

Panera Bread Product Nutrition Information



From Our Bakery

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Artisan Breads											
Ciabatta	6.25 oz	460	6	1	0	0	760	84	3	3	16
Country Loaf	2 oz	140	0.5	0	0	0	310	27	1	0	5
Country Miche	2 oz	140	0.5	0	0	0	330	28	1	0	5
Focaccia	2 oz	180	4.5	0.5	0	0	320	28	1	1	5
Focaccia with Asiago Cheese	2 oz	160	5	1.5	0	5	230	23	1	1	5
French Baguette	2 oz	150	1	0	0	0	370	30	1	0	5
French Miche	2 oz	140	0.5	0	0	0	360	28	1	0	5
Sesame Semolina Loaf	2 oz	140	0.5	0	0	0	350	29	1	1	4
Sesame Semolina Miche	2 oz	140	1	0	0	0	360	30	1	1	5
Stone-Milled Rye Loaf	2 oz	140	0.5	0	0	0	380	28	2	0	5
Stone-Milled Rye Miche	2 oz	140	0.5	0	0	0	420	27	2	0	5
Three Cheese Demi	2 oz	160	2	1	0	5	320	29	1	1	6
Three Cheese Loaf	2 oz	140	2	2	0	5	290	26	1	1	6
Three Cheese Miche	2 oz	150	2	1	0	5	320	27	1	1	6
Three Seed Demi	2 oz	160	3.5	0	0	0	300	27	2	0	6
Whole Grain Baguette	2 oz	150	1.5	0	0	0	340	30	3	2	6
Whole Grain Loaf	2 oz	140	1	0	0	0	300	27	3	2	6
Whole Grain Miche	2 oz	140	1.5	0	0	0	260	28	3	2	6
Specialty Breads											
	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 Demi	2 oz	160	4	2.5	0	10	320	22	1	0	7
Asiago Cheese Loaf	2 oz	160	4	2.5	0	10	320	23	1	0	7
Cinnamon Raisin Loaf	2 oz	180	3	1.5	0	10	135	34	1	11	5
Honey Wheat Loaf	2 oz	170	3	1.5	0	0	240	30	2	4	5
Sourdough Roll	2.5 oz	200	1	0	0	0	400	39	1	0	7
Sourdough Soup Bowl	8 oz	590	2.5	0	0	0	1210	118	4	1	21
Sourdough Round Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	5
Sourdough XL Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	5
Tomato Basil Loaf	2 oz	140	0.5	0	0	0	330	27	1	1	5
White Whole Grain Loaf	2 oz	140	2.5	1	0	0	310	26	2	1	5
Bagels											
	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	4 oz	330	6	3.5	0	10	570	55	2	3	13
Blueberry	4.25 oz	330	1.5	0	0	0	490	67	2	9	10
Sweet Onion Poppy Seed	4.75oz	400	7	1	0	0	510	72	4	7	14
Chocolate Chip Bagel	4.25 oz	370	6	4	0	0	480	69	2	14	10
Cinnamon Crunch	4.5 oz	430	8	5	0	0	430	81	3	30	9
Cinnamon Swirl & Raisin	3.75 oz	320	2.5	1	0	0	460	65	3	11	10
Everything	4 oz	300	2.5	0	0	0	630	59	2	4	10
Jalapeno & Cheddar Bagel	3.75 oz	310	3	1.5	0	5	740	56	2	3	12
Plain	3.75 oz	290	1.5	0	0	0	450	59	2	3	10
Sesame	4 oz	310	3	0	0	0	450	59	2	3	10
French Toast	4 oz	350	5	2	0	0	610	67	2	15	9
Whole Grain	4.5 oz	370	3.5	0	0	0	420	70	6	5	13

