

# Panera Bread® Nutrition Guide - Version 1

Effective: 6/25/2025 EDITION 1

## BAGELS & SPREADS

|                                                        | 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) |
|--------------------------------------------------------|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Asiago Cheese Bagel                                    | 1 Bagel      | 320             | 50                       | 5       | 3                 | 0                    | 15               | 540         | 55                | 2                       | 4                | 14          |
| Blueberry Bagel                                        | 1 Bagel      | 290             | 10                       | 1       | 0                 | 0                    | 0                | 390         | 61                | 2                       | 10               | 10          |
| Cinnamon Crunch Bagel                                  | 1 Bagel      | 420             | 60                       | 7       | 5                 | 0                    | 0                | 380         | 82                | 2                       | 33               | 9           |
| Cinnamon Swirl & Raisin Bagel                          | 1 Bagel      | 320             | 15                       | 1.5     | 1                 | 0                    | 0                | 410         | 65                | 3                       | 12               | 10          |
| Everything Bagel                                       | 1 Bagel      | 290             | 15                       | 1.5     | 0                 | 0                    | 0                | 560         | 58                | 2                       | 4                | 10          |
| 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 | 180             | 25                       | 3       | 0                 | 0                    | 0                | 460         | 32                | 3                       | 1                | 7           |
| Plain Bagel                                            | 1 Bagel      | 280             | 10                       | 1       | 0                 | 0                    | 0                | 410         | 57                | 2                       | 4                | 10          |
| Sesame Bagel                                           | 1 Bagel      | 300             | 25                       | 3       | 0                 | 0                    | 0                | 410         | 58                | 2                       | 4                | 11          |

## BREADS

|                                                                      |                                    |     |     |     |     |     |    |     |    |   |   |   |
|----------------------------------------------------------------------|------------------------------------|-----|-----|-----|-----|-----|----|-----|----|---|---|---|
| Artisan Ciabatta                                                     | 2 oz (about 3 1/2 inch slice/ 57g) | 150 | 10  | 1.5 | 0   | 0   | 0  | 280 | 30 | 1 | 0 | 6 |
| Black Pepper Focaccia                                                | 2 oz (57g / about 5 inch slice)    | 140 | 15  | 1.5 | 0   | 0   | 0  | 350 | 26 | 1 | 0 | 5 |
| Bread Portion - Half Sandwich & Breakfast - Artisan Ciabatta         | 1/4 Loaf                           | 200 | 15  | 2   | 0   | 0   | 0  | 360 | 38 | 2 | 1 | 7 |
| Bread Portion - Half Sandwich & Breakfast - Black Pepper Focaccia    | 1/4 Loaf                           | 180 | 20  | 2   | 0   | 0   | 0  | 440 | 33 | 1 | 1 | 6 |
| Bread Portion - Half Sandwich & Breakfast- Classic White Miche       | 1 Slice                            | 190 | 40  | 4.5 | 2.5 | 0   | 15 | 300 | 31 | 1 | 4 | 6 |
| Bread Portion - Half Sandwich & Breakfast - Country Rustic Sourdough | 1 Slice                            | 110 | 5   | 0   | 0   | 0   | 0  | 190 | 22 | 1 | 0 | 4 |
| Bread Portion - Croissant                                            | 1 Croissant                        | 290 | 130 | 14  | 8   | 0.5 | 45 | 390 | 32 | 1 | 6 | 6 |

