

Panera Bread® Nutrition Guide - VERSION 2

Effective: 9/24/2025 EDITION 1

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BAGELS & SPREADS												
Asiago Cheese Bagel	1 Bagel	350	80	9	4	0	15	660	55	3	5	14
Blueberry Bagel	1 Bagel	300	10	1.5	0	0	0	520	60	3	10	12
Cinnamon Crunch Bagel	1 Bagel	430	60	7	4	0	0	460	78	3	25	13
Cinnamon Swirl Raisin Bagel	1 Bagel	310	10	1.5	0	0	0	530	63	3	13	12
Everything Bagel	1 Bagel	310	20	2	0	0	0	720	60	3	7	13
Multigrain Bagel Flat	1 Bagel	190	25	2.5	0	0	0	400	35	3	3	7
Plain Bagel	1 Bagel	300	10	1	0	0	0	540	59	3	7	12
Sesame Bagel	1 Bagel	310	20	2	0	0	0	600	61	3	7	13
Plain Cream Cheese Spread - 1.5 oz	1 Container	140	130	14	11	0	40	150	1	0	1	2
Plain Cream Cheese Spread - 8 oz	2 Tbsp	100	90	10	8	0	25	110	less than 1	0	1	2
Honey Walnut Cream Cheese Spread - 1.5 oz	1 Container	130	90	10	6	0	25	160	9	0	8	4
Honey Walnut Cream Cheese Spread - 8 oz	2 Tbsp	90	60	7	4.5	0	20	110	6	0	5	3
BREADS												
Artisan Ciabatta	2 oz (about 2 3/4 inch slice / 57g)	150	10	1.5	0	0	0	260	30	1	1	5
Black Pepper Focaccia	2 oz (about 1 3/4 inch slice / 57g)	160	25	2.5	0	0	0	350	30	1	1	5
Classic White Miche	2.2 oz (about 3/4 inch slice / 62g)	190	35	3.5	2.5	0	10	290	32	3	6	6
Country Rustic Sourdough	2 oz (about 2/3 inch slice / 57g)	140	5	0.5	0	0	0	240	30	1	0	5
French Baguette	2 oz (about 2 3/4 inch slice / 57g)	150	5	0.5	0	0	0	320	32	1	1	5
Sourdough Soup Bowl	1 Bread Bowl	650	20	2.5	0	0	0	1340	136	5	4	21
Tomato Basil Miche	2 oz (about 1/2 inch slice / 57g)	150	5	0.5	0	0	0	320	30	2	3	5
Whole Grain Lahvash	1 Lahvash	170	35	4	0.5	0	0	310	25	9	3	12
Bread Portion - Half Sandwich & Breakfast - Artisan Ciabatta	1/3 Loaf	250	20	2	0	0	0	430	49	2	1	8
Bread Portion - Half Sandwich & Breakfast - Black Pepper Focaccia	1/4 loaf	210	30	3.5	0.5	0	0	460	40	1	1	6



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Bread Portion - Half Sandwich & Breakfast - Classic White Miche	1 Slice	190	35	3.5	2.5	0	10	290	32	3	6	6
Bread Portion - Half Sandwich & Breakfast - Country Rustic Sourdough	1/4 loaf	130	5	0.5	0	0	0	220	27	1	0	4
Bread Portion - Half Sandwich & Breakfast - French Baguette	1/4 Baguette	290	10	1	0	0	0	620	61	2	2	9
Bread Portion - Half Sandwich & Breakfast - Tomato Basil Miche	1 Slice	160	5	0.5	0	0	0	350	33	2	3	6
BREAKFAST												
Bacon, Egg & Cheese on Ciabatta	1 Sandwich	470	180	20	9	0	295	830	51	2	2	22
Bacon Double Take on Black Pepper Focaccia	1 Sandwich	550	270	30	14	0	315	1380	43	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	600	280	31	10	0	315	1090	54	4	3	27
Classic Avo Toast	1 Toast	260	100	11	1.5	0	0	280	33	5	1	6
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6
Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14
Garden Avo & Egg White on Multigrain Bagel Flat	1 Sandwich	350	120	14	5	0	20	670	40	5	4	18
Green Goddess Avo Toast	1 Toast	310	140	15	3	0	10	510	36	5	3	8
Ham Croissant Benny	1 Sandwich	460	190	27	15	0.5	345	1020	35	1	7	20
Ham, Egg & Cheese on Ciabatta	1 Sandwich	460	150	17	8	0	300	1000	51	2	2	25
Asiago Sausage & Egg on Asiago Bagel	1 Sandwich	810	450	50	19	0.5	350	1590	58	3	6	33
Sausage, Egg & Cheese on Ciabatta	1 Sandwich	610	290	33	14	0	320	1080	51	2	2	28
Sausage, Egg & Cheese on Croissant	1 Sandwich	650	400	45	22	1	365	1040	34	1	6	26
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8
Egg & Cheese on Ciabatta	1 Sandwich	430	140	16	7	0	285	680	51	2	2	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

