



# Panera Bread® Nutrition Information

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Breakfast</b>												
<b>Breakfast Sandwiches</b>												
Steak & Egg on Everything Bagel		1 sandwich	550	18	8	0	240	1080	60	3	4	33
Mediterranean Egg White on Ciabatta		1 sandwich	420	16	6	0	25	800	49	2	2	13
Bacon, Egg & Cheese on Asiago Cheese Bagel		1 sandwich	610	28	13	0.5	245	1350	55	2	4	34
Sausage, Egg & Cheese on Ciabatta		1 sandwich	550	29	12	0	250	1050	44	2	2	28
Ham, Egg & Cheese on Whole Grain		1 sandwich	340	15	7	0	220	920	31	4	3	16
Avocado, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	400	13	6	0	25	650	52	5	5	12
Turkey Sausage, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	400	11	6	0	45	800	50	3	4	16
Egg & Cheese on Asiago Cheese Bagel		1 sandwich	490	19	10	0.5	215	900	54	2	3	24
Bacon, Egg & Cheese on Ciabatta		1 sandwich	520	25	10	0	235	1170	43	2	2	29
Egg & Cheese on Ciabatta		1 sandwich	390	15	7	0	205	720	43	2	2	19
<b>Breakfast Favorites</b>												
Power Almond Quinoa Oatmeal		1 bowl	290	6	1	0	0	220	52	9	7	8
Steel Cut Oatmeal with Strawberries & Pecans		1 bowl	340	14	2	0	0	160	51	9	16	6
Strawberry Granola Parfait		1 parfait	310	11	4.5	0	10	100	43	3	30	9
Fresh Fruit Cup		1 cup	60	0	0	0	0	15	17	1	12	1
<b>Soufflés</b>												
Four Cheese		1 soufflé	480	29	15	0.5	190	690	37	2	8	16
Spinach & Artichoke		1 soufflé	540	34	19	0.5	165	910	39	2	9	19
Spinach & Bacon		1 soufflé	570	37	20	1	170	930	37	2	8	23
Ham & Swiss		1 soufflé	490	30	16	0.5	175	790	37	2	8	19
<b>Bagels &amp; Cream Cheese Spreads</b>												
<b>Bagels</b>												
Chocolate Chip Bagel		1 bagel	380	6	3	0	5	480	68	3	13	11
French Toast Bagel		1 bagel	350	4	2	0	0	620	67	2	15	10
Blueberry Bagel		1 bagel	340	1.5	0	0	0	510	68	2	8	11
Cinnamon Swirl & Raisin Bagel		1 bagel	320	2	1	0	0	470	65	3	11	10
Cinnamon Crunch Bagel		1 bagel	420	6	4.5	0	0	440	81	2	31	10

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asiago Cheese Bagel		1 bagel	330	6	3.5	0	10	580	55	2	3	13
Plain Bagel		1 bagel	290	1.5	0	0	0	460	59	2	3	10
Sprouted Grain Bagel Flat		1 bagel	230	1.5	0	0	0	340	48	3	4	8
Whole Grain Bagel		1 bagel	340	2.5	0	0	0	400	67	6	5	13
Everything Bagel		1 bagel	300	2.5	0	0	0	640	59	2	4	10
Sesame Bagel		1 bagel	310	3	0	0	0	460	59	2	3	10
<b>Cream Cheese Spreads</b>												
Plain Cream Cheese	Cup	2 oz	190	18	11	1	55	210	2	0	1	3
Plain Cream Cheese	Tub	1 oz	100	10	6	0	30	110	1	0	1	2
Reduced-Fat Plain Cream Cheese	Cup	2 oz	130	12	7	0.5	35	230	2	1	1	5
Reduced-Fat Plain Cream Cheese	Tub	1 oz	70	6	4	0	20	120	1	0	1	3
Reduced-Fat New York Style Cheesecake Cream Cheese	Cup	2 oz	160	8	5	0	25	240	18	1	16	4
Reduced-Fat New York Style Cheesecake Cream Cheese	Tub	1 oz	80	4.5	2.5	0	15	125	9	0	8	2
Reduced-Fat Hazelnut Cream Cheese	Cup	2 oz	140	11	6	0.5	35	210	6	1	6	5
Reduced-Fat Hazelnut Cream Cheese	Tub	1 oz	80	6	3.5	0	15	110	3	0	3	2
Reduced-Fat Chive & Onion Cream Cheese	Cup	2 oz	130	11	7	0.5	35	370	4	1	2	5
Reduced-Fat Chive & Onion Cream Cheese	Tub	1 oz	70	6	3.5	0	20	190	2	0	1	3
Reduced-Fat Roasted Vegetable Medley Cream Cheese	Cup	2 oz	110	9	6	0	30	240	3	1	2	4
Reduced-Fat Roasted Vegetable Medley Cream Cheese	Tub	1 oz	60	5	3	0	15	125	2	1	1	2
Reduced-Fat Wild Blueberry Cream Cheese	Cup	2 oz	150	10	6	0	30	190	11	1	9	4
Reduced-Fat Wild Blueberry Cream Cheese	Tub	1 oz	80	5	3	0	15	100	6	1	5	2
Reduced-Fat Honey Walnut Cream Cheese	Cup	2 oz	150	11	6	0	30	200	8	1	7	5
Reduced-Fat Honey Walnut Cream Cheese	Tub	1 oz	80	6	3.5	0	15	105	4	0	4	2
<b>Bakery</b>												
<b>Artisan Pastries</b>												
Pecan Braid		1 pastry	470	26	11	0.5	55	280	53	2	23	8
Cheese Pastry		1 pastry	400	22	13	1	70	330	44	1	15	8
Chocolate Pastry		1 pastry	410	23	14	0.5	55	250	47	2	18	7
Cherry Pastry		1 pastry	420	17	10	0.5	55	330	60	1	30	7
<b>Sweet Rolls</b>												
Bear Claw		1 pastry	570	28	13	0.5	70	410	69	3	32	10
Cinnamon Roll		1 roll	630	24	14	0.5	100	510	91	4	35	13

Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pecan Roll		1 roll	740	39	12	0	55	320	89	5	50	11
Cobblestone		1 roll	570	15	7	0	60	520	100	3	54	11
<b>Scones</b>												
Wild Blueberry Scone		1 scone	470	20	12	1	75	900	66	2	25	8
Triple Berry Scone		1 scone	400	14	9	0	50	560	61	1	30	6
Orange Scone		1 scone	540	20	13	0.5	75	810	81	3	38	9
Cinnamon Crunch Scone		1 scone	550	23	16	0.5	70	900	79	2	41	8
Wild Blueberry Mini Scone		1 mini scone	160	7	4	0	25	300	22	1	8	3
Triple Berry Mini Scone		1 mini scone	150	6	3.5	0	20	220	23	0	11	2
Orange Mini Scone		1 mini scone	180	7	4.5	0	25	270	27	1	13	3
Mini Scones Multi Pack		9 pack	1460	57	36	2	210	2360	216	6	96	24
<b>Muffins &amp; Muffies</b>												
Wild Blueberry Muffin		1 muffin	440	17	3	0	60	330	66	2	39	6
Peach Pecan Crunch Muffin		1 muffin	510	15	4	0	55	340	86	3	50	8
Pumpkin Muffin		1 muffin	590	22	4	0	30	480	91	2	53	7
Apple Crunch Muffin		1 muffin	450	12	2.5	0	55	330	80	2	49	7
Chocolate Chip Muffie		1 muffie	320	14	4	0	40	200	46	2	27	4
Pumpkin Muffie		1 muffie	290	11	2	0	15	240	45	1	26	3
<b>Cakes &amp; Brownies</b>												
Chocolate Cupcake		1 cupcake	520	26	10	0.5	30	340	69	3	53	4
Vanilla Cupcake		1 cupcake	450	27	12	1	50	280	49	0	38	3
Carrot Cake with Walnuts		1 cake	650	26	9	0	80	670	98	4	62	8
Cinnamon Crumb Coffee Cake		1 slice	470	25	9	0	105	320	53	1	29	6
Cinnamon Crumb Coffee Cake		2 oz	220	12	4.5	0	50	150	25	1	14	3
Double Fudge Brownie		1 brownie	500	22	10	0	80	240	73	4	53	7
<b>Cookies</b>												
Tulip Cookie		1 cookie	440	21	12	0.5	55	160	59	1	31	4
Chocolate Duet Cookie with Walnuts		1 cookie	450	24	12	0	60	330	55	3	35	6
Shortbread Cookie		1 cookie	380	22	13	0.5	60	170	41	1	11	4
Chocolate Chipper Cookie		1 cookie	440	22	14	0.5	60	330	58	3	33	5
Oatmeal Raisin Cookie		1 cookie	400	14	8	0	50	320	62	3	32	5
Candy Cookie		1 cookie	400	19	12	0.5	70	250	52	1	26	5
Petite Chocolate Chipper		1 petite cookie	100	5	3	0	15	75	14	1	8	1

## Pastries

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
French Croissant		1 croissant	300	17	10	0.5	45	220	32	1	5	6
Pastry Ring	Slice	1 slice	220	10	6	0	35	170	30	1	16	3

