

Panda Express Menu Prices

Panda Express Nutrition & Allergen Guide 2026

Complete nutrition values and allergen information for every menu item - entrees, sides, appetizers, soups, sauces, Cub Meals and drinks.

Data checked: November 2026

Independent, unofficial guide to Panda Express menu prices and nutrition. Not affiliated with or endorsed by Panda Express. Nutrition and allergen data source: pandaexpress.com - Panda Express official Nutrition & Allergen information, as published in November 2026.

Allergen Information

Panda Express uses ingredients that contain all nine major FDA allergens: peanuts, tree nuts, eggs, fish, shellfish, milk, soy, wheat and sesame. Food is prepared fresh using shared cooking equipment, shared preparation areas, serving utensils and storage areas, so cross-contact between ingredients occurs in Panda Express kitchens. Because of this shared equipment and preparation, any allergen may be present in any menu item, and no menu item is guaranteed to be free of any allergen.

The allergen matrix in this guide records the allergens listed for each item in Panda Express's published allergen data. A filled circle means the allergen is listed as present in that item. A blank cell means the allergen is not listed for that item in the published data - it is not a guarantee that the allergen is absent, because of the cross-contact described above.

Nutritional values are based on Panda Express's standard recipes and serving methods. Actual values vary with portion size, preparation, ingredient and supplier differences, and regional or seasonal differences. Certain menu items, including limited-time, regional and test items, are not available at every location and may not appear in the published data. No MSG is added to Panda Express food, except for MSG that occurs naturally in certain ingredients.

How this guide is organised

Part 1 lists the full nutrition panel for every item: portion, calories, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars and protein. Part 2 is the allergen matrix for all food items. Item names are reproduced exactly as published by Panda Express, including asterisks and registered-trademark symbols. Fountain drinks are listed in all four published sizes (12, 22, 30 and 42 oz).

Part 1 - Nutrition Information

All values are per published portion, exactly as listed in Panda Express's official nutrition data.

Base

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chow Mein	12	520	110	12	2	0	0	1040	89	5	11	14
Chow Fun*	12	580	120	13	1	0	0	1570	103	1	8	13
Fried Rice	12	610	120	13	3	0	120	810	109	3	2	15
White Steamed Rice	12	570	0	0	0	0	0	0	129	0	0	11
Quinoa Fried Rice*	12	600	170	19	4	0	115	740	91	4	1	15
Super Greens	10	180	80	9	2	0	0	660	17	8	8	8

Vegetables

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Eggplant Tofu*	6.1	310	190	21	4	0	0	350	23	4	15	8
Super Greens (Entree)	3.5	45	15	2	0	0	0	130	5	3	2	3

Chicken

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Black Pepper Chicken*	6.3	200	110	12	2	0	50	1070	9	1	3	15
Kung Pao Chicken	6.7	270	120	14	3	0	55	1300	16	2	7	20
Grilled Teriyaki Chicken	6.1	280	80	9	3	0	180	610	13	0	9	38
Mushroom Chicken	5.7	180	80	9	2	0	45	820	12	1	5	13
The Original Orange Chicken®	6.2	560	230	25	5	0	65	1000	63	1	24	19

Chicken Breast

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Honey Sesame Chicken Breast	6.2	420	180	20	5	0	35	540	44	2	19	16
String Bean Chicken Breast	5.6	210	100	10	2	0	40	600	15	3	7	15
SweetFire Chicken Breast®*	5.8	360	140	15	3	0	45	370	40	2	19	15

Beef

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beijing Beef®	5.6	480	250	27	5	0	35	600	46	2	21	14
Broccoli Beef	6.3	190	60	7	2	0	30	600	14	2	7	17
Black Pepper Sirloin Steak	5.9	200	80	8	2	0	30	560	15	1	8	17

Seafood

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Honey Walnut Shrimp	4.4	340	180	20	3	0	90	790	28	1	6	13

Appetizers

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Egg Roll	2.75 oz / 1 roll	200	90	10	2	0	20	340	20	2	2	6
Chicken Potsticker*	3.3 oz / 3 pcs	160	60	6	1.5	0	20	250	20	1	2	6
Cream Cheese Rangoon	2.4 oz / 3 pcs	190	70	8	5	0	35	180	24	2	1	5
Vegetable Spring Roll	3.5 oz / 2 rolls	240	130	14	2	0	0	560	24	2	0	4

Soup

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hot & Sour Soup (Cup)*	12.2	140	35	4	1	0	65	1000	16	1	4	9
Hot & Sour Soup (Bowl)*	17.4	170	60	6	1	0	90	1260	20	1	6	10

