



NUTRITIONAL GUIDE



Printed information is valid as of 8/27/2018



NUTRITIONAL GUIDE

Sonny's BBQ has made an effort to provide complete and current nutrition information. Due to the handcrafted nature of our menu items and changes in recipes, ingredients and kitchen procedures, variations between the nutrition reported here and what is actually served may occur.

If you have any questions about this information, please contact our Corporate Office at 407-660-8888 or visit www.sonnysbbq.com/contact.

2,000 calories a day is used for general nutritional advice, but calorie needs vary.

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APPETIZERS	<i>Serving Size Wt (g)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat. fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Redneck Egg Rolls	340	930	130	53	14	84	28	2140	90	0	3	19
Fried Okra	209	520	45	33	33	50	5	980	0	0	7	3
Corn Nuggets	206	650	50	35	6	75	8	1110	245	0	4	26
Chicken Wings, Sauced	373	890	110	53	12	34	75	3380	355	0	1	21
Chicken Wings, Dry-Rub	321	800	110	51	12	11	74	3310	355	0	0	1
Smoked Wings	281	760	120	57	14	7	55	1240	290	0	2	3
Fried Pickles	265	660	90	54	9	37	6	3060	15	0.5	0	3

BBQ SANDWICHES	<i>Serving Size Wt (g)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat Fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Pulled Pork Sandwich	223	670	110	37	13	47	36	850	100	0	2	9
Smoked Turkey Sandwich	186	410	30	14	3	35	38	960	80	0	1	5
Sliced Pork Sandwich	201	610	110	34	12	40	35	430	100	0	2	2
Pulled Chicken Sandwich	218	450	25	13	3	51	34	740	120	0	1	19
Chopped Brisket Sandwich	218	760	160	49	18	36	42	850	135	1.5	1	5
Sliced Brisket Sandwich	186	590	110	33	13	35	36	620	105	1	1	5
Smokin' Gun Sandwich	306	870	190	56	21	47	45	1890	155	1.5	3	12
Sweet Carolina Sandwich	342	760	110	40	13	56	42	1350	135	0	3	24
Whole Hog Sandwich	341	900	160	49	18	72	45	2510	160	0	3	33
Sonny's Steakburger	317	680	140	39	15	40	43	1280	125	2	3	7
Add American	1 slice	70	25	5	3	1	3	310	20	0	0	1
Add Swiss	1 slice	110	45	9	5	0	8	50	25	0	0	0
Add Cheddar	1 slice	110	50	9	5	1	6	180	30	0	0	0
Chargrilled Chicken Sandwich	276	390	25	11	2.5	40	32	960	105	0	2	8

SIGNATURE BBQ	<i>Serving Size Wt (g)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat Fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Sweet and Smokey Ribs Dinner	642	1580	250	89	28	139	69	3420	235	0	10	71
House Dry-Rubbed Dinner	559	1420	250	86	28	101	68	2360	235	0	9	41
Baby Back Ribs Dinner	607	1510	250	79	28	137	72	2690	200	0	10	68
Pulled Pork Dinner	579	1240	180	57	20	112	60	2220	175	0	9	52
Sliced Pork Dinner	524	1140	160	59	18	101	59	1550	170	0	9	40
Chopped Brisket Dinner	579	1430	260	82	29	103	77	2000	225	2	9	41
Sliced Brisket Dinner	524	1250	210	69	24	102	63	1860	175	1.5	9	41
Half Chicken Dinner- Dark & White Meat	656	1180	100	43	11	120	84	1760	305	0	9	58
Half Chicken Dinner- 2 pc White Meat	724	1440	170	69	19	101	110	1790	385	0	9	40
Pulled Chicken Dinner	579	1060	80	39	9	127	61	2070	205	0	10	63
Smoked Turkey Dinner	524	990	80	40	9	101	65	2390	135	0	9	40