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|----------------------------------------------------------------|-------------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Bread Portion - Half Sandwich & Breakfast - French Baguette    | 1/4 Baguette                        | 270             | 10                       | 1       | 0                 | 0                    | 0                | 680         | 54                | 2                       | 1                | 10          |
| Bread Portion - Half Sandwich & Breakfast - Tomato Basil Miche | 1 Slice                             | 150             | 5                        | 0.5     | 0                 | 0                    | 0                | 360         | 30                | 1                       | 1                | 5           |
| Classic White Miche                                            | 2 oz (about 2/3 inch slice / 57g)   | 160             | 35                       | 4       | 2                 | 0                    | 10               | 260         | 27                | 1                       | 4                | 6           |
| Country Rustic Sourdough                                       | 2 oz (about 2/3 inch slice / 57 g)  | 130             | 5                        | 0       | 0                 | 0                    | 0                | 240         | 28                | 1                       | 0                | 5           |
| French Baguette                                                | 2 oz (57g / about 2 3/4 inch slice) | 150             | 5                        | 0       | 0                 | 0                    | 0                | 370         | 30                | 1                       | 1                | 5           |
| New England Roll                                               | 1 Roll                              | 250             | 40                       | 4.5     | 1.5               | 0                    | 10               | 440         | 44                | 1                       | 5                | 9           |
| Sourdough Bread Bowl                                           | 1 Bread Bowl                        | 670             | 40                       | 4.5     | 0                 | 0                    | 0                | 1160        | 130               | 4                       | 2                | 27          |
| Tomato Basil Miche                                             | 2 oz (57g / about 1/2 inch slice)   | 130             | 5                        | 0       | 0                 | 0                    | 0                | 330         | 27                | 1                       | 1                | 5           |
| Whole Grain Lahvash                                            | 1 Lahvash                           | 170             | 35                       | 4       | 0.5               | 0                    | 0                | 310         | 25                | 9                       | 3                | 12          |
| <b>BREAKFAST</b>                                               |                                     |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Bacon, Egg & Cheese on Ciabatta                                | 1 Sandwich                          | 430             | 180                      | 20      | 9                 | 0                    | 295              | 760         | 40                | 2                       | 1                | 22          |
| Bacon Double Take on Black Pepper Focaccia                     | 1 Sandwich                          | 510             | 260                      | 29      | 14                | 0                    | 315              | 1360        | 37                | 1                       | 2                | 27          |
| Bacon, Egg & Cheese on Croissant                               | 1 Sandwich                          | 510             | 290                      | 32      | 17                | 1                    | 340              | 790         | 34                | 1                       | 6                | 21          |
| Chipotle Chicken, Egg & Avo on Ciabatta                        | 1 Sandwich                          | 550             | 270                      | 30      | 10                | 0                    | 315              | 1020        | 44                | 4                       | 2                | 27          |
| Classic Avo Toast                                              | 1 Toast                             | 230             | 100                      | 11      | 1.5               | 0                    | 0                | 250         | 27                | 5                       | 1                | 5           |
| Egg Whites                                                     | 1 Portion                           | 30              | 5                        | 0       | 0                 | 0                    | 0                | 100         | 1                 | 0                       | 0                | 6           |
| Souffle - Four Cheese                                          | 1 Souffle                           | 470             | 270                      | 30      | 16                | 1                    | 185              | 830         | 36                | 1                       | 8                | 14          |
| Garden Avo & Egg White on Multigrain Bagel Flat                | 1 Sandwich                          | 340             | 130                      | 14      | 5                 | 0                    | 20               | 720         | 36                | 5                       | 3                | 19          |
| Green Goddess Avo Toast                                        | 1 Toast                             | 290             | 140                      | 15      | 3                 | 0                    | 10               | 480         | 31                | 5                       | 3                | 7           |
| Ham Croissant Benny                                            | 1 Sandwich                          | 440             | 220                      | 24      | 13                | 0.5                  | 335              | 920         | 34                | 1                       | 7                | 19          |
| Ham, Egg & Cheese on Ciabatta                                  | 1 Sandwich                          | 410             | 150                      | 17      | 8                 | 0                    | 300              | 930         | 40                | 2                       | 1                | 25          |
| Asiago Sausage & Egg on Asiago Bagel                           | 1 Sandwich                          | 790             | 420                      | 47      | 18                | 0                    | 345              | 1470        | 58                | 2                       | 5                | 32          |
| Sausage, Egg & Cheese on Ciabatta                              | 1 Sandwich                          | 570             | 290                      | 32      | 14                | 0                    | 320              | 1010        | 40                | 2                       | 1                | 28          |
| Sausage, Egg & Cheese on Croissant                             | 1 Sandwich                          | 660             | 400                      | 45      | 22                | 1                    | 365              | 1040        | 34                | 1                       | 6                | 26          |

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|                                                                              | 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) |
|------------------------------------------------------------------------------|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Scrambled Egg                                                                | 1 egg        | 90              | 60                       | 7       | 3                 | 0                    | 265              | 90          | 1                 | 0                       | 0                | 8           |
| Egg & Cheese on Ciabatta                                                     | 1 Sandwich   | 380             | 140                      | 16      | 7                 | 0                    | 285              | 610         | 40                | 2                       | 1                | 20          |
| Egg & Cheese on Croissant                                                    | 1 Sandwich   | 470             | 250                      | 28      | 15                | 1                    | 330              | 640         | 34                | 1                       | 6                | 18          |
| Souffle - Spinach & Bacon                                                    | 1 Souffle    | 550             | 330                      | 37      | 19                | 1                    | 195              | 940         | 36                | 1                       | 8                | 19          |
| Steak & Wake on Ciabatta                                                     | 1 Sandwich   | 470             | 170                      | 19      | 9                 | 0                    | 320              | 920         | 41                | 2                       | 1                | 33          |
| Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping        | 1 Bowl       | 370             | 130                      | 14      | 2                 | 0                    | 0                | 170         | 52                | 7                       | 17               | 8           |
| Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans | 1 Bowl       | 260             | 35                       | 4       | 1                 | 0                    | 0                | 170         | 50                | 6                       | 16               | 7           |
| <b>DRESSINGS &amp; SAUCES</b>                                                |              |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| 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               | 140         | 1                 | 0                       | 0                | 0           |
| Sauce - Garlic Aioli - Sandwich Portion                                      | 1 portion    | 110             | 110                      | 12      | 2                 | 0                    | 20               | 95          | 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           |
| 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           |



