

How Do Panda Express Meal Sizes & Prices Compare?

The Bowl Plate and Bigger Plate are the three meal sizes offered by Panda Express. A bowl which starts at about \$9.30+ has one side and one entree. A plate which starts at about \$11.10+ has two entrees and one side. For \$12.90, a bigger plate comes with three entrees and one side.

Meal Size	Sides	Entrees	Starting Price
Bowl	1	1	\$9.30+
Plate	1	2	\$11.10+
Bigger Plate	1	3	\$12.90+

What's New on the Panda Express Menu in 2026?

In 2026 Panda Express is continuing to advance its menu for all types of people with a rotating lineup of bold chef-crafted, very short time period entrees. As part of The Panda Promise effort, the company launched its first brisket dish for the very yummy, embraced the spicy-sweet and spicy trend, and made major supply-chain improvements. The list of recently and presently featured items is provided below.

Hot Orange Chicken

Panda Express' Hot Orange Chicken combines crispy chicken with the classic citrus glaze, plus two chili peppers for a noticeably sweet and spicy kick.

Pei Pei Blind Box Collectibles

Panda Express introduced Pei Pei Blind Boxes on August 8, featuring three illustrated bag charms. Each \$15 box contains one collectible design.

Typhoon Chili Shrimp

Typhoon Chili Shrimp is a limited test featuring crispy tempura shrimp, vegetables, a spicy chili sauce, and crunchy garlic, available at select locations.

Strawberry Dragonfruit Refresher

In late July 2026, Panda Express added the Strawberry Dragonfruit Refresher to its Crafted Beverages lineup. Made with real fruit juice and sugar, this vibrant tropical drink offers a refreshing fruity taste.

Crispy Sesame Shrimp & Beef

Crispy Sesame Shrimp & Beef combines tempura shrimp, crispy beef, vegetables, and flavorful sesame sauce. Sesame seeds add extra texture and a subtle savory finish.

Firecracker Steak & Shrimp

Firecracker Steak & Shrimp is a bold seasonal surf-and-turf entrée featuring tender sirloin steak and shrimp with peppers, onions, and chili garlic sauce.

Brisket from Cantonese BBQ

Before closing on August 10, 2026, Cantonese BBQ Brisket offered slow-cooked brisket tossed in a Char Siu-style BBQ sauce, providing 44g of protein per serving.

Sweet & Sour Dynamite Chicken

Panda Express's Sweet & Sour Dynamite Chicken combines crispy chicken and vegetables with a spicy sauce inspired by Buldak. It was available through May 25, 2026.

Panda Express A La Carte Menu

These are the Orange Chicken Kung Pao Chicken Chow Mein Fried Rice White Rice and Super Greens are all available on the Panda Express A La Carte menu as individual dishes and sides.

Item	Price	Calories
Orange Chicken	\$5.40+	510 Cal
Hot Orange Chicken	\$5.40+	~530 Cal
Beijing Beef	\$5.40+	470 Cal
Kung Pao Chicken	\$5.40+	320 Cal
Broccoli Beef	\$5.40+	150 Cal
Black Pepper Chicken	\$5.40+	280 Cal
SweetFire Chicken	\$5.40+	380 Cal
Honey Walnut Shrimp	\$6.90+	430 Cal
Black Pepper Steak	\$6.90+	180 Cal
Cantonese BBQ Brisket	\$6.90+	410 Cal
White Steamed Rice	\$4.60+	520 Cal
Brown Steamed Rice	\$4.60+	420 Cal
Fried Rice	\$4.60+	620 Cal
Chow Mein	\$4.60+	600 Cal
Super Greens	\$4.60+	130 Cal

What is panda Express menu



Bowl



Plate



Bigger Plate



A La Carte



Family Meal



Catering



Panda Cub Meal



**Balanced Protein
Plates**



Panda Bundles



Drinks



**Panda Crafted
Beverage**



**Appetizers and
More**

What Are the Prices and Calorie Counts of the Signature Entrees?

These menus are the among the menus signature for all types of people dishes for the special meal are traditional and expert dishes like orange chicken and broccoli beef. While premium seafood and steak items cost an additional \$1. 50 per portion added to your bowl or plate standard entrees are included in the base meal price. Cooking and recipes. You can create a meal that meets your daily nutritional objectives by looking over the calories on the Panda Express menu.



Orange Chicken



**Hot Orange
Chicken**



Beijing Beef



Kung Pao Chicken



Broccoli Beef



Mushroom Chicken



**Grilled Teriyaki
Chicken**



**Sweet & Sour
Chicken**



**String Bean
Chicken Breast**



**Black Pepper
Chicken**



**Black Pepper
Chicken**



**SweetFire
Chicken Breast**

What Are the Prices on the Panda Express Appetizers Menu?