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Steak & Wake on Ciabatta	1 Sandwich	510	180	20	9	0	320	980	51	2	2	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
DRESSINGS & SAUCES												
Sauce - Apple Cider Vinegar BBQ Sauce - Sandwich Portion	1 portion	20	0	0	0	0	0	110	5	0	5	0
Dressing - Asian Sesame Vinaigrette - Half	1 1/2 Tbsp	50	40	4	0.5	0	0	140	3	0	1	0
Dressing - Asian Sesame Vinaigrette - Whole	3 Tbsp	100	80	8	1.5	0	0	290	5	0	3	0
Dressing - Balsamic Vinaigrette - Half	1 1/2 Tbsp	50	35	4	0.5	0	0	150	4	0	4	0
Dressing - Balsamic Vinaigrette - Whole	3 Tbsp	110	70	8	1	0	0	300	8	0	8	0
Bistro French Onion - Dipper Portion	4 fl oz	45	10	1	0.5	0	5	530	7	0	4	1
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 - Creamy Pesto - Sandwich Portion	1 Portion	25	15	1.5	1	0	5	115	1	0	0	1
Creamy Tomato - Dipper Portion	4 fl oz	110	70	7	4.5	0	20	350	10	0	6	1
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
Spread - Hummus - Sandwich Portion	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2

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Sauce - Mayonnaise - Sandwich Portion	1 portion	130	130	14	1.5	0	10	115	0	0	0	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
DRINKS												
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
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
Substitute Almondmilk - 20 fl oz	10 fl oz (296 mL)	50	40	4.5	0	0	0	120	2	1	0	2
Americano - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	15	1	0	0	0



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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	0	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
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



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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
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
Creme Brulee Latte - 16 fl oz	16 fl oz (473 mL)	300	90	10	6	0	35	220	41	0	34	9



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Creme Brulee Latte - 20 fl oz	20 fl oz (591mL)	360	100	11	7	0	40	260	51	0	42	11
Dasani Lemon - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Dasani Lime - 12 fl oz can	12 oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Decaf Coffee - Group	1 Container	15	0	0	0	0	0	70	0	0	0	4
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	10	0	0	0	0
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	10	0	0	0	1
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	120	0	0	0	0
20 oz Diet Coke Bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	120	0	0	0	0
Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	180	0	0	0	0
Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0
Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	140	1	0	1	0
Diet Mountain Dew - 12 fl oz can	12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Dr Pepper - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0
Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0
Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	0
Drive Thru - Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	10	32	0	29	0
Drive Thru - Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	190	0	0	0	0	0	15	48	0	44	0
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



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



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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
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 - Sweet Iced Tea - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	15	34	0	32	0



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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
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
Hot 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