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|-------------------------------------------------------------------|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Spread - Hummus - Sandwich Portion                                | 1 portion         | 60              | 40                       | 4.5     | 0.5               | 0                    | 0                | 150         | 4                 | 1                       | 1                | 2           |
| Dressing - Italian - Half                                         | 1 1/2 tbsp        | 80              | 70                       | 8       | 1                 | 0                    | 0                | 360         | 1                 | 0                       | 1                | 0           |
| Dressing - Italian - Whole                                        | 3 tbsp            | 150             | 140                      | 16      | 2.5               | 0                    | 0                | 710         | 3                 | 0                       | 2                | 0           |
| 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- Cheese Hollandaise - Breakfast Sandwich Portion            | 1 portion         | 25              | 20                       | 2       | 1.5               | 0                    | 10               | 105         | 1                 | 0                       | 0                | 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           |
| <b>DRINKS</b>                                                     |                   |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Additional Shot of Caramel Syrup                                  | 1 Shot            | 45              | 0                        | 0       | 0                 | 0                    | 0                | 45          | 11                | 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) | 320             | 80                       | 9       | 6                 | 0                    | 35               | 250         | 50                | 0                       | 44               | 9           |
| Caramel Latte - 20 fl oz                                 | 20 fl oz (591mL)  | 400             | 90                       | 10      | 7                 | 0                    | 40               | 320         | 64                | 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           |



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|                                        | 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) |
|----------------------------------------|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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           |
| 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           |



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|-----------------------------------------------------------------------------------|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Drive Thru - Agave Lemonade - 30 fl oz                                            | 30 fl oz (887 mL) | 190             | 0                        | 0       | 0                 | 0                    | 0                | 15          | 48                | 0                       | 44               | 0           |
| 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           |



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|------------------------------------------------------------------------------------------------|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Drive Thru - Fanta Orange - 20 fl oz                                                           | 20 fl oz (591 mL) | 160             | 0                        | 0       | 0                 | 0                    | 0                | 40          | 42                | 0                       | 42               | 0           |
| 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                       | 21               | 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           |

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|----------------------------------------------------------|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Drive Thru - Sprite - 20 fl oz                           | 20 fl oz (591 mL) | 140             | 0                        | 0       | 0                 | 0                    | 0                | 70          | 38                | 0                       | 38               | 0           |
| 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 - Strawberry Basil Lemonade Fresca - 20 fl oz | 20 fl oz (591 mL) | 150             | 0                        | 0       | 0                 | 0                    | 0                | 15          | 36                | 1                       | 32               | 1           |
| Drive Thru - Strawberry Basil Lemonade Fresca - 30 fl oz | 30 fl oz (887 mL) | 220             | 5                        | 0       | 0                 | 0                    | 0                | 20          | 55                | 1                       | 49               | 1           |
| Drive Thru - Sweet Iced Tea - 20 fl oz                   | 20 fl oz (591 mL) | 130             | 0                        | 0       | 0                 | 0                    | 0                | 15          | 34                | 0                       | 32               | 0           |
| Drive Thru - Sweet Tea - 30 fl oz                        | 30 fl oz (887 mL) | 190             | 0                        | 0       | 0                 | 0                    | 0                | 25          | 50                | 0                       | 49               | 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           |

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|---------------------------------------------------------------|---------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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           |
| 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 Caffé 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)   | 350             | 90                       | 10      | 7                 | 0                    | 40               | 280         | 53                | 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          |

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|--------------------------------------------------------------------------------------|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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                       | 36               | 0           |
| Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz                          | 30 fl oz (887 mL)        | 220             | 0                        | 0       | 0                 | 0                    | 0                | 40          | 54                | 0                       | 54               | 0           |
| Passion Papaya Naturally Flavored Iced Green Tea - Serves 4 - Group                  | 1 Container              | 460             | 0                        | 0       | 0                 | 0                    | 0                | 85          | 115               | 0                       | 115              | 0           |
| Passion Papaya Naturally Flavored Iced Green Tea - Serves 8 - Group                  | 2 Containers             | 920             | 0                        | 0       | 0                 | 0                    | 0                | 170         | 229               | 0                       | 230              | 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           |

