

# Panera Bread Product Nutrition Information



From Our Bakery

## Artisan Breads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ciabatta	2 oz	150	2	0	0	0	240	27	1	1	5
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	1	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	140	1	0	0	0	310	29	3	2	6
Whole Grain Loaf	2 oz	130	1	0	0	0	290	27	3	2	6
Whole Grain Miche	2 oz	130	1	0	0	0	250	26	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	170	3	1.5	0	10	130	32	1	11	5
Dry Jack Cheese Biscuit, mini	2 mini biscuit	160	9	5	0	30	420	16	0	3	4
Honey Wheat Loaf	2 oz	170	3	1.5	0	0	230	30	2	4	5
Hot Cross Buns	1 bun	220	6	3	0	40	260	38	1	19	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 XL Loaf	2 oz	130	0.5	0	0	0	320	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	1 bagel	330	6	3.5	0	10	580	55	2	3	13
Blueberry	1 bagel	330	1.5	0	0	0	490	68	2	10	10
Chocolate Chip Bagel	1 bagel	370	6	4	0	0	480	69	2	14	10
Cinnamon Crunch	1 bagel	430	8	5	0	0	430	80	2	29	9
Cinnamon Swirl & Raisin	1 bagel	320	2.5	1	0	0	470	64	3	11	9
Everything	1 bagel	300	2.5	0	0	0	640	59	2	4	10
Jalapeno & Cheddar	1 bagel	310	3	1.5	0	5	740	56	2	3	12
Plain	1 bagel	290	1.5	0	0	0	460	59	2	3	10
Sesame	1 bagel	310	3	0	0	0	460	59	2	3	10
Sweet Onion & Poppyseed	1 bagel	390	7	1	0	0	520	72	4	7	13
French Toast	1 bagel	350	5	2.5	0	0	620	67	2	15	9
Whole Grain	1 bagel	340	2.5	0	0	0	400	67	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
Chive & Onion	1 oz	70	6	3.5	0	20	190	2	0	1	3
Chive & Onion	2 oz	130	11	7	0.5	35	370	4	1	2	5
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 Veggie	1 oz	80	6	3.5	0	15	125	4	1	3	3
Reduced Fat Veggie	2 oz	150	10	6	0.5	30	230	8	2	5	5
Reduced Fat Wild Blueberry	1 oz	80	5	3	0	15	100	6	1	5	2
Reduced Fat Wild Blueberry	2 oz	150	10	6	0	30	190	11	1	9	4

## 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	1 pastry	400	22	13	1	75	330	44	1	15	8
Cherry	1 pastry	430	18	11	0.5	55	310	60	1	30	7
Chocolate	1 pastry	410	23	14	0.5	55	250	47	2	18	8
Fresh Apple	1 pastry	360	17	11	0.5	55	290	45	2	16	7
Pecan Braid	1 pastry	470	26	11	0.5	55	270	53	2	23	8

## Brownies

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Double Fudge Brownie with Icing	1 brownie	470	18	9	0	80	320	76	4	57	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)
Candy	1 cookie	420	19	10	0.5	70	280	59	1	33	4
Chocolate Chipper	1 cookie	440	23	14	0	60	240	59	2	33	5
Chocolate Chipper Petites	1 mini cookie	110	6	3.5	0	15	60	15	1	8	1
Easter Egg Shaped Shortbread	1 cookie	460	22	13	0.5	55	160	62	1	34	4
Mint Crinkle	1 cookie	400	14	4	0	45	250	66	4	44	5
Oatmeal Raisin	1 cookie	390	14	8	0	50	310	62	3	31	5
Toffee Nut	1 cookie	440	23	12	0	80	340	56	1	29	5
Shortbread	1 cookie	350	21	12	1	55	160	36	1	11	3
Valentine Heart Shaped Shortbread	1 cookie	420	21	12	0.5	55	150	54	1	27	4

## 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- café serving	1 slice	470	25	9	0	105	320	53	1	29	6
Cinnamon Coffee Crumb Cake- whole unsliced serving	2 oz	220	12	4.5	0	50	150	25	1	14	3