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Iced Caffe 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 Creme Brulee Latte - 20 fl oz	20 fl oz (591 mL)	330	100	11	7	0	40	250	44	0	36	11
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	280	90	10	7	0	40	150	35	0	34	11
Kids Organic Apple juice	6.75 fl oz (200 mL)	100	0	0	0	0	0	10	24	0	23	0
Kids Organic Chocolate Milk	8 fl oz (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fl oz (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	110	0	0	0	0
Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	160	0	0	0	0
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	120	0	0	0	0	0	80	30	0	30	0
Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	170	0	0	0	0	0	120	45	0	45	0
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	250	80	9	6	0	35	120	32	0	31	9
Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	300	90	10	7	0	40	150	41	0	40	11
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	45	5	3	0	20	75	51	1	42	13
Minute Maid Orange Juice - 12 fl oz bottle	12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0
Mountain Dew - 12 fl oz can	1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0
Mountain Dew - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	85	73	0	73	0
Mountain Dew- 20 fl oz bottle	20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	130	110	0	110	0
Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	95	64	0	63	0
Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0
Orange Ginger Mint Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	25	36	0	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



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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
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	0	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



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Sprite - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	115	61	0	61	0
Sprite - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	170	91	0	91	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	55	68	0	68	0
Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	85	97	0	97	0
Starry Lemon Lime 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	35	39	0	39	0
Starry Lemon Lime 20 fl oz bottle	20 fl oz bottle (591mL)	250	0	0	0	0	0	55	68	0	68	0
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	2.5	1.5	0	10	40	51	4	36	7
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	260	40	4.5	2.5	0	20	70	43	2	37	12
Sweet Iced Tea - 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
PASTRIES & SWEETS												

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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
Brownie Cheesecake Bites	1 Bite	130	60	7	3	0	15	40	15	1	9	2
Cookie - Candy	1 Cookie	410	170	19	10	0	55	300	59	1	32	4
Muffie - Chocolate Chip	1 Muffie	340	120	13	4.5	0	35	200	51	3	22	5
Cookie - Chocolate Chipper	1 Cookie	390	170	18	11	0	40	330	52	1	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	1	31	4
Dozen Mixed Cookies	1 container	4620	1840	204	115	5	530	3490	655	19	379	47
Cookie - Kitchen Sink	1 Cookie	810	380	42	26	1	65	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	110	45	5	2.5	0	15	75	16	0	9	1
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	1.5	0	10	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	340	110	12	6	0	40	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
Cookie - Pumpkin Shaped Shortbread	1 Cookie	430	220	25	16	0	40	210	47	0	28	4
Cinnamon Roll	1 Roll	520	160	18	10	0	40	400	84	2	48	7
SALADS												
Asian Sesame Chicken- Half	1/2 Salad	230	110	12	1.5	0	45	510	14	3	3	17



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Asian Sesame Chicken- Half (without almonds)	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	6	6	35
Asian Sesame Chicken - Whole (without almonds)	1 Salad	370	150	16	2.5	0	95	1020	25	4	6	32
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	48	9	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	9	11	12
Caesar Salad - Half	1/2 Salad	210	130	15	4	0	25	440	12	2	2	6
Caesar Salad - Whole	1 Salad	420	270	30	8	0	50	870	24	4	4	12
Caesar with Chicken Salad - Half	1/2 Salad	270	140	16	4.5	0	75	720	13	2	2	20
Caesar with Chicken Salad - Whole	1 Salad	550	280	32	9	1	145	1440	26	4	5	39
Fuji Apple Chicken Salad - Half	1/2 Salad	280	140	16	3	0	55	480	18	3	11	17
Fuji Apple Chicken Salad - Half (without pecans)	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 - Whole (without pecans)	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	3	4	4
Greek Salad - Whole	1 Salad	420	330	36	9	0	30	1130	17	5	8	8
Greek Salad with Chicken - Half	1/2 Salad	280	170	19	4.5	0	60	850	9	3	4	18
Greek Salad with Chicken - Whole	1 Salad	550	340	38	9	0.5	125	1700	19	5	8	35
Green Goddess Cobb Salad with Chicken - Half	1/2 Salad	260	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
Harvest Medley Chicken Salad - Half	1/2 Salad	400	170	19	3.5	0	55	590	36	3	16	20
Harvest Medley Chicken Salad - Whole	1 Salad	790	350	39	7	0.5	110	1190	72	6	32	39
Harvest Medley Chicken Salad - Half (without pecans)	1/2 Salad	340	130	14	3	0	55	590	35	3	16	19
Harvest Medley Chicken Salad - Whole (without pecans)	1 Salad	680	260	28	6	0.5	110	1190	70	5	31	38