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|                                                                                      | 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) |
|--------------------------------------------------------------------------------------|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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           |
| 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 Basil Lemonade Fresca - 20 fl oz                                          | 20 fl oz (591 mL)        | 260             | 0                        | 0       | 0                 | 0                    | 0                | 20          | 63                | 1                       | 57               | 1           |
| Strawberry Basil Lemonade Fresca - 30 fl oz                                          | 30 fl oz (887 mL)        | 390             | 5                        | 0       | 0                 | 0                    | 0                | 30          | 95                | 1                       | 86               | 1           |

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|                                                     | 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) |
|-----------------------------------------------------|------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Strawberry Basil Lemonade Fresca - Serves 4 - Group | 1 Container            | 820             | 5                        | 0.5     | 0                 | 0                    | 0                | 65          | 202               | 3                       | 183              | 2           |
| Strawberry Basil Lemonade Fresca - Serves 8 - Group | 2 Containers           | 1640            | 10                       | 1.5     | 0                 | 0                    | 0                | 125         | 404               | 6                       | 366              | 4           |
| 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          |
| Substitute Almondmilk - 20 fl oz                    | 10 fl oz (296 mL)      | 50              | 40                       | 4.5     | 0                 | 0                    | 0                | 120         | 2                 | 1                       | 0                | 2           |
| Sweet Iced Tea - 20 fl oz                           | 20 fl oz (591 mL)      | 170             | 0                        | 0       | 0                 | 0                    | 0                | 15          | 45                | 0                       | 44               | 0           |
| Sweet Iced Tea - 30 fl oz                           | 30 fl oz (887 mL)      | 260             | 0                        | 0       | 0                 | 0                    | 0                | 25          | 68                | 0                       | 65               | 0           |
| Sweet Tea - Serves 4 - Group                        | 1 Container (1893 mL)  | 560             | 0                        | 0       | 0                 | 0                    | 0                | 55          | 145               | 0                       | 140              | 0           |
| Sweet Tea - Serves 8 - Group                        | 2 Containers (3785 mL) | 1120            | 0                        | 0       | 0                 | 0                    | 0                | 110         | 290               | 0                       | 279              | 0           |
| Tropical Green Smoothie - 16 fl oz                  | 16 fl oz (473mL)       | 200             | 5                        | 0       | 0                 | 0                    | 0                | 60          | 48                | 2                       | 41               | 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           |
| Wild Cherry Pepsi 30 fl oz                          | 30 fl oz (887 mL)      | 390             | 0                        | 0       | 0                 | 0                    | 0                | 80          | 106               | 0                       | 105              | 0           |
| <b>PASTRIES &amp; SWEETS</b>                        |                        |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| 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           |

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|--------------------------------------------------|----------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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      | 8                 | 0                    | 0                | 95          | 23                | 3                       | 18               | 3           |
| Cookie - Coconut Macaroon                        | 1 macaroon     | 180             | 80                       | 9       | 8                 | 0                    | 0                | 105         | 24                | 2                       | 19               | 3           |
| Cranberry Orange Loaf Slice - Naturally Flavored | 1 Slice        | 380             | 110                      | 12      | 9                 | 0                    | 50               | 290         | 61                | 3                       | 33               | 6           |
| 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 - Flip Flop Shortbread                    | 1 Cookie       | 440             | 190                      | 21      | 13                | 1                    | 65               | 200         | 59                | 1                       | 34               | 4           |
| 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         | 49                | 1                       | 23               | 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           |
| Brownie Cheesecake Bites                         | 1 Bite         | 130             | 60                       | 7       | 3                 | 0                    | 15               | 40          | 15                | 1                       | 9                | 2           |
| <b>SALADS</b>                                    |                |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| 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          |

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|-------------------------------------------------------|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Balsamic Chicken Greens with Grains Salad - Half      | 1/2 Salad    | 300             | 130                      | 15      | 3.5               | 0                    | 55               | 670         | 24                | 4                       | 6                | 19          |
| Balsamic Chicken Greens with Grains Salad - Whole     | 1 Salad      | 600             | 270                      | 30      | 7                 | 0.5                  | 110              | 1330        | 47                | 8                       | 12               | 39          |
| Balsamic Greens with Grains Salad - Half              | 1/2 Salad    | 230             | 130                      | 14      | 3                 | 0                    | 10               | 380         | 23                | 4                       | 6                | 6           |
| Balsamic Greens with Grains Salad - Whole             | 1 Salad      | 470             | 250                      | 28      | 6                 | 0                    | 15               | 770         | 46                | 8                       | 11               | 11          |
| 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          |
| Italian Market Salad - Half                           | 1/2 Salad    | 340             | 220                      | 24      | 8                 | 0                    | 40               | 1270        | 18                | 2                       | 3                | 14          |
| Italian Market Salad - Whole                          | 1 Salad      | 680             | 430                      | 48      | 17                | 1                    | 80               | 2540        | 36                | 5                       | 5                | 28          |
| Mediterranean Chicken Greens with Grains Salad - Half | 1/2 Salad    | 340             | 180                      | 20      | 4                 | 0                    | 55               | 690         | 21                | 3                       | 3                | 19          |

