



Nutritional Information

The nutritional analysis provided is comprised of data from Analytical Food Laboratories (an independent testing facility commissioned by Sonny's) as well as vendors' nutritional information and information provided by Sonny's. The nutritional information provided for Sonny's menu items is as complete as possible. Some menu items may not be available at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. This information is updated periodically in an attempt to reflect the current status of Sonny's products.

Dressings & Sauces												
	Serving size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sweet Bar-B-Q Sauce	2 Tbl.	60	0	0	0	0	0	460	14	0	15	0
Sizzlin' Sweet Bar-B-Q Sauce	2 Tbl.	50	5	0.5	0	0	0	480	10	0	11	0
Smokin' Bar-B-Q Sauce	2 Tbl.	45	0	0	0	0	0	460	10	0	8	0
Mild Bar-B-Q Sauce	2 Tbl.	40	10	1	0	0	0	410	6	0	4	<1
Mustard Bar-B-Q Sauce	2 Tbl.	25	5	0.5	0	0	0	350	4	0	4	0
Brisket Finishing Sauce	1/2 Tbl.	10	0	0	0	0	0	80	2	0	2	0
Lo-Cal French Dressing	2 Tbl.	35	10	1	0	0	0	300	7	0	6	0
Lo-Cal Red French Dressing	2 Tbl.	40	20	2	0	0	0	240	5	0	5	0
Lo-Cal Italian Dressing	2 Tbl.	40	25	3	0	0	0	360	4	0	3	0
Fat Free Ranch Dressing	2 Tbl.	45	0	0	0	0	0	340	9	0	5	1
Fat Free Honey Mustard	2 Tbl.	60	0	0	0	0	0	280	13	<1	12	0
Creamy Italian Dressing	2 Tbl.	100	90	10	2	0	10	250	4	0	3	0
Thousand Island Dressing	2 Tbl.	110	90	10	1	0	10	320	6	0	6	0
Caesar Dressing	2 Tbl.	140	130	15	3	0	15	420	2	0	1	2
Ranch Dressing	2 Tbl.	110	100	11	2	0	15	180	2	0	<1	<1
Blue Cheese Dressing	2 Tbl.	180	170	19	3	0	20	320	0	0	0	<1
Golden Italian Dressing	2 Tbl.	120	100	11	2	0	0	380	5	0	4	0
French Dressing	2 Tbl.	120	100	11	2	0	0	240	6	0	5	0

Salads												
	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Backyard Garden Salad	1	30	2	<1	<1	0	0	10	6	2	4	2
Caesar Salad with Chicken Tenders	1	1014	613	68	13	4	123	2916	67	9	5	44
Caesar Salad with Chargrilled Chicken	1	586	351	39	7	<1	34	1577	30	5	5	42
Big Salad with Chicken Tenders	1	734	321	36	6	4	88	2044	71	9	8	38
Big Salad with Charbroiled Chicken	1	306	59	7	1	<1	46	704	34	6	9	36
Big Salad with Sliced Beef	1	412	143	16	6	<1	86	343	33	6	8	40
Big Salad with Sliced Pork	1	472	211	23	8	<1	93	358	33	6	8	38
Big Salad with Sliced Smoked Turkey	1	336	76	8	2	0	70	1532	37	6	8	33
Big Salad with Pulled Pork	1	590	293	33	11	1	66	564	34	6	9	46
Big Salad with Pulled Beef Brisket	1	692	381	42	15	3	96	767	45	6	9	38
Big Salad with Pulled Chicken	1	461	171	18	11	<1	26	603	33	6	13.5	31