## Freshly Baked Breads

### Artisan Breads

Country	Miche	2 oz	140	0.5	0	0	0	330	28	1	0	5
Country	Loaf	2 oz	140	0.5	0	0	0	310	27	1	0	5
French	Miche	2 oz	140	0.5	0	0	0	360	28	1	0	5
French	Baguette	2.5 oz	150	1	0	0	0	370	30	1	0	5
Rye	Miche	2 oz	140	0.5	0	0	0	420	27	2	0	5
Rye	Loaf	2 oz	140	0.5	0	0	0	380	28	2	0	5
Sesame Semolina	Miche	2 oz	140	1	0	0	0	360	30	1	1	5
Sesame Semolina	Loaf	2 oz	140	0.5	0	0	0	350	29	1	1	5
Three Cheese	Miche	2 oz	150	2	1	0	5	320	27	1	1	6
Three Cheese	Loaf	2 oz	140	2	1	0	5	290	26	1	1	6
Three Cheese	Demi	2 oz	160	2	1	0	5	320	29	1	1	6
Three Seed	Demi	2 oz	160	3.5	0	0	0	300	27	2	0	6
Asiago Cheese Focaccia	Loaf	2 oz	150	3.5	1.5	0	5	240	24	1	1	6
Sea Salt Focaccia	Loaf	2 oz	160	2.5	0	0	0	350	30	1	1	6
Whole Grain	Miche	2 oz	130	1	0	0	0	250	26	3	2	6
Whole Grain	Loaf	2 oz	130	1	0	0	0	290	27	3	2	6
Ciabatta	Loaf	2 oz	150	2	0	0	0	240	27	1	1	5

### Specialty Breads

Sourdough	XL Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	5
Sourdough	Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	5
Sourdough	Bread Bowl	8.7 oz	660	3	0	0	0	1340	131	4	1	23
Asiago Cheese	Loaf	2 oz	160	4	2.5	0	10	320	23	1	0	7
Asiago Cheese	Demi	2 oz	160	4	2.5	0	10	320	22	1	0	7
Cinnamon Raisin Swirl	Loaf	2 oz	190	6	3	0	30	190	31	1	12	5
All-Natural White	Miche	2 oz	150	2	1	0	5	260	27	1	1	5
All-Natural White	Loaf	2 oz	150	2.5	1	0	5	270	27	1	1	5
Tomato Basil	XL Loaf	2 oz	130	0.5	0	0	0	320	27	1	1	5
Honey Wheat	Loaf	2 oz	160	3	1.5	0	0	230	29	2	4	4

## Drinks

### Espresso & Hot Drinks

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caramel Latte	Medium	16 fl oz	400	17	11	0	55	210	62	0	42	10
Chai Tea Latte	Medium	16 fl oz	240	4.5	3	0	20	95	42	0	40	7
Caffe Mocha	Medium	16 fl oz	380	14	9	0	45	170	53	2	39	11
Cappuccino	Medium	16 fl oz	130	5	3	0	20	110	14	0	12	9
Caffe Latte	Medium	16 fl oz	130	5	3	0	20	110	14	0	12	9
Espresso	1 Shot	1 shot	5	0	0	0	0	0	1	0	0	0
Signature Hot Chocolate	Medium	16 fl oz	530	16	10	0	45	270	84	3	66	12
Vanilla Latte	Medium	16 fl oz	230	5	3	0	20	125	39	0	35	9
Skinny Caffe Mocha	Medium	16 fl oz	260	1.5	1	0	5	170	52	2	38	11

### Coffee & Hot Tea

Dark Roast Coffee	Small	12 fl oz	15	0	0	0	0	5	3	0	0	1
Dark Roast Coffee	Medium	16 fl oz	20	0	0	0	0	10	4	0	0	1
Dark Roast Coffee	Large	20 fl oz	25	0	0	0	0	10	5	0	0	2
Hazelnut Coffee	Small	12 fl oz	15	0	0	0	0	30	2	0	0	1
Hazelnut Coffee	Medium	16 fl oz	20	0	0	0	0	40	3	0	0	1
Hazelnut Coffee	Large	20 fl oz	25	0	0	0	0	50	4	0	0	2
Light Roast Coffee	Small	12 fl oz	15	0	0	0	0	5	2	0	0	1
Light Roast Coffee	Medium	16 fl oz	20	0	0	0	0	10	3	0	0	1
Light Roast Coffee	Large	20 fl oz	25	0	0	0	0	10	4	0	0	2
Panera Decaf Coffee	Small	12 fl oz	10	0	0	0	0	5	2	0	0	1
Panera Decaf Coffee	Medium	16 fl oz	15	0	0	0	0	10	2	0	0	1
Panera Decaf Coffee	Large	20 fl oz	20	0	0	0	0	10	3	0	0	2
Hot Teas		8 fl oz	0	0	0	0	0	0	0	0	0	0

