

Panera Bread® Nutrition Guide - VERSION 2

Effective: 4/16/2025 EDITION 2

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BAGELS & SPREADS												
Asiago Cheese Bagel	1 Bagel	340	80	8	4	0	15	610	53	2	5	13
Blueberry Bagel	1 Bagel	300	10	1	0	0	0	550	61	3	10	11
Cinnamon Crunch Bagel	1 Bagel	420	70	8	5	0	0	440	78	2	32	11
Cinnamon Swirl & Raisin Bagel	1 Bagel	310	10	1	0	0	0	560	65	3	12	11
Everything Bagel	1 Bagel	300	20	2	0	0	0	770	58	2	5	11
Plain Cream Cheese Spread - 1.75 oz	1 Container	180	150	17	11	0	50	135	4	0	2	2
Plain Cream Cheese Spread - 8 oz	2 Tbsp	110	90	10	7	0	30	85	3	0	1	1
Reduced Fat Honey Walnut Cream Cheese Spread - 1.75 oz	1 Container	140	90	10	6	0	30	170	8	0	8	3
Reduced Fat Honey Walnut Cream Cheese Spread - 8 oz	2 Tbsp (30g)	80	50	6	3.5	0	20	105	5	0	5	2
Multigrain Bagel Flat	1 Bagel Flat	170	0	0	0	0	0	400	35	3	3	8
Plain Bagel	1 Bagel	280	10	1	0	0	0	590	57	2	5	11
Sesame Bagel	1 Bagel	310	30	3.5	1	0	0	560	57	3	5	12
BREADS												
Artisan Ciabatta	2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	0	250	30	1	0	5
Black Pepper Focaccia	2 oz (57g / about 5 inch slice)	170	25	2.5	0	0	0	360	30	1	0	5
Bread Portion - Half Sandwich & Breakfast - Artisan Ciabatta	1/4 Loaf	250	20	2	0	0	0	420	49	2	1	8
Bread Portion - Half Sandwich & Breakfast - Black Pepper Focaccia	1/4 Loaf	220	30	3.5	0.5	0	0	470	40	2	1	6
Bread Portion - Half Sandwich & Breakfast- Classic White Miche	1 Slice	190	40	4	2.5	0	10	310	31	1	4	6
Bread Portion - Half Sandwich & Breakfast - Country Rustic Sourdough	1 Slice	130	5	0.5	0	0	0	220	27	1	0	4

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Bread Portion - Half Sandwich & Breakfast - French Baguette	1/4 Baguette	300	10	1	0	0	0	620	61	2	1	9
Bread Portion - Half Sandwich & Breakfast - Tomato Basil Miche	1 Slice	210	5	1	0	0	0	370	45	2	2	5
Classic White Miche	2 oz (about 2/3 inch slice / 57g)	190	40	4	2.5	0	10	310	31	1	4	6
Country Rustic Sourdough	2 oz (about 2/3 inch slice / 57 g)	140	5	0.5	0	0	0	240	30	1	0	5
Croissant	1 Croissant	250	120	13	6	0	5	280	28	1	1	5
French Baguette	2 oz (57g / about 2 3/4 inch slice)	150	5	0.5	0	0	0	320	32	1	0	5
Sourdough Bread Bowl	1 Bread Bowl	650	20	2.5	0	0	0	1310	136	5	2	21
Tomato Basil Miche	2 oz (57g / about 1/2 inch slice)	200	5	1	0	0	0	370	44	2	2	5
Whole Grain Lahvash	1 Lahvash	170	35	4	0.5	0	0	310	25	9	3	12
BREAKFAST												
Bacon, Egg & Cheese on Ciabatta	1 Sandwich	480	180	20	9	0	295	820	51	2	1	22
Bacon Double Take on Black Pepper Focaccia	1 Sandwich	560	270	30	14	0	315	1390	43	2	2	27
Bacon, Egg & Cheese on Croissant	1 Sandwich	480	280	31	15	0	300	680	29	1	2	20
Chipotle Chicken, Egg & Avo on Ciabatta	1 Sandwich	600	270	30	10	0.5	315	1070	54	4	2	27
Classic Avo Toast	1 Toast	260	100	11	1.5	0	0	280	33	5	1	6
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6
Souffle - Four Cheese <i>(check your cafe or online ordering to view the souffle offered)</i>	1 Souffle	470	270	30	16	1	185	830	36	1	8	14
Souffle - Four Cheese <i>(check your cafe or online ordering to view the souffle offered)</i>	1 Souffle	470	260	29	15	0	180	940	36	2	9	16
Garden Avo & Egg White on Multigrain Bagel Flat	1 Sandwich	330	100	11	4.5	0	25	670	40	5	4	19
Green Goddess Avo Toast	1 Toast	310	140	15	3	0	10	510	36	5	3	8
Ham, Egg & Cheese on Ciabatta	1 Sandwich	460	150	17	8	0	300	990	51	2	1	25
Asiago Sausage & Egg on Asiago Bagel	1 Sandwich	820	480	53	20	0.5	345	1530	56	2	6	32
Sausage, Egg & Cheese on Ciabatta	1 Sandwich	640	320	36	15	0	320	1070	51	2	1	27