Sidekicks & Bread												
	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bar-B-Q Beans	1	147.61	16.71	1.86	0.5	0.02	7.78	639.72	25.32	4.69	8.43	8.06
Potato Salad	1	216	141	16	1	0	20	962	14	5	4	3
Mustard Potato Salad	1	69	68	8	1	0	8	479	21	4	6	3
Macaroni & Cheese	1	213	86	10	5	1	20	755	23	1	3	10
Onion Rings	Half Order	724	368	41	8	6	0	1568	80	5	10	9
	Full Order	1345	684	76	14	12	0	2913	148	10	18	17
French Fries	1	363	155	17	4	3	85	148	47	5	0	5
Fried Okra	1	417	261	29	5	4	0	871	34	6	6	5
Corn Nuggets	1	608	264	29	5	3	0	1213	79	6	2	7
Corn on the Cob	1	140	15	2	<1	0	0	20	34	2		5
Southern Green Beans	1	95	44	5	1	0	2	469	11	4	5	3
Broccoli	1	40	4	0	0	0	0	55	8	5	3	5
Coleslaw	1	216	140	16	2	0	14	307	19	3	14	2
Cinnamon Apples	1	171	0	0	0	0	0	23	43	2	42	0
Baked Potato	1	264	3	<1	<1	0	0	14	61	4	5	6
Baked Sweet Potato	1	293	4	<1	<1	0	0	117	68	11	21	7
Mashed Potatoes	1	233	109	12	7	0	31	651	23	3	2	6
Garlic Bread	1 Slice	180	60	7	1	0	0	295	27	1	<1	4
Cornbread	1 Loaf	259	81	9	2	3	38	561	43	<1	16	4
Sandwich Bun	1 Bun	200	23	3	<1	0	0	390	38	1	6	6

Protein Only												
	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

*This page contains information for Protein Only.
Please refer to the information for Sidekicks and Bread to calculate the nutritional information for your entire meal.*

Classic Dry Rub Brisket	Lunch	323	6	30	10	0	93	749	4	1	2	20
	Dinner	484	8	41	15	0	140	936	5	1	2	25
Pulled Beef Brisket	Lunch	516	345	38	15	3	96	515	12	0	9	31
	Dinner	929	621	69	27	6	173	927	22	0	13.5	55
Sweet & Smokey Ribs	Lunch	739	553	61	24	1	195	509	11	0	52	43
	Dinner	1364	1021	113	45	2	360	939	17	0	91	79
Baby Back Ribs	Lunch	635	355	39	17	<1	268	993	19	0	13	50
	Dinner	1270	710	79	33	1	535	1987	39	0	25	101
Classic Dry Rub Ribs	Lunch	653	439	56	17	0	103	2565	3	1	2	33
	Dinner	1205	842	98	32	0	223	3847	6	1	4	49
Sliced Pork	Lunch	296	175	19	8	<1	93	106	<1	0	0	30
	Dinner	444	263	29	12	<1	139	159	<1	0	0	45
Pulled Pork	Lunch	414	257	29	11	1	66	312	1	0	9	38
	Dinner	745	462	51	20	1	120	561	2	0	13.5	69
Chicken Tenders	Appetizer	697	356	40	7	5	111	2240	48	5	<1	38
	Lunch	558	285	32	6	4	88	1792	38	4	<1	30
	Dinner	837	427	47	9	6	133	2687	58	6	<1	45
Chicken Wings (with Sweet Bar-B-Q Sauce)	10 Wings	1125	626	70	19	4	369	1694	3	<1	<1	121
	20 Wings	2250	1252	139	37	9	737	3388	7	1	<1	242
	50 Wings	5625	3131	348	94	22	1843	8471	17	2	1	606
Chicken Wings (with Dry Rub)	10 Wings	395	243	26	7	0	140	1349	5	1	1	34
Bar-B-Q Chicken*	1/4 Chicken	270	127	13	9	0.47	22	281	0	0	0	78
	1/2 Chicken	540	248	27	18	1	44	561	0	0	0	156
	Whole Chicken	1080	600	55	35	2	88	1121	0	0	0	312
Charbroiled Chicken	Lunch	130	23	3	<1	<1	46	452	1	0	1	23
	Dinner	260	46	5	1	1	91	904	2	0	1	56
Pulled Chicken	Lunch	286	135	14	9	0.45	26	351	1	0	13.5	23
	Dinner	515	242	26	17	1.00	53	561	2	0	20	58
Smoked Turkey	Lunch	160	40	4	2	0	70	1280	4	0	0	26
	Dinner	240	60	6	3	0	105	1920	6	0	0	39
Breaded Catfish	Lunch	266	147	16	3	2	91	657	16	<1	2	14
	Dinner	533	239	33	6	4	183	1313	33	1	3	28
Breaded Shrimp	Dinner	533	235	26	9	<1	277	1618	46	0	0	29
Rib Sampler		1544	1036	115	46	2	479	1616	23	0	15	103
Pork 3 Ways		1449	985	109	43	2	331	926	4	0	9	112
Super Combo												
Sliced Pork, Sliced Beef, Bar-B-Q Chicken* and Sweet & Smokey Ribs		1181	841	68	35	2	268	761	3	0	2	153
Bar-B-Q Chicken* & Ribs		1038	680	64	33	2	22	789	3	0	2	121
Bar-B-Q Chicken* & Sliced Pork		595	302	32	17	<1	115	386	<1	0	<1	108
Bar-B-Q Chicken* & Pulled Pork		713	384	42	20	1	88	592	1	0	9	116