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Harvest Medley Salad - Half	1/2 Salad	330	170	19	3	0	10	310	35	3	16	6
Harvest Medley Salad - Whole	1 Salad	660	330	37	6	0	15	620	71	6	31	12
Harvest Medley Salad - Half (without pecans)	1/2 Salad	280	120	13	2.5	0	10	310	34	3	15	5
Harvest Medley Salad - Whole (without pecans)	1 Salad	550	240	27	5	0	15	620	68	5	31	11
Mediterranean Chicken Greens with Grains Salad - Half	1/2 Salad	340	180	20	4	0	55	690	21	3	3	19
Mediterranean Chicken Greens with Grains Salad - Whole	1 Salad	680	360	40	8	0.5	110	1390	42	7	6	38
Mediterranean Greens with Grains Salad - Half	1/2 Salad	270	170	19	3.5	0	10	410	20	3	3	5
Mediterranean Greens with Grains Salad - Whole	1 Salad	540	350	39	7	0	15	820	41	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	18	5	5	17
Southwest Chicken Ranch Salad - Whole	1 Salad	680	420	46	7	0.5	120	1070	35	10	10	34
SANDWICHES												
Bacon Turkey Bravo® Sandwich on Tomato Basil - Half	1/2 Sandwich	430	180	20	7	0	65	1170	39	3	7	24
Bacon Turkey Bravo® Sandwich on Tomato Basil - Whole	1 Sandwich	870	360	40	14	0.5	130	2340	79	6	14	47
Chicken Bacon Rancher on Black Pepper Focaccia Round - Half	1/2 Sandwich	490	210	24	7	0	85	1170	43	2	2	27
Chicken Bacon Rancher on Black Pepper Focaccia Round - Whole	1 Sandwich	980	430	47	15	1	165	2340	85	3	4	53
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	500	230	26	7	0	70	1270	44	3	2	24
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Whole	1 Sandwich	1000	470	52	14	0.5	135	2540	88	7	4	47

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Ciabatta Cheesesteak on Ciabatta- Half	1/2 Sandwich	570	240	27	8	0	65	1020	57	3	6	26
Ciabatta Cheesesteak on Ciabatta- Whole	1 Sandwich	1150	480	53	16	0	130	2050	114	6	12	53
Cranberry Walnut Chicken Salad on Country Rustic - Half	1/2 Sandwich	350	150	16	2	0	40	440	34	2	6	16
Cranberry Walnut Chicken Salad on Country Rustic - Whole	1 Sandwich	700	300	33	3.5	0	80	880	68	5	11	32
Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	400	190	21	13	0.5	60	1270	37	3	8	16
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	380	42	26	1.5	120	2540	74	5	16	32
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half	1/2 Sandwich	480	250	27	8	0	90	860	33	3	2	25
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole	1 Sandwich	950	490	55	16	1	185	1730	65	6	4	50
French Onion Ciabatta Dipper - Half	1/2 Sandwich + Dipper	630	260	29	10	0	85	1750	58	3	6	34
French Onion Ciabatta Dipper - Whole	1 Sandwich + Dipper	1220	500	56	19	1	170	2960	110	5	8	68
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	260	60	7	2	0	10	630	41	4	6	9
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	520	130	14	4	0	15	1250	82	8	12	18
Pesto Chicken Ciabatta Dipper - Half	1/2 Sandwich + Dipper	570	190	21	12	0	95	1510	62	2	8	32
Pesto Chicken Ciabatta Dipper - Whole	1 Sandwich + Dipper	1030	310	35	20	0.5	175	2670	114	4	10	63
Smokehouse BBQ Chicken on Artisan Ciabatta - Half	1/2 Sandwich	410	90	10	5	0	60	1200	56	2	6	25
Smokehouse BBQ Chicken on Artisan Ciabatta - Whole	1 Sandwich	830	190	21	10	0	115	2390	112	4	13	49
Spicy Fiesta Chicken on Ciabatta - Half	1/2 Sandwich	470	140	16	8	0	80	1020	55	3	4	27
Spicy Fiesta Chicken on Ciabatta - Whole	1 Sandwich	940	280	31	15	1	160	2040	111	5	8	55
Toasted Frontega Chicken on Black Pepper Focaccia - Half	1/2 Sandwich	430	170	19	5	0	60	1220	43	2	2	22