ALL-YOU-CAN-EAT	<i>Serving Size Wt (g)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Sweet & Smokey Ribs Re-order	478	1060	160	127	17	102	44	2390	145	0	9	56
House Dry-Rubbed Ribs Re-order	432	970	160	126	17	81	44	1870	145	0	8	40
Pulled Pork Re-order	389	730	80	104	9	85	29	1540	70	0	8	43
Sliced Pork Re-order	389	740	90	105	10	81	33	1310	90	0	8	39
Dark Meat Re-order	421	720	50	96	5	94	35	1580	110	0	8	50
White Meat Re-order	421	760	70	103	8	81	41	1370	130	0	8	39

PITMASTER PICKS	<i>Serving Size Wt (g)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat. Fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Sonny's Sampler	852	1960	330	111	37	124	127	3060	445	1	10	60
Ribs & Smoked Wings	631	1490	220	82	24	124	75	2890	280	0	11	58
Ribs & Chicken	708	1590	230	85	26	122	94	2750	330	0	10	57
Chicken and Pork	683	1410	190	71	21	108	91	2120	300	0	9	48
Pork 3 Ways	798	1890	320	109	36	137	103	3400	350	0	10	71
Family Feast (feeds 4)	4788	7270	900	341	100	720	363	10100	1430	1.5	38	434
Per Serving	1197	1820	220	85	25	180	91	2520	355	0	10	109

LUNCH PLATES	<i>Serving Size Wt (g)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Sweet and Smokey Ribs Lunch	540	1250	170	65	19	130	48	2810	145	0	10	64
House Dry-Rubbed Lunch	576	1130	170	63	19	101	48	2040	145	0	9	41
Baby Back Ribs Lunch	497	1130	150	54	17	127	45	2310	110	0	10	61
Pulled Pork Lunch	497	1040	130	51	15	108	45	1930	115	121	9	48
Sliced Pork Lunch	465	990	120	48	14	101	44	1510	115	0	9	40
Chopped Brisket Lunch	497	1230	210	71	23	103	53	1950	150	1.5	9	41
Sliced Brisket Lunch	465	1060	160	55	18	102	47	1710	120	1	9	41
Chicken Lunch = ¼ Chicken (dark meat)	465	870	70	33	8	108	42	1550	125	0	9	47
Chicken Lunch = ¼ Chicken (white meat)	465	920	90	40	10	101	45	1540	130	0	9	40
Pulled Chicken Lunch	497	930	70	35	8	118	45	1840	135	0	10	55
Smoked Turkey Lunch	465	890	70	36	8	101	49	2060	95	0	9	40

SALAD BAR	<i>Serving Size Wt (oz)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat. fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Salad Mixes												
Lettuce Blend	1 OZ	5	0	0	0	0	1	0	0	0	0	0
Spinach	1 OZ	5	0	0	0	0	1	1	20	0	0	1
Salad Toppings												
Cheddar Cheese	1 OZ	110	50	9	5	5	1	6	190	30	0	0
Shredded Pepper Jack Cheese	1 OZ	90	45	8	5	5	1	5	420	25	0	0
Diced Bell Peppers	1 OZ	5	0	0	0	0	1	0	0	0	0	1
Diced Cucumbers	1 OZ	5	0	0	0	0	1	0	0	0	0	0
Diced Tomatos	1 OZ	5	0	0	0	0	1	0	0	0	0	1
Diced Red Onions	1 OZ	10	0	0	0	0	3	0	0	0	0	1
Diced Eggs	1 OZ	45	10	3	1	1	0	4	35	105	-	0
Diced Celery	1 OZ	5	0	0	0	0	1	0	25	0	0	0
Diced Beets	1 OZ	10	0	0	0	0	2	0	55	0	0	1
Roasted Corn	1 OZ	25	0	0	0	0	6	1	0	0	0	1
Diced Turkey	1 OZ	50	15	4	1.5	1.5	0	4	250	25	0	0
Sliced Pickles	1 OZ	0	0	0	0	0	0	0	320	0	0	0
Spicy Pickles	1 OZ	0	0	0	0	0	0	0	380	0	0	0
Banana Peppers	1 OZ	10	0	0	0	0	2	0	0	0	0	1
Garbonzo Beans	1 OZ	25	0	0.5	0	0	4	1	80	0	0	1
Whole Black Olives	1 OZ	35	5	3	3	0	210	0	210	0	0	1
	1 OZ	10	0	0	0	0	1	1	10	0	0	1
Carrot Sticks	1 OZ	10	0	0	0	0	3	0	20	0	0	1
	1 OZ	5	0	0	0	0	1	0	25	0	0	0
Raisins	1 OZ	90	0	0	0	0	22	1	5	0	0	1
Sunflower Seeds	1 OZ	170	15	15	1.5	1.5	3	6	180	0	-	2
Real Bacon Bits	1 OZ	250	20	28	9	9	0	0	10	25	0	0
Baco's Bacon Bits	1 OZ	120	0	4	0	0	8	12	470	0	0	-
Croutons	1 OZ	120	0	4	4	0	20	4	320	0	0	0

