

<b>APPETIZERS</b>	<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
Loaded Tots (w/ out meat)	595	1680	240	103	26	160	25	5280	50	1	16	29
Pulled Pork	145	350	80	23	9	7	28	510	100	9	0	7
Pulled Chicken	145	240	15	7	2	17	28	420	120	0	0	14
Chopped Brisket	145	540	150	43	17	2	36	520	135	1.5	0	1

<b>BBQ SANDWICHES</b>	<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>
<b>Pulled Pork Sandwich</b>	223	670	110	37	13	47	36	850	100	0	2	9
<b>Smoked Turkey Sandwich</b>	186	410	30	14	3	35	38	960	80	0	1	5
<b>Sliced Pork Sandwich</b>	201	610	110	34	12	40	35	430	100	0	2	2
<b>Pulled Chicken Sandwich</b>	218	450	25	13	3	51	34	740	120	0	1	19
<b>Chopped Brisket Sandwich</b>	218	760	160	49	18	36	42	850	135	1.5	1	5
<b>Sliced Brisket Sandwich</b>	186	590	110	33	13	35	36	620	105	1	1	5
<b>Smokin' Gun Sandwich</b>	306	870	190	56	21	47	45	1890	155	1.5	3	12
<b>Sweet Carolina Sandwich</b>	342	760	110	80	13	56	42	1350	135	0	3	24
<b>Whole Hog Sandwich</b>	341	900	160	49	18	72	45	2510	160	0	3	33
<b>Sonny's Steakburger</b>	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
<b>Chargrilled Chicken Sandwich</b>	276	390	25	11	2.5	40	32	960	105	0	2	8

<b>SIGNATURE BBQ</b>	<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	64	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

<b>ALL-YOU-CAN-EAT</b>	<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	57	17	102	44	2390	145	0	9	56
House Dry-Rubbed Ribs Re-order	432	970	160	56	17	81	44	1870	145	0	8	40
Pulled Pork Re-order	389	730	80	34	9	85	29	1540	70	0	8	43
Sliced Pork Re-order	389	740	90	35	10	81	33	1310	90	0	8	39
Dark Meat Re-order	421	720	50	26	5	94	35	1580	110	0	8	50
White Meat Re-order	421	760	70	33	8	81	41	1370	130	0	8	39

<b>PITMASTER PICKS</b>	<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>
<b>Sonny's Sampler</b>	852	1960	330	111	37	124	127	3060	445	1	10	60
<b>Ribs &amp; Smoked Wings</b>	631	1490	220	92	24	124	75	2890	280	0	11	58
<b>Ribs &amp; Chicken</b>	708	1590	230	85	26	122	94	2750	330	0	10	57
<b>Chicken and Pork</b>	683	1410	190	71	21	108	91	2120	300	0	9	48
<b>Pork 3 Ways</b>	798	1890	320	109	36	137	103	3400	350	0	10	71
<b>Family Feast (feeds 4)</b>	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

<b>SIDEKICKS</b>	<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>
<b>Crinkle Cut Fries</b>	189	480	40	23	4	61	6	1590	0	0	6	1
<b>Original BBQ Beans</b>	163	240	5	4.5	0	49	8	900	5	0	5	28
<b>Homemade Coleslaw</b>	101	130	15	9	1.5	12	2	190	10	0	2	10
<b>Green Beans</b>	122	30	0	0.5	0	5	1	370	0	0	2	1
<b>Baked Sweet Potato</b>	190	230	10	7	1.5	39	4	130	0	1	6	13
<b>Corn on the Cob</b>	78	100	15	5	1.5	14	2	40	0	0	1	5
<b>Homestyle Mac and Cheese</b>	162	320	90	19	10	26	10	870	25	0	2	3
<b>Broccoli</b>	113	30	0	0	0	6	3	170	0	0	3	2
<b>Cinnamon Apples</b>	113	120	0	0	0	32	0	15	0	0	1	32
<b>Baked Potato</b>	212	290	50	14	6	38	5	95	20	0	4	3
<b>Potato Salad</b>	136	270	25	18	3	25	2	530	20	0	2	7
<b>Tater tots</b>	189	540	60	34	6	53	6	1780	0	0	7	1
<b>Garlic Bread</b>	44	160	20	7	2	20	4	170	0	0	1	1
<b>Cornbread</b>	68	180	5	4.5	0.5	31	2	380	15	0.5	1	12

<b>GARDEN OF EATIN'</b>	<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>
<b>Side Salad</b>	273	170	50	10	5	13	9	240	30	0	3	5
<b>BBQ Salad</b>	571	740	150	51	16	56	21	1520	75	1	6	26
Add Sliced Pork	114	290	70	20	6	0	27	85	100	0	0	8
Add Sliced Brisket	114	370	100	27	12	1	30	290	105	1	0	0
Add Sliced Turkey	114	190	20	8	2.5	0	32	640	80	0	0	0
Add Pulled Pork	145	350	80	23	9	7	28	510	100	9	0	7
Add Pulled Chicken	145	240	15	7	2	17	28	420	120	0	0	14
Add Chopped Brisket	145	540	150	43	17	2	36	520	135	1.5	0	1
Add Chicken Breast	110	150	15	6	1.5	1	25	540	105	0	0	1
Add Chicken Tenders	136	370	30	18	3	26	26	800	75	0	2	0
Add Chicken - White Meat	186	370	60	20	7	0	46	190	185	0	0	0

<b>DESSERTS</b>	<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>
Banana Pudding	161	320	50	11	6	54	4	230	15	0	1	36
Homemade Apple Cobbler	293	760	170	39	19	101	6	660	45	0	2	75
Homemade Peach Cobbler	343	860	170	39	19	129	6	670	45	0	2	64
Chocolate Chip Cookies	226	1000	230	49	26	148	11	790	75	1	5	92
Cinnamon Sugar Donut Holes w/ Sweet Tea Glaze	237	1050	130	57	15	129	9	1000	20	0	5	83