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Toasted Frontega Chicken on Black Pepper Focaccia - Whole	1 Sandwich	870	340	38	11	0.5	120	2430	86	4	5	45
Toasted Garden Caprese Melt - Half	1/2 sandwich	490	220	24	8	0	45	740	53	2	4	16
Toasted Garden Caprese Melt - Whole	1 Sandwich	990	430	48	16	0.5	85	1470	107	5	9	32
Toasted Italiano on Baguette - Half	1/2 Sandwich	660	290	32	10	0	80	2060	65	2	3	29
Toasted Italiano on Baguette - Whole	1 Sandwich	1330	580	64	20	0	160	4110	129	5	6	58
Tomato Basil BLT on Tomato Basil Miche - Half	1/2 Sandwich	400	210	24	5	0	30	780	35	3	5	11
Tomato Basil BLT on Tomato Basil Miche - Whole	1 Sandwich	790	430	47	10	0	55	1560	71	6	10	21
Tuna Salad on Country Rustic Sourdough - Half	1/2 Sandwich	300	130	14	2.5	0	25	560	30	2	2	12
Tuna Salad on Country Rustic Sourdough - Whole	1 Sandwich	600	260	29	4.5	0	50	1110	60	4	4	24
Turkey & Cheddar on Country Rustic Sourdough - Half	1/2 Sandwich	420	210	24	6	0	55	970	30	2	3	21
Turkey & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	840	430	47	12	0	110	1940	61	4	6	41
KIDS												
Broccoli Cheddar - Cup	1 Cup	240	140	16	13	1.5	45	1010	17	1	6	8
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	380	42	26	1.5	120	2540	74	5	16	32
Kids Ham & American Cheese on Classic White Miche - Whole	1 Sandwich	640	210	24	14	0	110	2490	69	5	14	38
Kids Turkey & American Cheese on Classic White Miche - Whole	1 Sandwich	640	200	22	13	0	105	2170	68	5	15	41
Mac & Cheese- Cup	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
SIDES												
Side - Apple	1 Apple	80	0	0	0	0	0	0	22	5	16	0
Banana	1 Banana	90	5	0	0	0	0	0	23	3	12	1
Side Portion - French Baguette	3 1/2 inch slice	190	5	0.5	0	0	0	410	41	1	1	6
Fruit Cup	1 Container	60	0	0	0	0	0	20	14	1	9	1



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Greek Yogurt with Berries	1 Parfait	250	80	9	4.5	0	25	80	27	2	16	16
Kettle Cooked Potato Chips	1 package	150	80	9	1	0	0	75	17	0	<1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0

