Panera Must-Have Meals: What's in Each Seasonal Combo

How Do You Dip?

This one's built around pairing something dippable with something to dip it in: a ciabatta loaf alongside a potato soup, with a cherry lime drink on the side.



Rustic Baked Potato Soup

$6.49/Cup , $8.29/Bowl , $8.68/Bread Bowl

280 cal/cup , 430 cal/bowl , 920 cal/bread bowl



French Ciabatta Dipper

$2.99/Half , $11.79/Whole

640 Cal/Half , 1240 Cal/Whole



Cherry Lime Fresca

$4.19/Regular , $4.89/Large

180 Cal/Regular , 280Cal/Large

The Full on Fall Meal

Panera's pumpkin-spice-season combo: an iced latte, a squash soup, and a pumpkin dessert slice.



Autumn Squash Soup

$6.49/Cup , $8.29/Bowl , $8.68/Bread Bowl

330 Cal/bowl , 220 Cal/cup , 860 Cal/ bread bowl



Caramel Pumpkin Slice

Price: $4.19

Calories: 420



Iced Pumpkin Spice Latte

Price: $5.19

370 Cal per 20 fl oz

The "Let's Catch-Up" Meal

A lighter, three-item combo built for sitting and talking rather than a full meal: a frozen coffee drink, a bagel, and a cookie. You can find the bagels and cookies sold separately on the Panera bakery menu.



Asiago Bagel

Price: $2.19

Calories: 350



Dubai Style Chocolate Pistachio Cookie

Price: $2.19

Calories: 220



Snickerdoodle Frozen Java

Price: $5.19

440 Cal per 20 fl oz

The “Cozy Feels” Meal

A three-item soup combo offered at three size tiers: cup, bowl, and bread bowl, with the croissant twists and lemonade held constant across all three.



Three Cheese Lasagna Soup

$6.49/Cup , $8.29/Bowl , $8.68/Bread Bowl

360 Cal/bowl , 230 Cal/cup , 880 Cal/ bread bowl



Asiago Croissant Twists

Price: $1.99

210 Cal per 2-Pack



Agave Lemonade

$3.29/Regular , $3.79/Large

210 Cal/Regular , 320Cal/Large

The “Good Feels” Meal

A classic tomato soup and grilled cheese pairing, offered at two portion levels, with a zero-calorie Diet Pepsi either way.



Creamy Tomato Soup

$6.49/Cup , $8.29/Bowl , $8.68/Bread Bowl

340 Cal/bowl , 240 Cal/cup , 880 Cal/ bread bowl



Grilled Cheese

$5.89/Half , $7.89/Whole

400 Cal/Half , 810 Cal/Whole



Diet Pepsi

$3.29/Regular , $3.79/Large

0 Cal/Regular , 0Cal/Large

The “Day = Made” Meal

A breakfast-leaning combo: frittata, cookie, and an iced coffee, offered in two drink sizes. If you want more morning options, see the Panera breakfast menu with prices and calories.



Five Cheese & Bacon Frittata

Price: $5.99

Calories: 300



PB&J Cookie

Price: $3.19

Calories: 390



Hazelnut Mocha Iced Coffee

$4.29/Regular , $4.89/Large

210 Cal/Regular , 240Cal/Large