

DAVE'S HOT CHICKEN

Complete Calorie Guide — 2026 Menu (Item & Calories)

Tenders, Sliders & Bites (Core Menu)

Item	Calories
Single Tender (No Spice—Lite Mild)	490
Single Tender (Mild—Reaper)	550
Single Slider (No Spice—Lite Mild)	620
Single Slider (Mild—Reaper)	680
Dave's Bites, 10 pc (No Spice—Lite Mild)	650
Dave's Bites, 10 pc (Mild—Reaper)	750

X-Meals

Item	Calories
X-Meal w/ 10 pc Bites	1,350–1,550
X-Meal w/ Slider	1,200–1,400

Estimated — official X-Meal data not yet published; based on standard components.

Dave's Hot Mozz

Item	Calories
Hot Mozz, 1 piece	250–300
Hot Mozz, 3 piece	750–900
Hot Mozz, 5 piece	1,200–1,500
Hot Mozz, 3 piece Meal (w/ fries)	1,200–1,400
Hot Mozz, 5 piece Meal (w/ fries)	1,800–2,100
Hot Mozz Slider	700–850
Hot Mozz Slider w/ Fries	1,100–1,300
Hot Mozz Hot Box, 20 pc (shared)	4,500–5,200

Estimated — not yet officially verified by Dave's.

Saucy Bites

Item	Calories
10 Saucy Bites w/ Buffalo	670
10 Saucy Bites w/ Spicy BBQ	810
10 Saucy Bites w/ Mike's Hot Honey	920
Flight of Saucy Bites / w/ Fries	1,100–1,700

Feed A Crowd (Hot Boxes)

Item	Calories
Dave's Bites Hot Box, 40 pc (No Spice–Lite Mild)	3,450
Dave's Bites Hot Box, 40 pc (Mild–Reaper)	3,840
Hot Box Sliders, 10 pc (serves 4–5)	2,000–2,500
Hot Box Tenders, 10 pc (serves 4–5)	1,600–1,900
Cauli Bites Hot Box (serves 4–5)	1,600–2,000

Slider, tender & cauli Hot Box totals are estimated from single-item math.

Combo Meals

Item	Calories
Combo #1 (No Spice–Lite Mild / Mild–Reaper)	1,230 / 1,350
Combo #2 (No Spice–Lite Mild / Mild–Reaper)	1,500 / 1,620
Combo #3 (No Spice–Lite Mild / Mild–Reaper)	1,370 / 1,490
Combo #4 (No Spice–Lite Mild / Mild–Reaper)	1,060 / 1,110
Combo #5 (No Spice–Lite Mild / Mild–Reaper)	930 / 990

Sides

Item	Calories
French Fries	440
Cheese Fries	450
Kale Slaw	270
Mac & Cheese	290

Sauces & Dippers

Item	Calories
Spicy Buffalo (side)	25
Spicy BBQ (side)	70
Mike's Hot Honey (side)	140
Dave's Sauce Packet	150
Ranch Dipper Cup	200
Reaper Ranch Dipper Cup	210
Dave's Sauce Dipper Cup	270–290
Large Side Ranch	530
Large Dave's Sauce	760

Top Loaded Fries & Buffalo Mac

Item	Calories
Top Loaded Fries, Small	700
Top Loaded Fries, Regular	1,390
Top Loaded Fries, Large	1,630
Top Loaded Buffalo Mac, Small	900
Top Loaded Buffalo Mac, Regular	1,720
Top Loaded Buffalo Mac, Large	2,960

Mini Sliders

Item	Calories
Mini Sliders (standard order)	950–1,050
Mini Sliders w/ Fries	1,350–1,500
Hot Box of Minis (shared)	4,800–5,500
NOT Chicken Mini Sliders (Cauli)	700–850
NOT Chicken Mini Sliders w/ Fries	1,100–1,250

Estimated from standard slider values, scaled to mini format.

Cauliflower (“Not Chicken”)

Item	Calories
Single Not Chicken Slider	490–520
Not Chicken Bites, 10 pc	490–590

Shakes, Slushers & Drinks	
Item	Calories
Classic Shake, Small	570–590
Top-Loaded Shake, Small–Regular	650–1,050
Top-Loaded Shake, Large	up to 1,500
Frozen Slusher	100–400
Fountain Soda	0–330
Diet Soda / Water	0

Quick Facts	
Fact	Value
Lowest-calorie item on the menu	Single Tender, no sauce — 490 cal
Highest-calorie item on the menu	Large Top Loaded Buffalo Mac — 2,960 cal
Spice level impact (No Spice → Reaper)	+60–100 cal
Cauliflower vs. chicken slider difference	–130 to –160 cal

Calorie figures for tenders, sliders, Dave's Bites, sides, sauces, Saucy Bites, cauliflower items, Top Loaded Fries, Top Loaded Buffalo Mac, and standard combo meals are sourced from Dave's Hot Chicken's official nutrition chart (revised March 2026). Figures marked as ranges/estimates (X-Meals, Hot Mozz, Mini Sliders, Hot Box slider/tender/cauli variants) are estimated from equivalent standard-menu items, since official data has not yet been published separately. Figures may vary by location — confirm with your local restaurant or the Dave's app.