SOUPS & MAC

Bacon Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1170	340	38	19	1	90	2650	170	5	11	39
Bacon Mac & Cheese - Group	1 Container	2090	1290	143	75	4.5	370	5240	136	0	31	73
Bacon Mac & Cheese - Bowl	About 2 Cups	1050	640	72	38	2	185	2620	68	0	15	36
Bacon Mac & Cheese - Cup	About 1 Cup	520	320	36	19	1	90	1310	34	0	8	18
Bistro French Onion Soup - Group	1 Container	720	290	32	15	1	70	4770	82	2	29	24
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	840	100	11	4.5	0	20	2660	158	6	12	27
Bistro French Onion - Bowl	1 1/2 Cups	290	110	12	6	0	25	1990	33	1	13	9
Bistro French Onion - Cup	1 Cup	190	70	8	4	0	20	1330	22	1	8	6
Broccoli Cheddar - Bowl	1 1/2 Cups	360	210	24	19	2.5	65	1520	25	1	9	13
Broccoli Cheddar - Cup	1 Cup	240	140	16	13	1.5	45	1010	17	1	6	8
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	890	160	18	13	1.5	45	2350	152	6	10	29
Broccoli Cheddar Soup - Group	1 Container	840	500	55	44	6	155	3540	58	3	20	29
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	280	140	16	8	0.5	40	1410	27	3	7	8
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	830	110	13	6	0	30	2280	154	7	9	26
Cream of Chicken & Wild Rice - Cup	1 Cup	190	90	10	5	0	30	940	18	2	5	5
Cream of Chicken and Wild Rice - Group	1 Container	650	330	36	19	1.5	100	3280	64	6	17	18
Hearty Fireside Chili - Bowl	1 Bowl	410	140	15	7	0	25	1730	49	9	8	19
Hearty Fireside Chili - Bread Bowl	1 Bread bowl with soup	920	110	12	5	0	15	2490	168	11	9	34
Hearty Fireside Chili - Cup	1 Cup	270	90	10	5	0	15	1150	32	6	5	13
Hearty Fireside Chili - Group	1 Container	950	320	35	17	0	60	4030	113	22	19	45
Homestyle Chicken Noodle Soup - Bowl	1 bowl	180	50	5	1.5	0	50	1730	19	1	4	14

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Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	770	50	6	1.5	0	35	2490	149	6	6	30
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	1130	310	34	18	1	85	2490	169	5	11	37
Mac & Cheese - Group	1 Container	1930	1160	128	70	4	335	4590	134	0	29	65
Mac & Cheese - Bowl	About 2 Cups	960	580	64	35	2	165	2300	67	0	15	32
Mac & Cheese- Cup	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
Vegetarian Autumn Squash Soup - Bowl	1 1/2 Cups	330	150	17	7	0	50	1210	41	5	33	8
Vegetarian Autumn Squash Soup - Bread Bowl	1 Bread bowl with soup	860	120	13	5	0	35	2140	163	8	26	26
Vegetarian Autumn Squash Soup - Cup	1 Cup	220	100	11	5	0	35	800	27	3	22	5
Vegetarian Autumn Squash Soup - Group	1 Container	760	340	38	17	0	120	2810	96	11	77	18
Vegetarian Black Bean Soup - Bowl	1 1/2 Cups	140	15	2	0	0	0	1120	41	18	2	8
Vegetarian Black Bean Soup - Bread Bowl	1 Bread bowl with soup	740	30	3.5	0.5	0	0	2080	163	17	5	26
Vegetarian Black Bean Soup - Cup	1 Cup	90	10	1	0	0	0	750	27	12	1	5
Vegetarian Black Bean Soup - Group	1 Container	330	40	4	0.5	0	0	2610	95	41	5	18
Vegetarian Creamy Tomato Soup - Bowl	1 1/2 Cups	370	210	23	13	0.5	55	1120	35	1	17	4
Vegetarian Creamy Tomato Soup - Cup	1 Cup	250	140	16	9	0	40	770	25	1	12	3
Vegetarian Creamy Tomato Soup - Group	1 Container	900	510	56	31	1.5	130	2710	89	2	40	10
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	900	170	18	9	0	40	2100	161	6	15	23
CATERING												
Catering Butter Pat	1 pat	35	35	4	2.5	0	10	35	0	0	0	0
Catering Asian Sesame Chicken Salad - serves 10	2 Containers	2330	1110	123	16	2.5	465	5250	145	33	35	176
Catering Asian Sesame Chicken Salad - serves 10 (no nuts)	2 Containers	1900	770	86	14	2.5	465	5250	130	26	32	161
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1160	550	61	8	1	235	2630	73	17	18	88
Catering Asian Sesame Chicken Salad - serves 5 (no nuts)	1 Container	950	390	43	7	1	235	2620	65	13	16	81