### Fruit Smoothies

Low-Fat B-Green Smoothie	Small	12 fl oz	190	0.5	0	0	0	25	49	4	35	2
Low-Fat Mango Smoothie	Medium	16 fl oz	270	1.5	1	0	5	95	59	2	54	7
Fat-Free Superfruit Power Smoothie with Ginseng	Medium	16 fl oz	210	0	0	0	0	75	34	2	30	14
Low-Fat Strawberry Smoothie with Ginseng	Medium	16 fl oz	280	1.5	1	0	5	100	60	2	58	7
Low-Fat Wild Berry Smoothie	Medium	16 fl oz	340	1.5	1	0	5	105	75	2	68	6

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<b>Frozen Drinks</b>												
Frozen Caramel	Medium	16 fl oz	580	25	16	0.5	80	180	94	0	66	5
Frozen Mocha	Medium	16 fl oz	560	22	14	0.5	65	140	86	2	63	7
<b>Iced Beverages</b>												
Iced Chai Tea Latte	Medium	16 fl oz	190	3.5	2.5	0	15	80	34	0	32	6
Iced Green Tea	Medium	20 fl oz	160	0	0	0	0	10	41	0	38	0
Iced Green Tea	Large	32 fl oz	230	0	0	0	0	15	59	0	55	0
Lemonade	Small	16 fl oz	230	0	0	0	0	10	57	0	57	0
Lemonade	Medium	20 fl oz	320	0	0	0	0	10	79	0	79	0
Lemonade	Large	32 fl oz	450	0	0	0	0	15	113	1	113	1
Mango Iced Tea	Medium	20 fl oz	0	0	0	0	0	0	0	0	0	0
Mango Iced Tea	Large	32 fl oz	0	0	0	0	0	0	0	0	0	0
Tropical Hibiscus Iced Tea	Medium	20 fl oz	0	0	0	0	0	0	0	0	0	0
Tropical Hibiscus Iced Tea	Large	32 fl oz	0	0	0	0	0	0	0	0	0	0
Brewed Iced Tea	Medium	20 fl oz	0	0	0	0	0	20	0	0	0	0
Brewed Iced Tea	Large	32 fl oz	0	0	0	0	0	30	0	0	0	0
Iced Coffee	Medium	20 fl oz	10	0	0	0	0	5	2	0	0	1
Iced Coffee	Large	32 fl oz	20	0	0	0	0	10	4	0	0	1
<b>Bottled Beverages</b>												
San Pellegrino® Orange		1 bottle	140	0	0	0	0	0	34	0	32	0
San Pellegrino® Limonata		1 bottle	150	0	0	0	0	0	35	0	33	0
San Pellegrino® Sparkling Water		1 bottle	0	0	0	0	0	0	0	0	0	0
Bottled Water		1 bottle	0	0	0	0	0	10	0	0	0	0
<b>Soft Drinks</b>												
Pepsi	Medium	20 fl oz	230	0	0	0	0	55	62	0	62	0
Pepsi	Large	32 fl oz	370	0	0	0	0	90	100	0	100	0
Diet Pepsi	Medium	20 fl oz	0	0	0	0	0	75	0	0	0	0
Diet Pepsi	Large	32 fl oz	0	0	0	0	0	120	0	0	0	0
Caffeine Free Diet Pepsi	Medium	20 fl oz	0	0	0	0	0	75	0	0	0	0
Caffeine Free Diet Pepsi	Large	32 fl oz	0	0	0	0	0	120	0	0	0	0
Sierra Mist	Medium	20 fl oz	240	0	0	0	0	50	62	0	62	0
Sierra Mist	Large	32 fl oz	380	0	0	0	0	80	100	0	100	0
Dr. Pepper	Medium	20 fl oz	230	0	0	0	0	80	62	0	62	0