Sauces & More

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Teriyaki Sauce	1.8	70	5	0	0	0	0	380	16	0	14	0
Sweet & Sour Sauce	1.8	70	0	0	0	0	0	120	21	0	20	0
Chili Sauce	1 Packet (7g)	10	0	0	0	0	0	130	2	0	2	0
Soy Sauce	1 Packet (6g)	5	0	0	0	0	0	380	0	0	0	0
Potsticker Sauce*	1 Packet (11.4g)	10	0	0	0	0	0	290	3	0	2	0
Hot Mustard	1 Packet (7g)	10	10	1	0	0	0	115	0	0	0	0
Fortune Cookies	5 g / 1 pc	20	0	0	0	0	0	0	5	0	2	0
Tree Top Apple Crisps	.34	40	0	0	0	0	0	0	10	1	7	0

The Original Orange Chicken® Cub Meal

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
White Steamed Rice	2.5	120	0	0	0	0	0	0	27	0	0	2
Super Greens	2.6	45	20	2	1	0	0	170	4	2	2	2
The Original Orange Chicken®	4	360	150	16	3	0	40	650	41	1	16	12
Tree Top Apple Crisps	.34	40	0	0	0	0	0	0	10	1	7	0
Honest Kid’s Appley Ever After Juice	6.0	35	0	0	0	0	0	15	9	0	8	0
Water	16	0	0	0	0	0	0	0	0	0	0	0

Grilled Teriyaki Chicken Cub Meal

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chow Mein	2.3	100	20	2	0	0	0	200	17	1	2	3
Super Greens	2.6	45	20	2	1	0	0	170	4	2	2	2
Grilled Teriyaki Chicken	3.3	150	45	5	1	0	100	330	7	0	5	20
Tree Top Apple Crisps	.34	40	0	0	0	0	0	0	10	1	7	0
Honest Kid’s Appley Ever After Juice	6.0	35	0	0	0	0	0	15	9	0	8	0
Water	16	0	0	0	0	0	0	0	0	0	0	0

Broccoli Beef Cub Meal

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
White Steamed Rice	2.5	120	0	0	0	0	0	0	27	0	0	2
Super Greens	2.6	45	20	2	1	0	0	170	4	2	2	2
Broccoli Beef	4.7	140	45	5	2	0	25	450	10	2	5	13
Tree Top Apple Crisps	.34	40	0	0	0	0	0	0	10	1	7	0
Honest Kid’s Appley Ever After Juice	6.0	35	0	0	0	0	0	15	9	0	8	0
Water	16	0	0	0	0	0	0	0	0	0	0	0

Fountain & Panda Crafted Beverages

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Barq's Root Beer	12	150	0	0	0	0	0	70	40	1	40	0
Barq's Root Beer	22	270	0	0	0	0	0	125	74	1	74	0
Barq's Root Beer	30	370	0	0	0	0	0	170	101	1	101	0
Barq's Root Beer	42	520	0	0	0	0	0	240	141	1	141	0
Cherry Coca-Cola	12	150	0	0	0	0	0	40	42	1	42	0
Cherry Coca-Cola	22	280	0	0	0	0	0	75	77	1	77	0
Cherry Coca-Cola	30	380	0	0	0	0	0	105	105	1	105	0
Cherry Coca-Cola	42	540	0	0	0	0	0	140	147	1	147	0
Coca-Cola	12	140	0	0	0	0	0	40	39	1	39	0
Coca-Cola	22	260	0	0	0	0	0	75	71	1	71	0
Coca-Cola	30	360	0	0	0	0	0	100	97	1	97	0
Coca-Cola	42	500	0	0	0	0	0	140	136	1	136	0
Coca-Cola Zero Sugar	12	0	0	0	0	0	0	40	0	1	0	0
Coca-Cola Zero Sugar	22	0	0	0	0	0	0	75	0	1	0	0
Coca-Cola Zero Sugar	30	0	0	0	0	0	0	100	0	1	0	0
Coca-Cola Zero Sugar	42	0	0	0	0	0	0	115	0	1	0	0
Diet Coke	12	0	0	0	0	0	0	115	0	1	0	0
Diet Coke	22	0	0	0	0	0	0	210	0	1	0	0
Diet Coke	30	0	0	0	0	0	0	290	0	1	0	0
Diet Coke	42	0	0	0	0	0	0	410	0	1	0	0
Dr Pepper	12	140	0	0	0	0	0	45	39	1	38	0
Dr Pepper	22	260	0	0	0	0	0	80	72	1	70	0
Dr Pepper	30	360	0	0	0	0	0	110	98	1	98	0
Dr Pepper	42	500	0	0	0	0	0	150	137	1	137	0
Fanta Fruit Punch**	12	220	0	0	0	0	0	40	52	1	52	0

