Panera You Pick Two Menu Prices & Calories

Soups & Mac Prices and Calories



Homestyle Chicken Noodle Soup

Cup: $5.49
Bowl: $7.19
Bread Bowl: $7.78

Calories: (180/bowl) (120/cup)(770/bread bowl)



Cream of Chicken & Wild Rice Soup

Cup: $5.49
Bowl: $7.19
Bread Bowl: $7.78

Calories: (300/bowl) (200/cup)(850/bread bowl)



Bistro French Onion Soup

Cup: $5.49
Bowl: $7.19
Bread Bowl: $7.78

Calories: (300/bowl) (200/cup)(850/bread bowl)



Autumn Squash Soup

Cup: $5.49
Bowl: $7.19
Bread Bowl: $7.78

Calories: (330/bowl) (220/cup)(880/bread bowl)



Creamy Tomato Soup

Cup: $5.49
Bowl: $7.19
Bread Bowl: $7.78

Calories: (340/bowl) (240/cup)(880/bread bowl)



Three Cheese Lasagna Soup

Cup: $5.49
Bowl: $7.19
Bread Bowl: $7.78

Calories: (360/bowl) (230/cup)(880/bread bowl)



Broccoli Cheddar Soup

Cup: $5.49
Bowl: $7.19
Bread Bowl: $7.78

Calories: (420/bowl) (280/cup)(930/bread bowl)



Rustic Baked Potato Soup

Cup: $5.49
Bowl: $7.19
Bread Bowl: $7.78

Calories: (430/bowl) (280/cup)(920/bread bowl)



Bacon Mac & Cheese

Cup: $6.99
Bowl: $10.39
Bread Bowl: $9.28

Calories: (1050/bowl) (530/cup)(1170/bread bowl)



Mac & Cheese

Cup: $6.29
Bowl: $9.39
Bread Bowl: $8.58

Calories: (980/bowl) (490/cup)(1140/bread bowl)

Salads Prices & Calories



Half Caesar Salad

Price: $5.69

Calories: 270



Half Greek Salad

Price: $5.79

Calories: 310



Half Harvest Medley Salad

Price: $6.19

Calories: 370



Half Ranch Parm BLT Salad

Price: $6.19

Calories: 380



Half Farmhouse Crunch Salad

Price: $6.19

Calories: 400



Half Asian Sesame Chicken Salad

Price: $7.19

Calories: 260



Half Caesar Salad with Chicken

Price: $7.39

Calories: 340



Half Greek Salad with Chicken

Price: $7.29

Calories: 380



Half Fuji Apple Chicken Salad

Price: $7.29

Calories: 350



Half Harvest Medley Chicken Salad

Price: $7.99

Calories: 440



Half Southwest Chicken Ranch Salad

Price: $7.99

Calories: 400



Half Green Goddess Chicken Cobb Salad

Price: $8.19

Calories: 290



Half Ultimate Garden Steak Salad

Price: $8.19

Calories: 400

Sandwiches



Half Grilled Cheese

Price: Around $5.59

Calories: 400



Mediterranean Veggie

Price: $5.59

Calories: 260



Half Tomato Basil BLT

Price: $6.19

Calories: 390



Half Toasted Italiano

Price: $8.19

Calories: 670



Chicken Roma Asiago Bagel Stack

Price: $6.99

Calories: 610



Half Smokehouse BBQ Chicken

Price: $6.39

Calories: 410



Half Turkey & Cheddar Sandwich

Price: $6.39

Calories: 410



Half Toasted Caprese Focaccia

Price: $6.19

Calories: 370



Half Cranberry Walnut Chicken Salad Sandwich

Price: $5.89

Calories: 350



Spicy Steak Asiago Bagel Stack

Price: $6.99

Calories: 630



Half Chicken Pesto Ciabatta Dipper

Price: $6.19

Calories: 560



Half Chicken Bacon Rancher

Price: $7.19

Calories: 510



Half Chipotle Chicken Avo Melt

Price: $7.59

Calories: 500



Half Toasted Frontega Chicken®

Price: $7.49

Calories: 430



Half French Ciabatta Dipper

Price: $7.29

Calories: 640



Half Grilled Chicken & Avo BLT

Price: $7.99

Calories: 470



Half Ciabatta Cheesesteak

Price: $8.29

Calories: 580



Half Bacon Turkey Bravo®

Price: $7.39

Calories: 430



Half Spicy Fiesta Chicken

Price: $7.49

Calories: 470



Half Tuna Salad Sandwich

Price: $6.19

Calories: 300