

# PANDA EXPRESS MENU

PRICES & CALORIES

PandaExpressNutritionCalculator.org · Prices as of 21 August 2026

## BOWLS, PLATES & BUNDLES

|                         |         |
|-------------------------|---------|
| Bigger Plate            | \$12.50 |
| Bigger Plate Bundle     | \$14.90 |
| Bowl                    | \$8.50  |
| Bowl Bundle             | \$10.90 |
| Build Your Own Plate    | \$10.50 |
| Double Protein Plate    | \$10.50 |
| Harmonious Macros Plate | \$10.50 |
| Plate                   | \$10.50 |
| Plate Bundle            | \$12.90 |

## CUB MEALS

|                                        |                  |
|----------------------------------------|------------------|
| Broccoli Beef Panda Cub Meal           | 300 cal · \$6.80 |
| Build Your Own Panda Cub Meal          | \$6.80           |
| Grilled Teriyaki Chicken Panda Cub ... | 400 cal · \$6.80 |
| Orange Chicken Panda Cub Meal          | 580 cal · \$6.80 |

## CHICKEN

|                                    |         |
|------------------------------------|---------|
| Almond Diced Chicken               | —       |
| Beyond The Original Orange Chicken | —       |
| Black Pepper Chicken               | 280 cal |
| Dynamite Sweet & Sour Chicken      | —       |
| Firecracker Chicken Breast         | —       |
| Grilled Teriyaki Chicken           | 275 cal |
| Honey Sesame Chicken Breast        | 340 cal |
| Hot Orange Chicken                 | 550 cal |
| Kung Pao Chicken                   | 320 cal |
| Mushroom Chicken                   | 220 cal |
| Potato Chicken                     | 190 cal |
| String Bean Chicken Breast         | 210 cal |
| Sweet & Sour Chicken Breast        | 300 cal |
| SweetFire Chicken Breast           | 360 cal |
| Teriyaki Chicken                   | 340 cal |
| The Original Orange Chicken        | 510 cal |

## BEEF

|                                |         |
|--------------------------------|---------|
| Beijing Beef                   | 470 cal |
| Black Pepper Sirloin Steak     | 180 cal |
| Broccoli Beef                  | 150 cal |
| Mongolian Ribeye Steak & Fries | —       |
| Shanghai Sticky Boneless Ribs  | —       |

## SEAFOOD

|                            |         |
|----------------------------|---------|
| Chili Crisp Shrimp         | —       |
| Firecracker Shrimp         | —       |
| Honey Walnut Shrimp        | 430 cal |
| Sizzling Shrimp            | —       |
| Steamed Ginger Fish        | 200 cal |
| Truffle Soy Steak & Shrimp | —       |
| Wok Seared Steak & Shrimp  | —       |
| Wok-Fired Shrimp           | 190 cal |

## SIDES & VEGETABLES

|                         |                       |
|-------------------------|-----------------------|
| Brown Steamed Rice      | from \$4.60           |
| Chow Fun                | 410 cal · from \$4.60 |
| Chow Mein               | 600 cal · from \$4.60 |
| Eggplant Tofu           | 340 cal               |
| Fried Rice              | 620 cal · from \$4.60 |
| Quinoa Brown Fried Rice | from \$4.60           |
| Super Greens            | 130 cal · from \$4.60 |
| Super Greens Entree     | 90 cal                |
| Tofu Stir Fry           | —                     |
| White Steamed Rice      | 520 cal · from \$4.60 |

## APPETIZERS & SOUP

|                      |         |
|----------------------|---------|
| Chicken Egg Roll     | 200 cal |
| Chicken Potsticker   | 160 cal |
| Cream Cheese Rangoon | 190 cal |
| Hot & Sour Soup      | 170 cal |
| Veggie Spring Roll   | 240 cal |

## CATERING & FAMILY MEALS

|                           |          |
|---------------------------|----------|
| 12-16 person Party Bundle | \$119.00 |
| 18-22 person Party Bundle | \$168.00 |
| 26-30 person Party Bundle | \$211.00 |
| Family Meal               | \$45.00  |
| Party Size Appetizer      | —        |
| Party Size Entree         | —        |
| Party Size Side           | \$22.00  |