SALAD BAR	<i>Serving Size Wt. (oz)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat. fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Bread/Crackers												
Sweet Potato Muffins	1 MUFFIN	50	5	1	0.5	10	1	70	0	0	1	5
Saltines Crackers	1 PACKET	25	0	0.5	0	4	0	45	0	0	-	0
Captain Wafers	1 PACKET	30	5	1.5	0	4	0	55	0	0	0	1
Pre-Mixed Salads												
Broccoli Salad	1 OZ	120	25	60	2.5	6	2	150	15	0	0	5
Chicken Salad	1 OZ	100	10	9	1.5	1	4	85	25	0	0	0
Seafood Salad	1 OZ	60	10	4	1	4	2	150	10	0	0	2
Tuna Salad	1 OZ	60	10	6	1	1	0	210	5	0	0	0
Coleslaw	1 OZ	35	5	22	0	3	0	50	5	0	1	3
Macaroni Salad	1 OZ	35	0	0	0	8	0	50	0	-	0	1
Potato Salad	1 OZ	60	5	3.5	0.5	110	0	110	5	0	0	1
Pasta Salad	1 OZ	60	5	3	0	7	1	125	0	0	1	1
Greek Salad	1 OZ	70	10	5	1	4	1	170	5	0	0	1
Dessert/Fruits												
Bread Pudding	1 OZ	70	5	1.5	0.5	12	1	65	5	0	0	7
Watergate Salad	1 OZ	50	10	1.5	1.5	9	0	45	0	-	0	8
Vanilla Pudding	1 OZ	35	5	1	0	6	0	40	0	0	0	5
Chocolate Pudding	1 OZ	35	5	1	0	6	0	30	0	0	0	5
Daisy Cottage Cheese	1 OZ	25	5	0.5	0	1	4	90	5	0	0	1
Fruit Cocktail	1 OZ	20	0	0	0	5	0	0	0	0	0	5
Diced Watermelon	1 OZ	10	0	0	0	2	0	0	0	0	0	2
Diced Pineapples	1 OZ	15	0	0	-	3	0	0	-	0	-	2
Grapes	1 OZ	20	0	0	0	5	0	0	0	0	0	4
Peaches	1 OZ	25	0	0	0	7	0	0	0	0	0	-
Diced Cantaloupe	1 OZ	10	0	0	0	2	0	0	0	0	0	2

SALAD BAR	<i>Serving Size Wt (oz)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat. fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Dressing: (2 Tbsp)												
Buttermilk Ranch Dressing	32	110	20	11	2	2	1	290	10	0	0	1
Ranch Dressing	32	140	20	15	2.5	2	0	200	10	0	0	1
Blue Cheese Dressing	32	160	30	17	3.5	1	1	250	10	0	0	1
1000 Island Dressing	32	120	15	11	1.5	6	0	300	5	0	0	5
Italian Dressing	32	120	15	12	2	3	0	290	0	0	0	2
Honey Mustard Dressing	32	170	25	17	2.5	5	0	120	15	0	0	5
French Dressing	32	140	15	12	2	11	0	230	0	0	0	8
Balsamic Vinaigrette	32	70	5	5	0.5	5	0	210	0	0	0	5
Soups:												
Beef Chili	255	350	60	14	6	33	24	1350	45	0	18	10
Chicken & Wild Rice	245	170	30	9	30.5	18	4	1130	25	0	0	1
Clam Chowder	245	180	25	8	3	18	8	880	25	0	1	6
Gumbo Soup with Rice	245	130	10	4	1	17	6	1050	15	0	2	3
Garden Vegetable	245	100	0	0.5	0	20	4	840	0	0	3	4
Brunswick Stew	245	210	15	5	1.5	27	13	830	35	0	2	8
Loaded Baked Potato Soup	245	260	70	16	7	22	7	710	40	0	2	4
Chicken Noodle Soup	245	100	5	2.5	0.5	10	10	850	25	0	1	1