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fanta Fruit Punch**	22	380	0	0	0	0	0	75	98	1	96	0
Fanta Fruit Punch**	30	510	0	0	0	0	0	100	131	1	131	0
Fanta Fruit Punch**	42	720	0	0	0	0	0	140	183	1	183	0
Fanta Orange	12	150	0	0	0	0	0	40	40	1	40	0
Fanta Orange	22	270	0	0	0	0	0	70	73	1	73	0
Fanta Orange	30	370	0	0	0	0	0	95	99	1	99	0
Fanta Orange	42	520	0	0	0	0	0	130	139	1	139	0
Fanta Strawberry	12	160	0	0	0	0	0	85	43	1	43	0
Fanta Strawberry	22	290	0	0	0	0	0	150	79	1	78	0
Fanta Strawberry	30	400	0	0	0	0	0	210	107	1	106	0
Fanta Strawberry	42	550	0	0	0	0	0	290	150	1	149	0
Fanta Strawberry (TX Only)	12	150	0	0	0	0	0	50	39	1	39	0
Fanta Strawberry (TX Only)	22	280	0	0	0	0	0	90	72	1	72	0
Fanta Strawberry (TX Only)	30	380	0	0	0	0	0	120	98	1	98	0
Fanta Strawberry (TX Only)	42	540	0	0	0	0	0	170	137	1	137	0
Fuze Lemon Black Tea**	12	90	0	0	0	0	0	45	22	1	22	0
Fuze Lemon Black Tea**	22	160	0	0	0	0	0	85	40	1	40	0
Fuze Lemon Black Tea**	30	220	0	0	0	0	0	120	55	1	54	0
Fuze Lemon Black Tea**	42	310	0	0	0	0	0	170	77	1	76	0
Fuze Raspberry Tea**	12	90	0	0	0	0	0	45	22	1	22	0
Fuze Raspberry Tea**	22	160	0	0	0	0	0	85	40	1	40	0
Fuze Raspberry Tea**	30	220	0	0	0	0	0	120	55	1	54	0
Fuze Raspberry Tea**	42	310	0	0	0	0	0	160	77	1	76	0
Hi-C Flashin Fruit Punch**	12	150	0	0	0	0	0	50	40	1	69	0
Hi-C Flashin Fruit Punch**	22	270	0	0	0	0	0	90	73	1	72	0
Hi-C Flashin Fruit Punch**	30	370	0	0	0	0	0	125	100	1	98	0

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hi-C Flashin Fruit Punch**	42	570	0	0	0	0	0	170	140	1	137	0
Mello Yellow**	12	160	0	0	0	0	0	50	44	1	44	0
Mello Yellow**	22	290	0	0	0	0	0	95	80	1	80	0
Mello Yellow**	30	390	0	0	0	0	0	125	109	1	109	0
Mello Yellow**	42	550	0	0	0	0	0	180	152	1	152	0
Minute Maid Lemonade	12	130	0	0	0	0	0	100	34	1	34	0
Minute Maid Lemonade	22	240	0	0	0	0	0	180	63	1	63	0
Minute Maid Lemonade	30	330	0	0	0	0	0	250	86	1	86	0
Minute Maid Lemonade	42	460	0	0	0	0	0	340	121	1	120	0
Minute Maid Light Lemonade**	12	5	0	0	0	0	0	45	2	1	0	0
Minute Maid Light Lemonade**	22	10	0	0	0	0	0	80	4	1	0	0
Minute Maid Light Lemonade**	30	15	0	0	0	0	0	105	5	1	0	0
Minute Maid Light Lemonade**	42	20	0	0	0	0	0	150	7	1	0	0
POWERade Mountain Berry Blast**	12	80	0	0	0	0	0	110	22	1	22	0
POWERade Mountain Berry Blast**	22	150	0	0	0	0	0	210	40	1	40	0
POWERade Mountain Berry Blast**	30	210	0	0	0	0	0	280	55	1	55	0
POWERade Mountain Berry Blast**	42	290	0	0	0	0	0	390	77	1	77	0
Sprite	12	140	0	0	0	0	0	70	36	1	36	0
Sprite	22	250	0	0	0	0	0	125	67	1	67	0
Sprite	30	340	0	0	0	0	0	170	91	1	91	0
Sprite	42	480	0	0	0	0	0	240	128	1	128	0
Sprite Zero**	12	0	0	0	0	0	0	45	0	1	0	0
Sprite Zero**	22	5	0	0	0	0	0	80	0	1	0	0
Sprite Zero**	30	5	0	0	0	0	0	110	0	1	0	0