## 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)
Chocolate Chip Muffie	1 muffie	320	14	4	0	40	200	46	2	27	4
Corbread Muffie	1 muffie	220	9	1.5	0	30	240	32	1	15	3
Cranberry Orange Muffin	1 muffin	480	19	3	0	70	360	71	3	40	7
Pumpkin Muffie	1 muffie	290	11	2	0	15	240	45	1	26	3
Pumpkin Muffin	1 muffin	590	22	4	0	30	480	91	2	53	7
Apple Crunch Muffin	1 muffin	450	12	3	0	60	340	80	2	49	7
Wild Blueberry Muffin	1 muffin	440	17	3	0	60	330	66	2	39	6

<b>Scones</b>											
	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	1 scone	610	30	18	1	115	350	76	2	33	10
Orange	1 scone	550	21	13	1	80	810	81	3	38	9
Orange- mini	1 mini scone	180	7	4.5	0	25	270	27	1	13	3
Strawberries & Cream	1 scone	430	20	12	1	70	780	58	1	28	6
Strawberries & Cream- mini	1 mini scone	140	7	4	0	25	260	19	0	9	2
Wild Blueberry	1 scone	470	20	12	1	75	900	66	2	25	8
Wild Blueberry- mini	1 mini scone	160	7	4	0	25	300	22	1	8	3

<b>Specialty Pastries</b>											
	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	1 pastry	550	28	12	0.5	70	360	68	3	33	10
French Croissant	1 croissant	300	17	10	0.5	45	220	32	1	5	6
Pastry Ring - Apple Cherry Cheese	1 slice	230	10	6	0	35	160	30	1	16	3
Carrot Cake with Walnuts	1 muffin	590	24	8	0	85	710	86	3	50	8

<b>Sweet Rolls</b>											
	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	1 roll	630	24	14	0.5	100	490	91	4	35	13
Cobblestone	1 roll	650	13	5	0	20	410	122	3	64	12
Pecan Roll	1 roll	740	40	13	0	60	310	89	5	50	11

<b>Baked Egg Soufflés</b>											
	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	1 souffle	480	29	15	0.5	190	690	37	2	8	16
Ham and Swiss	1 souffle	490	30	16	1	175	730	37	2	8	20
Spinach & Artichoke	1 souffle	540	34	19	0.5	165	910	39	2	9	19
Spinach & Bacon	1 souffle	570	37	20	1	170	930	37	2	8	23

<b>Grilled Breakfast Sandwiches</b>											
	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	1 sandwich	510	25	10	0	235	1170	43	2	2	29
Egg & Cheese on Ciabatta	1 sandwich	390	15	7	0	205	710	43	2	2	19
Sausage, Egg & Cheese on Ciabatta	1 sandwich	550	29	12	0	250	1040	44	2	2	27
Breakfast Power on Whole Grain	1 sandwich	340	15	7	0.5	220	820	31	4	2	23
Asiago Cheese Bagel with Bacon	1 sandwich	610	28	13	0.5	245	1350	54	2	4	34
Asiago Cheese Bagel with Egg and Cheese	1 sandwich	490	19	10	0.5	215	900	54	2	3	24
Asiago Cheese Bagel with Sausage	1 sandwich	650	32	15	0.5	260	1230	55	2	4	32
French Toast Bagel Breakfast with Sausage	1 sandwich	670	31	14	0	250	1280	69	2	15	29
Jalapeno & Cheddar Bagel with Bacon	1 sandwich	590	25	11	0	240	1530	57	2	4	33
Jalapeno & Cheddar Bagel with Smoked Ham	1 sandwich	500	17	8	0.5	225	1280	57	2	3	28
Jalapeno & Cheddar Bagel with Egg and Cheese	1 sandwich	470	16	8	0	210	1080	57	2	3	23
Jalapeno & Cheddar Bagel with Sausage	1 sandwich	630	29	13	0	255	1410	58	2	4	32
Mediterranean Egg White on Ciabatta	1 sandwich	410	15	6	0	25	850	47	3	3	21
Sweet Onion & Poppyseed with Steak	1 sandwich	670	26	10	0.5	250	990	73	5	8	38

