Panera Vegetarian Options: What's Meat-Free and What It Costs

Panera Vegetarian Sandwiches



Grilled Cheese

$5.89/Half , $7.89/Whole

400 Cal/Half , 810 Cal/Whole



Toasted Caprese Focaccia

$6.99/Half , $9.79/Whole

370 Cal/Half , 740 Cal/Whole



Mediterranean Veggie

$5.899/Half , $7.89/Whole

260 Cal/Half , 520 Cal/Whole

Panera Vegetarian Salads



Harvest Medley Salad

Half: $6.99
Whole: $9.79
Stuffer: $8.98

Half: 370 calories
Whole: 750 calories
Stuffer: 700 calories



Greek Salad

Half: $6.19
Whole: $8.69
Stuffer: $8.18

Half: 310 calories
Whole: 630 calories
Stuffer: 760 calories



Farmhouse Crunch Salad

Half: $6.99
Whole: $9.79
Stuffer: $8.98

Half: 400 calories
Whole: 790 calories
Stuffer: 790 calories

Panera Vegetarian Market Bowls



All-In Veggie Market Bowl

Half: $6.99
Whole: $9.79

Half: 450 calories
Whole: 910 calories

Panera Vegetarian Soups and Mac



Autumn Squash Soup

Cup: $6.49
Bowl: $8.29
Bread Bowl: $8.68

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



Creamy Tomato Soup

Cup: $7.19
Bowl: $8.99
Bread Bowl: $8.68

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



Mac & Cheese

Cup: $7.69
Bowl: $10.99
Bread Bowl: $9.98

980 Cal/bowl , 490 Cal/cup , 1140 Cal/ bread bowl

Panera Vegetarian Breakfast



Croissant Egg & Cheese Sandwich

Price: $4.99 | Calories: 440



Ciabatta Egg & Cheese Sandwich

Price: $4.99 | Calories:430



Garden Avo & Egg White Sandwich

Price: $6.79 | Calories: 350



Four Cheese Souffle

Price: $6.79 | Calories: 470



Greek Yogurt with Berries Parfait

Price: $5.79 | Calories: 250



Steel Cut Oatmeal with Strawberries & Pecans

Price: $6.19 | Calories: 330



Fruit Cup

Price: $3.99 | Calories: 60

Panera Vegetarian Bakery Items



Plain Bagel

Price: $1.99

Calories: 280



Everything Bagel

Price: $1.99

Calories: 300



Sesame Bagel

Price: $1.99

Calories: 310



Asiago Bagel

Price: About $1.99

Calories: 350



Asiago Croissant Twists (2-Pack)

Price: Around $1.99

210 Cal per 2-Pack



Orange Scone

Price: $3.99

Calories: 540



Cherry Pastry

Price: $4.19

Calories: 330



Cranberry Orange Slice

Price: $4.19

Calories: 370



Brownie

Price: About $3.89

Calories: 520



Kitchen Sink Cookie

Price: $4.89

Calories: 810



Pumpkin Cookie

Price: $3.59

Calories: 460



Chocolate Chip Muffie

Price: $2.89

Calories: 340



Caramel Pumpkin Slice

Price: ~$4.19

Calories: 420



Chocolate Croissant

Price: $4.19

Calories: 410



Pecan Braid

Price: $4.19

Calories: 450



Blueberry Muffin

Price: $3.69

Calories: 530



Asiago Everything Bagel

Price: About $1.99

Calories: 330



Blueberry Bagel

Price: $1.99

Calories: 290



Cinnamon Swirl & Raisin Bagel

Price: $1.99

Calories: 300



Chocolate Chipper Cookie

Price: $2.99

Calories: 390



Chocolate Chip Bagel

Price: $1.99

Calories: 330



Multigrain Bagel Flat

Price: $1.99

Calories: 190



Cinnamon Crunch Bagel

Price: $1.99

Calories: 430



Oatmeal Raisin with Berries Cookie

Price: $2.99

Calories: 340



Half Dozen Bagels

Price: $9.49

Calories: 1,620 – 2,580



Tuesday Baker's Dozen

Price: $9.99

Calories: 3,950



Baker's Dozen Bagels

Price: $13.99

Calories: 3,900 to 5,590



Candy Cookie

Price: $2.99

Calories: 410



Bagel Pack

Price: $18.99

Calories: 4,170



Dozen & a Half Bagels

Price: $17.99

Calories: 3,420 – 7,740



Dubai Style Chocolate Pistachio Cookie

Price: $1.99

Calories: 220



Coconut Macaroon

Price: $1.99

Calories: 180



Chocolate Coconut Macaroon

Price: $1.99

Calories: 190



Almond Pastry

Price: $4.19

Calories: 470



Pumpkin Cinnamon Roll

Price: $3.99

Calories: 650

Panera Vegetarian Frozen Drinks and Smoothies



Strawberry Banana Smoothie

Price: $6.59

250 Cal per 16 fl oz



Tropical Green Smoothie

Price: $6.59

200 Cal per 16 fl oz



Frozen Signature Hot Chocolate

Price: $4.49

530 Cal per 16 fl oz



Mango Smoothie

Price: $6.59

300 Cal per 16 fl oz