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|-----------------------------------------------------------|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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           |
| Mediterranean Greens with Grains Salads - Whole           | 1 Salad      | 540             | 350                      | 39      | 7                 | 0                    | 15               | 820         | 40                | 7                       | 6                | 11          |
| Ranch Parm BLT Salad - Half                               | 1/2 Salad    | 330             | 230                      | 25      | 7                 | 0                    | 35               | 800         | 15                | 2                       | 4                | 10          |
| Ranch Parm BLT Salad - Whole                              | 1 Salad      | 650             | 450                      | 50      | 14                | 0                    | 75               | 1600        | 30                | 4                       | 8                | 20          |
| 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              | 1070        | 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 Caprese Salad - Half                           | 1/2 Salad    | 230             | 160                      | 17      | 6                 | 0                    | 25               | 290         | 10                | 2                       | 7                | 9           |
| Strawberry Caprese Salad - Whole                          | 1 Salad      | 460             | 310                      | 35      | 13                | 0.5                  | 50               | 580         | 20                | 4                       | 13               | 19          |
| 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 Caprese Salad without Pecans - Half            | 1/2 Salad    | 180             | 110                      | 12      | 6                 | 0                    | 25               | 290         | 9                 | 1                       | 6                | 9           |
| Strawberry Caprese Salad without Pecans - Whole           | 1 Salad      | 360             | 220                      | 24      | 12                | 0.5                  | 50               | 580         | 18                | 3                       | 13               | 17          |
| 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          |

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|------------------------------------------------------------------|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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           |
| <b>SANDWICHES</b>                                                |              |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Bacon Turkey Bravo on Tomato Basil - Half                        | 1/2 Sandwich | 420             | 180                      | 20      | 7                 | 0                    | 65               | 1190        | 37                | 2                       | 5                | 23          |
| Bacon Turkey Bravo on Tomato Basil - Whole                       | 1 Sandwich   | 840             | 360                      | 40      | 14                | 0.5                  | 130              | 2380        | 73                | 3                       | 10               | 47          |
| Chicken Bacon Rancher on Black Pepper Focaccia Round - Half      | 1/2 Sandwich | 450             | 200                      | 22      | 7                 | 0                    | 85               | 1150        | 36                | 2                       | 2                | 27          |
| Chicken Bacon Rancher on Black Pepper Focaccia Round - Whole     | 1 Sandwich   | 900             | 400                      | 45      | 14                | 1                    | 165              | 2290        | 72                | 3                       | 4                | 54          |
| Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Half  | 1/2 Sandwich | 460             | 220                      | 24      | 7                 | 0                    | 70               | 1250        | 38                | 3                       | 2                | 24          |
| Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Whole | 1 Sandwich   | 930             | 440                      | 49      | 14                | 0.5                  | 135              | 2490        | 75                | 7                       | 4                | 48          |
| Ciabatta Cheesesteak - Half                                      | 1/2 Sandwich | 530             | 240                      | 26      | 8                 | 0                    | 65               | 960         | 46                | 3                       | 5                | 26          |
| Ciabatta Cheesesteak - Whole                                     | 1 Sandwich   | 1050            | 470                      | 53      | 15                | 0                    | 130              | 1910        | 92                | 5                       | 11               | 52          |
| Cranberry Walnut Chicken Salad on Country Rustic - Half          | 1/2 Sandwich | 320             | 150                      | 16      | 2                 | 0                    | 40               | 410         | 29                | 2                       | 6                | 16          |
| Cranberry Walnut Chicken Salad on Country Rustic - Whole         | 1 Sandwich   | 640             | 290                      | 33      | 3.5               | 0                    | 80               | 830         | 57                | 4                       | 11               | 32          |
| Grilled Cheese on Classic White Miche - Half                     | 1/2 Sandwich | 410             | 200                      | 22      | 13                | 1                    | 65               | 1280        | 36                | 1                       | 6                | 16          |
| Grilled Cheese on Classic White Miche - Whole                    | 1 Sandwich   | 810             | 390                      | 44      | 26                | 1.5                  | 130              | 2570        | 72                | 2                       | 13               | 33          |
| Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half     | 1/2 Sandwich | 450             | 250                      | 27      | 8                 | 0                    | 90               | 840         | 27                | 3                       | 2                | 25          |