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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	1670	1030	114	13	0.5	0	2420	137	33	31	40
Catering Asian Sesame Salad - serves 5	1 Container	830	510	57	7	0	0	1210	68	17	16	20
Catering Asian Sesame Salad - Whole	1 Salad	320	200	22	2.5	0	0	460	26	6	6	8
Catering Asian Sesame Salad - Half (without almonds and without chicken)	1/2 Salad	120	70	7	1	0	0	230	11	2	2	2
Catering Asian Sesame Salad - Whole (without almonds and without chicken)	1 Salad	230	130	15	2	0	0	460	23	4	5	5
Catering Asian Sesame Salad - serves 10 (without almonds and without chicken)	2 Containers	1240	690	77	10	0.5	0	2410	122	26	28	25
Catering Asian Sesame Salad - serves 5 (without almonds and without chicken)	1 Container	620	350	38	5	0	0	1210	61	13	14	12
Catering Balsamic Chicken Greens with Grains Salad - Serves 10	2 Containers	3070	1370	152	34	2.5	545	6840	247	45	65	195
Catering Balsamic Chicken Greens with Grains Salad - Serves 5	1 Container	1530	690	76	17	1.5	275	3420	123	22	32	98
Catering Balsamic Greens with Grains Salad - Serves 10	2 Containers	2410	1290	143	31	0.5	80	4000	238	45	61	59
Catering Balsamic Greens with Grains Salad - Serves 5	1 Container	1200	650	72	16	0	40	2000	119	22	31	29
Catering Caesar Salad - Serves 10	2 Containers	2290	1510	167	43	2.5	290	4670	127	25	25	62
Catering Caesar Salad - Serves 5	1 Container	1150	750	84	22	1.5	145	2340	64	13	12	31
Catering Caesar Salad with Chicken - Serves 10	2 Containers	2950	1590	176	46	4.5	760	7510	136	25	28	198
Catering Caesar Salad with Chicken - Serves 5	1 Container	1480	790	88	23	2	380	3750	68	13	14	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	1160	40	4.5	1	0	0	2470	244	9	7	37
Catering Fruit Bowl - Serves 10	1 container	550	20	2	0	0	0	190	140	10	93	9

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Catering Fruit Bowl - Serves 5	1 container	280	10	1	0	0	0	95	70	5	46	4
Catering Fuji Apple - Half	1/2 Salad	210	140	15	3	0	10	190	17	3	11	3
Catering Fuji Apple Salad - serves 10	2 Containers	2330	1470	164	30	1.5	75	2130	189	28	119	32
Catering Fuji Apple Salad - serves 5	1 Container	1170	740	82	15	1	40	1070	94	14	59	16
Catering Fuji Apple - Whole	1 Salad	430	270	30	6	0	15	390	35	5	21	6
Catering Fuji Apple - Half (without pecans)	1/2 Salad	160	90	10	2.5	0	10	190	16	2	10	2
Catering Fuji Apple Salad - serves 10 (without pecans)	2 Containers	1800	1010	112	25	1.5	75	2130	178	23	116	25
Catering Fuji Apple Salad - serves 5 (without pecans)	1 Container	900	500	56	13	1	40	1060	89	12	58	12
Catering Fuji Apple - Whole (without pecans)	1 Salad	320	180	20	4.5	0	15	390	33	4	21	5
Catering Fuji Apple with Chicken Salad - Serves 5 (without pecans)	1 Container	1230	540	60	14	2	270	2480	93	12	60	80
Catering Fuji Apple with Chicken Salad - Serves 10	2 Containers	2990	1550	172	33	3.5	545	4970	197	28	122	168
Catering Fuji Apple with Chicken Salad - Serves 5	1 Container	1500	780	86	17	2	270	2480	99	14	61	84
Catering Fuji Apple with Chicken Salad - Serves 10 (without pecans)	2 Containers	2460	1090	121	28	3.5	545	4960	186	23	119	161
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	2350	1870	207	47	1.5	150	6070	93	29	40	42
Catering Greek Salad - Serves 5	1 Container	1170	930	104	24	1	75	3040	46	14	20	21
Catering Greek Salad with Chicken - Serves 10	2 Containers	3010	1950	216	50	3.5	620	8910	101	29	44	179
Catering Greek Salad with Chicken - Serves 5	1 Container	1500	970	108	25	1.5	310	4450	51	14	22	89
Catering Green Goddess Cobb Salad with Chicken - Serves 10	2 Containers	2650	1360	151	36	2.5	1505	6080	119	37	57	217
Catering Green Goddess Cobb Salad with Chicken - Serves 5	1 Container	1330	680	76	18	1	755	3040	60	18	29	109

