Potbelly Menu 2026: Prices & Calories for Sandwiches & More

Potbelly Sandwich Shop · Updated November 2026 · okinawasushinj.com

Signature Sandwiches

Item	Price	Calories
A Wreck®	$12.09	714
Italian	$12.09	774
Chicken Club	$12.79	690
Avo Turkey	$12.89	642
Mediterranean	$12.89	621
BLTA	$12.09	612
Mama's Meatball	$12.09	727
Pizza Melt	$12.09	625
Sweet Heat Pork BBQ	$12.89	753
Prime Rib Steak	$13.89	715

Classic Sandwiches

Item	Price	Calories
Turkey Breast	$11.69	638
Smoked Ham	$11.69	712
Roast Beef	$10.89	614
Tuna Salad	$11.69	685
Chicken Salad	$11.69	761
Grilled Chicken	$11.69	573
Cubano	$12.09	663
Veggie Melt	$11.49	465
Grilled Cheese	$11.29	420
PB&J	$9.99	605

Wraps

Item	Price	Calories
Chicken Bacon Ranch Wrap	$16.49	615
Southwest Avo Chicken Wrap	$16.49	488

Salads

Item	Price	Calories
Powerhouse Salad	$11.59	504
Farmhouse Salad	$11.59	790
Apple Walnut Salad	$11.59	847
Chicken Salad Salad	$11.59	683

Soups & Macaroni

Item	Price	Calories
Broccoli Cheddar	$8.09	220
Mac & Cheese	$8.09	422
Chicken Pot Pie Soup	$8.09	365
Loaded Baked Potato	$8.09	390
Chili	$8.09	300
Garden Vegetable	$8.09	150
Chili Mac	$8.09	490

Chips & Sides

Item	Price	Calories
Zapp's Hotter 'N Hot Jalapeño Chips	$3.89	220
Zapp's Regular Chips	$3.89	220
Zapp's Mesquite Bar-B-Que Chips	$3.89	220
Baked Lay's	$3.89	140
Potbelly Whole Pickle	$2.59	25
Utz Cheese Curls	$3.89	230
Zapp's VooDoo Regular Chips	$3.89	220

Cookies & Shakes

Item	Price	Calories
Dream Bar	$4.29	440
Chocolate Brownie Cookie	$4.09	420
Oatmeal Chocolate Chip Cookie	$4.09	420
Sugar Cookie	$4.09	530
OREO® Cookie Shake	$8.19	770
Strawberry Shake	$7.69	730
Chocolate Shake	$7.69	750
Cold Brew Shake	$8.19	700
Vanilla Shake	$7.69	720
Banana Pudding Shake	$8.19	760

Combo Meals

Item	Price	Calories
Skinny Sandwich + Cup of Soup	$16.69	500-700
Skinny Sandwich + Half Salad	$19.69	600-800
Half Salad + Cup of Soup	$17.09	450-650
Chips + Drink Meal Deal	$6.09	360-460
Chips + Shake Meal Deal	$6.09	838-989

Beverages

Item	Price	Calories
Diet Coke (20 oz)	$5.79	0
Coke (20 oz)	$5.79	240
San Pellegrino Blood Orange (11.15 oz)	$5.79	130
Sprite (20 oz)	$5.79	240
IBC Cream Soda (12 oz)	$5.79	180
Vitamin Water XXX Acai Blue Pom (20 oz)	$5.79	120
Bottled Water (16.9 oz)	$4.19	0
Gold Peak Green Tea (18.5 oz)	$5.59	150
Powerade Mountain Berry Blast (20 oz)	$5.49	130
Coke Zero Sugar (20 oz)	$5.79	0

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.