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Sausage, Egg & Cheese on Croissant	1 Sandwich	640	420	47	21	0	325	930	30	1	2	25
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8
Egg & Cheese on Ciabatta	1 Sandwich	430	140	16	7	0	285	670	51	2	1	20
Egg & Cheese on Croissant	1 Sandwich	430	240	27	13	0	290	530	29	1	2	18
Souffle - Spinach & Bacon <i>(check your cafe or online ordering to view the souffle offered)</i>	1 Souffle	550	330	37	19	1	195	940	36	1	8	19
Souffle - Spinach & Bacon <i>(check your cafe or online ordering to view the souffle offered)</i>	1 Souffle	530	300	33	17	0	175	1010	37	3	9	21
Steak & Wake on Ciabatta	1 Sandwich	520	180	20	9	0	320	970	51	2	1	33
Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans	1 Bowl	260	35	4	1	0	0	170	50	6	16	7
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	370	130	14	2	0	0	170	52	7	17	8
DRESSINGS & SAUCES												
Sauce - Apple Cider Vinegar BBQ Sauce - Sandwich Portion	1 portion	20	0	0	0	0	0	110	5	0	5	0
Dressing - Asian Sesame Vinaigrette - Half	1 1/2 Tbsp	50	40	4	0.5	0	0	140	3	0	1	0
Dressing - Asian Sesame Vinaigrette - Whole	3 Tbsp	100	80	8	1.5	0	0	290	5	0	3	0
Dressing - Balsamic Vinaigrette - Half	1 1/2 Tbsp	50	35	4	0.5	0	0	150	4	0	4	0
Dressing - Balsamic Vinaigrette - Whole	3 Tbsp	110	70	8	1	0	0	300	8	0	8	0
Dressing - Caesar - Half	1 1/2 Tbsp	90	80	9	1.5	0	15	140	1	0	1	0
Dressing - Caesar - Whole	3 Tbsp	180	160	18	3	0	30	290	2	0	2	1
Sauce - Chipotle Aioli - Sandwich Portion	1 Portion	100	100	11	1.5	0	10	130	1	0	0	0
Sauce - Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	15	80	0	0	0	0
Dressing - Greek Dressing - Sandwich Portion	1 Portion	40	35	4	0.5	0	0	50	0	0	0	0
Dressing - Greek Dressing - Half	1 1/2 Tbsp	110	110	12	1.5	0	0	150	0	0	0	0
Dressing - Greek Dressing - Whole	3 Tbsp	230	220	25	3.5	0	0	290	1	0	0	0

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Dressing - Green Goddess Dressing - Sandwich Portion	1 Portion	30	20	2	0	0	0	55	1	0	1	1
Dressing - Green Goddess - Half	1 1/2 tbsp	45	30	3.5	0	0	0	80	2	0	1	1
Dressing - Green Goddess - Whole	3 tbsp	90	60	7	1	0	5	160	4	0	3	2
Spread - Hummus - Sandwich Portion	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2
Sauce - Mayonnaise - Sandwich Portion	1 portion	130	130	14	1.5	0	10	115	0	0	0	0
Dressing - Poppyseed - Half	1 1/2 Tbsp	15	0	0	0	0	0	60	3	0	3	0
Dressing - Poppyseed - Whole	3 Tbsp	25	0	0	0	0	0	125	7	0	6	0
Dressing - Ranch Dressing - Sandwich Portion	1 portion	80	80	9	1	0	5	125	1	0	1	0
Dressing - Ranch - Half	1 1/2 Tbsp	110	100	11	1.5	0	10	160	1	0	1	0
Dressing - Ranch - Whole	3 Tbsp	210	200	23	3	0	15	320	3	0	2	0
Spread - Green Chile Salsa Verde - Sandwich Portion	1 Portion	60	45	5	3	0	10	160	2	0	1	1
Sauce - Signature Sauce - Sandwich Portion	1 portion	90	70	8	1	0	10	90	4	0	2	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Half	1 1/2 Tbsp	80	60	6	1	0	0	85	5	0	5	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Whole	3 Tbsp	160	120	13	2	0	0	170	11	0	10	0
DRINKS												
Additional Shot of Caramel Syrup	1 Shot	50	0	0	0	0	0	45	12	0	10	0
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	0	0	0	0
Additional Shot of Madagascar Vanilla Syrup	1 Shot	20	0	0	0	0	0	0	5	0	5	0
Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	15	52	0	48	0
Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	320	5	0	0	0	0	20	78	0	72	0
Agave Lemonade - Serves 4 - Group	1 container	670	5	1	0	0	0	40	165	0	153	1
Agave Lemonade - Serves 8 - Group	2 containers	1350	15	1.5	0	0	0	80	331	0	307	2



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AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0
AHA Lime Watermelon Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0
Americano - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	15	1	0	0	0
Unsweetened Iced Tea - Serves 4 - Group	1 Container	20	0	0	0	0	0	60	6	0	0	0
Unsweetened Iced Tea - Serves 8 - Group	2 Containers	40	0	0	0	0	0	115	12	0	0	0
Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	250	0	0	0	0	0	45	63	1	58	1
Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	380	5	0	0	0	0	65	95	1	87	1
Blueberry Lavender Lemonade - Naturally Flavored - Serves 4 - Group	1 Container	810	5	1	0	0	0	140	202	2	186	2
Blueberry Lavender Lemonade - Naturally Flavored - Serves 8 - Group	2 Containers	1620	15	1.5	0	0	0	290	404	4	371	3
Bottled Passionfruit Papaya Naturally Flavored Iced Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31		28	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	0	0	0
British Breakfast Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz Can- Lemon	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz - Lime	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Cafe Blend Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe blend Dark Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Cafe Blend Light Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Cafe Blend Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe Blend Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1



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Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	12	0	11	8
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	0	0	0
Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	85	60	0	59	0
Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	125	90	0	89	0
Cappuccino - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	12	0	11	8
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10
Caramel Latte - 16 fl oz	16 fl oz (473 mL)	330	80	9	6	0	35	260	51	0	44	9
Caramel Latte - 20 fl oz	20 fl oz (591mL)	400	90	10	7	0	40	330	66	0	56	11
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	280	70	7	4.5	0	30	160	42	0	40	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	230	50	6	4	0	25	130	33	0	32	10
Citrus Punch - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	290	0	0	0	0	0	40	69	0	69	0
Citrus Punch - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	430	0	0	0	0	0	60	104	0	104	0
Citrus Punch - Naturally Flavored - Serves 4 - Group	1 Container	920	0	0	0	0	0	125	221	0	221	0
Citrus Punch - Naturally Flavored - Serves 8 - Group	2 Containers	1840	0	0	0	0	0	250	443	0	442	1
Blue Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
Half & Half - 1 fl oz	1 fl oz	40	30	3.5	2	0	10	10	1	0	0	1
Pink Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
Sugar	1 packet	10	0	0	0	0	0	0	3	0	3	0
Turbinado Cane Sugar Packet	1 Packet	20	0	0	0	0	0	0	4	0	4	0
Yellow Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
1 pump of Cane Sugar Syrup	1 pump	20	0	0	0	0	0	0	5	0	5	0
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	65	67	0	67	0
Coke - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	95	100	0	100	0

