Panera Bread Sandwiches Menu Prices & Calories

Hot Sandwiches & Melts



French Ciabatta Dipper

The French Ciabatta Dipper is a Panera sandwich made for dipping, pairing tender steak, melted cheese, ciabatta bread, and savory French onion soup.

Half: $8.79
Whole: $12.29

Half: 640 calories
Whole: 1,240 calories



Grilled Cheese

The Panera grilled cheese sandwich brings toasted bread and melted cheese together, making it a simple, comforting hot sandwich choice for classic comfort.

Half: $6.59
Whole: $8.89

Half: 400 calories
Whole: 810 calories



Toasted Italiano

The Toasted Italiano is Panera's Italian sandwich, combining deli meats, provolone, vegetables, and flavorful sauces on toasted French baguette for lunch.

Half: $9.89 per
Whole: $13.69

Half: 670 calories
Whole: 1330 calories



Spicy Fiesta Chicken

Spicy Fiesta Chicken is one of Panera's chicken sandwiches, offering seasoned chicken and bold spicy flavors for diners wanting a hotter, heartier option.

Half: $8.99
Whole: $12.29

Half: 470 calories
Whole: 940 calories



Ciabatta Cheesesteak

The Ciabatta Cheesesteak is a Panera steak sandwich with marinated steak, provolone, onions, peppers, garlic aioli, and toasted ciabatta bread. It is a hearty lunch pick.

Half: $9.89
Whole: $13.69

Half: 580 calories
Whole: 1160 calories



Toasted Frontega Chicken

The Toasted Frontega Chicken is a popular Frontega chicken sandwich Panera serves with smoked chicken, mozzarella, tomatoes, onions, basil, and chipotle aioli for lunch.

Half: $8.99
Whole: $12.29

Half: 430 calories
Whole: 860 calories



Chicken Bacon Rancher

The Chicken Bacon Rancher is one of Panera's hearty chicken sandwiches, combining grilled chicken, bacon, white cheddar, and ranch dressing on focaccia. A filling choice.

Half: $8.99
Whole: $12.49

Half: 510calories
Whole: 1010 calories



Chipotle Chicken Avo Melt

The Chipotle Chicken Avo Melt is Panera's chicken avocado sandwich, pairing chicken, avocado, cheese, and smoky chipotle flavors on black pepper focaccia. A tasty choice.

Half: $8.99
Whole: $12.49

Half: 500 calories
Whole: 1000 calories



Chicken Pesto Ciabatta Dipper

The Chicken Pesto Ciabatta Dipper combines grilled chicken, melted cheeses, basil pesto, ciabatta bread, and creamy tomato soup for dipping. It is a classic lunch choice.

Half: $7.79
Whole: $10.49

Half: 560 calories
Whole: 1010 calories



Toasted Caprese Focaccia

The Toasted Caprese Focaccia is Panera's caprese sandwich, bringing Italian-inspired flavors together on toasted focaccia for a warm and satisfying meal. A hearty choice.

Half: $7.79
Whole: $10.49

Half: 370 calories
Whole: 740 calories



Smokehouse BBQ Chicken

The Panera Bread Smokehouse BBQ chicken sandwich combines tender chicken with smoky barbecue flavors, creating a hearty hot option for a filling meal. A flavorful choice.

Half: $7.79
Whole: $10.49

Half: 410 calories
Whole: 820 calories



Chicken Roma Asiago Bagel Stack

The Chicken Roma Asiago Bagel Stack combines grilled chicken, mozzarella, tomatoes, basil, arugula, and sauces on Panera's Asiago Bagel for lunch. It is a classic choice.

Price: $7.99

Calories: 610



Spicy Steak Asiago Bagel Stack

The Spicy Steak Asiago Bagel Stack combines marinated steak, provolone, salsa verde, arugula, onions, peppers, and Asiago Bagel for a spicy option. It is a hearty choice.

Price: $7.99

Calories: 630

Cold Sandwiches



Bacon Turkey Bravo®

The Bacon Turkey Bravo® is a classic Panera sandwich featuring turkey, bacon, white cheddar, greens, tomatoes, and Bravo sauce on tomato basil bread for a hearty lunch!

Half: $8.99
Whole: $12.49

Half: 430 calories
Whole: 850 calories



Tuna Salad Sandwich

The Tuna Salad Sandwich is a Panera tuna salad sandwich made with tuna salad, greens, tomatoes, and seasoning on sourdough, offering a lighter choice for lunch or a quick meal.

Half: $7.79
Whole: $10.49

Half: 300 calories
Whole: 590 calories



Tomato Basil BLT

The Tomato Basil BLT is a Panera BLT variation with applewood smoked bacon, crisp greens, tomatoes, and mayo served on tomato basil bread for a simple, savory lunch choice.

Half: $7.39
Whole: $10.39

Half: 390 calories
Whole: 780 calories



Mediterranean Veggie

The Mediterranean Veggie is the Panera veggie sandwich, combining peppers, feta, cucumbers, greens, tomatoes, onions, hummus, and seasoning on tomato basil bread for lunch.

Half: $6.39
Whole: $8.69

Half: 260 calories
Whole: 520 calories



Grilled Chicken & Avo BLT

The Grilled Chicken & Avo BLT is a Panera sandwich with chicken, bacon, avocado, cheddar, greens, tomatoes, and garlic aioli on sourdough for a filling lunch option.

Half: $9.89
Whole: $13.69

Half: 470 calories
Whole: 940 calories



Turkey & Cheddar Sandwich

The Turkey & Cheddar Sandwich is a straightforward Panera turkey sandwich with oven-roasted turkey, cheddar, greens, tomatoes, onions, and mayo on sourdough for.

Half: $7.79
Whole: $10.49

Half: 410 calories
Whole: 830 calories



Cranberry Walnut Chicken Salad Sandwich

This is a Panera chicken salad sandwich combining chicken, cranberries, walnuts, greens, tomatoes, and creamy dressing on sourdough.

Half: $6.99
Whole: $9.79

Half: 350 calories
Whole: 690 calories

Family Feast Value Meals



Family Feast with Cookies

It includes four half sandwiches, a whole salad, group soup, French baguette, and four Chocolate Chipper Cookies.

Price: $41



Family Feast

It includes two half sandwiches, two kids' sandwiches, a whole salad, family-size Mac & Cheese, and a French baguette.

Price: $36



Premium Family Feast with Cookies

It includes four half sandwiches, whole salad, quart of soup, French baguette, and four Chocolate Chipper Cookies.

Price: $46



Premium Family Feast

It includes four half sandwiches, one whole salad, one quart of soup, and one whole French baguette. It serves 4–6 people.

Price: $41