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Catering Ham & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	850	440	49	13	0	120	2260	63	3	5	38
Catering Harvest Medley Chicken Salad - Serves 10	2 Containers	4030	1790	199	36	2.5	545	6110	368	32	165	198
Catering Harvest Medley Chicken Salad - Serves 5	1 Container	2020	890	99	18	1.5	270	3060	184	16	82	99
Catering Harvest Medley Chicken Salad - Serves 10 (without pecans)	2 Containers	3500	1320	147	31	2.5	545	6110	357	27	162	191
Catering Harvest Medley Chicken Salad - Serves 5 (without pecans)	1 Container	1750	660	74	16	1.5	270	3050	179	14	81	95
Catering Harvest Medley Salad - Serves 10	2 Containers	3370	1710	190	33	0.5	75	3280	360	32	161	61
Catering Harvest Medley Salad - Serves 5	1 Container	1690	850	95	16	0	40	1640	180	16	80	31
Catering Harvest Medley Salad - Serves 10 (without pecans)	2 Containers	2840	1240	138	28	0.5	75	3270	349	27	158	54
Catering Harvest Medley Salad - Serves 5 (without pecans)	1 Container	1420	620	69	14	0	40	1640	175	14	79	27
Catering Mediterranean Chicken Greens with Grains Salad- Serves 10	2 Containers	3530	1980	220	42	3	545	7010	210	35	32	189
Catering Mediterranean Chicken Greens with Grains Salad- Serves 5	1 Container	1770	990	110	21	1.5	270	3510	105	17	16	94
Catering Mediterranean Greens with Grains Salad- Serves 10	2 Containers	2870	1900	211	39	1	75	4180	202	35	28	53
Catering Mediterranean Greens with Grains Salad- Serves 5	1 Container	1440	950	106	19	0	40	2090	101	17	14	26
Catering Parm Ranch BLT Salad - Serves 10	2 Containers	3360	2360	262	70	1.5	375	8120	156	22	39	100
Catering Parm Ranch BLT Salad - Serves 5	1 Container	1680	1180	131	35	0.5	190	4060	78	11	20	50
Catering Southwest Chicken Ranch Salad - Serves 10	2 Containers	3540	2200	245	36	2.5	605	5520	183	54	55	170
Catering Southwest Chicken Ranch Salad - Serves 5	1 Container	1770	1100	122	18	1.5	305	2760	91	27	27	85

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NON-TRADITIONAL GRAB N GO												
Chicken Caesar Wrap	1 Wrap	480	200	22	5	0	80	1050	39	14	6	35
Frontega Chicken Wrap	1 Wrap	460	190	21	6	0	60	1170	37	12	5	33
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
Turkey & Cheddar Wrap	1 wrap	460	190	22	6	0	50	1120	37	12	6	33
Value Duets												
Value Duet - Grilled Cheese & Creamy Tomato Soup	1 Value Duet Meal	660	330	37	22	1	100	2040	62	3	19	19
Value Duet - Mediterranean Veggie & Creamy Tomato Soup	1 Value Duet Meal	510	210	23	11	0	45	1390	66	5	18	12
Value Duet - Toasted Smokehouse BBQ Chicken Sandwich & Creamy Tomato Soup	1 Value Duet Meal	670	240	26	14	0.5	95	1960	81	3	18	28
Value Duet - Tuna Sandwich & Creamy Tomato Soup	1 Value Duet Meal	550	270	30	11	0	60	1320	55	3	13	15
Value Duet - Turkey & Cheddar Sandwich & Cream of Chicken & Wild Rice Soup	1 Value Duet Meal	610	310	34	12	0.5	85	1910	49	4	8	26