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Coke 20 fl oz Bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	80	68	0	68	0
Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Coke Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	100	0	0	0	0
Dasani Lemon - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Dasani Lime - 12 fl oz can	12 oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Decaf Coffee - Group	1 Container	15	0	0	0	0	0	70	0	0	0	4
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	10	0	0	0	0
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	10	0	0	0	1
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	120	0	0	0	0
20 oz Diet Coke Bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	120	0	0	0	0
Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	180	0	0	0	0
Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0
Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	140	1	0	1	0
Diet Mountain Dew - 12 fl oz can	12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Dr Pepper - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0
Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0
Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	0
Drive Thru - Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	10	32	0	29	0
Drive Thru - Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	190	0	0	0	0	0	15	48	0	44	0



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Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	150	0	0	0	0	0	30	37	0	34	0
Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	210	0	0	0	0	0	45	53	0	48	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	50	38	0	37	0
Drive Thru - Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	80	57	0	56	0
Drive Thru - Citrus Punch - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	170	0	0	0	0	0	25	41	0	41	0
Drive Thru - Citrus Punch - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	240	0	0	0	0	0	40	58	0	57	0
Drive Thru - Coke - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	40	42	0	42	0
Drive Thru - Coke - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	60	63	0	63	0
Drive Thru - Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	110	0	0	0	0
Drive Thru - Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Drive Thru - Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	85	1	0	0	0
Drive Thru - Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	45	41	0	40	0
Drive Thru - Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	70	61	0	60	0
Drive Thru - Fanta Orange - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	40	42	0	42	0

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Drive Thru - Fanta Orange - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	65	63	0	63	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	70	0	0	0	0	0	50	19	0	19	0
Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	110	0	0	0	0	0	75	28	0	28	0
Drive Thru - Mountain Dew - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	55	46	0	46	0
Drive Thru - Mountain Dew - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	69	0
Drive Thru - Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	60	40	0	40	0
Drive Thru - Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	90	60	0	59	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	80	0	0	0	0	0	20	21	0	20	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	120	0	0	0	0	0	30	29	0	29	0
Drive Thru - Pepsi - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0
Drive Thru - Pepsi - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	65	0	64	0
Drive Thru - Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	55	39	0	39	0
Drive Thru - Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	85	58	0	58	0
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	10	0	0	0	0	0	10	2	0	1	0
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	10	0	0	0	0	0	15	3	0	1	0
Drive Thru - Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	120	23	0	23	0
Drive Thru - Powerade Mountain Blast - 30 fl oz	30 fl oz (887 mL)	130	0	0	0	0	0	180	35	0	34	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Sprite - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	70	38	0	38	0

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Drive Thru - Sprite - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	105	57	0	57	0
Drive Thru - Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0
Drive Thru - Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	50	61	0	61	0
Drive Thru - Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	190	0	0	0	0	0	35	49	0	49	0
Drive Thru - Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	270	0	0	0	0	0	50	71	0	70	0
Drive Thru - Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	41	0
Drive Thru - Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	240	62	0	62	0
Drive Thru - Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	150	0	0	0	0
Drive Thru - Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	220	0	0	0	0
Drive Thru - Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	15	1	0	0	0
Drive Thru - Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	20	2	0	0	0
Drive Thru - Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	44	0	44	0
Drive Thru - Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	66	0	66	0
Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	95	0	0	0	0
Espresso	2 fl oz (59 mL)	5	0	0	0	0	0	10	1	0	0	0
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	65	66	0	66	0
Fanta Orange - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	100	99	0	99	0
Frozen Strawberry Lemonade with Fresh Strawberries - 16 fl oz	16 fl oz (473mL)	140	0	0	0	0	0	15	35	1	31	1
Gold Peak Unsweetened Iced Tea - 18.5 fl oz	18.5 fl oz (547 mL)	0	0	0	0	0	0	55	0	0	0	0
Hazelnut Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Hazelnut Flavored Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Hazelnut Flavored Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Honest Berry Hibiscus Iced Tea - 16.9 fl oz bottle	16.9 fl oz bottle	100	0	0	0	0	0	5	26	0	25	0
Honey Ginseng Green Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Iced Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	0



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Iced Cafe Blend Dark Roast Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Iced Cafe Blend Dark Roast Coffee - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	15	0	0	0	0
Iced Cafe Blend Dark Roast Coffee - 30 fl oz - no ice	30 fl oz (887 mL)	10	0	0	0	0	0	20	0	0	0	1
Iced Caffè Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	135	15	0	14	10
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	360	90	10	7	0	40	280	54	0	47	11
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	230	50	6	4	0	25	135	33	0	32	10
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	280	90	10	7	0	40	150	35	0	34	11
Kids Organic Apple juice	6.75 fl oz (200 mL)	100	0	0	0	0	0	10	24	0	23	0
Kids Organic Chocolate Milk	8 fl oz (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fl oz (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	110	0	0	0	0
Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	160	0	0	0	0
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	120	0	0	0	0	0	80	30	0	30	0
Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	170	0	0	0	0	0	120	45	0	45	0
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	250	80	9	6	0	35	120	32	0	31	9
Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	300	90	10	7	0	40	150	41	0	40	11
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	45	5	3	0	20	75	51	1	42	13
Minute Maid Orange Juice - 12 fl oz bottle	12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0
Mountain Dew - 12 fl oz can	1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0
Mountain Dew - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	85	73	0	73	0
Mountain Dew- 20 fl oz bottle	20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	130	110	0	110	0
Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	95	64	0	63	0
Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0
Orange Ginger Mint Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	25	36	0	35	0