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Dr. Pepper	Large	32 fl oz	370	0	0	0	0	130	100	0	100	0
Mountain Dew	Medium	20 fl oz	290	0	0	0	0	100	77	0	77	0
Mountain Dew	Large	32 fl oz	460	0	0	0	0	160	122	0	122	0
Lipton Brisk Raspberry Tea	Medium	20 fl oz	190	0	0	0	0	55	51	0	51	0
Lipton Brisk Raspberry Tea	Large	32 fl oz	300	0	0	0	0	90	82	0	82	0
Tropical Fruit Punch	Medium	20 fl oz	260	0	0	0	0	55	68	0	68	0
Tropical Fruit Punch	Large	32 fl oz	420	0	0	0	0	90	109	0	109	0
<b>Juices &amp; Milks</b>												
Premium Orange Juice		11.5 fl oz	160	0	0	0	0	0	37	less than 1	30	3
Purity Organic Strawberry Paradise Juice		1 bottle	260	0	0	0	0	0	66	0	64	0
Organic White Milk		8 fl oz	120	4.5	3	0	20	115	12	0	12	8
Organic Chocolate Milk		8 fl oz	150	2.5	1.5	0	10	160	23	0	22	8
Kid's Organic Apple Juice		8 fl oz	120	0	0	0	0	25	29	0	26	0
<b>Panini &amp; Sandwiches</b>												
<b>Panini</b>												
Frontega Chicken® Panini on Focaccia	Half	half panini	370	12	3.5	0	40	1070	43	3	4	23
Frontega Chicken® Panini on Focaccia	Whole	whole panini	740	24	7	0	85	2150	87	5	8	46
Chipotle Chicken Panini on French	Half	half panini	420	19	6	0	80	1090	36	2	3	27
Chipotle Chicken Panini on French	Whole	whole panini	840	38	12	0	160	2190	72	4	6	53
Smokehouse Turkey® Panini on Three Cheese	Half	half panini	360	13	6	1	60	1300	34	3	4	27
Smokehouse Turkey® Panini on Three Cheese	Whole	whole panini	720	27	12	1.5	115	2590	68	5	8	53
Steak & White Cheddar Panini on French Baguette	Half	half panini	530	23	8	0.5	65	960	52	3	2	26
Steak & White Cheddar Panini on French Baguette	Whole	whole panini	1050	46	17	1	130	1910	104	6	4	52
<b>Sandwiches</b>												
Roasted Turkey & Avocado BLT on Sourdough	Half	half sandwich	250	9	1.5	0	30	480	24	3	1	19
Roasted Turkey & Avocado BLT on Sourdough	Whole	whole sandwich	510	19	3.5	0	60	960	48	6	3	37
Italian Combo Sandwich on Ciabatta	Half	half sandwich	490	20	8	0.5	75	1420	49	3	4	29
Italian Combo Sandwich on Ciabatta	Whole	whole sandwich	980	41	15	1	155	2830	97	5	8	57
Asiago Steak Sandwich on Asiago Cheese Demi	Half	half sandwich	400	19	9	0	60	670	34	2	2	25
Asiago Steak Sandwich on Asiago Cheese Demi	Whole	whole sandwich	810	38	17	1	125	1340	67	5	4	50
Bacon Turkey Bravo® Sandwich on Tomato Basil	Half	half sandwich	390	13	5	0.5	50	1460	42	2	4	26
Bacon Turkey Bravo® Sandwich on Tomato Basil	Whole	whole sandwich	790	27	10	1	100	2920	85	4	8	52

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Napa Almond Chicken Salad Sandwich on Sesame Semolina	Half	half sandwich	340	13	2	0	30	570	46	3	6	15
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Whole	whole sandwich	690	26	4	0	65	1140	93	6	12	29
Fontina Grilled Cheese on All-Natural White Bread	Half	half sandwich	430	21	13	1	60	770	37	1	2	21
Fontina Grilled Cheese on All-Natural White Bread	Whole	whole sandwich	850	42	25	1.5	125	1530	75	3	4	41
Mediterranean Veggie Sandwich on Tomato Basil	Half	half sandwich	280	6	1.5	0	5	720	47	3	5	10
Mediterranean Veggie Sandwich on Tomato Basil	Whole	whole sandwich	570	12	3	0	10	1430	94	7	10	20
Sierra Turkey Sandwich on Asiago Cheese Focaccia	Half	half sandwich	370	13	3.5	0.5	35	970	41	2	3	20
Sierra Turkey Sandwich on Asiago Cheese Focaccia	Whole	whole sandwich	740	27	7	1.5	70	1940	82	4	6	40
Classic Grilled Cheese on All-Natural White Bread	Half	half sandwich	290	10	7	0	30	720	37	1	3	13
Classic Grilled Cheese on All-Natural White Bread	Whole	whole sandwich	580	19	15	0	55	1450	74	2	6	26
Smoked Turkey Breast Sandwich on Country	Half	half sandwich	220	2	0	0.5	25	890	34	2	2	16
Smoked Turkey Breast Sandwich on Country	Whole	whole sandwich	430	3.5	1	1	50	1790	67	4	5	33
Tuna Salad Sandwich on Honey Wheat	Half	half sandwich	260	8	2	0	15	550	32	3	6	14
Tuna Salad Sandwich on Honey Wheat	Whole	whole sandwich	510	16	4	0	35	1100	65	5	12	28
Smoked Ham & Swiss Sandwich on Rye	Half	half sandwich	290	9	4.5	0	45	1120	33	3	3	21
Smoked Ham & Swiss Sandwich on Rye	Whole	whole sandwich	590	18	9	0.5	95	2250	67	5	6	42