Item	Portion (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sprite Zero**	42	10	0	0	0	0	0	160	0	1	0	0
Black Tea**	12	5	0	0	0	0	0	10	1	0	0	0
Black Tea**	22	5	0	0	0	0	0	20	2	0	0	0
Black Tea**	30	10	0	0	0	0	0	25	3	0	0	0
Black Tea**	42	10	0	0	0	0	0	35	3	0	0	0
Sweet Tea**	12	150	0	0	0	0	0	10	39	0	38	0
Sweet Tea**	22	280	0	0	0	0	0	15	71	0	69	0
Sweet Tea**	30	410	5	0	0	0	0	25	103	0	101	0
Sweet Tea**	42	510	0	0	0	0	0	30	129	0	126	0
Vitaminwater XXX**	12	70	0	0	0	0	0	35	19	0	19	0
Vitaminwater XXX**	22	130	0	0	0	0	0	65	34	0	34	0
Vitaminwater XXX**	30	180	5	0	0	0	0	90	47	0	46	0
Vitaminwater XXX**	42	250	0	0	0	0	0	125	65	0	65	0
Panda Crafted Beverages	24	140-240	0	0	0	0	0	0	34-62	0	32-57	0

Part 2 - Allergen Matrix

A filled circle (●) means the allergen is listed as present in the item in Panda Express's published allergen data. A blank cell means the allergen is not listed for that item. Because all food is prepared with shared equipment, no item is guaranteed allergen-free - the full allergen statement is on page 2 of this guide.

Cub Meal note: the Cub Meal sections list smaller portions of the same menu items that appear in the sections above - the Cub Meal Orange Chicken portion is The Original Orange Chicken® in a smaller portion, and its allergen listing appears with the full-size entry. Panda Express's published table lists no separate allergen entries for the Cub Meal portion rows, so those rows are blank in this matrix as published.

Base

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Chow Mein							●	●	●
Chow Fun*						●	●	●	
Fried Rice			●				●	●	●
White Steamed Rice									
Quinoa Fried Rice*			●				●	●	●
Super Greens							●	●	

Vegetables

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Eggplant Tofu*							●	●	●
Super Greens (Entree)							●	●	

Chicken

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Black Pepper Chicken*							●	●	●
Kung Pao Chicken	●						●	●	●
Grilled Teriyaki Chicken							●	●	●
Mushroom Chicken							●	●	●
The Original Orange Chicken®			●				●	●	●

Chicken Breast

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Honey Sesame Chicken Breast							●	●	●
String Bean Chicken Breast							●	●	●
SweetFire Chicken Breast®*								●	

Beef

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Beijing Beef®						●	●	●	
Broccoli Beef							●	●	●
Black Pepper Sirloin Steak							●	●	

Seafood

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Honey Walnut Shrimp		●	●		●	●	●	●	

Appetizers

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Chicken Egg Roll			●			●	●	●	●
Chicken Potsticker*							●	●	●
Cream Cheese Rangoon			●			●		●	
Vegetable Spring Roll							●	●	●

Soup

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Hot & Sour Soup (Cup)*			●				●	●	●
Hot & Sour Soup (Bowl)*			●				●	●	●

Sauces & More

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Teriyaki Sauce							●	●	●
Sweet & Sour Sauce									
Chili Sauce									
Soy Sauce							●	●	
Potsticker Sauce*							●	●	●
Hot Mustard									●
Fortune Cookies							●	●	
Tree Top Apple Crisps									

The Original Orange Chicken® Cub Meal

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
White Steamed Rice									
Super Greens									
The Original Orange Chicken®									
Tree Top Apple Crisps									
Honest Kid’s Appley Ever After Juice									
Water									

Grilled Teriyaki Chicken Cub Meal

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
Chow Mein									
Super Greens									
Grilled Teriyaki Chicken									
Tree Top Apple Crisps									
Honest Kid’s Appley Ever After Juice									
Water									

Broccoli Beef Cub Meal

Item	Peanuts	Tree Nuts	Eggs	Fish	Shellfish	Milk	Soy	Wheat	Sesame
White Steamed Rice									
Super Greens									
Broccoli Beef									
Tree Top Apple Crisps									
Honest Kid’s Appley Ever After Juice									
Water									

Beverage allergen data: fountain and crafted beverages carry no listed allergens in the published data apart from the cross-contact risk described on page 2, so they are not repeated in this matrix.

Sources and updates

All nutrition and allergen data in this guide comes from the official Panda Express Nutrition & Allergen page at pandaexpress.com/nutritioninformation, checked in November 2026. Panda Express updates its published data when recipes and ingredients change; this guide is refreshed against the official data on the same cycle. pandaexpressmenuprices.com is an independent guide and is not affiliated with or endorsed by Panda Express.