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Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	40	53	0	53	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 4 - Group	1 Container	460	0	0	0	0	0	85	114	0	113	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 8 - Group	2 Containers	910	5	0.5	0.5	0	0	170	227	0	226	0
Pepsi - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	50	69	0	69	0
Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	103	0	103	0
Pepsi 12 fl oz can	12 fl oz can (355 mL)	150	0	0	0	0	0	30	41	0	41	0
Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pepsi Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	90	61	0	61	0
Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	135	92	0	92	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	15	0	0	0	0	0	10	3	0	2	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	20	0	0	0	0	0	15	5	0	3	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 4 - Group	1 Container	45	0	0	0	0	0	35	10	0	6	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 8 - Group	2 Containers	90	0	0	0	0	0	75	21	0	11	0
Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	190	37	0	36	0
Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	280	55	0	55	0
Premium Orange Juice - Serves 4 - Group	2 Containers	900	0	0	1.5	0	0	30	204	0	180	17
Premium Orange Juice - Serves 8- Group	2 Containers	1800	0	0	3	0	0	60	408	0	360	33
Premium OJ 11.5 fl oz	1 Bottle	160	0	0	0	0	0	5	37		32	2



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SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	120	1	0	0	0
Sprite - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	115	61	0	61	0
Sprite - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	170	91	0	91	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	55	68	0	68	0
Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	85	97	0	97	0
Starry Lemon Lime 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	35	39	0	39	0
Starry Lemon Lime 20 fl oz bottle	20 fl oz bottle (591mL)	250	0	0	0	0	0	55	68	0	68	0
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	2.5	1.5	0	10	40	51	4	36	7
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	260	40	4.5	2.5	0	20	70	43	2	37	12
Sweet Iced Tea - Serves 4- Group	1 Container	350	0	0	0	0	0	50	87	0	81	0
Sweet Iced Tea - Serves 8 - Group	2 Containers	690	0	0	0	0	0	105	175	0	163	0
Sweet Iced Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	28	0	27	0
Sweet Iced Tea 30 fl oz	30 fl oz (887 mL)	150	0	0	0	0	0	15	38	0	36	0
Tropical Green Smoothie - 16 fl oz	16 fl oz (473mL)	190	5	0.5	0	0	0	30	46	3	36	1
Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	290	0	0	0	0	0	55	78	0	78	0
Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	85	113	0	112	0
Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	260	67	0	66	0
Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	390	100	0	99	0
Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	230	0	0	0	0
Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	350	0	0	0	0
Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	20	2	0	0	0
Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	25	3	0	0	0
Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	70	0	70	0

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Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	390	0	0	0	0	0	80	106	0	105	0
PASTRIES & SWEETS												
Muffin - Blueberry	1 Muffin	510	160	18	3.5	0	65	390	79	8	35	7
Brownie	1 Brownie	550	230	26	9	0	115	260	73	5	56	7
Cookie - Candy	1 Cookie	480	200	22	13	0.5	80	310	68	1	37	4
Muffie - Chocolate Chip	1 Muffie	340	120	13	4.5	0	35	200	51	3	22	5
Cookie - Chocolate Chipper	1 Cookie	390	170	18	11	0	40	330	52	2	31	4
Pastry - Chocolate Croissant	1 Croissant	410	180	20	13	0.5	40	330	51	2	17	7
Cookie - Chocolate Coconut Macaroon	1 macaroon	190	90	10	9	0	0	85	23	3	19	2
Cookie - Coconut Macaroon	1 macaroon	190	90	10	10	0	0	95	24	2	20	2
Cranberry Orange Loaf Slice - Naturally Flavored	1 Slice	360	120	13	2.5	0	50	310	53	1	32	5
Dozen Chocolate Chipper Cookies	1 cookie	390	170	18	11	0	40	330	52	2	31	4
Dozen Mixed Cookies	1 container	4830	1930	215	126	6	645	3500	683	20	394	46
Cookie - Kitchen Sink	1 Cookie	820	400	44	29	1	95	840	100	3	56	7
Mini - Brownie	1 Mini Brownie	140	60	6	2.5	0	30	65	18	1	14	2
Mini Cookie - Candy	1 Mini Cookie	130	50	6	3.5	0	20	75	18	0	10	1
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	2	0	15	50	14	1	8	1
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	25	290	26	1	13	3
Cookie - Oatmeal Raisin with Berries	1 Cookie	350	110	13	7	0	55	190	55	3	33	4
Scone - Orange	1 Scone	550	190	21	13	1	80	860	77	2	39	8
Pastry - Almond	1 Pastry	480	250	28	13	1	75	300	50	3	21	9
Pastry - Cherry	1 Pastry	340	130	14	8	0.5	40	320	48	1	22	6
Pastry - Pecan Braid	1 Pastry	450	220	25	9	0	25	160	51	3	23	7
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	2.5	0	10	85	13	0	8	1
Cinnamon Roll	1 Roll	520	160	18	10	0	40	400	84	2	48	7
Tulip Shaped Shortbread Cookie	1 Cookie	400	210	24	16	0.5	30	160	45	1	26	3
SALADS												