*Bar-B-Q Chicken values include the skin

Big Deals & Burgers

Portion

Calories

Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carbs (g)

Dietary Fiber (g)

Sugars (g)

Protein (g)

Please refer to the information for Sidekicks to calculate the nutritional information for your entire meal.

Classic Rub Brisket Sandwich on Bun	1	683	126	44	13	0	93	1339	58	3	4	28
Classic Rub Brisket Sandwich on Garlic Bread	1	523	29	33	12	0	93	1139	42	2	8	26
Sliced Pork Sandwich on Bun	1	496	233	22	9	<1	93	496	38	1	6	36
Sliced Pork Sandwich on Garlic Bread	1	656	301	33	11	<1	93	696	53	2	1	38
Smoked Turkey Sandwich on Bun	1	360	62	7	5	0	70	1670	42	1	6	32
Smoked Turkey Sandwich on Garlic Bread	1	520	166	18	4	0	70	1870	57	2	1	39
Pulled Pork Sandwich on Bun	1	614	279	31	11	<1	66	702	39	1	19	44
Pulled Pork Sandwich on Garlic Bread	1	774	383	43	13	<1	66	902	54	2	10	46
Pulled Beef Brisket Sandwich on Bun	1	716	368	41	15	3	96	905	50	1	15	37
Pulled Beef Brisket Sandwich on Garlic Bread	1	876	471	52	17	3	96	1105	65	2	10	39
Pulled Chicken Sandwich on Bun	1	486	158	17	9	<1	26	741	39	1	19.5	29
Pulled Chicken Sandwich on Garlic Bread	1	646	255	28	11	1	53	1051	56	2	14	66
Charbroiled Chicken Sandwich on Bun	1	384	57	6	1	<1	65	1031	40	1	7	46
Charbroiled Chicken Sandwich on Garlic Bread	1	490	149	18	3	<1	46	1042	54	2	2	36
Catfish Sandwich on Bun	1	361	68	8	3	2	50	1052	52	2	8	19
Catfish Sandwich on Garlic Bread	1	521	171	19	5	2	50	1252	67	3	3	21
Hamburger on Bun	1	815	386	43	16	3	206	560	38	1	6	64
Cheeseburger on Bun with American Cheese	1	865	427	47	18	3	219	815	38	1	6	67

Dessert

Portion

Calories

Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carbs (g)

Dietary Fiber (g)

Sugars (g)

Protein (g)

Banana Pudding	1	367	106	12	5	2	5	228	63	1	25	1
Peach Cobbler	1	333	176	20	7	4	11	380	60	<1	45	2
Blueberry Cobbler	1	348	199	22	8	5	13	431	62	2	45	3
Apple Cobbler	1	339	195	22	8	5	13	446	61	1	44	3
Double Chocolate Brownie Bliss	1	1470	550	61	38	1	68	302	226	5	170	13