Flavorful Cream Cheese Spreads	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Plain	1 oz	100	10	6	0	30	110	1	0	1	2
Plain	2 oz	180	18	11	1	55	210	2	0	1	3
Reduced Fat Hazelnut	1 oz	80	6	3.5	0	15	110	3	0	3	2
Reduced Fat Hazelnut	2 oz	140	11	6	0.5	35	210	6	1	6	5
Reduced Fat Honey Walnut	1 oz	80	6	3.5	0	15	105	4	0	4	2
Reduced Fat Honey Walnut	2 oz	150	11	6	0	30	200	8	1	7	5
Reduced Fat Plain	1 oz	70	6	4	0	20	120	1	0	1	3
Reduced Fat Plain	2 oz	130	12	7	0.5	35	230	2	1	1	5
Reduced Fat Raspberry	1 oz	70	5	3	0	15	105	4	1	3	2
Reduced Fat Raspberry	2 oz	130	10	6	0	30	200	7	1	6	4
Reduced Fat Sun-Dried Tomato	1 oz	70	6	3.5	0	20	115	2	1	1	3
Reduced Fat Sun-Dried Tomato	2 oz	130	11	7	0.5	35	220	4	1	2	5
Reduced Fat Veggie	1 oz	60	5	3	0	15	110	1	1	1	2
Reduced Fat Veggie	2 oz	120	10	6	0.5	30	210	3	1	2	5
Artisan Pastries	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese	3.75 oz	400	22	14	1	65	340	42	1	15	8
Cherry	5 oz	500	18	11	0.5	50	320	77	2	45	7
Chocolate	3.5 oz	410	24	14	0.5	50	260	46	2	18	8
Fresh Apple	4.5 oz	380	17	13	0	20	320	44	1	17	7
Pecan Braid	4.25 oz	470	26	12	0.5	55	270	52	2	23	8
Brownies & Blondies	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Macadamia Nut Blondie	3.5 oz	460	21	11	0	65	200	62	1	25	4
Chocolate Fudge Brownie	3.5 oz	410	14	8	0	85	260	64	2	33	5
Cookies	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chipper	3.25 oz	440	23	14	0	60	250	59	2	33	5
Chocolate Duet with Walnuts	3.25 oz	450	24	13	0	60	150	55	3	36	6
Oatmeal Raisin	3.25 oz	370	14	8	0	55	310	57	2	28	5
Toffee Nut	3.25 oz	460	19	13	0	80	330	59	1	29	5
Cookies (cont.)	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Petite - Oatmeal Raisin	0.75 oz	90	3.5	2	0	15	75	14	1	7	1
Petite - Shortbread	0.50 oz	90	5	3	0	15	40	9	0	3	1
Petite - Chocolate Chipper	0.75 oz	110	6	3.5	0	15	60	15	1	8	1
Petite - Chocolate Duet with Walnuts	0.75 oz	110	6	3	0	15	35	13	1	9	2
Shortbread	2.5 oz	350	21	12	1	55	160	36	1	11	3
Cakes	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Coffee Crumb Cake	4.25 oz	470	25	9	0	105	310	54	1	30	6
Muffins & Muffies	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Carrot Walnut Muffin	5 oz	500	21	4.5	0	65	580	72	3	37	8
Chocolate Chip Muffie	2.5 oz	280	12	3.5	0	35	180	40	1	24	4
Pumpkin Muffie	3 oz	290	11	2	0	15	240	45	1	26	3
Pumpkin Muffin	6 oz	580	22	4	0	30	470	89	2	51	7
Apple Crunch Muffin	5 oz	450	12	3	0	60	340	80	2	49	7
Wild Blueberry Muffin	4.5 oz	440	17	3	0	60	330	66	2	39	6