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Asian Sesame Chicken- Half	1/2 Salad	220	110	12	1.5	0	45	510	14	3	3	17
Asian Sesame Chicken- Half (no nuts)	1/2 Salad	180	70	8	1.5	0	45	510	12	2	3	16
Asian Sesame Chicken - Whole	1 Salad	450	210	24	3	0	95	1020	27	5	7	35
Asian Sesame Chicken - Whole (no nuts)	1 Salad	360	150	16	2.5	0	95	1020	24	4	6	32
Balsamic Chicken Greens with Grains Salad - Half	1/2 Salad	300	130	15	3.5	0	55	660	24	4	6	20
Balsamic Chicken Greens with Grains Salad - Whole	1 Salad	590	270	30	7	0.5	110	1330	47	8	12	39
Balsamic Greens with Grains Salad - Half	1/2 Salad	230	120	14	3	0	10	380	23	4	6	6
Balsamic Greens with Grains Salad - Whole	1 Salad	460	250	28	6	0	15	760	46	8	11	12
Caesar Salad - Half	1/2 Salad	210	130	15	4	0	25	440	12	2	2	6
Caesar Salad - Whole	1 Salad	410	270	30	8	0	50	870	24	4	5	12
Caesar with Chicken Salad - Half	1/2 Salad	270	140	16	4.5	0	75	720	13	2	3	19
Caesar with Chicken Salad - Whole	1 Salad	550	280	31	9	1	145	1440	25	4	5	39
Fuji Apple Chicken Salad - Half	1/2 Salad	280	140	16	3	0	55	480	18	2	11	17
Fuji Apple Chicken Salad without pecans - Half	1/2 Salad	230	100	11	2.5	0	55	480	17	2	11	16
Fuji Apple Chicken Salad - Whole	1 Salad	560	290	32	6	0.5	110	960	36	5	22	33
Fuji Apple Chicken Salad without pecans - Whole	1 Salad	450	190	22	5	0.5	110	960	34	4	22	32
Greek Salad - Half	1/2 Salad	210	160	18	4.5	0	15	570	9	2	4	4
Greek Salad - Whole	1 Salad	420	330	36	9	0	30	1130	17	4	8	8
Greek Salad with Chicken - Half	1/2 Salad	270	170	19	4.5	0	60	850	9	2	4	18
Greek Salad with Chicken - Whole	1 Salad	550	340	38	9	0.5	125	1700	19	4	9	35
Green Goddess Cobb Salad with Chicken - Half	1/2 Salad	250	130	14	3.5	0	150	590	11	3	5	21
Green Goddess Cobb Salad with Chicken - Whole	1 Salad	510	260	29	7	0	300	1180	22	7	11	43
Mediterranean Chicken Greens with Grains Salad - Half	1/2 Salad	340	180	20	4	0	55	690	21	3	3	19
Mediterranean Chicken Greens with Grains Salad - Whole	1 Salad	680	360	40	8	0.5	110	1390	42	7	7	38
Mediterranean Greens with Grains Salads - Half	1/2 Salad	270	170	19	3.5	0	10	410	20	3	3	5

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Mediterranean Greens with Grains Salads - Whole	1 Salad	540	350	39	7	0	15	820	40	7	6	11
Ranch Cobb Salad - Half	1/2 Salad	240	180	20	5	0	120	480	8	2	5	7
Ranch Cobb Salad - Whole	1 Salad	470	350	39	10	0	235	970	16	3	9	15
Southwest Chicken Ranch Salad - Half	1/2 Salad	340	210	23	3.5	0	60	530	17	5	5	17
Southwest Chicken Ranch Salad - Whole	1 Salad	680	420	46	7	0.5	120	1060	35	9	11	33
Strawberry Chicken Caprese Salad - Half	1/2 Salad	300	160	18	7	0	70	570	11	2	7	23
Strawberry Chicken Caprese Salad - Whole	1 Salad	600	330	36	14	1	145	1150	22	4	14	46
Strawberry Chicken Caprese Salad without Pecans - Half	1/2 Salad	240	120	13	6	0	70	570	10	1	7	22
Strawberry Chicken Caprese Salad without Pecans - Whole	1 Salad	490	240	26	13	1	145	1150	20	3	14	45
Strawberry Poppyseed Chicken Salad - Half	1/2 Salad	190	60	7	1	0	45	360	18	3	13	16
Strawberry Poppyseed Chicken Salad without pecans- Half	1/2 Salad	130	10	1.5	0	0	45	350	17	3	13	15
Strawberry Poppyseed Chicken Salad - Whole	1 Salad	380	120	13	1.5	0	95	710	36	6	26	32
Strawberry Poppyseed Chicken Salad without pecans- Whole	1 Salad	270	25	2.5	0.5	0	95	710	34	6	25	30
Strawberry Poppyseed Salad without pecans- Half	1/2 Salad	70	5	0	0	0	0	70	16	3	12	2
Strawberry Poppyseed Salad without pecans- Whole	1 Salad	140	10	1	0	0	0	140	32	6	25	3
Strawberry Poppyseed Salad - Half	1/2 Salad	120	50	6	0.5	0	0	70	17	3	13	2
Strawberry Poppyseed Salad - Whole	1 Salad	240	100	11	1	0	0	140	35	6	25	4
SANDWICHES												
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	480	180	20	7	0	65	1200	51	2	6	23
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	960	360	40	14	0.5	130	2390	102	5	12	46
Chicken Bacon Rancher on Black Pepper Focaccia Round - Half	1/2 Sandwich	500	210	24	7	0	85	1170	43	2	2	27



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Chicken Bacon Rancher on Black Pepper Focaccia Round - Whole	1 Sandwich	990	430	47	15	1	165	2350	86	3	4	54
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	510	230	26	7	0	65	1260	44	4	2	24
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Whole	1 Sandwich	1010	470	52	14	0.5	135	2530	89	7	4	48
Ciabatta Cheesesteak - Half	1/2 Sandwich	580	240	27	7	0	60	1000	57	3	5	26
Ciabatta Cheesesteak - Whole	1 Sandwich	1160	480	53	15	0.5	125	1990	114	6	11	53
Croque Monsieur on Croissant Toast	1 Sandwich	440	210	24	13	0.5	85	1320	33	1	7	24
Fromage Croissant Toast	1 Sandwich	540	330	36	15	0.5	75	930	36	1	10	15
Cranberry Walnut Chicken Salad on Country Rustic - Half	1/2 Sandwich	370	170	19	1.5	0	35	430	36	2	7	13
Cranberry Walnut Chicken Salad on Country Rustic - Whole	1 Sandwich	730	340	38	3	0	70	860	72	4	14	27
Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	400	200	22	13	1	60	1290	36	1	7	16
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	390	43	26	1.5	125	2580	72	2	13	33
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half	1/2 Sandwich	480	250	27	8	0	90	850	33	3	2	25
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole	1 Sandwich	950	490	55	16	1	180	1700	65	6	4	50
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	310	60	7	2	0	10	660	53	3	5	9
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	610	130	14	4	0	15	1310	105	7	10	17
Smokehouse BBQ Chicken on Artisan Ciabatta - Half	1/2 Sandwich	420	90	10	4.5	0	60	1180	56	2	6	25
Smokehouse BBQ Chicken on Artisan Ciabatta - Whole	1 Sandwich	840	190	21	9	0	115	2370	112	4	11	50
Spicy Fiesta Chicken on Ciabatta - Half	1/2 Sandwich	480	140	16	8	0	80	1010	55	3	3	27



