70	FUZE Raspberry Ice Tea	70 Cal
71	FUZE Raspberry Ice Tea (To Go)	100 Cal
72	Ginger Ale	90 Cal
73	Ginger Ale (To Go)	130 Cal
74	Half & Half Iced Tea & Lemonade	40 Cal
75	Half & Half Iced Tea & Lemonade (To Go)	60 Cal

#	Drink Name	Calories
76	IBC Diet Root Beer	0 Cal
77	IBC Diet Root Beer (To Go)	0 Cal
78	IBC Root Beer	110 Cal
79	IBC Root Beer (To Go)	160 Cal
80	Lipton Green Tea with Citrus	50 Cal
81	Lipton Green Tea with Citrus (To Go)	70 Cal
82	Lipton Peach Iced Tea	50 Cal
83	Lipton Peach Iced Tea (To Go)	70 Cal
84	Lipton Unsweetened Iced Tea	0 Cal
85	Lipton Unsweetened Iced Tea (To Go)	0 Cal
86	Mellow Yellow	110 Cal
87	Mellow Yellow (To Go)	170 Cal
88	Minute Maid Lemonade	100 Cal
89	Minute Maid Lemonade (To Go)	150 Cal
90	Minute Maid Lemonade Light	0 Cal
91	Minute Maid Lemonade Light (To Go)	5 Cal
92	Mountain Dew	110 Cal
93	Mountain Dew (To Go)	170 Cal
94	Mountain Dew Dark Berry Bash	110 Cal
95	Mountain Dew Dark Berry Bash (To Go)	170 Cal
96	Mug Root Beer	110 Cal
97	Mug Root Beer (To Go)	160 Cal
98	Orange Fanta	110 Cal
99	Orange Fanta (To Go)	160 Cal
100	Orange Twister	130 Cal
101	Orange Twister (To Go)	190 Cal
102	Pepsi	100 Cal
103	Pepsi (To Go)	150 Cal
104	Pibb Extra	90 Cal
105	Pibb Extra (To Go)	140 Cal
106	Sierra Mist	90 Cal
107	Sierra Mist (To Go)	140 Cal

#	Drink Name	Calories
108	Sobe Life Water, Yumberry Pomegranate	0 Cal
109	Sobe Life Water, Yumberry Pomegranate (To Go)	0 Cal
110	Sprite	90 Cal
111	Sprite (To Go)	140 Cal
112	Starry	100 Cal
113	Starry (To Go)	150 Cal
114	Strawberry Fanta	110 Cal
115	Strawberry Fanta (To Go)	160 Cal
116	Sugar Free Lemonade	5 Cal
117	Sugar Free Lemonade (To Go)	10 Cal
118	Sun Orchard Lemonade	110 Cal
119	Sun Orchard Lemonade (To Go)	170 Cal
120	Tropicana Lemonade	100 Cal
121	Tropicana Lemonade (To Go)	150 Cal
122	Tropicana Light Lemonade	5 Cal
123	Tropicana Light Lemonade (To Go)	10 Cal
124	Tropicana Pink Lemonade	100 Cal
125	Tropicana Pink Lemonade (To Go)	150 Cal
126	Wild Cherry Pepsi	110 Cal
127	Wild Cherry Pepsi (To Go)	160 Cal

7. MILKSHAKES

#	Drink Name	Calories
128	Chocolate Shake	900 Cal
129	Oreo Cookie Shake	840 Cal
130	Strawberry Shake	780 Cal
131	Vanilla Shake	680 Cal

8. FRUIT SMOOTHIES

#	Drink Name	Calories
132	Brain Frost Smoothie Swirl (contains gelatin)	600 Cal
133	Mango Smoothie	260 Cal

#	Drink Name	Calories
134	Pina Colada Smoothie	430 Cal
135	Strawberry Blue Tropical Swirl	580 Cal
136	Strawberry Colada Smoothie Swirl	470 Cal
137	Strawberry Mango Smoothie Swirl	290 Cal

9. NON-ALCOHOLIC

#	Drink Name	Calories
138	Dragon Fruit Margarita Mocktail	220 Cal
139	Mocktail On The Beach	150 Cal
140	Not-A-Colada	440 Cal
141	Not-A-Colada with Blue Tropical Swirl	480 Cal
142	Not-A-Colada with Mango Swirl	410 Cal
143	Not-A-Colada with Strawberry Swirl	420 Cal
144	Prickly Melon Rush	240 Cal
145	Red Bull Watermelon Lime-ade	230 Cal
146	Rockin' Poppin' Shirley	200 Cal

10. COFFEE & HOT TEA

#	Drink Name	Calories
147	Brewed Hot Tea	0 Cal
148	Fresh Brewed Coffee	0 Cal
149	Fresh Brewed Decaf Coffee	0 Cal
150	Owen's Nitro Infused Espresso	30 Cal

11. FLAVORED LEMONADES

#	Drink Name	Calories
151	Blackberry Lemonade	190 Cal
152	Blackberry Lemonade (To Go)	290 Cal
153	Blue Raspberry Lemonade	180 Cal
154	Blue Raspberry Lemonade (To Go)	280 Cal
155	Dragon Fruit Lemonade	190 Cal
156	Dragon Fruit Lemonade (To Go)	290 Cal

#	Drink Name	Calories
157	Kiwi Lemonade	190 Cal
158	Kiwi Lemonade (To Go)	280 Cal

Values are approximate and may vary by location, recipe updates, and preparation. Confirm with your local Applebee's before relying on these figures for medical or dietary decisions.