Panera Breakfast Menu 2026 - Prices, Calories & Options

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Breakfast Sandwiches

Item	Price	Calories
Wake-Up BLT Asiago Everything Bagel Stack	$6.99	570
Ham Croissant Benny	$6.89	430
Steak & Wake	$6.59	520
Sausage & Egg Asiago Bagel Stack	$6.99	810
Garden Avo & Egg White Sandwich	$6.00	340
Chipotle Chicken, Scrambled Egg & Avocado on Ciabatta	$6.89	600
Ciabatta Bacon, Egg & Cheese Sandwich	$6.89	470
Croissant Bacon, Egg & Cheese Sandwich	$6.89	480
Croissant Sausage, Egg & Cheese Sandwich	$6.89	620
Ciabatta Egg & Cheese Sandwich	$5.39	430
Croissant Egg & Cheese Sandwich	$5.39	440

Soufflés & Frittatas

Item	Price	Calories
Spinach & Bacon Soufflé	$3.49	550
Four Cheese Soufflé	$6.79	470
Broccoli Cheddar Frittata	$5.99	280

Avocado Toasts

Item	Price	Calories
Garden Avo	$4.99	320
Classic Avo	$4.39	200

Bagels & Spreads

Item	Price	Calories
Chocolate Chip Bagel	$1.59	330
Asiago Everything Bagel	$1.59	370
Cinnamon Crunch Bagel	$1.59	430
Everything Bagel	$1.59	300
Plain Bagel	$1.59	280
Plain Cream Cheese Spread – Individual	$1.09	110
Honey Walnut Cream Cheese Spread – Individual	$1.09	130

Pastries & Sweets

Item	Price	Calories
Cinnamon Roll	$4.39	520
Almond Pastry	$3.99	470
Cherry Pastry	$3.49	330
Chocolate Croissant	$3.99	410
Blueberry Muffin	$4.79	510

Parfaits, Fruit & Oatmeal

Item	Price	Calories
Greek Yogurt with Mixed Berries Parfait	$7.09	250
Fruit Cup	$4.19	60
Steel Cut Oatmeal with Strawberries & Pecans	$7.49	330

Breakfast Wraps

Item	Price	Calories
Maple Bacon, Egg & Cheese Wrap	$5.29	450
Chipotle Chicken, Egg & Avocado Wrap	$5.29	470
Mediterranean Egg White Wrap	$5.29	270

Coffee & Hot Drinks

Item	Price	Calories
Cafe Blend Light Roast Coffee	$2.99	0
Decaf Coffee	$2.99	0
Hot Tea	$2.89	0
Signature Hot Chocolate	$3.99	340
Hazelnut Mocha Iced Coffee 20 fl oz	$4.59	210

Family & Group Breakfast Deals

Item	Price	Calories
Family Breakfast Sandwich Feast	$13.99	approx. 2100
Family Fresh Baked Good Feast	$13.99	approx. 2000
Baked Goods Feast	$21.39	approx. 2000

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.