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|                                                               | 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) |
|---------------------------------------------------------------|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole | 1 Sandwich   | 900             | 490                      | 54      | 16                | 1                    | 185              | 1670        | 55                | 6                       | 4                | 50          |
| Mediterranean Veggie on Tomato Basil - Half                   | 1/2 Sandwich | 250             | 60                       | 7       | 2                 | 0                    | 10               | 650         | 38                | 3                       | 4                | 9           |
| Mediterranean Veggie on Tomato Basil - Whole                  | 1 Sandwich   | 490             | 130                      | 14      | 3.5               | 0                    | 15               | 1290        | 76                | 6                       | 8                | 18          |
| Smokehouse BBQ Chicken on Artisan Ciabatta - Half             | 1/2 Sandwich | 370             | 90                       | 10      | 4.5               | 0                    | 60               | 1130        | 45                | 2                       | 6                | 25          |
| Smokehouse BBQ Chicken on Artisan Ciabatta - Whole            | 1 Sandwich   | 730             | 180                      | 20      | 9                 | 0                    | 115              | 2250        | 90                | 4                       | 11               | 49          |
| Spicy Fiesta Chicken on Ciabatta - Half                       | 1/2 Sandwich | 420             | 140                      | 15      | 8                 | 0                    | 80               | 950         | 45                | 2                       | 3                | 27          |
| Spicy Fiesta Chicken on Ciabatta - Whole                      | 1 Sandwich   | 850             | 270                      | 30      | 15                | 1                    | 160              | 1900        | 89                | 5                       | 6                | 54          |
| Toasted Frontega Chicken® on Black Pepper Focaccia - Half     | 1/2 Sandwich | 390             | 160                      | 18      | 5                 | 0                    | 60               | 1190        | 36                | 2                       | 2                | 23          |
| Toasted Frontega Chicken® on Black Pepper Focaccia - Whole    | 1 Sandwich   | 790             | 320                      | 36      | 10                | 0.5                  | 120              | 2380        | 73                | 4                       | 5                | 45          |
| Toasted Garden Caprese Melt - Half                            | 1/2 sandwich | 450             | 210                      | 24      | 8                 | 0                    | 45               | 670         | 43                | 2                       | 4                | 16          |
| Toasted Garden Caprese Melt - Whole                           | 1 Sandwich   | 890             | 420                      | 47      | 16                | 0.5                  | 85               | 1340        | 85                | 4                       | 7                | 32          |
| Toasted Italiano on Baguette - Half                           | 1/2 Sandwich | 640             | 290                      | 32      | 10                | 0                    | 80               | 2110        | 58                | 2                       | 2                | 30          |
| Toasted Italiano on Baguette - Whole                          | 1 Sandwich   | 1280            | 580                      | 64      | 20                | 0                    | 160              | 4230        | 116               | 4                       | 5                | 60          |
| Italian Steak & Mozz on Black Pepper Focaccia - Half          | 1/2 Sandwich | 470             | 230                      | 26      | 7                 | 0                    | 60               | 1100        | 37                | 2                       | 2                | 24          |
| Italian Steak & Mozz on Black Pepper Focaccia - Whole         | 1 Sandwich   | 950             | 470                      | 52      | 14                | 0.5                  | 125              | 2190        | 74                | 5                       | 5                | 47          |
| Tomato Basil BLT on Tomato Basil Miche - Half                 | 1/2 Sandwich | 380             | 210                      | 23      | 5                 | 0                    | 30               | 800         | 33                | 2                       | 3                | 11          |
| Tomato Basil BLT on Tomato Basil Miche - Whole                | 1 Sandwich   | 760             | 420                      | 47      | 10                | 0                    | 55               | 1600        | 65                | 3                       | 6                | 21          |
| Tuna Salad on Country Rustic Sourdough - Half                 | 1/2 Sandwich | 270             | 130                      | 14      | 2.5               | 0                    | 25               | 530         | 25                | 2                       | 2                | 12          |

