

APPETIZERS

LOADED TOTS

Golden fried tater tots topped with crispy onion straws, queso and drizzled with BBQ Sauce.
9.29 | 1680 Cal

Add your favorite BBQ meat.
4.00 | 220-440 Cal

BBQ PORK EGG ROLLS

Loaded with Pulled Pork, coleslaw and Pepper Jack cheese with a side of Smokin' Ranch dip. 9.99 | 1000 Cal

SMOKED WINGS

Original, Dry-Rubbed or slathered in your favorite BBQ sauce. 13.99 | 750-900 Cal

BBQ STREET CORN DIP

Smoky, creamy corn dip with veggies, cheese, lime, and bold seasoning. Served with BBQ chips.
6.99 | 600 Cal

SEASONAL WINGS

Our Smoked Wings tossed in a Tennessee Vinegar or Sonny's Competition BBQ Sauce.
13.99 | 890 Cal

BBQ SANDWICHES

Served on a bun.

Regular | Large

SMOKED PORK 9.29 11.29

Sliced or Pulled.
510-890 Cal

SMOKED TURKEY 9.79 11.79

400/500 Cal

PULLED CHICKEN 9.49 11.29

430/540 Cal

BEEF BRISKET 10.99 12.99

Sliced (Lean) or Chopped (Marbled).
540-870 Cal

Make it a BIG DEAL

Add a Sidekick &
soft drink for just
4.00 | 35-700 Cal

SIGNATURE BBQ

Served with BBQ beans, coleslaw and garlic bread.

SMOKED PORK

Sliced or Pulled.
14.99 | 1230/990 Cal

BEEF BRISKET

Sliced (Lean) or
Chopped (Marbled).
18.99 | 1050/1210 Cal

SMOKED TURKEY

15.29 | 840 Cal

COMPETITION RIBS

18.99 | 1950 Cal

ST. LOUIS RIBS

Sweet & Smokey or
House Dry-Rubbed Ribs.
18.29 | 1430/1280 Cal

BABY BACK RIBS

19.99 | 1360 Cal

SMOKED CHICKEN

15.29 | 980 Cal
All-white meat,
add 2.00 | 1290 Cal

PULLED CHICKEN

15.29 | 880 Cal

SIGNATURE SANDWICHES

SWEET CAROLINA

Pulled Pork, coleslaw, and Mustard BBQ Sauce on a bun.
9.99 | 860 Cal

SONNY'S CUBAN

Pulled & Sliced Pork, Swiss cheese, pickles, and Mustard BBQ Sauce on garlic bread. 10.99 | 1090 Cal

CANDIED BACON BURGER

Chipotle candied bacon, American cheese, onion straws, and Sizzlin' BBQ Sauce on a bun. 12.79 | 1000 Cal

Sonny's Steakburger* 10.79 | 680-790 Cal

CANDIED BACON CHICKEN SANDWICH

Grilled chicken breast, Chipotle candied bacon, Swiss cheese, onion straws, and Mustard BBQ sauce on a bun.
11.49 | 710 Cal

Grilled Chicken Sandwich 9.99 | 390 Cal

TENNESSEE VINEGAR PORK SANDWICH

1/2 lb. of Pulled Pork topped with homemade pickled onions and drizzled with a tangy vinegar sauce on a bun
10.99 | 940 Cal

SLIDER TRIO

Pulled Pork, Chopped Brisket, and Pulled Chicken with pickle chips, pickled onions, and our seasonal BBQ sauces.
14.99 | 1210 Cal

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS. HAMBURGERS ARE COOKED TO ORDER.

PICK of the PIT COMBOS

Served with BBQ beans, coleslaw and garlic bread.

2 MEATS FOR 15.99 | 1040-1930 Cal

3 MEATS FOR 17.99 | 1320-2380 Cal

4 MEATS FOR 19.99 | 1610-2820 Cal

SMOKED PORK
SMOKED CHICKEN

SMOKED WINGS
JALAPEÑO CHEDDAR
SAUSAGE

BBQ CHICKEN TENDERS
ST. LOUIS RIBS (+1.00)

BABY BACK RIBS (+4.00)
BEEF BRISKET (+3.00)

GARDEN OF EATIN'

ADD YOUR FAVORITE BBQ MEAT. 4.00 | 150-450 Cal

BBQ SALAD

Mixed greens, grilled corn, tomato, cucumber, and Cheddar tossed with Ranch and topped with onion straws and Sweet BBQ Sauce.

