



Sonic Drive-In Low Carb Options

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| Breakfast | Total Carbs | Protein |
|-----------------------|-------------|---------|
| Jr. Breakfast Burrito | 22 | 12 |

| Burgers | Total Carbs | Protein |
|-----------------------------------|-------------|---------|
| Jr. Burger | 32 | 15 |
| Quarter Pound Double Cheeseburger | 34 | 31 |

| Kid's Meals | Total Carbs | Protein |
|----------------------|-------------|---------|
| Crispy Tenders (2pc) | 11 | 14 |

| Chicken | Size | Total Carbs | Protein |
|----------------------------------|-------|-------------|---------|
| Crispy Tenders | 3 pc | 16 | 21 |
| Buffalo Boneless Wings | 6 pc | 17 | 29 |
| Jumbo Popcorn Chicken | Small | 24 | 16 |
| Asian Sweet Chili Boneless Wings | 6 pc | 32 | 30 |
| Honey BBQ Boneless Wings | 6 pc | 33 | 29 |
| Buffalo Boneless Wings | 12 pc | 34 | 59 |

| Hot Dog | Total Carbs | Protein |
|-----------------------------|-------------|---------|
| Original Pretzel Dog 6" | 23 | 11 |
| Cheesy Bacon Pretzel Dog 6" | 27 | 15 |
| All Beef Regular Hot Dog 6" | 31 | 12 |

| Snacks & Sides | Size | Total Carbs | Protein |
|----------------|------|-------------|---------|
| Ched 'R' Bites | Sm | 23 | 14 |

| Sauces | Total Carbs |
|---------------|-------------|
| BBQ Sauce | 9 |
| Honey Mustard | 6 |
| Ketchup | 3 |
| Marinara | 4 |
| Light Mayo | 3 |
| Mustard | 0 |
| Ranch | 1 |
| Salsa | 0 |
| Cheese Sauce | 5 |
| Sweet Relish | 3 |

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| Drinks | Size | Total Carbs |
|---------------------|----------------|-------------|
| Coke Zero | Any | 0 |
| Diet Coke | Any | 0 |
| Diet Dr. Pepper | Any | 0 |
| Sprite Zero | Any | 0 |
| Unsweetened Tea | Any | 0 |
| Diet Cherry Limeade | Med or smaller | 3 |
| Diet Cherry Limeade | Lg or Rt 44 | 4 |
| Diet Lime Limeade | Med or smaller | 1 |
| Diet Lime Limeade | Lg or Rt 44 | 2 |
| Black Coffee | Any | 0 |

| Add-Ins | Size | Total Carbs |
|------------------------|----------------|-------------|
| Black Berry Sugar Free | Med or smaller | 1 |
| Black Berry Sugar Free | Lg or Rt 44 | 2 |
| Blue Coconut | Small or Kids | 3 |
| Blue Coconut | Med | 6 |
| Blue Coconut | Lg | 9 |
| Blue Raspberry | Small or Kids | 3 |
| Blue Raspberry | Med | 6 |
| Blue Raspberry | Lg | 8 |
| Cherry | Small or Kids | 8 |
| Diet Cherry Sugar Free | Med or smaller | 3 |
| Diet Cherry Sugar Free | Lg or Rt 44 | 4 |
| Grape | Small or Kids | 5 |
| Lemon | Med or smaller | 1 |
| Lemon | Lg | 2 |
| Lemon | Rt 44 | 3 |
| Lime | Med or smaller | 1 |
| Lime | Lg or Rt 44 | 2 |
| Mango Sugar Free | Med or smaller | 1 |
| Mango Sugar Free | Lg or Rt 44 | 2 |
| Minute Maid Cranberry | Small or Kids | 9 |
| Peach Sugar Free | Small or Kids | 0 |
| Peach Sugar Free | Med - Rt 44 | 1 |
| Powerade | Small or Kids | 6 |
| Raspberry Sugar Free | Small or Kids | 0 |
| Raspberry Sugar Free | Med - Rt 44 | 1 |
| Strawberry | Small or Kids | 7 |
| Vanilla | Small or Kids | 6 |