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|--------------------------------------------------------------|---------------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Tuna Salad on Country Rustic Sourdough - Whole               | 1 Sandwich                            | 550             | 260                      | 28      | 4.5               | 0                    | 50               | 1060        | 49                | 4                       | 4                | 24          |
| Turkey & Cheddar on Country Rustic Sourdough - Half          | 1/2 Sandwich                          | 390             | 210                      | 24      | 6                 | 0                    | 55               | 940         | 25                | 2                       | 3                | 20          |
| Turkey & Cheddar on Country Rustic Sourdough - Whole         | 1 Sandwich                            | 790             | 420                      | 47      | 12                | 0                    | 110              | 1880        | 50                | 3                       | 6                | 41          |
| <b>KIDS</b>                                                  |                                       |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| 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                      | 44      | 26                | 1.5                  | 130              | 2570        | 72                | 2                       | 13               | 33          |
| Kids Ham & American Cheese on Classic White Miche - Whole    | 1 Sandwich                            | 650             | 220                      | 25      | 14                | 0.5                  | 115              | 2520        | 68                | 2                       | 11               | 39          |
| Kids Turkey & American Cheese on Classic White Miche - Whole | 1 Sandwich                            | 640             | 210                      | 24      | 13                | 0.5                  | 110              | 2200        | 66                | 2                       | 12               | 41          |
| Mac & Cheese- Cup                                            | About 1 Cup                           | 480             | 290                      | 32      | 17                | 1                    | 85               | 1150        | 34                | 0                       | 7                | 16          |
| <b>SIDES</b>                                                 |                                       |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Side - Apple                                                 | 1 Apple                               | 80              | 0                        | 0       | 0                 | 0                    | 0                | 0           | 22                | 5                       | 16               | 0           |
| 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) | 180             | 5                        | 0.5     | 0                 | 0                    | 0                | 450         | 36                | 1                       | 1                | 7           |
| 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                       | 0                | 2           |
| Side - Pickle Spear                                          | 1 Spear                               | 5               | 0                        | 0       | 0                 | 0                    | 0                | 240         | 1                 | 0                       | 0                | 0           |
| Summer Fruit Cup                                             | 1 container                           | 60              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 15                | 2                       | 9                | 1           |
| <b>SOUPS &amp; MAC</b>                                       |                                       |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Bacon Mac & Cheese - Bread Bowl                              | 1 Bread bowl with mac & cheese        | 1190            | 360                      | 40      | 19                | 1                    | 90               | 2470        | 164               | 4                       | 10               | 45          |
| 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          |

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|                                                | 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) |
|------------------------------------------------|--------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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         | 860             | 110                      | 13      | 4.5               | 0                    | 20               | 2490        | 153               | 5                       | 10               | 33          |
| 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         | 910             | 180                      | 20      | 13                | 1.5                  | 45               | 2170        | 147               | 5                       | 8                | 35          |
| 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         | 860             | 130                      | 15      | 6                 | 0                    | 30               | 2100        | 149               | 6                       | 7                | 32          |
| 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             | 50                       | 5       | 1.5               | 0                    | 50               | 1730        | 19                | 1                       | 4                | 14          |
| Homestyle Chicken Noodle Soup - Bread Bowl     | 1 bread bowl with soup         | 790             | 70                       | 8       | 1.5               | 0                    | 35               | 2310        | 143               | 5                       | 4                | 36          |
| Homestyle Chicken Noodle Soup - Cup            | 1 cup                          | 120             | 30                       | 3.5     | 1                 | 0                    | 35               | 1150        | 13                | 1                       | 2                | 10          |
| Homestyle Chicken Noodle Soup - Group          | 1 container                    | 430             | 110                      | 12      | 4                 | 0                    | 120              | 4030        | 45                | 3                       | 9                | 33          |
| Mac & Cheese - Bread Bowl                      | 1 Bread bowl with mac & cheese | 1150            | 330                      | 36      | 18                | 1                    | 85               | 2310        | 164               | 4                       | 9                | 43          |
| 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                         | 360             | 160                      | 18      | 9                 | 0.5                  | 40               | 1330        | 43                | 4                       | 7                | 7           |
| Mexican Style Street Corn Chowder - Bread Bowl | 1 bread bowl with soup         | 900             | 140                      | 16      | 6                 | 0                    | 30               | 2050        | 158               | 7                       | 7                | 31          |
| Mexican Style Street Corn Chowder - Cup        | 1 cup                          | 230             | 100                      | 11      | 6                 | 0                    | 30               | 880         | 28                | 2                       | 5                | 5           |
| Mexican Style Street Corn Chowder - Group      | 1 container                    | 830             | 370                      | 41      | 21                | 1                    | 95               | 3100        | 98                | 9                       | 16               | 17          |
| 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           |

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|------------------------------------------------------------------|------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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 | 920             | 180                      | 20      | 9                 | 0                    | 40               | 1930        | 155               | 5                       | 14               | 30          |
| <b>CATERING</b>                                                  |                        |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| 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           |
| 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           | 3020            | 1340                     | 149     | 34                | 2.5                  | 545              | 6770        | 244               | 43                      | 65               | 194         |
| Catering Balsamic Chicken Greens with Grains Salad - Serves 5    | 1 Container            | 1510            | 670                      | 75      | 17                | 1.5                  | 275              | 3380        | 122               | 22                      | 32               | 97          |