<b>Breakfast Favorites</b>											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fresh Fruit Cup	1 container	60	0	0	0	0	15	17	1	12	1
Steel Cut Oatmeal	1 1/3 cups	320	14	1.5	0	0	160	45	9	16	6
Strawberry Granola Parfait	1 parfait	310	11	4	0	10	100	45	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 Chipotle Chicken on Artisan French	whole panini	830	37	12	0.5	145	2180	72	3	5	53
Full Cuban Chicken Panini	whole panini	860	36	10	1	100	1720	87	4	11	47
Full Frontega Chicken® on Focaccia	whole panini	850	38	9	0.5	110	1910	79	4	6	49
Full Smokehouse Turkey® on Three Cheese	whole panini	710	26	12	0.5	100	2500	68	5	7	53
Full Steak Balsamico	whole panini	880	32	10	0.5	115	1400	96	5	10	51
Full Steak & White Cheddar on French Baguette	whole panini	970	33	13	1	120	1820	111	4	3	52
Full Tomato & Mozzarella on Ciabatta	whole panini	770	29	10	0.5	35	1290	96	6	10	30
Full Roasted Turkey Artichoke on Focaccia with Asiago Cheese	whole panini	780	33	11	0.5	95	1190	78	4	5	40
Half Chipotle Chicken on Artisan French	half panini	420	19	6	0	75	1090	36	2	3	27
Half Cuban Chicken Panini	half panini	430	18	5	0.5	50	860	44	2	5	23
Half Frontega Chicken® on Focaccia	half panini	430	19	4.5	0	55	960	39	2	3	24
Half Smokehouse Turkey® on Three Cheese	half panini	360	13	6	0	50	1250	34	2	3	26
Half Steak Balsamico	half panini	440	16	5	0	60	700	48	3	5	26
Half Steak & White Cheddar on French Baguette	half panini	480	16	7	0	60	910	56	2	1	26
Half Tomato & Mozzarella on Ciabatta	half panini	380	15	5	0	20	650	48	3	5	15
Half Roasted Turkey Artichoke on Focaccia with Asiago Cheese	half panini	390	17	5	0	45	590	39	2	2	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	whole sandwich	700	27	14	1	100	1330	64	4	5	49
Full Bacon Turkey Bravo® on XL Tomato Basil	whole sandwich	800	29	10	0	85	2800	83	4	6	52
Full Chicken Caesar on Three Cheese	whole sandwich	720	32	10	1	130	1270	69	4	5	43
Full Napa Almond Chicken Salad on Sesame Semolina	whole sandwich	690	26	4.5	0	60	1200	90	5	12	29
Full Italian Combo on Ciabatta	whole sandwich	980	41	15	1	145	2620	95	5	6	58
Full Salmon Club Croissant	whole sandwich	820	57	19	1	150	1410	38	2	9	40
Half Asiago Roast Beef on Asiago Cheese	half sandwich	350	14	7	0	50	660	32	2	2	24
Half Bacon Turkey Bravo® on XL Tomato Basil	half sandwich	400	14	5	0	40	1400	42	2	3	26
Half Chicken Caesar on Three Cheese	half sandwich	360	16	5	0	65	640	35	2	3	22
Half Napa Almond Chicken Salad on Sesame Semolina	half sandwich	340	13	2	0	30	600	45	2	6	15
Half Italian Combo on Ciabatta	half sandwich	490	21	8	0.5	75	1310	47	2	3	29
Half Salmon Club Croissant	half sandwich	410	28	9	0	75	710	19	1	4	20

### 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 Mediterranean Veggie on XL Tomato Basil	whole sandwich	590	13	3.5	0	10	1400	96	9	11	22
Full Sierra Turkey on Focaccia with Asiago Cheese	whole sandwich	920	49	12	1	80	1900	79	4	5	40
Full Smoked Ham & Swiss on Stone-Milled Rye	whole sandwich	590	17	8	1	90	1870	64	5	3	45
Full Smoked Turkey Breast on Country	whole sandwich	420	3	0.5	0	30	1650	66	3	3	33
Full Tuna Salad on Honey Wheat	whole sandwich	510	16	4	0	45	1160	65	5	12	29
Half Mediterranean Veggie on XL Tomato Basil	half sandwich	300	6	1.5	0	5	700	48	5	5	11
Half Sierra Turkey on Focaccia with Asiago Cheese	half sandwich	460	25	6	0	40	950	39	2	2	20
Half Smoked Ham & Swiss on Stone-Milled Rye	half sandwich	290	8	4	0.5	45	930	32	2	2	22
Half Smoked Turkey Breast on Country	half sandwich	210	1.5	0	0	15	820	33	2	1	16
Half Tuna Salad on Honey Wheat	half sandwich	260	8	2	0	25	580	33	3	6	14