BBQ BY THE POUND	<i>Serving Size Wt. (g)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat. fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>
Chopped Brisket	454	1680	480	135	53	5	112	1640	420	5	0	2
Sliced Brisket	454	1470	420	109	46	3	120	1160	425	4.5	0	1
Pulled Chicken	454	740	50	22	6	53	87	1300	375	0	0	44
Pulled Pork	454	1090	240	73	27	23	86	1590	320	0	0	23
Sliced Pork	454	1180	290	82	32	0	109	340	410	0	0	0
Smoked Turkey	454	770	80	32	9	0	127	2540	320	0	0	0
Sweet & Smokey Ribs	454	1150	260	80	29	49	67	2560	285	0	1	39
House Dry-Rubbed Ribs	454	950	260	76	29	1	66	1180	285	0	0	1
Baby Back Ribs	454	750	200	51	22	20	55	770	185	0	0	15
Whole Chicken	1406	820	100	36	11	26	100	880	415	0	0	22
Hot Links	454	1410	450	117	50	12	78	4850	365	2	5	0
Broccoli												
Small	454	130	0	1.5	0	23	14	690	0	0	10	7
Medium	908	260	0	3	0	47	27	1380	0	0	21	14
Large	2268	650	0	8	1	117	68	3450	0	0	52	34
Green Beans												
Small	454	110	0	2.5	0	18	5	1360	0	0	9	5
Medium	908	230	0	4.5	0	36	9	2720	0	0	18	9
Large	2268	570	0	11	0	91	23	6800	0	0	45	23
Mac & Cheese												
Small	454	910	240	54	27	73	27	2450	70	0	5	9
Medium	908	1810	490	109	54	145	54	4900	135	0	9	18
Large	2268	4540	1220	272	136	363	136	12250	340	0	23	45
BBQ Beans												
Small	454	670	15	13	1.5	136	21	2500	15	0	15	79
Medium	908	1340	25	26	2.5	272	43	4990	30	0	30	158
Large	2268	3360	60	65	7	679	106	12480	75	0	75	394
Coleslaw												
Small	454	590	60	355	6	55	7	830	40	0	9	45
Medium	908	1170	110	710	13	109	14	1670	85	0.5	18	90
Large	2268	2930	290	1774	32	273	34	4160	210	1.5	44	225
Potato Salad												
Small	454	910	90	59	10	83	8	1770	60	0	8	24
Medium	908	1810	180	118	20	166	16	3550	120	0	16	47
Large	2268	4540	440	296	49	414	39	8870	295	0	39	118

BBQ SAUCES	<i>Serving Size Wt (g)</i>	<i>Calories (kcal)</i>	<i>Calories from Sat fat (g)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Cholesterol (mg)</i>	<i>Trans Fatty Acid (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>	
Sonny's Mild BBQ Sauce	33	50	0	0	0	0	13	0	350	0	0	0	12
Sonny's Smokin' BBQ Sauce	35	50	0	0	0	0	12	1	450	0	0	1	10
Sonny's Sweet BBQ Sauce	36	70	0	0	1	0	16	0	500	0	0	0	13
Sonny's Sizzlin' Sweet BBQ Sauce	33	60	0	0	0.5	0	13	0	450	0	0	0	9
Sonny's Mustard Sauce	31	30	0	0	0.5	9	0	1	280	0	0	1	5
Sonny's Original Sauce	37	60	0	0	0	0	15	0	400	0	0	0	13