Scones											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Chip	4.5 oz	600	31	19	0.5	125	370	73	2	34	9
Orange	5.25 oz	470	11	7	0	45	460	87	3	62	4
Mini Orange Scones	1 mini	160	4	2.5	0	15	150	29	1	21	1
Strawberries & Cream	4 oz	420	19	12	0	70	770	57	1	27	6
Strawberries & Cream - Mini Scones	1 mini	140	6	4	0	25	260	19	0	9	2
Blueberry - Mini Scones	1 mini	150	6	4	0	25	290	21	1	8	2
Orange - Mini Scones	1 mini	160	4	2.5	0	15	150	29	1	21	1
Wild Blueberry	4 oz	440	18	12	0	75	880	63	2	25	7
Specialty Pastries											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bear Claw	4.5 oz	540	28	12	0.5	70	330	64	3	31	10
French Croissant	2.5 oz	310	18	11	0.5	60	260	30	1	4	7
Pastry Ring - Apple Cherry Cheese	2.5 oz	230	11	6	0	35	160	30	1	16	3
Sweet Rolls											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Roll	6 oz	620	24	14	0.5	100	480	89	3	33	13
Cobblestone	7 oz	650	13	5	0	20	410	123	3	62	12
Pecan Roll	5.5 oz	720	38	11	0	60	310	88	2	48	11
Baked Egg Soufflés											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Four Cheese	5.75 oz	480	29	16	0.5	195	700	36	2	8	16
Ham and Swiss	5.75 oz	490	30	16	0.5	175	790	35	2	8	20
Spinach & Artichoke	6.25 oz	540	34	19	0.5	165	910	38	2	8	19
Spinach & Bacon	6.5 oz	570	37	20	1	170	930	36	2	8	23
Grilled Breakfast Sandwiches											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon, Egg & Cheese on Ciabatta	6.6 oz	510	24	10	0.5	215	1060	44	2	2	28
Egg & Cheese on Ciabatta	5.75 oz	380	14	6	0	190	620	43	2	1	18
Sausage, Egg & Cheese on Ciabatta	7.5 oz	540	28	11	0	230	950	44	2	2	26
Breakfast Power Sandwich	6 oz	360	14	6	0	200	860	36	4	3	23
Asiago Cheese Bagel Breakfast Sand with Bacon	7.5 oz	610	27	13	1	225	1240	56	3	4	33
Asiago Cheese Bagel Breakfast Sand with Egg and Cheese	6.5 oz	480	18	9	0.5	200	800	55	2	3	23
Asiago Cheese Bagel Breakfast Sand with Sausage	8.25 oz	640	31	14	0.5	240	1130	56	2	4	31
Jalapeno & Cheddar Bagel Sand with Bacon	7.25 oz	590	25	11	0.05	220	1430	58	3	4	32
Jalapeno & Cheddar Bagel Sand with Smoked Ham	7.25 oz	490	15	8	0	205	1270	58	3	3	28
Jalapeno & Cheddar Bagel Sand with Egg and Cheese	6.25 oz	460	15	7	0	195	990	57	3	3	22
Jalapeno & Cheddar Bagel Sand with Sausage	8 oz	620	28	12	0	235	1170	59	3	3	31
Granola Parfait											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Strawberry Granola Parfait	8.25 oz	310	11	4	0	5	100	44	3	28	9