## 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	2 cups	980	61	26	1	130	2470	75	3	14	33
Signature Mac & Cheese - Small	1 cup	490	30	13	0.5	65	1240	37	1	7	17
Baked Potato - You Pick Two®	1 cup	250	15	9	0.5	50	850	24	2	5	7
Baked Potato	1 1/2 cups	350	21	13	1	70	1180	33	3	7	9
Broccoli Cheddar - You Pick Two®	1 cup	200	12	8	0	45	830	14	5	0	8
Broccoli Cheddar	1 1/2 cups	300	19	13	0	65	1250	21	7	0	12
Cream of Chicken & Wild Rice - You Pick Two®	1 cup	220	12	6	0	40	1030	20	2	3	7
Cream of Chicken & Wild Rice	1 1/2 cups	310	17	8	0	60	1470	29	3	4	10
Low Fat Garden Vegetable with Pesto - You Pick Two®	1 cup	100	3.5	0.5	0	5	620	18	8	4	3
Low Fat Garden Vegetable with Pesto	1 1/2 cups	150	5	1	0	5	930	26	12	6	5
French Onion - You Pick Two®	1 cup	180	9	4.5	0	15	1650	20	2	6	8
French Onion	1 1/2 cups	210	10	4.5	0	20	2320	25	3	9	9
All Natural Low-Fat Chicken Noodle - You Pick Two®	1 cup	80	1	0	0	20	960	15	2	0	6
All Natural Low-Fat Chicken Noodle	1 1/2 cups	120	1.5	0	0	25	1380	22	3	0	8
Low-Fat Vegetarian Black Bean - You Pick Two®	1 cup	170	2	0	0	0	880	35	6	2	9
Low-Fat Vegetarian Black Bean	1 1/2 cups	240	2.5	0	0	0	1270	50	9	3	12
New England Clam Chowder - You Pick Two®	1 cup	420	36	24	1	95	590	18	2	1	5
New England Clam Chowder	1 1/2 cups	630	54	35	1.5	140	890	27	3	2	8
Creamy Tomato - You Pick Two®	1 cup	300	18	10	0	50	570	29	4	7	6
Creamy Tomato	1 1/2 cups	380	23	14	0.5	65	720	36	5	9	7
All Natural Steak Chili with Cornbread - You Pick Two®	1 cup	340	12	3.5	0	60	810	38	12	12	21
All Natural Steak Chili with Cornbread	1 1/2 cups	510	18	6	0	90	1210	56	17	17	32
All Natural Sonoma Chicken Stew with 1 Mini Dry Jack Biscuit- You Pick Two®	1 cup	370	20	11	0.5	85	1220	33	2	7	15
All Natural Sonoma Chicken Stew with 2 Mini Dry Jack Biscuits	1 1/2 cups	630	34	20	1	145	2030	57	4	12	25

