

Sonny's BBQ Menu With Prices

2026 Edition • Compiled by TheMenuPrices.com • Last verified September 2026

This menu covers Sonny's BBQ pricing and calories, sourced from live menu data and Sonny's own official nutrition guide. Prices vary by location, always confirm at your nearest Sonny's BBQ before ordering. This is an independent guide and TheMenuPrices.com is not affiliated with Sonny's BBQ.

Seasonal Menu

Item	Price	Calories
Seasonal Wings, Golden BBQ Sauce	\$13.99	--
Seasonal Wings, Sweet Peach BBQ Sauce	\$13.99	--
Cheese Curds	\$7.99	--
Golden BBQ Chicken Tender Sandwich	\$10.99	--
Brisket Grilled Cheese	\$11.99	--
Sweet Peach BBQ Chicken	\$15.29	--
Peach Cobbler Egg Rolls	\$5.99	--
Onion Rings	\$5.99	--
Prime Rib Sandwich	\$13.99	1,120 cal

Appetizers

Item	Price	Calories
BBQ Pork Egg Rolls	\$9.99	1,000 cal
Loaded Tots	\$9.49	1,680 cal
Fried Okra	\$6.29	520 cal
Corn Nuggets	\$6.29	650 cal
Smoked Wings	\$13.99	750 cal

Sandwiches (Sandwich Only / Big Deal)

Big Deal adds two sides and a drink for roughly \$3.50 to \$4.00 more.

Item	Sandwich Only	Big Deal
Pork Sandwich	\$9.29	\$13.29
Pulled Chicken Sandwich	\$9.49	\$13.49
Smoked Turkey Sandwich	\$9.79	\$13.79
Grilled Chicken Sandwich	\$9.79	\$13.79

Item	Sandwich Only	Big Deal
Sweet Carolina Sandwich	\$9.99	\$13.99
Beef Brisket Sandwich	\$10.99	\$14.99
Sonny's Steakburger	\$10.99	\$14.99
Sonny's Cuban Sandwich	\$10.49	\$14.49
Candied Bacon Burger	\$12.99	\$16.49

Signature BBQ (Dinner, with 2 sides)

Item	Price	Calories
St. Louis Ribs *	\$17.99	See note below
BBQ Pork	\$14.99	1,140-1,230 cal
Half Chicken	\$15.49	1,180-1,440 cal
Beef Brisket	\$18.99	1,050-1,210 cal
Baby Back Ribs	\$19.99	1,510 cal
Smoked Turkey	\$15.49	990 cal
Pulled Chicken	\$15.49	880 cal

* Sonny's official nutrition guide lists Sweet and Smokey Ribs, House Dry-Rubbed Ribs, and Baby Back Ribs, not "St. Louis Ribs" by that exact name. Confirm current rib naming at your local Sonny's.

Pitmaster Picks Combos

Item	Price	Cost Per Meat
Pick 2 Combo	\$15.99	\$8.00
Pick 3 Combo	\$17.99	\$6.00
Pick 4 Combo	\$19.99	\$5.00

Salads

Item	Price	Calories
BBQ Salad	\$9.49	740 cal
Smokin' Caesar Salad	\$8.99	540 cal
Side Salad	\$3.99	170 cal

Sides

Item	Price	Calories
BBQ Beans	\$3.49	240 cal
Coleslaw	\$3.49	130 cal
Mac & Cheese	\$3.49	320 cal
Green Beans	\$3.49	30 cal
Potato Salad	\$3.49	270 cal
Fries	\$3.49	480 cal
Garlic Bread	\$3.49	170 cal

Item	Price	Calories
Cornbread	\$1.99	180 cal

Desserts

Item	Price	Calories
Cinnamon Sugar Donut	\$4.99	1,050 cal
Chocolate Chip Cookies	\$2.99	1,000 cal
Banana Pudding	\$4.99	320 cal

Beverages

Item	Price	Calories
Coca-Cola	\$3.49	230 cal
Diet Coke	\$3.49	0 cal
Sprite	\$3.49	170 cal
Lemonade	\$3.49	190 cal
Sweet Tea	\$3.49	170 cal
Unsweet Tea	\$3.49	5 cal
Gallon Tea	\$5.99	Varies

Family Meals

Item	Price
Family Feast (feeds 4, 7,410 cal total)	\$65.99
Bundle, 2 Meats	\$49.99
Bundle, 3 Meats	\$69.99
Bundle, 4 Meats	\$89.99

By the Pound (Catering & Bulk)

Item	Price	Calories (per lb)
Pulled Pork	\$16.99	1,320 cal
Sliced Pork	\$17.99	1,180 cal
Whole Chicken	\$16.99	820 cal
Pulled Chicken	\$16.99	740 cal
Sliced Turkey	\$16.99	770 cal
Sliced Brisket	\$23.99	1,320 cal
Baby Back Ribs	\$19.99	750 cal

Sauces and Rubs

Item	Price	Calories
Original BBQ Sauce	\$3.99	60 cal
Sweet BBQ Sauce	\$3.99	70 cal
Sizzlin' BBQ Sauce	\$3.99	60 cal
Mustard BBQ Sauce	\$3.99	30 cal
Dry Rub	\$3.99	Negligible

Kids Meals

Item	Price	Calories
Chicken Tenders	\$5.99	380 cal
Kids Ribs	\$6.99	290-330 cal
Cheeseburger	\$5.99	430 cal
Grilled Cheese	\$5.99	410 cal
Hot Dog	\$5.99	310 cal

Q Crew Rewards Program

Sign up free through the Sonny's BBQ app and get \$5 off your next entree. Earn 10 points per dollar spent afterward, redeemable for free items. Three tiers based on annual spend: Sweet (\$0-\$499), Smokin' (\$500-\$999), Sizzlin' (\$1,000+). Spend resets every January; tier status holds for 12 months.

This is an independent guide compiled by TheMenuPrices.com. Prices and menu items are estimates based on available data and vary by state, city, and franchise location. Calorie data is sourced from Sonny's BBQ's official nutrition guide but may not reflect the most recent menu updates at every location. Always confirm current pricing and item availability at your nearest location, on the Sonny's BBQ app, or at sonnysbbq.com before ordering. TheMenuPrices.com is not affiliated with Sonny's BBQ.

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