<b>BEVERAGE</b>	<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>
Barq's Root Beer	431	190	0	0	0	54	0	85	0	0	0	54
Cherry Coca-Cola	431	250	0	0	0	70	0	60	0	0	0	70
Coca-Cola	431	230	0	0	0	65	0	75	0	0	0	65
Coca-Cola Zero	431	0	0	0	0	0	0	65	0	0	0	0
Diet Coke	431	0	0	0	0	0	0	65	0	0	0	0
Fanta Orange	431	270	0	0	0	75	0	100	0	0	0	73
Hi-C Flashn' Fruit Punch	431	190	0	0	0	54	0	35	0	0	0	54
Hi-C Poppin' Pink Lemonade	431	190	0	0	0	51	0	25	0	0	0	49
Minute Maid Lemonade	431	190	0	0	0	51	0	35	0	0	0	49
Pibb Xtra	431	230	0	0	0	65	0	65	0	0	0	65
Seagram's Ginger Ale	431	0	0	0	0	43	0	60	0	0	0	43
Sprite	431	170	0	0	0	44	0	40	0	0	0	39
Sprite Zero	431	0	0	0	0	0	0	60	0	0	0	0
Sonny's Sweet Tea	431	170	0	0	0	44	0	0	0	0	0	43
Sonny's Unsweet Tea	431	5	0	0	0	1	0	0	0	0	0	0
Dasani Water	355	0	0	0	0	0	0	0	0	0	0	0

<b>KIDS MENU</b>	<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>
<b>Entrees (w/o Sidekick)</b>												
Sweet & Smokey Ribs	2 bones	330	80	24	9	9	20	590	85	0	0	7
House Dry-Rubbed Ribs	2 bones	290	80	23	9	0	20	320	85	0	0	0
Pulled Pork Sandwich	165	440	60	20	6	39	24	650	65	0	1	9
Sliced Turkey Sandwich	158	360	25	12	3	35	30	800	60	0	1	5
Hot Dog	101	310	70	18	7	26	11	770	35	1	0	5
Mac 'n' Cheese	162	320	90	19	10	26	10	870	25	0	2	3
Hamburger	148	440	70	22	8	35	24	740	65	1.0	2	5
Grilled Cheese	107	390	60	19	7	41	11	650	20	0	2	3
Chicken Tenders	136	370	30	18	3	26	26	800	75	0	2	0
<b>Drinks</b>												
2% Milk	246	120	30	5	3	12	8	115	20	0	0	12
Fruit Juice - Apple Juice	191	190	0	0	0	46	0	30	0	0	0	42
<b>Dessert</b>												
Kid's Ice Cream	113	130	40	7	4.5	15	2	60	25	0	0	11

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

<b>SALAD BAR</b>	<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>
<b>Salad Mixes</b>												
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
<b>Salad Toppings</b>												
Cheddar Cheese	1 OZ	110	50	9	5	1	6	190	30	0	0	0
Shredded Pepper Jack Cheese	1 OZ	90	45	8	5	1	5	420	25	0	0	1
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	0	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	0	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	0	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	3	3	6	180	0	-	2
Real Bacon Bits	1 OZ	250	20	28	9	0	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	0	0	20	4	320	0	0	0

<b>SALAD BAR</b>	<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>
<b>Bread/Crackers</b>												
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
<b>Pre-Mixed Salads</b>												
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
<b>Dessert/Fruits</b>												
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

<b>SALAD BAR</b>	<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>
<b>Dressing: (2 Tbsp)</b>												
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
Balsmaic Vinagrette	32	70	5	5	0.5	5	0	210	0	0	0	5
<b>Soups:</b>												
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

<b>BBQ BY THE POUND</b>	<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>
<b>Chopped Brisket</b>	454	1680	480	135	53	5	112	1640	420	5	0	2
<b>Sliced Brisket</b>	454	1470	420	109	46	3	120	1160	425	4.5	0	1
<b>Pulled Chicken</b>	454	740	50	22	6	53	87	1300	375	0	0	44
<b>Pulled Pork</b>	454	1090	240	73	27	23	86	1590	320	0	0	23
<b>Sliced Pork</b>	454	1180	290	82	32	0	109	340	410	0	0	0
<b>Smoked Turkey</b>	454	770	80	32	9	0	127	2540	320	0	0	0
<b>Sweet &amp; Smokey Ribs</b>	454	1150	260	80	29	49	67	2560	285	0	1	39
<b>House Dry-Rubbed Ribs</b>	454	950	260	76	29	1	66	1180	285	0	0	1
<b>Baby Back Ribs</b>	454	750	200	51	22	20	55	770	185	0	0	15
<b>Whole Chicken</b>	1406	820	100	36	11	26	100	880	415	0	0	22
<b>Hot Links</b>	454	1410	450	117	50	12	78	4850	365	2	5	0
<b>Broccoli</b>												
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
<b>Green Beans</b>												
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
<b>Mac &amp; Cheese</b>												
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
<b>BBQ Beans</b>												
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
<b>Coleslaw</b>												
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
<b>Potato Salad</b>												
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

<b>BBQ SAUCES</b>	<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	1	0	0	16	0	500	0	0	0	13
Sonny's Sizzlin' Sweet BBQ Sauce	33	60	0	0.5	0	0	13	0	450	0	0	0	9
Sonny's Mustard Sauce	31	30	0	0.5	9	0	0	1	280	0	0	1	5
Sonny's Original Sauce	37	60	0	0	0	0	15	0	400	0	0	0	13