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|-----------------------------------------------------------------|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Catering Balsamic Greens with Grains Salad - Serves 10          | 2 Containers | 2360            | 1260                     | 140     | 31                | 0.5                  | 80               | 3930        | 236               | 43                      | 61               | 57          |
| Catering Balsamic Greens with Grains Salad - Serves 5           | 1 Container  | 1180            | 630                      | 70      | 15                | 0                    | 40               | 1970        | 118               | 22                      | 30               | 29          |
| 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               | 135         | 1                 | 0                       | 0                | 0           |
| Catering French Baguette                                        | 1 Baguette   | 1060            | 35                       | 3.5     | 1                 | 0                    | 0                | 2700        | 217               | 8                       | 4                | 40          |
| 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          |
| 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          |

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|                                                                    | 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) |
|--------------------------------------------------------------------|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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               | 90          | 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   | 790             | 430                      | 48      | 13                | 0                    | 120              | 2200        | 52                | 3                       | 5                | 38          |
| Catering Italian Market Salad - Serves 10                          | 2 Containers | 3530            | 2260                     | 251     | 85                | 4.5                  | 390              | 13220       | 183               | 26                      | 27               | 141         |
| Catering Italian Market Salad - Serves 5                           | 1 Container  | 1770            | 1130                     | 125     | 43                | 2                    | 195              | 6610        | 91                | 13                      | 14               | 71          |
| 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          |
| Catering Parm Ranch BLT Salad- Serves 10                           | 2 Containers | 3360            | 2350                     | 262     | 70                | 1.5                  | 375              | 8120        | 155               | 20                      | 41               | 99          |
| Catering Parm Ranch BLT Salad - Serves 5                           | 1 Container  | 1680            | 1180                     | 131     | 35                | 0.5                  | 190              | 4060        | 78                | 10                      | 20               | 50          |
| Catering Southwest Chicken Ranch Salad - Serves 10                 | 2 Containers | 3530            | 2200                     | 244     | 36                | 2.5                  | 605              | 5530        | 182               | 50                      | 57               | 169         |

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|                                                                            | 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) |
|----------------------------------------------------------------------------|--------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| Catering Southwest Chicken Ranch Salad - Serves 5                          | 1 Container  | 1770            | 1100                     | 122     | 18                | 1.5                  | 305              | 2770        | 91                | 25                      | 28               | 85          |
| 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 without Pecans - Serves 10               | 2 Containers | 1860            | 1140                     | 126     | 61                | 2.5                  | 255              | 3090        | 98                | 14                      | 69               | 89          |
| Catering Strawberry Caprese Salad without Pecans- Serves 5                 | 1 Container  | 930             | 570                      | 63      | 30                | 1.5                  | 125              | 1550        | 49                | 7                       | 35               | 44          |
| 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 without Pecans - Serves 10       | 2 Containers | 2520            | 1220                     | 135     | 64                | 4.5                  | 720              | 5930        | 107               | 14                      | 73               | 225         |
| Catering Strawberry Chicken Caprese Salad without Pecans- Serves 5         | 1 Container  | 1260            | 610                      | 68      | 32                | 2                    | 360              | 2960        | 53                | 7                       | 37               | 112         |
| Catering Strawberry Poppyseed Salad without Pecans- Serves 10              | 2 Containers | 740             | 50                       | 5       | 0.5               | 0                    | 0                | 850         | 174               | 31                      | 132              | 17          |
| 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          |

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|                                                              | 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) |
|--------------------------------------------------------------|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| 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           |
| <b>NON-TRADITIONAL GRAB N GO</b>                             |                   |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| 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               | 1170        | 37                | 12                      | 5                | 33          |
| Turkey & Cheddar Wrap                                        | 1 wrap            | 460             | 190                      | 22      | 6                 | 0                    | 50               | 1120        | 37                | 12                      | 6                | 33          |
| <b>Value Duets</b>                                           |                   |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |
| Value Duet - Caesar Salad & Homestyle Chicken Noodle Soup    | 1 Value Duet Meal | 330             | 170                      | 18      | 5                 | 0                    | 60               | 1590        | 25                | 3                       | 5                | 15          |
| Value Duet - Greek Salad & Creamy Tomato Soup                | 1 Value Duet Meal | 460             | 310                      | 34      | 13                | 0.5                  | 55               | 1330        | 33                | 3                       | 15               | 7           |
| Value Duet - Grilled Cheese & Creamy Tomato Soup             | 1 Value Duet Meal | 660             | 340                      | 38      | 22                | 1                    | 100              | 2050        | 61                | 2                       | 18               | 19          |
| Value Duet - Mediterranean Veggie & Creamy Tomato Soup       | 1 Value Duet Meal | 500             | 210                      | 23      | 11                | 0                    | 45               | 1410        | 63                | 4                       | 16               | 12          |