

Allergen Guide



VALID FOR: C2 SPRING 2024 Effective 4/3/2024

VERSION 4

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 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
Bagels & Spreads								
Asiago Cheese	Yes			Yes				
Cinnamon Crunch	Yes			Yes				
Cinnamon Swirl & Raisin	Yes			Yes				
Everything	Yes							Yes
Multigrain Bagel Flat	Yes							
Plain	Yes							
Plain Cream Cheese				Yes				
Reduced Fat Honey Walnut Cream Cheese		Yes		Yes				
Breads								
Artisan Ciabatta- Loaf	Yes							
Black Pepper Focaccia - Round Loaf	Yes							
Brioche Roll	Yes			Yes		Yes		May Contain
Classic White - Miche	Yes			Yes				
Country Rustic Sourdough - XL Loaf	Yes							
French Baguette	Yes							
Sourdough Bread Bowl	Yes							
Tomato Basil - Miche	Yes							
Whole Grain Lahvash Wrap	Yes				Yes			Yes
Baked Goods								
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- Iced Shaped Shortbread	Yes			Yes				
Cookie- Kitchen Sink	Yes			Yes	Yes	Yes		
Cookie- Oatmeal Raisin with Berries (Large & Mini)	Yes			Yes	Yes	Yes		
Muffin- Blueberry with Fresh Blueberries (Large & Mini)	Yes			Yes		Yes		
Muffin/Muffie- Chocolate Chip	Yes			Yes	Yes	Yes		
Pastry- Bear Claw- (Large & Mini)	Yes	Yes		Yes	Yes	Yes		
Pastry- Chocolate Croissant (Large & Mini)	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				
Breakfast & Souffles								
Asiago Sausage & Egg on Asiago Bagel	Yes			Yes	Yes	Yes		
Bacon, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Bacon, Egg & Cheese on Brioche	Yes			Yes		Yes		May Contain
Chipotle Chicken, Egg & Avo on Artisan Ciabatta	Yes			Yes		Yes		
CinnaCrunch Ham & Egg on Cinnamon Crunch Bagel	Yes			Yes		Yes		
Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Egg & Cheese on Brioche	Yes			Yes		Yes		May Contain
Egg Styles Scrambled Egg or Egg White						Yes		
Garden Avo & Egg White on Multigrain Bagel Flat	Yes			Yes		Yes		

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Sausage, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Sausage, Egg & Cheese on Brioche	Yes			Yes		Yes		May Contain
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			
Salads								
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		
Strawberry Poppyseed Salad with & without Chicken		Yes						
Sandwiches- Information is provided with suggested bread choice. If bread choice is changed, it may contain an allergen.								
Bacon Avo Melt on on Country Rustic Sourdough	Yes			Yes		Yes		Yes
Bacon Turkey Bravo on Tomato Basil	Yes			Yes		Yes		
Bravo Club 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		
Green Goddess Caprese Melt on Baguette	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				
Spicy Buffalo Chicken Melt on Baguette	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		
Dressings & Sauces								
Apple Cider BBQ Sauce	No Major Allergens Present							
Balsamic Vinaigrette	No Major Allergens Present							
Bravo Sauce						Yes		
Buffalo Sauce				Yes				
Caesar Dressing						Yes	Yes	
Chipotle Aioli						Yes		
Garlic Aioli						Yes		
Greek Dressing	No Major Allergens Present							
Green Goddess Dressing				Yes				
Hummus								Yes
Poppyseed Dressing	No Major Allergens Present							
Ranch Dressing				Yes		Yes		
White Balsamic Apple Flavored Vinaigrette	No Major Allergens Present							
Drinks								
Additional Shot of Caramel Syrup				Yes				
Additional Shot of Madagascar Vanilla Syrup or Cane Sugar Syrup	No Major Allergens Present							
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)								
Cappuccino (espresso)				Yes				
Caramel Latte (espresso - Hot or Iced)								
Chai Tea Latte (Hot or Iced)				Yes				

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
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							
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				
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							
Frozen Strawberry Lemonade	No Major Allergens Present							
Soups & Mac								
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		
Mexican Style Street Corn Chowder				Yes				
Vegetarian Creamy Tomato with Croutons	Yes			Yes				
Bacon Mac & Cheese	Yes			Yes		Yes		
Mac & Cheese	Yes			Yes		Yes		
Non-traditional Grab N Go								
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