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Spicy Fiesta Chicken on Ciabatta - Whole	1 Sandwich	950	280	31	15	1	160	2020	111	6	6	55
Toasted Frontega Chicken® on Black Pepper Focaccia - Half	1/2 Sandwich	440	170	19	5	0	60	1210	43	2	2	23
Toasted Frontega Chicken® on Black Pepper Focaccia - Whole	1 Sandwich	880	350	38	11	0.5	120	2420	86	4	5	45
Toasted Garden Caprese Melt - Half	1/2 sandwich	500	220	24	8	0	40	710	53	2	4	16
Toasted Garden Caprese Melt - Whole	1 Sandwich	1000	430	48	16	0.5	80	1420	107	5	7	32
Toasted Italiano on Baguette - Half	1/2 Sandwich	670	290	32	10	0	75	2040	65	2	2	29
Toasted Italiano on Baguette - Whole	1 Sandwich	1340	580	64	20	0	155	4080	129	5	4	58
Tomato Basil BLT on Tomato Basil Miche - Half	1/2 Sandwich	440	210	24	5	0	30	810	47	2	4	10
Tomato Basil BLT on Tomato Basil Miche - Whole	1 Sandwich	880	430	47	10	0	55	1620	94	4	8	20
Tuna Salad on Country Rustic Sourdough - Half	1/2 Sandwich	300	130	14	2.5	0	25	560	30	2	2	12
Tuna Salad on Country Rustic Sourdough - Whole	1 Sandwich	600	260	29	4.5	0	50	1110	60	4	4	24
Turkey & Cheddar on Country Rustic Sourdough - Half	1/2 Sandwich	420	210	24	6	0	55	970	30	2	3	21
Turkey & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	840	430	47	12	0	110	1940	61	4	6	41
KIDS												
Broccoli Cheddar - Cup	1 Cup	240	140	16	13	1.5	45	1010	17	1	6	8
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	390	43	26	1.5	125	2580	72	2	13	33
Kids Ham & American Cheese on Classic White Miche - Whole	1 Sandwich	640	220	25	14	0.5	110	2530	67	2	12	38
Kids Turkey & American Cheese on Classic White Miche - Whole	1 Sandwich	640	210	23	13	0.5	105	2210	66	2	13	41
Mac & Cheese- Cup	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
SIDES												
Side - Apple	1 Apple	80	0	0	0	0	0	0	22	5	16	0

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Banana	1 Banana	90	5	0	0	0	0	0	23	3	12	1
Side Portion - French Baguette	2.4 oz (69g / about 3 1/3 inch slice)	200	5	0.5	0	0	0	410	41	1	0	6
Greek Yogurt with Mixed Berries	1 Parfait	250	80	9	4.5	0	25	80	29	2	17	16
Kettle Cooked Potato Chips	1 package	150	80	9	1	0	0	75	17	0	<1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0
Fruit Cup	1 container	60	0	0	0	0	0	10	15	2	9	1
SOUPS & MAC												
Bacon Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1170	340	38	19	1	90	2610	170	5	10	39
Bacon Mac & Cheese - Group	1 Container	2090	1290	143	75	4.5	370	5240	136	0	31	73
Bacon Mac & Cheese - Bowl	About 2 Cups	1050	640	72	38	2	185	2620	68	0	15	36
Bacon Mac & Cheese - Cup	About 1 Cup	520	320	36	19	1	90	1310	34	0	8	18
Bistro French Onion Soup - Group	1 Container	720	290	32	15	1	70	4770	82	2	29	24
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	840	100	11	4	0	20	2630	158	6	11	27
Bistro French Onion - Bowl	1 1/2 Cups	290	110	12	6	0	25	1990	33	1	13	9
Bistro French Onion - Cup	1 Cup	190	70	8	4	0	20	1330	22	1	8	6
Broccoli Cheddar - Bowl	1 1/2 Cups	360	210	24	19	2.5	65	1520	25	1	9	13
Broccoli Cheddar - Cup	1 Cup	240	140	16	13	1.5	45	1010	17	1	6	8
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	890	160	18	13	1.5	45	2320	152	6	8	29
Broccoli Cheddar Soup - Group	1 Container	840	500	55	44	6	155	3540	58	3	20	29
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	280	140	16	8	0.5	40	1410	27	3	7	8
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	830	110	13	6	0	30	2240	154	7	7	26
Cream of Chicken & Wild Rice - Cup	1 Cup	190	90	10	5	0	30	940	18	2	5	5
Cream of Chicken and Wild Rice - Group	1 Container	650	330	36	19	1.5	100	3280	64	6	17	18
Homestyle Chicken Noodle Soup - Bowl	1 bowl	180	40	4.5	1	0	45	1560	19	1	4	14
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	770	45	5	1	0	30	2350	149	6	5	30
Homestyle Chicken Noodle Soup - Cup	1 cup	120	25	3	1	0	30	1040	13	1	2	10
Homestyle Chicken Noodle Soup - Group	1 container	430	90	10	3	0	105	3640	45	3	8	33