## Flatbread Sandwiches

Mediterranean Chicken Flatbread Sandwich	1 Flatbread	1 flatbread	310	11	5	0	60	550	36	3	5	8
Mediterranean Chicken Flatbread Sandwich	2 Flatbreads	2 flatbreads	620	22	10	0	125	1090	73	7	10	17
Southwestern Chicken Flatbread Sandwich	1 Flatbread	1 flatbread	380	17	6	0	65	550	41	4	9	9
Southwestern Chicken Flatbread Sandwich	2 Flatbreads	2 flatbreads	770	35	12	0.5	135	1110	81	9	18	17
Tomato Mozzarella Flatbread Sandwich	1 Flatbread	1 flatbread	350	18	8	0	55	480	35	2	5	12
Tomato Mozzarella Flatbread Sandwich	2 Flatbreads	2 flatbreads	690	35	17	1	105	950	70	5	10	25

## Hand Tossed Salads

### Salads

Chicken Cobb with Avocado	Half	half salad	320	24	6	0	145	520	7	3	1	21
Chicken Cobb with Avocado	Whole	whole salad	640	47	11	0	295	1040	14	6	3	42
Thai Chicken Salad	Half	half salad	240	10	1.5	0	40	450	20	4	6	20
Thai Chicken Salad	Whole	whole salad	490	19	3	0	80	890	40	8	13	41
Fuji Apple Chicken Salad	Half	half salad	280	17	3.5	0	50	310	17	3	10	16
Fuji Apple Chicken Salad	Whole	whole salad	550	34	7	0.5	95	620	35	6	21	32
Asian Sesame Chicken Salad	Half	half salad	210	10	2	0	40	250	14	2	2	16



	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asian Sesame Chicken Salad	Whole	whole salad	420	21	3.5	0	80	500	27	5	5	31
BBQ Chicken Salad	Half	half salad	230	10	1.5	0	45	280	19	3	9	15
BBQ Chicken Salad	Whole	whole salad	450	20	3	0	90	550	38	6	19	31
Steak & Blue Cheese Salad	Half	half salad	340	24	7	0	55	470	14	2	5	18
Steak & Blue Cheese Salad	Whole	whole salad	680	48	14	0.5	105	940	29	5	9	36
Chicken Cobb	Half	half salad	270	19	5	0	135	510	5	1	1	20
Chicken Cobb	Whole	whole salad	540	39	10	0	275	1030	9	2	3	40
Chicken Caesar Salad	Half	half salad	220	13	3.5	0	65	330	10	1	1	17
Chicken Caesar Salad	Whole	whole salad	440	26	7	0.5	125	660	19	3	2	34
Greek with Chicken Salad	Half	half salad	240	17	4	0	50	690	7	2	2	17
Greek with Chicken Salad	Whole	whole salad	480	33	8	0	105	1380	14	4	4	33
Classic with Chicken Salad	Half	half salad	150	6	1	0	40	160	10	2	6	14
Classic with Chicken Salad	Whole	whole salad	300	13	2.5	0	80	310	19	3	12	27
Greek Salad	Half	half salad	180	16	4	0	10	600	6	2	2	4
Greek Salad	Whole	whole salad	350	31	8	0	25	1200	12	4	4	8
Classic Salad	Half	half salad	80	5	1	0	0	70	9	2	6	1
Classic Salad	Whole	whole salad	170	11	1.5	0	0	140	17	3	12	2
Caesar Salad	Half	half salad	160	12	3.5	0	25	240	8	1	1	5
Caesar Salad	Whole	whole salad	310	24	7	0.5	50	480	17	3	2	9
<b>Dressings</b>												
Asian Sesame Vinaigrette	Half	1 1/2 Tbsp	50	4.5	0.5	0	0	85	3	0	2	0
Asian Sesame Vinaigrette	Whole	3 Tbsp	110	9	1.5	0	0	170	6	0	3	0
BBQ Ranch Dressing	Half	1 1/2 Tbsp	70	6	1	0	5	90	4	0	3	0
BBQ Ranch Dressing	Whole	3 Tbsp	140	12	2	0	10	180	8	0	7	1
Caesar Dressing	Half	1 1/2 Tbsp	80	8	1.5	0	15	105	2	0	0	0
Caesar Dressing	Whole	3 Tbsp	160	16	2.5	0	35	210	3	0	1	1
Greek/Herb Vinaigrette	Half	1 1/2 Tbsp	110	11	1.5	0	0	190	1	0	0	0
Greek/Herb Vinaigrette	Whole	3 Tbsp	210	23	3.5	0	0	380	1	0	0	0
Low Fat Thai Chili Vinaigrette	Half	1 1/2 Tbsp	25	1	0	0	0	90	4	0	3	0
Low Fat Thai Chili Vinaigrette	Whole	3 Tbsp	50	1.5	0	0	0	180	8	0	6	0
Reduced Fat Balsamic Vinaigrette	Half	1 1/2 Tbsp	60	5	1	0	0	55	4	0	4	0
Reduced Fat Balsamic Vinaigrette	Whole	3 Tbsp	130	11	1.5	0	0	110	8	0	8	0
White Balsamic Apple Vinaigrette	Half	1 1/2 Tbsp	80	6	1	0	0	90	6	0	5	0
White Balsamic Apple Vinaigrette	Whole	3 Tbsp	150	12	2	0	0	180	12	0	11	0

