

# Allergen Guide



**VALID FOR: 1/8/2025**

**VERSION 1**

**Below is a list of our national menu items with allergens identified. There are 9 major FDA identified allergens, which may be of concern to our customers: Wheat (and Gluten also included though not an allergen), Tree Nuts, Peanuts, Milk, Soy, Egg, Fish, Crustacean Shellfish and Sesame.**

**To access cafe specific detailed ingredient statements:**

- Navigate to [Panerabread.com](http://Panerabread.com) on the manager workslate
- Set locations for your current cafe
- access specific menu item by category

[See All Ingredients](#)

•Scroll down page to "See All Ingredients" button, click to show detailed ingredient statement

**NOTE: Menu items that do "NOT" contain any major allergens will reflect "No Major Allergens Present" under the allergen categories.**

**NOTE: Many of our products may come into contact with common allergens during production and preparation.**

**NOTE: \* Highly refined oil from allergenic sources are not considered an allergenic ingredient according to FDA and are not reflected below.**

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
<b>Bagels &amp; Spreads</b>								
Asiago Cheese	Yes			Yes				
Blueberry	Yes							
Cinnamon Crunch	Yes			Yes				
Cinnamon Swirl & Raisin	Yes			Yes				
Everything	Yes							Yes
Multigrain Bagel Flat	Yes							
Plain	Yes							
Sesame	Yes							Yes
Plain Cream Cheese Spread				Yes				
Reduced Fat Honey Walnut Cream Cheese Spread		Yes		Yes				
<b>Breads</b>								
Artisan Ciabatta- Loaf	Yes							
Black Pepper Focaccia - Round Loaf	Yes							
Classic White - Miche	Yes			Yes				
Country Rustic Sourdough - XL Loaf	Yes							
Croissant	Yes			Yes	Yes	May Contain		
French Baguette	Yes							
Sourdough Bread Bowl	Yes							
Tomato Basil - Miche	Yes							
Whole Grain Lahvash Wrap	Yes				Yes			Yes
<b>Baked Goods</b>								
Brownie (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie- Candy (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie- Chocolate Chipper (Large & Petites)	Yes			Yes	Yes	Yes		
Cookie - Chocolate Coconut Macaroon	Yes	Yes	May Contain	Yes	Yes	Yes		
Cookie - Coconut Macaroon	Yes	Yes	May Contain	Yes	Yes	Yes		
Cookie- Iced Shaped Shortbread	Yes			Yes				
Cookie- Kitchen Sink	Yes			Yes	Yes	Yes		
Cookie- Oatmeal Raisin with Berries (Large & Mini)	Yes			Yes	Yes	Yes		
Cranberry Orange Loaf Slice - Naturally Flavored	Yes			Yes	Yes	Yes		
Muffin- Blueberry (Large & Mini)	Yes			Yes		Yes		
Muffin/Muffie- Chocolate Chip	Yes			Yes	Yes	Yes		
Pastry - Almond	Yes	Yes		Yes	Yes	Yes		
Pastry - Cherry	Yes			Yes		Yes		
Pastry- Chocolate Croissant	Yes			Yes	Yes	Yes		
Pastry- Cinnamon Roll	Yes	May Contain		Yes	May Contain	Yes		May Contain
Pastry- Pecan Braid	Yes	Yes		Yes	May Contain	Yes		May Contain
Scone- Orange (Large & Mini)	Yes			Yes				

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
<b>Breakfast- Egg Sandwiches, Souffles, Parfait, Fruit &amp; Oatmeal</b>								
Asiago Sausage & Egg on Asiago Bagel	Yes			Yes	Yes	Yes		
Bacon, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Bacon, Egg & Cheese on Croissant	Yes			Yes	Yes	Yes		
Bacon Double Take	Yes			Yes	Yes	Yes		
Chipotle Chicken, Egg & Avo on Artisan Ciabatta	Yes			Yes		Yes		
Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Egg & Cheese on Croissant	Yes			Yes	Yes	Yes		
Egg Styles Scrambled Egg or Egg White						Yes		
Garden Avo & Egg White on Multigrain Bagel Flat	Yes			Yes		Yes		
Ham, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Sausage, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Sausage, Egg & Cheese on Croissant	Yes			Yes	Yes	Yes		
Steak & Wake on Artisan Ciabatta	Yes			Yes		Yes		
Four Cheese Souffle	Yes			Yes	Yes	Yes		
Spinach & Bacon Souffle	Yes			Yes	Yes	Yes		
Seasonal Fruit Cup - Regular & Large					No Major Allergens Present			
Hard Boiled Eggs						Yes		
Mixed Berries with Greek Yogurt		Yes		Yes				
Steel Cut Oatmeal with Strawberries & Pecans	May Contain	Yes			May Contain			
Classic Avo Toast	Yes							Yes
Garden Avo Toast	Yes					Yes		Yes
<b>Salads</b>								
Asian Sesame Salad with & without Chicken	Yes	Yes						Yes
Balsamic Greens with Grains Salad with & without Chicken	Yes			Yes				
Caesar with & without Chicken	Yes			Yes		Yes	Yes	
Fuji Apple with & without Chicken		Yes		Yes				
Greek with & without Chicken				Yes				
Green Goddess Cobb with Chicken				Yes		Yes		
Mediterranean Greens with Grains Salad with & without Chicken	Yes			Yes				Yes
Ranch Cobb Salad				Yes		Yes		
Southwest Chicken Ranch Salad				Yes		Yes		
<b>Sandwiches- Information is provided with suggested bread choice. If bread choice is changed, it may contain an allergen.</b>								
Bacon Turkey Bravo on Tomato Basil	Yes			Yes		Yes		
Chicken Bacon Rancher on Black Pepper Focaccia	Yes			Yes		Yes		
Chipotle Chicken Avo Melt on Round Black Pepper Focaccia	Yes			Yes		Yes		
Ciabatta Cheesesteak	Yes			Yes		Yes		
Cranberry Walnut Chicken Salad on Country Rustic	Yes	Yes				Yes		
Grilled Cheese on Classic White Miche	Yes			Yes	Yes			
Grilled Chicken & Avo BLT on Country Rustic Sourdough	Yes			Yes		Yes		
Mediterranean Veggie on Tomato Basil	Yes			Yes				Yes
Pickle Spear for cold sandwiches					No Major Allergens Present			
Smokehouse BBQ Chicken on Artisan Ciabatta	Yes			Yes				
Toasted Garden Caprese Melt on Artisan Ciabatta	Yes			Yes		Yes		
Toasted Frontega Chicken on Black Pepper Focaccia	Yes			Yes		Yes		
Toasted Italiano on Baguette	Yes			Yes		Yes		
Tomato Basil BLT on Tomato Basil Miche	Yes					Yes		
Tuna Salad on Country Rustic Sourdough	Yes					Yes	Yes	
Turkey & Cheddar on Country Rustic Sourdough	Yes			Yes		Yes		
Spicy Fiesta Chicken on Ciabatta	Yes			Yes		Yes		
Catering- Ham & Cheddar on Country Rustic	Yes			Yes		Yes		
Chicken Roma Asiago Bagel Stack	Yes			Yes		Yes		
Spicy Steak Asiago Bagel Stack	Yes			Yes		Yes		
Zesty Tuscan Asiago Bagel Stack	Yes			Yes		Yes		
French Onion Ciabatta Dipper with Bistro French Onion Soup	Yes			Yes	Yes	Yes		
Spicy Chicken Ciabatta Dipper with Vegetarian Creamy Tomato Soup	Yes			Yes		Yes		
<b>Dressings, Sauces &amp; Spreads</b>								
Sauce - Apple Cider BBQ					No Major Allergens Present			
Dressing - Balsamic Vinaigrette					No Major Allergens Present			
Sauce - Bravo Signature						Yes		
Dressing - Caesar						Yes	Yes	
Sauce - Chipotle Aioli						Yes		

