



# NUTRITIONAL GUIDE



Printed information is valid as of 10/18/2023



## 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 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](http://www.sonnysbbq.com/contact).

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

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<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>
<b>Redneck Egg Rolls</b>	340	930	130	53	14	84	28	2140	90	0	3	19
<b>Fried Okra</b>	209	520	45	33	33	50	5	980	0	0	7	3
<b>Corn Nuggets</b>	206	650	50	35	6	75	8	1110	245	0	4	26
<b>Chicken Wings, Sauced</b>	373	890	110	53	12	34	75	3380	355	0	1	21
<b>Chicken Wings, Dry-Rub</b>	321	800	110	51	12	11	74	3310	355	0	0	1
<b>Smoked Wings</b>	281	760	120	57	14	7	55	1240	290	0	2	3
<b>Fried Pickles</b>	265	660	90	54	9	37	6	3060	15	0.5	0	3
<b>Loaded Tots (w/ out meat)</b>	595	1680	240	103	26	160	25	5280	50	1	16	29
<b>Pulled Pork</b>	145	350	80	23	9	7	28	510	100	9	0	7
<b>Pulled Chicken</b>	145	240	15	7	2	17	28	420	120	0	0	14
<b>Chopped Brisket</b>	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>Regular Pulled Pork Sandwich</b>	218	570	90	29	10	42	34	840	100	0	1	12
<b>Regular Smoked Turkey Sandwich</b>	186	410	30	14	3	35	38	960	80	0	1	5
<b>Regular Sliced Pork Sandwich</b>	186	510	80	26	9	35	34	410	105	0	1	5
<b>Regular Pulled Chicken Sandwich</b>	218	450	25	13	3	51	34	740	120	0	1	19
<b>Regular Chopped Brisket Sandwich</b>	218	760	160	49	18	36	42	850	135	1.5	1	5
<b>Regular Sliced Brisket Sandwich</b>	186	590	110	33	13	35	36	620	105	1	1	5
<b>Large Pulled Pork Sandwich</b>	299	760	130	42	15	46	39	1120	160	0	1	16
<b>Large Smoked Turkey Sandwich</b>	245	510	40	18	4.5	35	55	1290	120	0	1	5
<b>Large Sliced Pork Sandwich</b>	245	670	120	37	13	35	48	460	155	0	1	5
<b>Large Pulled Chicken Sandwich</b>	299	580	40	17	4.5	49	56	1190	220	0	1	18
<b>Large Chopped Brisket Sandwich</b>	299	1060	250	73	27	37	62	1150	210	2.5	1	6
<b>Large Sliced Brisket Sandwich</b>	245	780	170	47	19	36	52	770	160	1.5	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>Sonny's Cuban</b>	424	1140	240	70	27	65	61	2070	185	0.5	3	15
<b>Brisket Grilled Cheese</b>	305	1110	320	78	36	46	56	1520	195	2	2	4

<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</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>BBQ Dirty Rice</b>	204	280	35	9	4	44	6	690	10	0	2	3
<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>Smokin' Caesar Salad</b>	304	540	90	41	10	31	17	1640	25	0	5	13
<b>BBQ Cobb Salad</b>	510	720	170	52	19	20	38	2850	315	1	4	12

<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	0	54	0	85	0	0	0	54
Cherry Coca-Cola	431	250	0	0	0	0	70	0	60	0	0	0	70
Coca-Cola	431	230	0	0	0	0	65	0	75	0	0	0	65
Coca-Cola Zero	431	0	0	0	0	0	0	0	65	0	0	0	0
Diet Coke	431	0	0	0	0	0	0	0	65	0	0	0	0
Fanta Orange	431	270	0	0	0	0	75	0	100	0	0	0	73
Hi-C Flashn' Fruit Punch	431	190	0	0	0	0	54	0	35	0	0	0	54
Hi-C Poppin' Pink Lemonade	431	190	0	0	0	0	51	0	25	0	0	0	49
Minute Maid Lemonade	431	190	0	0	0	0	51	0	35	0	0	0	49
Pibb Xtra	431	230	0	0	0	0	65	0	65	0	0	0	65
Seagram's Ginger Ale	431	0	0	0	0	0	43	0	60	0	0	0	43
Sprite	431	170	0	0	0	0	44	0	40	0	0	0	39
Sprite Zero	431	0	0	0	0	0	0	0	60	0	0	0	0
Sonny's Sweet Tea	431	170	0	0	0	0	44	0	0	0	0	0	43
Sonny's Unsweet Tea	431	5	0	0	0	0	1	0	0	0	0	0	0
Dasani Water	355	0	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 = ½ Chicken (dark meat)</b>	465	870	70	33	8	108	42	1550	125	0	9	47
<b>Chicken Lunch = ½ 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>BBQ BY THE POUND</b>	<b>Serving Size Wt (g)</b>	<b>Calories (kcal)</b>	<b>Calories from Sat fat (g)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Protein (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>	<b>Trans Fatty Acid (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>
<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>												
Medium	454	910	240	54	27	73	27	2450	70	0	5	9
Large	908	1810	490	109	54	145	54	4900	135	0	9	18
X-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 Dirty Rice</b>												
Small	612	850	110	27	12	131	18	2080	25	0	5	10
Medium	1224	1700	210	55	23	262	35	4160	55	0	9	20
Large	3059	4260	530	137	58	655	88	10410	135	0.5	24	51

<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	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