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Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1130	310	34	18	1	85	2450	169	5	10	37
Mac & Cheese - Group	1 Container	1930	1160	128	70	4	335	4590	134	0	29	65
Mac & Cheese - Bowl	About 2 Cups	960	580	64	35	2	165	2300	67	0	15	32
Mac & Cheese- Cup	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
Mexican Style Street Corn Chowder - Bowl	1 bowl	310	170	19	10	0	45	1360	26	6	7	9
Mexican Style Street Corn Chowder - Bread Bowl	1 bread bowl with soup	840	130	14	7	0	30	2200	152	9	7	26
Mexican Style Street Corn Chowder - Cup	1 cup	190	110	12	7	0	30	900	16	4	4	6
Mexican Style Street Corn Chowder - Group	1 container	700	380	42	24	0	100	3150	59	13	15	20
Vegetarian Creamy Tomato Soup - Bowl	1 1/2 Cups	370	210	23	13	0.5	55	1120	35	1	17	4
Vegetarian Creamy Tomato Soup - Cup	1 Cup	250	140	16	9	0	40	770	25	1	12	3
Vegetarian Creamy Tomato Soup - Group	1 Container	900	510	56	31	1.5	130	2710	89	2	40	10
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	900	170	18	9	0	40	2070	161	6	14	23
CATERING												
Catering Butter Pat	1 pat	35	35	4	2.5	0	10	35	0	0	0	0
Catering Asian Sesame Chicken Salad - serves 10	2 Containers	2280	1070	119	16	2.5	465	5140	142	30	36	175
Catering Asian Sesame Chicken Salad - serves 10 (no nuts)	2 Containers	1850	740	82	13	2.5	465	5140	127	22	33	160
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1140	540	59	8	1	235	2570	71	15	18	88
Catering Asian Sesame Chicken Salad - serves 5 (no nuts)	1 Container	930	370	41	6	1	235	2570	64	11	16	80
Catering Asian Sesame Salad - Half	1/2 Salad	160	100	11	1.5	0	0	230	13	3	3	4
Catering Asian Sesame Salad - serves 10	2 Containers	1620	990	110	13	0.5	0	2300	134	30	32	39
Catering Asian Sesame Salad - serves 5	1 Container	810	490	55	6	0	0	1150	67	15	16	19
Catering Asian Sesame Salad - Whole	1 Salad	320	200	22	2.5	0	0	460	26	5	6	7
Catering Asian Sesame Salad - Half (no nuts and no chicken)	1/2 Salad	120	70	7	1	0	0	230	11	2	3	2

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Catering Asian Sesame Salad - Whole (no nuts and no chicken)	1 Salad	230	130	14	2	0	0	460	23	4	5	4
Catering Asian Sesame Salad - serves 10 (no nuts and no chicken)	2 Containers	1190	650	73	10	0.5	0	2300	119	22	29	24
Catering Asian Sesame Salad - serves 5 (no nuts and no chicken)	1 Container	600	330	36	5	0	0	1150	59	11	15	12
Catering Balsamic Chicken Greens with Grains Salad - Serves 10	2 Containers	3000	1340	149	34	2.5	545	6740	243	44	65	197
Catering Balsamic Chicken Greens with Grains Salad - Serves 5	1 Container	1500	670	74	17	1.5	275	3370	121	22	32	99
Catering Balsamic Greens with Grains Salad - Serves 10	2 Containers	2340	1260	140	31	0.5	80	3900	234	44	61	61
Catering Balsamic Greens with Grains Salad - Serves 5	1 Container	1170	630	70	15	0	40	1950	117	22	31	30
Catering Caesar Salad - Serves 10	2 Containers	2280	1500	167	43	2.5	290	4680	126	22	27	61
Catering Caesar Salad - Serves 5	1 Container	1140	750	83	22	1.5	145	2340	63	11	13	30
Catering Caesar Salad with Chicken - Serves 10	2 Containers	2940	1580	176	46	4.5	760	7510	134	22	31	197
Catering Caesar Salad with Chicken - Serves 5	1 Container	1470	790	88	23	2	380	3760	67	11	15	99
Catering Chipotle Aioli for Breakfast Sandwiches	about 0.5 oz	90	90	10	1.5	0	10	125	1	0	0	0
Catering French Baguette	1 Baguette	1190	40	4.5	1	0	0	2470	244	9	3	37
Catering Fuji Apple - Half	1/2 Salad	210	140	15	3	0	10	190	17	2	11	3
Catering Fuji Apple Salad - serves 10	2 Containers	2320	1470	163	30	1.5	75	2140	188	26	120	31
Catering Fuji Apple Salad - serves 5	1 Container	1160	730	82	15	1	40	1070	94	13	60	15
Catering Fuji Apple - Whole	1 Salad	430	270	30	6	0	15	390	35	5	22	6
Catering Fuji Apple without pecans - Half	1/2 Salad	160	90	10	2.5	0	10	190	16	2	11	2
Catering Fuji Apple Salad without pecans - serves 10	2 Containers	1790	1010	112	25	1.5	75	2130	177	21	117	24