## 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	whole salad	450	24	4	0	60	810	33	4	7	32
Full BBQ Chopped Chicken	whole salad	500	22	3	0	75	770	50	6	15	31
Full Caesar	whole salad	390	27	8	0.5	50	610	25	3	2	12
Full Chicken Caesar	whole salad	510	29	9	0.5	115	820	29	3	2	37
Full Chopped Chicken Cobb	whole salad	500	36	9	0.5	140	1130	11	2	2	38
Full Chopped Steak & Blue Cheese	whole salad	790	54	16	1	130	1280	35	4	9	39
Full Classic Cafe	whole salad	170	11	1.5	0	0	280	18	4	12	2
Full Fuji Apple with Chicken	whole salad	560	34	7	0	80	840	36	6	21	33
Full Greek	whole salad	370	34	8	0	20	1690	14	5	3	7
Full Mediterranean Salmon	whole salad	580	38	9	0	80	1530	29	6	18	33
Full Salmon Caesar	whole salad	550	39	10	0.5	110	990	16	2	1	32
Full Thai Chopped Chicken	whole salad	470	19	3.5	0	60	1460	45	5	14	36
Half Asian Sesame Chicken	half salad	230	12	2	0	30	410	17	2	3	16
Half BBQ Chopped Chicken	half salad	250	11	1.5	0	35	380	25	3	8	16
Half Caesar	half salad	200	14	4	0	25	310	13	1	1	6
Half Chicken Caesar	half salad	260	15	4.5	0	55	410	14	1	1	18
Half Chopped Chicken Cobb	half salad	250	18	4.5	0	70	560	5	1	1	19
Half Chopped Steak & Blue Cheese	half salad	390	27	8	0	65	640	17	2	4	20
Half Classic Cafe	half salad	80	5	1	0	0	140	9	2	6	1
Half Fuji Apple with Chicken	half salad	280	17	3.5	0	40	420	18	3	11	16
Half Greek	half salad	190	17	4	0	10	840	7	2	2	4
Half Mediterranean Salmon	half salad	290	19	4.5	0	40	760	15	3	9	16
Half Salmon Caesar	half salad	270	20	5	0	55	490	8	1	1	16
Half Thai Chopped Chicken	half salad	230	10	1.5	0	30	730	22	3	7	18

## 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	3 Tbsp	130	10	1.5	0	0	240	9	0	8	0
Full BBQ Ranch Dressing	3 Tbsp	140	12	2	0	10	350	8	0	7	1
Full Blue Cheese Vinaigrette	3 Tbsp	180	19	3	0	10	230	3	0	3	1
Full Caesar Dressing	3 Tbsp	150	16	2.5	0	35	190	2	0	1	1
Full Greek Dressing/Herb Vinaigrette	3 Tbsp	220	24	3.5	0	0	380	1	0	0	0
Full Light Buttermilk Ranch	3 Tbsp	80	4	0.5	0	0	350	9	1	3	1
Full Reduced-Sugar Asian Sesame Vinaigrette	3 Tbsp	90	8	1	0	0	390	6	0	4	0
Full Low Fat Thai Chili Vinaigrette	3 Tbsp	60	1.5	0	0	0	430	10	0	7	1
Full White Balsamic Apple Vinaigrette	3 Tbsp	150	12	2	0	0	310	11	0	10	0
Full Honey Tangerine Vinaigrette	3 Tbsp	100	7	1	0	0	45	10	0	9	0
Half Reduced Fat Balsamic Vinaigrette	1 1/2 Tbsp	60	5	1	0	0	120	4	0	4	0
Half BBQ Ranch Dressing	1 1/2 Tbsp	70	6	1	0	5	180	4	0	3	0
Half Blue Cheese Vinaigrette	1 1/2 Tbsp	90	9	1.5	0	5	115	2	0	2	0
Half Caesar Dressing	1 1/2 Tbsp	80	8	1.5	0	15	95	1	0	0	0
Half Greek Dressing/Herb Vinaigrette	1 1/2 Tbsp	110	12	2	0	0	190	1	0	0	0
Half Light Buttermilk Ranch	1 1/2 Tbsp	40	2	0	0	0	170	4	0	1	0
Half Reduced-Sugar Asian Sesame Vinaigrette	1 1/2 Tbsp	45	4	0.5	0	0	190	3	0	2	0
Half White Balsamic Apple Vinaigrette	1 1/2 Tbsp	80	6	1	0	0	160	6	0	5	0
Half Low Fat Thai Chili Vinaigrette	1 1/2 Tbsp	30	1	0	0	0	220	5	0	4	0
Half Honey Tangerine Vinaigrette	1 1/2 Tbsp	50	3.5	0.5	0	0	20	5	0	4	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	190	97	0	82	5
Low Fat Cranberry Orange Smoothie	16 fl oz	300	1.5	1	0	5	90	65	1	59	7
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
Low Fat Wild Berry Smoothie	16 fl oz	290	1.5	1	0	5	90	67	1	65	6
Mango	16 fl oz	330	10	7	0	20	30	61	2	56	2
Mocha	16 fl oz	570	20	14	0.5	50	140	94	2	78	6