9.49 | 720 Cal

BBQ COBB

Mixed greens, hard-boiled eggs, bacon bits, tomato, red onion and Pepper Jack cheese served with Smokin' Ranch.

9.49 | 720 Cal

SMOKIN' CAESAR

Chopped Romaine, croutons, Parmesan cheese and Smokin' BBQ Sauce served with Caesar dressing.

8.99 | 550 Cal

SIDEKICKS 3.49 each

SONNY'S BBQ BEANS
250 Cal

HOMEMADE COLESLAW
130 Cal

FRIES OR TOTS
480/530 Cal

MAC & CHEESE
320 Cal

BAKED SWEET POTATO
230 Cal

GREEN BEANS
30 Cal

BAKED POTATO
290 Cal

PREMIUM SIDES

FRIED OKRA
6.29 | 520 Cal

CORN NUGGETS
6.29 | 650 Cal

SIDE SALAD
4.99 | 290-540 Cal

 BRISKET MAC & CHEESE
6.99 | 1010 Cal

 BBQ WEDGE
5.99 | 500 Cal

BBQ BY THE POUND

BEEF BRISKET
23.99 LB | 1320 Cal

PULLED PORK
16.99 LB | 1360 Cal

SLICED PORK
16.99 LB | 1180 Cal

SMOKED TURKEY
16.99 LB | 770 Cal

SWEET & SMOKEY
ST. LOUIS RIBS
18.99 LB | 1810 Cal

HOUSE DRY-RUBBED
ST. LOUIS RIBS
18.99 LB | 1610 Cal

BABY BACK RIBS
19.99 SLAB | 1490 Cal

WHOLE CHICKEN
16.99 | 1220 Cal

JALAPEÑO
CHEDDAR SAUSAGE
16.59 LB | 1410 Cal

DESSERTS

CINNAMON SUGAR DONUT HOLES

Shareable, hot donut holes served with a side of Signature Sweet Tea glaze.
4.99 | 1050 Cal

CHOCOLATE CHIP COOKIES

Two giant cookies baked fresh to order in-house.
2.99 | 1040 Cal

BANANA PUDDING

Fresh banana slices and our signature pudding topped with vanilla wafers and whipped cream.
4.79 | 320 Cal

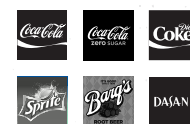
STRAWBERRY CORNCAKE

Sweet, homemade cornbread cakes with juicy strawberries, topped with whipped cream.
5.99 | 500 Cal

BEVERAGES

COUNTRY-STYLE
LEMONADE
3.69 | 190 Cal

SWEET OR UNSWEET TEA
3.69 | 170/5 Cal



SODAS
3.69 | 0-230 Cal

BOTTLED WATER
1.99 | 0 Cal

BULK SIDEKICKS

SERVINGS:

Small feeds 3-4
Medium feeds 6-8
Large feeds 16-20

SONNY'S BBQ BEANS

Sm 7.49 | 680 Cal
Med 11.69 | 1370 Cal
Lg 26.99 | 3420 Cal

HOMEMADE COLESLAW

Sm 7.49 | 590 Cal
Med 11.69 | 1170 Cal
Lg 26.99 | 2930 Cal

MAC & CHEESE

Sm 7.49 | 910 Cal
Med 11.69 | 1810 Cal
Lg 26.99 | 4540 Cal

GREEN BEANS

Sm 7.49 | 110 Cal
Med 11.69 | 230 Cal
Lg 26.99 | 570 Cal

POTATO SALAD

Sm 7.49 | 910 Cal
Med 11.69 | 1810 Cal
Lg 26.99 | 2930 Cal

SONNY'S
BBQ LOCAL
PITMASTERS
SINCE 1968

5910 S. FLORIDA AVE.
LAKELAND, FL 33813
863-646-2990
ORDERSONNYS.COM

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.