From Our Cafe											
Hot Panini	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Cuban Chicken Panini	12.75 oz	860	37	11	0.5	95	1900	86	4	11	46
Full Frontega Chicken® on Focaccia	13 oz	860	39	9	0.5	100	2150	80	4	6	46
Full Smokehouse Turkey® on Three Cheese	11 oz	720	29	12	1	115	2460	66	4	6	51
Full Tomato & Mozzarella on Ciabatta	12 oz	770	29	10	0.5	35	1290	96	6	10	30
Full Turkey Artichoke on Focaccia	14 oz	750	27	7	0	85	2340	88	7	9	40
Half Cuban Chicken Panini	6.25 oz	430	19	5	0	50	950	43	2	5	23
Half Frontega Chicken® on Focaccia	6.5 oz	430	20	4.5	0	50	1080	40	2	3	23
Half Smokehouse Turkey® on Three Cheese	5.5 oz	360	14	6	0	60	1230	33	2	3	25
Half Tomato & Mozzarella on Ciabatta	6 oz	380	15	5	0	20	650	48	3	5	15
Half Turkey Artichoke on Focaccia	7oz	370	13	3.5	0	45	1170	44	3	5	20
Signature Sandwiches	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Asiago Roast Beef on Asiago Cheese	13 oz	690	27	14	0.5	115	1270	64	3	3	48
Full Bacon Turkey Bravo® on Tomato Basil	14.25 oz	830	29	10	0	95	3010	88	4	11	53
Full Chicken Caesar on Three Cheese	13.25 oz	710	32	9	1	125	1470	66	4	5	43
Full Chipotle Chicken on Artisan French	13.25 oz	990	56	15	1	145	2370	69	4	6	52
Full Italian Combo on Ciabatta	17.75 oz	1040	45	17	1	165	3020	94	5	7	61
Half Asiago Roast Beef on Asiago Cheese	6.5 oz	350	13	7	0	55	630	32	1	2	24
Half Bacon Turkey Bravo® on Tomato Basil	7.25 oz	420	14	5	0	50	1500	44	2	6	26
Half Chicken Caesar on Three Cheese	6.5 oz	360	16	4.5	0	65	730	33	2	2	21
Half Chipotle Chicken on Artisan French	6.5 oz	500	28	8	0.5	70	1180	34	2	3	26
Half Italian Combo on Ciabatta	8.75 oz	520	23	9	0	85	1510	47	2	3	31
Cafe Sandwiches	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Napa Almond Chicken Salad on Sesame Semolina	12.25 oz	680	26	4.5	0	60	1330	87	5	12	29
Full Mediterranean Veggie on Tomato Basil	13.75	610	13	3.5	0	10	1450	100	10	6	22
Full Sierra Turkey on Focaccia with Asiago Cheese	13.5 oz	970	54	12	1	85	1970	80	4	6	39
Full Smoked Ham & Swiss on Stone-Milled Rye	13.75 oz	700	28	10	0.5	105	2350	65	5	5	46
Full Smoked Turkey Breast on Country	12.25 oz	560	17	2.5	0	60	1960	68	4	5	32
Full Tuna Salad on Honey Wheat	11.75 oz	750	47	9	0	45	1130	64	6	13	20
Half Napa Almond Chicken Salad on Sesame Semolina	6 oz	340	13	2	0	30	660	44	2	6	15
Half Mediterranean Veggie on Tomato Basil	7 oz	300	7	1.5	0	5	730	50	5	3	11
Half Sierra Turkey on Focaccia with Asiago Cheese	6.75 oz	480	27	6	0	45	990	40	2	3	19
Half Smoked Ham & Swiss on Stone-Milled Rye	6.75 oz	350	14	5	0	50	1180	33	3	2	23
Half Smoked Turkey Breast on Country	6 oz	280	9	1.5	0	30	980	34	2	2	16
Half Tuna Salad on Honey Wheat	6 oz	380	23	4.5	0	20	570	32	3	6	10

Soups & More	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Signature Mac & Cheese - Large	15.5 oz	980	61	26	1	110	2030	75	3	14	33
Signature Mac & Cheese - Small	7.75 oz	490	30	13	0.5	55	1020	37	1	7	17
Baked Potato - You Pick Two®	8 oz	210	14	7	0.5	30	760	18	0	1	5
Baked Potato	12 oz	340	22	11	1	45	1210	29	0	2	7
Broccoli Cheddar - You Pick Two®	8 oz	190	10	6	0	20	1020	16	5	0	8
Broccoli Cheddar	12 oz	290	16	9	0.5	30	1540	24	7	0	12
Cream of Chicken & Wild Rice - You Pick Two®	8 oz	210	11	4.5	0	25	830	21	0	2	6
Cream of Chicken & Wild Rice	12 oz	320	17	7	0	35	1270	33	0	3	10
Low Fat Chicken Tortilla - You Pick Two®	8.75 oz	140	4.5	1	0	10	750	18	1	1	7
Low Fat Chicken Tortilla	12.75 oz	190	6	1.5	0	15	1110	24	1	1	10
Low Fat Garden Vegetable with Pesto - You Pick Two®	8 oz	110	2	0	0	0	830	19	4	5	4
Low Fat Garden Vegetable with Pesto	12 oz	160	3.5	0	0	0	1240	28	6	8	5
French Onion - You Pick Two®	9.25 oz	200	10	4.5	0	15	1560	19	1	5	8
French Onion	13.25 oz	240	12	5	0	20	2210	24	1	7	9
Low-Fat Chicken Noodle - You Pick Two®	8 oz	80	3	1	0	5	1020	7	0	2	6
Low-Fat Chicken Noodle	12 oz	110	4	1.5	0	10	1360	10	0	2	8
Low-Fat Vegetarian Black Bean - You Pick Two®	8 oz	110	2.5	1	0	0	980	18	3	3	6
Low-Fat Vegetarian Black Bean	12 oz	170	4	1.5	0	0	1590	29	5	4	10
New England Clam Chowder - You Pick Two®	8 oz	300	23	13	1	35	790	19	2	0	5
New England Clam Chowder	12 oz	450	34	20	2	50	1190	29	3	0	8