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blue Cheese Vinaigrette	Half	1 1/2 Tbsp	90	9	1.5	0	5	55	2	0	1	0
Blue Cheese Vinaigrette	Whole	3 Tbsp	180	19	3	0	10	115	3	0	3	1

## Broth Bowls

Soba Noodle Bowl with Chicken		1 bowl	390	9	1.5	0	65	1340	47	3	4	31
Soba Noodle Bowl with Edamame		1 bowl	370	12	1	0	0	1340	52	7	6	17
Lentil Quinoa Bowl with Chicken		1 bowl	400	9	1.5	0	65	1390	49	8	6	33
Lentil Quinoa Bowl with Cage-Free Egg		1 bowl	370	13	2.5	0	185	1310	48	8	6	18

## Pastas

Chicken Tortellini Alfredo		2 cups	710	39	22	0	175	1770	66	3	3	27
Tortellini Alfredo		2 cups	680	38	22	0	160	1520	65	3	3	21
Pasta Primavera		2 cups	710	41	23	1.5	130	850	68	8	8	17
Pesto Sacchettini		2 cups	760	47	11	0.5	95	1350	61	4	3	21
Mac & Cheese	Small	1 cup	490	30	13	0.5	60	1020	38	1	6	17
Mac & Cheese	Large	2 cups	980	61	26	1	125	2030	75	3	12	34

## Soups

All-Natural Turkey Chili	Cup	1 cup	190	8	1	0	30	710	22	10	6	14
All-Natural Turkey Chili	Bowl	1 1/2 cups	280	12	2	0	40	1070	34	14	9	20
All-Natural Turkey Chili	Bread Bowl		850	11	1.5	0	30	2060	154	14	7	17
Bistro French Onion Soup	Cup	1 cup	200	9	5	0	15	1150	21	1	9	8
Bistro French Onion Soup	Bowl	1 1/2 cups	320	15	8	0	25	1780	34	1	14	12
Bistro French Onion Soup	Bread Bowl		860	12	5	0	15	2500	153	5	10	31
Baked Potato Soup	Cup	1 cup	230	16	9	0	45	820	18	3	4	5
Baked Potato Soup	Bowl	1 1/2 cups	340	24	13	0	65	1230	27	4	6	7
Baked Potato Soup	Bread Bowl		890	19	9	0	45	2160	149	7	4	28
Low-Fat Vegetarian Black Bean Soup	Cup	1 cup	150	2	0	0	0	750	28	6	1	11
Low-Fat Vegetarian Black Bean Soup	Bowl	1 1/2 cups	230	3.5	0.5	0	5	1120	42	9	2	17
Low-Fat Vegetarian Black Bean Soup	Bread Bowl		820	5	1	0	0	2090	159	10	2	35
Broccoli Cheddar Soup	Cup	1 cup	220	14	9	0	50	930	15	5	0	9
Broccoli Cheddar Soup	Bowl	1 1/2 cups	330	21	14	0.5	75	1390	23	8	0	14
Broccoli Cheddar Soup	Bread Bowl		880	17	10	0	50	2270	147	10	1	32
Vegetarian Creamy Tomato Soup	Cup	1 cup	330	23	12	0	50	510	26	5	8	6
Vegetarian Creamy Tomato Soup	Bowl	1 1/2 cups	450	32	18	0.5	75	680	33	7	12	8

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Vegetarian Creamy Tomato Soup	Bread Bowl		990	26	13	0	50	1860	157	10	9	29
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Cup	1 cup	90	3.5	0	0	5	560	16	8	4	3
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Bowl	1 1/2 cups	140	5	0.5	0	5	830	24	11	5	4
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Bread Bowl		760	6	1	0	5	1900	148	12	4	26
New England Clam Chowder	Cup	1 cup	480	42	27	1	105	680	21	2	1	6
New England Clam Chowder	Bowl	1 1/2 cups	720	62	41	1.5	160	1020	31	3	2	9
New England Clam Chowder	Bread Bowl		1140	45	28	1	105	2020	152	7	2	29
Low-Fat All-Natural Chicken Noodle Soup	Cup	1 cup	80	1	0	0	20	960	15	2	0	6
Low-Fat All-Natural Chicken Noodle Soup	Bowl	1 1/2 cups	130	1.5	0	0	25	1440	23	3	0	9
Low-Fat All-Natural Chicken Noodle Soup	Bread Bowl		750	4	0.5	0	20	2300	147	6	1	29
Cream of Chicken & Wild Rice Soup	Cup	1 cup	210	13	6	0	30	980	16	0	5	6
Cream of Chicken & Wild Rice Soup	Bowl	1 1/2 cups	310	20	9	0	45	1470	24	0	8	9
Cream of Chicken & Wild Rice Soup	Bread Bowl		870	16	6	0	30	2330	147	5	6	29

