



NUTRITIONAL GUIDE



Printed information is valid as of 7/20/2021



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 |
| 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 |

| 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 | 80 | 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 |
| Sonny's Cuban | 424 | 1140 | 240 | 70 | 27 | 65 | 61 | 2070 | 185 | 0.5 | 3 | 15 |
| Brisket Grilled Cheese | 305 | 1110 | 320 | 78 | 36 | 46 | 56 | 1520 | 195 | 2 | 2 | 4 |

| 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 | 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 |

| 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 | 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 |

| 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 | 92 | 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 |

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

| GARDEN OF EATIN' | <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> |
|-----------------------------|----------------------------|------------------------|-----------------------------------|----------------|--------------------------|--------------------------|--------------------|--------------------|-------------------------|-----------------------------|--------------------------|-------------------------|
| Side Salad | 273 | 170 | 50 | 10 | 5 | 13 | 9 | 240 | 30 | 0 | 3 | 5 |
| BBQ Salad | 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 |
| Smokin' Caesar Salad | 304 | 540 | 90 | 41 | 10 | 31 | 17 | 1640 | 25 | 0 | 5 | 13 |
| BBQ Cobb Salad | 510 | 720 | 170 | 52 | 19 | 20 | 38 | 2850 | 315 | 1 | 4 | 12 |

| DESSERTS | <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 |

| BEVERAGE | <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 |

| KIDS MENU | <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> |
|-------------------------------|-----------------------------|------------------------|----------------------------------|----------------|--------------------------|--------------------------|--------------------|--------------------|-------------------------|-----------------------------|--------------------------|-------------------------|
| Entrees (w/o Sidekick) | | | | | | | | | | | | |
| 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 |
| Drinks | | | | | | | | | | | | |
| 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 |
| Dessert | | | | | | | | | | | | |
| Kid's Ice Cream | 113 | 130 | 40 | 7 | 4.5 | 15 | 2 | 60 | 25 | 0 | 0 | 11 |

| 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 | 47 | 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 | 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 | 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 | 0 | 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 |
| Balsmaic Vinagrette | 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 | 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 |