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Catering Fuji Apple Salad without pecans - serves 5	1 Container	900	500	56	13	1	40	1070	89	11	58	12
Catering Fuji Apple without pecans - Whole	1 Salad	320	180	20	4.5	0	15	390	32	4	21	5
Catering Fuji Apple with Chicken Salad without Pecans- Serves 5	1 Container	1230	540	60	14	2	270	2480	93	11	60	80
Catering Fuji Apple with Chicken Salad - Serves 10	2 Containers	2990	1550	172	33	3.5	545	4970	197	26	123	167
Catering Fuji Apple with Chicken Salad - Serves 5	1 Container	1490	770	86	17	2	270	2490	98	13	62	84
Catering Fuji Apple with Chicken Salad without Pecans- Serves 10	2 Containers	2450	1090	121	28	3.5	545	4970	186	21	121	160
Catering Garlic Aioli for Breakfast Sandwiches	about 0.5 oz	110	110	12	2	0	15	75	0	0	0	0
Catering Greek Salad - Serves 10	2 Containers	2340	1860	207	47	1.5	150	6080	92	25	42	41
Catering Greek Salad - Serves 5	1 Container	1170	930	103	24	1	75	3040	46	13	21	21
Catering Greek Salad with Chicken - Serves 10	2 Containers	3000	1940	216	50	3.5	620	8920	100	25	46	178
Catering Greek Salad with Chicken - Serves 5	1 Container	1500	970	108	25	1.5	310	4460	50	13	23	89
Catering Green Goddess Cobb Salad with Chicken - Serves 10	2 Containers	2650	1360	151	36	2.5	1505	6090	119	35	58	217
Catering Green Goddess Cobb Salad with Chicken - Serves 5	1 Container	1320	680	75	18	1	755	3040	59	18	29	108
Catering Ham & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	850	440	49	13	0	120	2260	63	3	5	38
Catering Mediterranean Chicken Greens with Grains Salad- Serves 10	2 Containers	3530	1980	220	42	3	545	7020	210	33	33	188
Catering Mediterranean Chicken Greens with Grains Salad- Serves 5	1 Container	1760	990	110	21	1.5	270	3510	105	17	17	94
Catering Mediterranean Greens with Grains Salad- Serves 10	2 Containers	2870	1900	211	39	1	75	4180	201	33	29	52
Catering Mediterranean Greens with Grains Salad- Serves 5	1 Container	1430	950	105	19	0	40	2090	101	17	15	26

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Catering Ranch Cobb Salad - Serves 10	2 Containers	2500	1870	208	51	1	1195	5020	87	18	49	76
Catering Ranch Cobb Salad - Serves 5	1 Container	1250	940	104	25	0	595	2510	44	9	25	38
Catering Southwest Chicken Ranch Salad - Serves 10	2 Containers	3530	2200	244	36	2.5	600	5490	182	50	57	169
Catering Southwest Chicken Ranch Salad - Serves 5	1 Container	1770	1100	122	18	1.5	300	2740	91	25	28	85
Catering Strawberry Chicken Caprese Salad - Serves 10	2 Containers	3050	1680	187	69	4.5	720	5930	117	19	76	232
Catering Strawberry Chicken Caprese Salad - Serves 5	1 Container	1530	840	93	34	2	360	2970	59	9	38	116
Catering Strawberry Chicken Caprese Salad No Pecans - Serves 10	2 Containers	2520	1220	135	64	4.5	720	5930	107	14	73	225
Catering Strawberry Chicken Caprese Salad No Pecans- Serves 5	1 Container	1260	610	68	32	2	360	2960	53	7	37	112
Catering Strawberry Caprese Salad - Half	1/2 Salad	230	160	17	6	0	25	290	10	2	7	9
Catering Strawberry Caprese Salad - Serves 10	2 Containers	2390	1600	178	65	2.5	255	3100	109	19	72	96
Catering Strawberry Caprese Salad - Serves 5	1 Container	1200	800	89	33	1.5	125	1550	55	9	36	48
Catering Strawberry Caprese Salad - Whole	1 Salad	460	310	35	13	0.5	50	580	20	4	13	19
Catering Strawberry Caprese Salad No Pecans - Half	1/2 Salad	180	110	12	6	0	25	290	9	1	6	9
Catering Strawberry Caprese Salad No Pecans - Serves 10	2 Containers	1860	1140	126	61	2.5	255	3090	98	14	69	89
Catering Strawberry Caprese Salad No Pecans- Serves 5	1 Container	930	570	63	30	1.5	125	1550	49	7	35	44
Catering Strawberry Caprese Salad No Pecans - Whole	1 Salad	360	220	24	12	0.5	50	580	18	3	13	17
Catering Strawberry Poppyseed Salad without Pecans- Serves 10	2 Containers	740	50	5	0.5	0	0	850	174	31	132	17

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Catering Strawberry Poppyseed Salad without Pecans - Serves 5	1 Container	370	25	2.5	0	0	0	430	87	15	66	9
Catering Strawberry Poppyseed Salad - Serves 10	2 Containers	1270	510	57	5	0	0	850	185	36	135	24
Catering Strawberry Poppyseed Salad - Serves 5	1 Container	640	260	28	2.5	0	0	430	92	18	67	12
Catering Strawberry Poppyseed with Chicken Salad without Pecans- Serves 10	2 Containers	1400	130	14	3.5	2	465	3690	183	31	136	154
Catering Strawberry Poppyseed with Chicken Salad without Pecans - Serves 5	1 Container	700	60	7	2	1	235	1840	91	15	68	77
Catering Strawberry Poppyseed with Chicken Salad - Serves 10	2 Containers	1930	590	66	8	2	465	3690	193	36	139	161
Catering Strawberry Poppyseed with Chicken Salad - Serves 5	1 Container	970	300	33	4	1	235	1840	97	18	69	80
Catering Summer Fruit Bowl - Serves 10	2 containers	670	30	3.5	0	0	0	60	169	23	103	10
Catering Summer Fruit Bowl - Serves 5	1 container	330	15	1.5	0	0	0	30	85	12	52	5
NON-TRADITIONAL GRAB N GO												
Chicken Caesar Wrap	1 Wrap	480	200	22	5	0	80	1050	39	13	6	35
Green Goddess Chicken Wrap	1 Wrap	460	160	18	3.5	0	55	1010	44	14	9	34
Hard Boiled Eggs	1 Container	150	100	11	3.5	0	375	125	1	0	1	13
Frontega Chicken Wrap	1 Wrap	460	190	21	6	0	60	1160	37	12	5	33
Turkey & Cheddar Wrap	1 wrap	460	190	22	6	0	50	1120	37	12	6	33