## Power Bowls

Power Breakfast Egg White Bowl with Roasted Turkey		1 bowl	180	5	0.5	0	25	490	5	1	1	27
Power Breakfast Egg Bowl with Steak		1 bowl	270	17	5	0	400	440	6	3	2	24
Power Mediterranean Chicken Salad		1 bowl	400	24	5	0	275	480	9	2	2	37
Power Mediterranean Roasted Turkey Salad		1 bowl	300	18	2.5	0	50	780	10	3	3	27
Power Chicken Hummus Bowl	Half	1/2 bowl	140	5	0.5	0	40	250	9	2	2	13
Power Chicken Hummus Bowl	Whole	1 bowl	270	10	1	0	80	500	18	4	5	27
Power Steak Lettuce Wraps		1 bowl	230	10	3.5	0	65	250	9	3	4	28

## Panera Kids™

### Salads

Kids Greek Salad		whole salad	180	16	4	0	10	600	6	2	2	4
Kids Classic Salad		whole salad	80	5	1	0	0	70	9	2	6	1
Kids Caesar Salad		whole salad	160	12	3.5	0	25	240	8	1	1	5

### Pastas

Kids Mac & Cheese		1 cup	490	30	13	0.5	60	1020	38	1	6	17
Kids Buttered Ribbon Noodles		2 cups	350	12	7	0	35	160	52	4	0	8

### Soups

Kids All-Natural Turkey Chili		2 cup	190	8	1	0	30	710	22	10	6	14
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Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Bistro French Onion Soup	1 cup	200	9	5	0	15	1150	21	1	9	8
Kids Baked Potato Soup	1 cup	230	16	9	0	45	820	18	3	4	5
Kids Low-Fat Vegetarian Black Bean Soup	1 cup	150	2	0	0	0	750	28	6	1	11
Kids Broccoli Cheddar Soup	1 cup	220	14	9	0	50	930	15	5	0	9
Kids Vegetarian Creamy Tomato Soup	1 cup	330	23	12	0	50	510	26	5	8	6
Kids Low-Fat Garden Vegetable Soup with Pesto	1 cup	90	3.5	0	0	5	560	16	8	4	3
Kids New England Clam Chowder	1 cup	480	42	27	1	105	680	21	2	1	6
Kids Low-Fat All-Natural Chicken Noodle Soup	1 cup	80	1	0	0	20	960	15	2	0	6
Kids Cream of Chicken & Wild Rice Soup	1 cup	210	13	6	0	30	980	16	0	5	6
<b>Sandwiches</b>											
Kids Smoked Ham Sandwich	whole sandwich	290	9	6	0	45	1160	34	1	3	19
Kids Smoked Turkey Sandwich	whole sandwich	290	8	6	0.5	45	1080	33	1	3	21
Kids Peanut Butter & Jelly	whole sandwich	410	17	3.5	0	5	470	54	3	20	11
Kids Grilled Cheese	whole sandwich	410	13	10	0	40	1000	53	2	4	18
<b>Sides</b>											
Kids Blueberry Squeezable Yogurt	1 tube	60	0.5	0	0	5	40	11	0	10	2
Kids Strawberry Squeezable Yogurt	1 tube	60	0.5	0	0	5	40	11	0	10	2
<b>Sides</b>											
French Baguette portion	2.4 oz	180	1	0	0	0	440	36	1	0	6
Soft Dinner Roll	2.2 oz	190	3.5	1.5	0	10	300	32	1	2	6
Sprouted Whole Grain Roll	2.2 oz	160	1	0	0	0	360	33	2	3	6
Apple	1 apple	80	0	0	0	0	0	21	4	15	0
Panera Potato Chips	1 bag	150	8	0.5	0	0	170	17	1	0	2
Panera Baked Crisps	1 bag	130	2.5	0.5	0	0	200	25	2	1	1
Pickle spear	1 pickle	5	0	0	0	0	410	1	1	0	0

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### Allergen Statement

Many of our products contain or may come into contact with common allergens, including milk, tree nuts, egg, peanut, fish, shellfish, wheat and soy.

### MA Notice

Before placing your order, please inform your server if a person in your party has a food allergy.