## 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	26	6
Iced Infused Green Tea (with passionfruit & papaya)	20 fl oz	130	0	0	0	0	10	33	0	32	0
Lemonade	20 fl oz	160	0	0	0	0	10	41	0	41	0
Brewed Tea - Black	20 fl oz	0	0	0	0	0	20	0	0	0	0
Brewed Tea- Black	32 fl oz	0	0	0	0	0	30	0	0	0	0
Brewed Tea - Acai	20 fl oz	0	0	0	0	0	0	0	0	0	0
Brewed Tea- Acai	32 fl oz	0	0	0	0	0	0	0	0	0	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	16 fl oz	120	4.5	3	0	20	95	11	0	11	8
Caffe Mocha	16 fl oz	380	16	11	0	40	160	50	2	42	11
Cappuccino	16 fl oz	120	4.5	3	0	20	95	11	0	11	8
Caramel Latte	16 fl oz	420	18	12	0.5	50	210	53	0	46	10
Vanilla Latte- Regular	16 fl oz	230	5	3	0	20	105	36	0	34	9
Vanilla Latte- Large	20 fl oz	280	7	4.5	0	30	150	41	0	39	12
Vanilla Latte with Sugar Free Vanilla Syrup	16 fl oz	100	0	0	0	5	105	14	0	12	9
Vanilla Latte with Sugar Free Vanilla Syrup	20 fl oz	140	0	0	0	5	150	20	0	18	3

## 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	16 fl oz	200	4	2.5	0	15	90	33	0	32	7
Coffee	12 fl oz	5	0	0	0	0	5	0	0	0	0
Coffee	16 fl oz	5	0	0	0	0	10	0	0	0	1
Coffee	20 fl oz	5	0	0	0	0	10	0	0	0	1
Coffee, Decaf	12 fl oz	5	0	0	0	0	0	0	0	0	0
Coffee, Decaf	16 fl oz	5	0	0	0	0	5	0	0	0	0
Coffee, Decaf	20 fl oz	5	0	0	0	0	5	0	0	0	1
Hot Chocolate	16 fl oz	380	16	11	0	40	160	50	2	42	11
Tea Bags (all flavors)	8 fl oz	0	0	0	0	0	0	0	0	0	0

## 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	16 fl oz	200	0	0	0	0	0	46	1	46	4
Orange Juice - Small	8 fl oz	110	0	0	0	0	0	26	1	26	2
Organic Milk	8 fl oz	120	4.5	3	0	20	115	12	0	12	8
Organic Chocolate Milk	8 fl oz	170	5	3	0	20	150	25	0	25	7
Organic Apple Juice	8 fl 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	whole sandwich	320	10	6	0	40	820	35	3	4	23
Panera Kids Mac & Cheese	1 cup	490	30	13	0.5	65	1240	37	1	7	17
Panera Kids Deli Sandwich - Smoked Ham	whole sandwich	300	9	6	0	40	1060	35	3	3	21
Panera Kids Deli Sandwich - Smoked Turkey	whole sandwich	290	8	5	0	30	1100	35	3	3	21
Panera Kids Grilled Cheese Sandwich	whole sandwich	360	13	10	0	30	1020	46	4	4	17
Panera Kids Peanut Butter & Jelly Sandwich	whole sandwich	410	18	3.5	0	0	550	56	4	21	12
Panera Kids Organic Yogurt (blueberry, strawberry)	1 tube	60	0.5	0	0	5	40	11	0	10	2

## Sides

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple	1 apple	80	0	0	0	0	0	21	4	15	0
French baguette	2.5 oz	180	1	0	0	0	440	36	1	0	6
Whole grain baguette	2.5 oz	180	1.5	0	0	0	400	36	4	3	7
Panera potato chips	1 bag	160	8	1	0	0	130	19	2	1	2
Baked lays potato chips	1 bag	130	2	0	0	0	200	26	2	2	2
Pickle spear	1 spear	5	0	0	0	0	410	1	1	0	0

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.

#### Allergen Statement

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

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

Canada notice: Many of our products also contain or may come into contact with common allergens, including sulfites and sesame.