WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

Wendy's Panama Menu with Prices, Calories & Nutrition November 2026 (Updated)

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WENDY'S PANAMA COMBO BUILDS WITH ESTIMATED CALORIES

Combo	Papas	Bebida	Calories	Based on
Dave's Sencilla, Doble o Triple	medianas	soda 16 oz	560-1,100*	US Dave's Single through Dave's Triple
Baconator, Bacon Cheese, Dave's Bacon Sencilla	medianas	soda 16 oz	610-890*	US Big Bacon Classic through Baconator
Dave's Bacon Doble, Bacon Mushroom Melt Doble	medianas	soda 20 oz	860*	US Big Bacon Classic Double
Sándwich Empanizado/Spicy, Chicken Champions	medianas	soda 16 oz	340-560*	US Crispy Chicken Sandwich through Spicy Chicken Sandwich
Wrap de pollo, Premium Chicken Sandwich	medianas	soda 600 ml (16 oz en otra ficha del Premium)	420-550*	US Grilled Chicken Ranch Wrap through Classic Chicken Sandwich
Nuggets 6 o 12 piezas	medianas	soda 16 oz	260-430*	US 6 PC. Chicken Nuggets. 12 pieces are not a published US count
2 o 3 piezas de pollo frito	medianas	soda 16 oz	280-420*	Two pieces of US 4 PC. Tenders through US 3 PC. Tenders
8 piezas de pollo familiar	4 medianas	4 sodas 16 oz	1,120*	Two US 4 PC. Tenders orders. Shared fries and drinks are not included
Menú infantil	papas	soda 12 oz + Frosty kids 6 oz	170-310*	US 4 PC. Chicken Nuggets through a small Classic Chocolate Frosty

* Estimated calories based on similar Wendy's items; not confirmed for this country.

WENDY'S PANAMA NUTRITION FACTS (CALORIES, FAT, CARBS, SUGAR, PROTEIN, SODIUM)

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
Dave's Sencilla	560*	34 g*	14 g*	37 g*	9 g*	31 g*	1,170 mg*
Dave's Doble	810*	52 g*	22 g*	37 g*	9 g*	50 g*	1,410 mg*
Baconator	890*	58 g*	24 g*	36 g*	8 g*	59 g*	1,580 mg*
Sándwich Empanizado/Spicy	340-560*	17 g-26 g*	3 g-4.5 g*	32 g-55 g*	4 g-7 g*	15 g-28 g*	650 mg-1,500 mg*
Wrap de pollo	420*	16 g*	5 g*	41 g*	2 g*	28 g*	1,100 mg*
Nuggets y pollo frito	170-430*	11 g-27 g*	2.5 g-6 g*	9 g-22 g*	0 g*	9 g-23 g*	360 mg-900 mg*
Papas con queso	470*	27 g*	10 g*	44 g*	1 g*	12 g*	1,120 mg*
Chili y nachos	280*	12 g*	4.5 g*	24 g*	6 g*	19 g*	1,050 mg*
Ensaladas	270-420*	12 g-22 g*	4.5 g-9 g*	24 g-27 g*	6 g-18 g*	19 g-30 g*	980 mg-1,050 mg*
Frosty	190-510*	9 g*	6 g*	49 g*	41 g*	10 g*	180 mg*
Conos y sundaes	310*	9 g*	6 g*	49 g*	41 g*	10 g*	180 mg*
Bebidas y café	5*	0 g*	0 g*	0 g*	0 g*	0 g*	10 mg*
Combos	560-1,100*	34 g-74 g*	14 g-32 g*	37 g-38 g*	9 g*	31 g-72 g*	1,170 mg-1,830 mg*
Menú infantil	170-310*	9 g-11 g*	2.5 g-6 g*	9 g-49 g*	0 g-41 g*	9 g-10 g*	180 mg-360 mg*
Desayunos	420-890*	58 g*	24 g*	36 g*	8 g*	59 g*	1,580 mg*

* Starred values are estimates based on similar Wendy's items and are not confirmed for this country. Figures without a star are published local nutrition.

HAMBURGUESAS DE WENDY'S PANAMÁ POR CARNE Y TOCINO (MENÚ OFICIAL)

Hamburguesa	Carnes	Tocino	Extras
Dave's Sencilla	1	Sin tocino	lechuga, tomate, cebolla, pepinillos
Dave's Doble	2	Sin tocino	lechuga, tomate, cebolla, pepinillos
Dave's Triple	3	Sin tocino	lechuga, tomate, cebolla, pepinillos
Bacon Cheese	1	3 tiras	solo queso
Dave's Bacon Sencilla	1	3 tiras	vegetales completos
Dave's Bacon Doble	2	6 tiras (3 en la ficha del combo)	vegetales completos
Baconator	2	6 tiras	solo queso
Bacon Champions Sencilla (combo)	1	3 tiras	hongos y queso derretido
Bacon Mushroom Melt Doble (combo)	2	3 tiras	salsa de queso con champiñones

CHILI, PAPAS Y SNACKS DE WENDY'S PANAMÁ (MENÚ OFICIAL)

Producto	Detalle
Chili	pequeño o grande
Papas fritas con queso y chili	sección Chilli
Papas fritas con queso y bacon	sección Chilli
Nachos con chili y queso	sección Chilli
Tequeños	rellenos de queso blanco
Yuquitas	rellenas de queso blanco
Dedos de mozzarella	4 trozos apanados con hierbas
Aros de cebolla	sección Snacks

COMBOS(1)

Item	Typical price	Calories
Combos		560-1,100 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

POLLO(3)

Item	Typical price	Calories
Sándwich Empanizado/Spicy		340-560 cal*
Wrap de pollo		420 cal*
Nuggets y pollo frito		170-430 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

FROSTY(2)

Item	Typical price	Calories
Frosty		190-510 cal*
Conos y sundaes		310 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

BEBIDAS(1)

Item	Typical price	Calories
Bebidas y café		5 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

HAMBURGUESAS(3)

Item	Typical price	Calories
Dave's Sencilla		560 cal*
Dave's Doble		810 cal*
Baconator		890 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

ACOMPAÑANTES(2)

Item	Typical price	Calories
Papas con queso		470 cal*
Chili y nachos		280 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

ENSALADAS(1)

Item	Typical price	Calories
Ensaladas		270-420 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

INFANTIL(1)

Item	Typical price	Calories
Menú infantil		170-310 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

DESAYUNOS(1)

Item	Typical price	Calories
Desayunos		420-890 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

Wendy-Menus is an independent guide and is not affiliated with The Wendy's Company. Prices are typical, vary by restaurant, and items can change. Confirm prices, availability, and allergens in the Wendy's app or at your restaurant. Source page: https://wendy-menus.com/wendys-menu-panama/