Hand-Tossed Salads	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Asian Sesame Chicken	11.25 oz	400	20	3.5	0	60	910	29	3	5	29
Full BBQ Chopped Chicken	14.5 oz	500	22	3	0	70	970	47	6	15	31
Full Caesar	9.75 oz	390	27	8	0.5	50	610	25	3	2	12
Full Chicken Caesar Salad	13.25 oz	510	29	9	0.5	110	1020	26	3	2	36
Full Classic Cafe	9.75 oz	170	11	1.5	0	0	270	18	4	12	2
Fruit Cup with Watermelon & Strawberries	6 oz	60	0	0	0	0	5	15	1	11	1
Fruit Cup with Watermelon	6 oz	45	0	0	0	0	0	12	1	10	1
Full Fuji Apple with Chicken	13.75 oz	520	31	6	0	80	930	33	5	21	31
Full Greek	13.5 oz	380	34	8	0.5	20	1670	14	5	4	8
Full Chopped Chicken Cobb	15.5 oz	500	36	9	0.5	135	1320	8	3	2	37
Strawberry Poppyseed Salad with Chicken	16 oz	280	8	0.5	0	60	510	29	5	17	27
Tomato Mozzarella & Basil Salad	19 oz	770	47	16	1	55	1200	66	7	17	24
Half Asian Sesame Chicken	5.75 oz	200	10	2	0	30	460	14	2	3	15
Half Caesar	4.75 oz	200	14	4	0	25	310	13	1	1	6
Half Classic Cafe	5 oz	80	5	1	0	0	135	9	2	6	1
Half Fuji Apple with Chicken	7 oz	260	15	3	0	40	460	17	2	10	15
Half Greek	6.75 oz	190	17	4	0	10	840	7	2	2	4
Half Grilled Chicken Caesar	6.5 oz	250	15	4.5	0	55	510	13	1	1	18
Half Strawberry Poppyseed Salad with Chicken	8.5 oz	140	4	0	0	30	260	14	2	9	14
Half Tomato Mozzarella & Basil Salad	9.5 oz	380	24	8	0.5	30	600	33	3	8	12
Half Chopped Chicken Cobb	7.75 oz	250	18	4.5	0	70	660	4	1	1	19
Half BBQ Chopped Chicken	7.25 oz	250	11	1.5	0	35	480	23	3	7	15

Salad Dressings	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Reduced Fat Balsamic Vinaigrette	1.5 oz	130	10	1.5	0	0	240	9	0	8	0
Full BBQ Ranch Dressing	1.5 oz	140	12	2	0	10	350	8	0	7	1
Full Caesar Dressing	1.5 oz	150	16	2.5	0	35	190	2	0	1	1
Full Greek Dressing/Herb Vinaigrette	1.5 oz	220	24	3.5	0	0	380	1	0	0	0
Full Light Buttermilk Ranch	1.5 oz	80	4	0.5	0	0	350	9	1	3	1
Full Reduced-Sugar Asian Sesame Vinaigrette	1.5 oz	90	8	1	0	0	390	6	0	4	0
Full White Balsamic Apple Vinaigrette	1.5 oz	150	12	2	0	0	310	11	0	10	0
Full Reduced Sugar Fat Free Poppyseed Dressing	1.5 oz	15	0	0	0	0	160	4	1	1	0
Half Reduced Fat Balsamic Vinaigrette	0.75 oz	60	5	1	0	0	120	4	0	4	0
Half BBQ Ranch Dressing	0.75 oz	70	6	1	0	5	180	4	0	3	0
Half Caesar Dressing	0.75 oz	80	8	1.5	0	15	95	1	0	0	0
Half Greek Dressing/Herb Vinaigrette	0.75 oz	110	12	2	0	0	190	1	0	0	0
Half Light Buttermilk Ranch	0.75 oz	40	2	0	0	0	170	4	0	1	0
Half Reduced-Sugar Asian Sesame Vinaigrette	0.75 oz	45	4	0.5	0	0	190	3	0	2	0
Half White Balsamic Apple Vinaigrette	0.75 oz	80	6	1	0	0	160	6	0	5	0
Half Reduced Sugar Fat Free Poppyseed Dressing	0.75 oz	5	0	0	0	0	80	2	1	0	0