At Panda Express appetizers are quick and the very easy way crunchy additions to your meal for the best and tast is very delicious . Usually costing between \$2. 10 and \$2. 50 per order they are ideal for sharing or giving a bowl more crunch.



**Cream Cheese
Rangoon**



**Veggie Spring
Roll**



**Chicken
Potsticker**



Hot & Sour Soup

Appetizer	Serving Size	Approx. Price
Chicken Egg Roll	1 Roll	\$2.00
Chicken Potsticker	3 Pieces	\$2.00
Cream Cheese Rangoon	3 Pieces	\$2.00
Vegetable Spring Rolls	2 Rolls	\$2.00
Chicken Egg Rolls	2 Rolls	\$3.50
Chicken Potstickers	6 Pieces	\$3.50
Cream Cheese Rangoons	6 Pieces	\$3.50
Vegetable Spring Rolls	4 Rolls	\$3.50

What Are the Costs of Panda Express Family Meals and Bundles?

For large gatherings Panda Express family meals offer outstanding value. Three large entrees and two large sides are included in the standard 5-Person Family Meal which starts at about \$43.00 and costs about \$8.60 per person, food from China. According to a price breakdown of Panda Express family meals this is significantly less expensive than purchasing individual plates.



Bowl Bundle



Plate Bundle



Bigger Plate Bundle



5-Person Family Meal

Panda Express Cub Meal



Orange Chicken Cub Meal



Grilled Teriyaki Chicken Cub Meal



Broccoli Beef Cub Meal



Build Your Own Cub Meal

Panda Express Balanced Protein Plates Menu



Double Protein Plate



Harmonious Macros Plate



Build Your Own Plate



Party Size Side

Side	Serving Size	Approx. Price
Chow Mein	Small	\$4.00
Fried Rice	Small	\$4.00
White Steamed Rice	Small	\$4.00
Super Greens	Small	\$4.00
Chow Mein	Medium	\$5.00
Fried Rice	Medium	\$5.00
White Steamed Rice	Medium	\$5.00
Super Greens	Medium	\$5.00

Healthy Option	Calories	Healthy
Super Greens	130 Cal	Yes
Broccoli Beef	150 Cal	Yes
Mushroom Chicken	220 Cal	Yes
String Bean Chicken	210 Cal	Yes
Kung Pao Chicken	320 Cal	Moderate
Grilled Teriyaki Chicken	275 Cal	High Protein
Super Greens + Broccoli Beef	280 Cal	Best Low-Cal

Category	Calories	Healthy Choice
Chicken	150–510 Cal	Grilled Teriyaki
Beef	150–470 Cal	Broccoli Beef
Seafood	250–440 Cal	Light Option
Sides	130–620 Cal	Super Greens
Appetizers	80–190 Cal	Light Portion
Drinks	0–300 Cal	Water
Desserts	150–300 Cal	Small Portion

Brand	Avg Meal Price	Avg Calories	Protein Focus
Panda Express	\$9–\$14	400–900 Cal	High
Chipotle	\$10–\$15	500–1,000 Cal	High
Panera Bread	\$9–\$16	400–900 Cal	Moderate
CAVA	\$10–\$16	450–900 Cal	High
Sweetgreen	\$12–\$18	400–800 Cal	High
QDOBA	\$9–\$14	500–1,000 Cal	High
Jersey Mike's	\$9–\$15	500–1,000 Cal	High
Five Guys	\$12–\$18	700–1,500 Cal	Moderate
Noodles & Company	\$9–\$14	500–1,000 Cal	Moderate

How Have Panda Express Prices Changed Over Time?

Year	Bowl Price	Plate Price
2017	~\$6.00	~\$7.50
2018	~\$6.30	~\$7.80
2019	~\$6.50	~\$8.00
2020	~\$6.80	~\$8.30
2021	~\$7.20	~\$8.70
2022	~\$7.70	~\$9.20
2023	~\$8.20	~\$9.80

Name	Calories	Nutrition
Orange Chicken	510 Cal	Sweet & tangy
Kung Pao Chicken	320 Cal	Spicy & nutty
Beijing Beef	470 Cal	Crispy & savory
Broccoli Beef	150 Cal	Beef & broccoli
Mushroom Chicken	220 Cal	Light & savory
Grilled Teriyaki Chicken	275 Cal	High protein
Honey Walnut Shrimp	430 Cal	Sweet & crispy
Honey Sesame Chicken	340 Cal	Honey sesame