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Sauce - Garlic Aioli						Yes		
Dressing - Greek					No Major Allergens Present			
Dressing - Green Goddess				Yes				
Spread- Hummus								Yes
Sauce - Mayonnaise						Yes		
Dressing - Ranch				Yes		Yes		
Dressing - White Balsamic Apple Flavored Vinaigrette					No Major Allergens Present			
Sauce - Green Chile Salsa Verde				Yes		Yes		
Dressing - Asian Sesame vinaigrette								Yes
<b>Drinks</b>								
Additional Shot of Caramel Syrup					No Major Allergens Present			
Additional Shot of Madagascar Vanilla Syrup or Cane Sugar Syrup					No Major Allergens Present			
Additional Shot of Chocolate Syrup				Yes	May Contain			
Agave Lemonade					No Major Allergens Present			
Americano					No Major Allergens Present			
Blueberry Lavender Lemonade- Naturally Flavored					No Major Allergens Present			
Caffe Latte (espresso - Hot or Iced)				Yes				
Cappuccino (espresso)				Yes				
Caramel Latte (espresso - Hot or Iced)				Yes				
Chai Tea Latte (Hot or Iced)				Yes				
Citrus Punch - Naturally Flavored					No Major Allergens Present			
Coffee/Decaf Coffee (Hot or Iced)					No Major Allergens Present			
Hot Tea Bags					No Major Allergens Present			
Hot Chocolate				Yes	May Contain			
Iced Teas - Unsweetened / Sweetened / Passion Papaya Naturally Flavored Green Tea					No Major Allergens Present			
Madagascar Vanilla Latte (espresso - Hot or Iced)				Yes				
Mango Smoothie with Greek Yogurt (Frozen)				Yes				
Mocha Latte (espresso - Hot or Iced)				Yes	May Contain			
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored					No Major Allergens Present			
Strawberry Banana Smoothie with Greek Yogurt (Frozen)				Yes				
Strawberry Smoothie with Greek Yogurt (Frozen)				Yes				
Tropical Green Smoothie					No Major Allergens Present			
<b>Kids</b>								
Broccoli Cheddar Soup - Cup	Yes			Yes				
Grilled Cheese on Classic White Miche - Whole	Yes			Yes	Yes			
Kids Ham & American Cheese on Classic White Miche - Whole	Yes			Yes	Yes			
Kids Turkey & American Cheese on Classic White Miche - Whole	Yes			Yes	Yes			
Mac & Cheese - Cup	Yes			Yes		Yes		
<b>Soups &amp; Mac</b>								
Bistro French Onion with Cheese & Croutons	Yes			Yes	Yes			
Broccoli Cheddar	Yes			Yes				
Cream of Chicken & Wild Rice	Yes			Yes				
Homestyle Chicken Noodle	Yes					Yes		
Vegetarian Creamy Tomato with Croutons	Yes			Yes				
Bacon Mac & Cheese	Yes			Yes		Yes		
Mac & Cheese	Yes			Yes		Yes		
Autumn Squash				Yes				
Hearty Fireside Chili					No Major Allergens Present			
Rustic Baked Potato with Cheese	Yes			Yes				
<b>Non-traditional Grab N Go</b>								
Chicken Caesar Wrap	Yes			Yes	Yes	Yes	Yes	Yes
Frontega Chicken Wrap	Yes			Yes	Yes	Yes		Yes
Green Goddess Chicken Wrap	Yes			Yes	Yes			Yes
Hard Boiled Eggs						Yes		
Turkey & Cheddar Wrap	Yes			Yes	Yes	Yes		Yes