Frozen Drinks	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caramel	16 fl oz	600	22	15	0.5	60	170	97	0	85	5
Low Fat Black Cherry Smoothie	16 fl oz	290	1.5	1	0	5	90	63	2	53	6
Low Fat Mango Smoothie	16 fl oz	230	1.5	1	0	5	90	51	2	48	6
Low Fat Strawberry Smoothie with Ginseng	16 fl oz	260	1.5	1	0	5	90	59	2	53	6
Strawberry Lemonade	16 fl oz	180	0	0	0	0	10	44	1	39	0
Lemonade	16 fl oz	90	0	0	0	0	10	21	0	21	0
Mango	16 fl oz	330	10	7	0	20	20	61	2	56	2
Mocha	16 fl oz	570	21	14	0.5	50	140	92	2	77	7
Iced Drinks	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Iced Chai Tea Latte	16 fl oz	160	3.5	2	0	15	75	26	0	25	6
Iced Green Tea	16 fl oz	90	0	0	0	0	10	23	0	23	0

Espresso Drinks											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caffe Latte	8.5 fl oz	120	4.5	3	0	20	95	11	0	11	8
Caffe Mocha	11.5 fl oz	380	17	11	0	40	160	49	2	41	11
Cappuccino	8.5 fl oz	120	4.5	3	0	20	95	11	0	11	8
Caramel Latte	11.5 fl oz	420	18	12	0.5	50	190	53	0	49	10
Hot Drinks											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chai Tea Latte	10 fl oz	200	4.5	2.5	0	15	85	32	0	32	7
Hot Chocolate	11 fl oz	380	17	11	0	40	160	48	2	41	11
Drinks											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Orange Juice - Large	14 oz	200	0	0	0	0	0	46	1	46	4
Orange Juice - Small	8 oz	110	0	0	0	0	0	26	1	26	2
Organic Milk	8 oz	120	4.5	3	0	20	115	12	0	12	8
Organic Chocolate Milk	8 oz	170	5	3	0	20	150	25	0	25	7
Apple Juice	8 oz	120	0	0	0	0	25	29	0	29	0
Panera Kids™											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Panera Kids Deli Sandwich - Roast Beef	5.25 oz	320	10	6	0	50	790	35	3	3	23
Panera Kids Mac & Cheese	7.75 oz	490	30	13	0.5	55	1020	37	1	7	17
Panera Kids Deli Sandwich - Smoked Ham	5.25 oz	300	9	6	0	40	1210	34	3	3	21
Panera Kids Deli Sandwich - Smoked Turkey	5.25 oz	300	10	5	0	40	1160	35	3	4	21
Panera Kids Grilled Cheese Sandwich	3.75 oz	300	12	9	0	30	890	35	3	4	15
Panera Kids Peanut Butter & Jelly Sandwich	4.5 oz	410	18	3.5	0	0	550	56	4	21	12
Panera Kids Organic Yogurt (blueberry, strawberry)	2 oz	70	1	0.5	0	5	40	12	0	11	2

Nutritional information provided on this Site is based on Panera's standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and/or testing conducted in accredited laboratories, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, including the fact that our menu items are handcrafted and may be customized, variations in serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional and seasonal differences. Accordingly, Panera cannot guarantee that the nutritional information provided on this Site or available in any bakery-cafe is completely accurate as it relates to the prepared menu items in every bakery-cafe.

In addition, testing of new recipes of existing products may be conducted from time to time in certain markets. These new recipes may contain different/additional ingredients, including allergens, as compared to the original version. Some bakery-cafes may serve menu items which are not listed on this Site. For the most up-to-date information on limited time offering menu items (including test items), please call or visit your nearest bakery-cafe to speak with a manager.

For nutritional information related to menu items made available in Canada, please visit your local Panera Bread bakery-cafe in Canada.