## BEVERAGES

|                                          |                              |
|------------------------------------------|------------------------------|
| Aquafina .....                           | —                            |
| Bai Coco Fusion .....                    | —                            |
| Barq's Root Beer .....                   | <b>290 cal • from \$2.20</b> |
| Black Tea .....                          | <b>10 cal • from \$2.20</b>  |
| Coca Cola .....                          | <b>370 cal • from \$2.20</b> |
| Coca Cola Cherry .....                   | <b>380 cal • from \$2.20</b> |
| Coca Cola Zero Sugar .....               | <b>0 cal • from \$2.20</b>   |
| Coke Mexico .....                        | —                            |
| Dasani .....                             | —                            |
| Diet Coke .....                          | <b>0 cal • from \$2.20</b>   |
| Diet Pepsi .....                         | <b>from \$2.20</b>           |
| Dr Pepper .....                          | <b>360 cal • from \$2.20</b> |
| Fanta Fruit Punch .....                  | <b>380 cal</b>               |
| Fanta Orange .....                       | <b>410 cal • from \$2.20</b> |
| Fanta Orange Mexico .....                | —                            |
| Fanta Strawberry .....                   | <b>410 cal • from \$2.20</b> |
| Fuze Lemon Black Tea .....               | <b>210 cal</b>               |
| Fuze Raspberry Iced Tea .....            | <b>from \$2.20</b>           |
| Fuze Raspberry Tea .....                 | <b>210 cal</b>               |
| Gatorade Lemon Lime .....                | —                            |
| Glaceau Vitaminwater Squeezed Zero ..... | <b>5 cal</b>                 |
| Gold Peak Green Tea .....                | —                            |
| Gold Peak Premium Unsweetened Tea .....  | <b>0 cal</b>                 |
| Gold Peak Sweet Tea .....                | —                            |
| Gold Peak Unsweetened Tea .....          | —                            |
| Hi-C Flashin Fruit Punch .....           | <b>390 cal</b>               |
| Honest Half Tea Half Lemonade .....      | —                            |
| Honest Peach Tea .....                   | —                            |
| Lemon Green Tea .....                    | <b>10 cal • from \$2.20</b>  |
| Lipton Brisk Raspberry Iced Tea .....    | <b>from \$2.20</b>           |
| Mango Guava Tea .....                    | <b>195 cal</b>               |
| Manzanita Sol .....                      | —                            |
| Mello Yello .....                        | <b>from \$2.20</b>           |
| Minute Maid Apple Juice .....            | —                            |
| Minute Maid Lemonade .....               | <b>390 cal • from \$2.20</b> |
| Minute Maid Light Lemonade .....         | <b>15 cal</b>                |
| Minute Maid Orange .....                 | —                            |
| Monster Energy .....                     | —                            |
| Mountain Dew .....                       | <b>from \$2.20</b>           |
| Mug Root Beer .....                      | <b>from \$2.20</b>           |
| Passion Mango Black Tea .....            | <b>from \$2.20</b>           |
| Passionfruit Mango Black Tea .....       | <b>10 cal</b>                |
| Peach Lychee Flavored Refresher .....    | <b>210 cal</b>               |
| Pepsi .....                              | <b>from \$2.20</b>           |
| Pomegranate Pineapple Flavored Lem... .. | <b>240 cal</b>               |
| Powerade Berry Blast .....               | —                            |
| Powerade Fruit Punch .....               | <b>200 cal</b>               |
| Powerade Mountain Berry Blast .....      | <b>210 cal • from \$2.20</b> |
| Sanzo Lychee Sparkling Water .....       | —                            |
| Seagrams Ginger Ale .....                | <b>320 cal</b>               |
| Smartwater .....                         | —                            |
| Sobe Green Tea .....                     | —                            |
| Sobe Yumberry Pomegranate .....          | <b>from \$2.20</b>           |
| Sprite .....                             | <b>250 cal</b>               |
| Sprite Mexico .....                      | —                            |
| Sprite Zero .....                        | <b>5 cal</b>                 |
| Strawberry Dragonfruit Refresher .....   | —                            |
| Sweet Tea .....                          | <b>410 cal • from \$2.20</b> |

|                                           |                    |
|-------------------------------------------|--------------------|
| Tropicana Lemonade .....                  | <b>from \$2.20</b> |
| Tropicana Pink Lemonade .....             | <b>from \$2.20</b> |
| Vitamin Water XXX .....                   | —                  |
| Watermelon Mango Flavored Refresher ..... | <b>210 cal</b>     |

## SAUCES & EXTRAS

|                             |                |
|-----------------------------|----------------|
| Apple Pie Roll .....        | <b>150 cal</b> |
| Chili Sauce .....           | <b>10 cal</b>  |
| Fortune Cookie .....        | <b>20 cal</b>  |
| Hot Mustard .....           | <b>10 cal</b>  |
| Potsticker Sauce .....      | <b>10 cal</b>  |
| Soy Sauce .....             | <b>5 cal</b>   |
| Sweet & Sour Sauce .....    | <b>70 cal</b>  |
| Teriyaki Sauce .....        | <b>70 cal</b>  |
| Tree Top Apple Crisps ..... | <b>40 cal</b>  |

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Prices vary by location and are shown as published by the brand. [PandaExpressNutritionCalculator.org](https://PandaExpressNutritionCalculator.org)