

Allergen Guide - Version 1



VALID FOR: 4/8/2026

EDITION 1

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

To access cafe specific detailed ingredient statements:

- Navigate to Panerabread.com on the manager ipad
- Set locations for your current cafe
- access specific menu item by category
- Scroll down page to "See All Ingredients" button, click to show detailed ingredient statement

[See All Ingredients](#)

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

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

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

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

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Scone- Orange (Large & Mini)	Yes			Yes				
Breakfast- Egg Sandwiches, Souffles, Parfait, Fruit & Oatmeal								
Asiago Bagel Stack - Sausage & Egg	Yes			Yes	Yes	Yes		
Asiago Everything Bagel Stack - Wake-up BLT	Yes			Yes	Yes	Yes		Yes
Asiago Bagel Stack - Farmhouse Duo	Yes			Yes	Yes	Yes		
Bacon, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Bacon, Egg & Cheese on Croissant	Yes	May Contain		Yes	May Contain	Yes		May Contain
Bacon Double Take	Yes			Yes	Yes	Yes		
Chipotle Chicken, Egg & Avo on Artisan Ciabatta	Yes			Yes		Yes		
Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Egg & Cheese on Croissant	Yes	May Contain		Yes	May Contain	Yes		May Contain
Egg Styles Scrambled Egg or Egg White						Yes		
Garden Avo & Egg White on Multigrain Bagel Flat	Yes			Yes		Yes		
Ham Croissant Benny	Yes	May Contain		Yes	Yes	Yes		May Contain
Ham, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Sausage, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Sausage, Egg & Cheese on Croissant	Yes	May Contain		Yes	May Contain	Yes		May Contain
Steak & Wake on Artisan Ciabatta	Yes			Yes		Yes		
Four Cheese Souffle	Yes			Yes	Yes	Yes		
Spinach & Bacon Souffle	Yes			Yes	Yes	Yes		
Fruit Cup					No Major Allergens Present			
Hard Boiled Eggs						Yes		
Parfait- Greek Yogurt with Berries		Yes		Yes				
Steel Cut Oatmeal with Strawberries & Pecans		Yes						
Steel Cut Oatmeal with Strawberries - Without Pecans								
Avo Toast - Classic	Yes							Yes
Avo Toast- Green Goddess	Yes			Yes				
Salads & Stuffers								
Asian Sesame with & without Chicken	Yes	Yes						Yes
Stuffer - Asian Sesame with & without Chicken	Yes	Yes						Yes
Asian Sesame with & without Chicken - Without Almonds	Yes							Yes
Stuffer - Asian Sesame with & without Chicken - without Almonds	Yes							Yes
Balsamic Greens with Grains with & without Chicken	Yes			Yes				
Stuffer - Balsamic Greens with Grains with & without Chicken	Yes			Yes				
Caesar with & without Chicken	Yes			Yes		Yes	Yes	
Stuffer - Caesar with & without Chicken	Yes			Yes		Yes	Yes	
Fuji Apple with & without Chicken		Yes		Yes				
Stuffer - Fuji Apple with & without Chicken	Yes	Yes		Yes				
Fuji Apple with & without Chicken - Without Pecans				Yes				
Stuffer - Fuji Apple with & without Chicken - without Pecans	Yes			Yes				
Greek with & without Chicken				Yes				
Stuffer - Greek with & without Chicken	Yes			Yes				
Green Goddess Cobb with Chicken				Yes		Yes		
Stuffer - Green Goddess Cobb with Chicken	Yes			Yes		Yes		
Mediterranean Greens with Grains with & without Chicken	Yes			Yes				Yes
Stuffer - Mediterranean Greens with Grains with & without Chicken	Yes			Yes				Yes
Ranch Parm BLT	Yes			Yes		Yes		
Stuffer - Ranch Parm BLT	Yes			Yes		Yes		
Southwest Chicken Ranch				Yes		Yes		
Stuffer - Southwest Chicken Ranch	Yes			Yes		Yes		
Santa Fe Chicken				Yes		Yes		
Stuffer - Santa Fe Chicken	Yes			Yes		Yes		
Steakhouse	Yes			Yes		Yes		
Stuffer - Steakhouse	Yes			Yes		Yes		
Strawberry Poppyseed with & without Chicken		Yes						
Stuffer - Strawberry Poppyseed with & without Chicken	Yes	Yes						
Strawberry Poppyseed with & without Chicken - without Pecans					No Major Allergens Present			
Stuffer - Strawberry poppyseed with & without Chicken - without Pecans	Yes							
Sandwiches- Information is provided with default bread choice. If bread choice is changed, it may contain an allergen.								
Asiago Bagel Stack - Chicken Roma	Yes			Yes		Yes		
Asiago Bagel Stack - Spicy Steak	Yes			Yes		Yes		

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Bacon Turkey Bravo on Tomato Basil	Yes			Yes		Yes		
Chicken Bacon Rancher on Black Pepper Focaccia	Yes			Yes		Yes		
Chipotle Chicken Avo Melt on Round Black Pepper Focaccia	Yes			Yes		Yes		
Ciabatta Cheesesteak	Yes			Yes		Yes		
Cranberry Walnut Chicken Salad on Country Rustic	Yes	Yes				Yes		
Grilled Cheese on Classic White Miche	Yes			Yes	Yes			
Grilled Chicken & Avo BLT on Country Rustic Sourdough	Yes			Yes		Yes		
Mediterranean Veggie on Tomato Basil	Yes			Yes				Yes
Pickle Spear for cold sandwiches					No Major Allergens Present			
Smokehouse BBQ Chicken on Artisan Ciabatta	Yes			Yes				
Toasted Frontega Chicken on Black Pepper Focaccia	Yes			Yes		Yes		
Toasted Italiano on Baguette	Yes			Yes		Yes		
Tomato Basil BLT on Tomato Basil Miche	Yes					Yes		
Toasted Caprese Focaccia	Yes			Yes				
Tuna Salad on Country Rustic Sourdough	Yes					Yes	Yes	
Turkey & Cheddar on Country Rustic Sourdough	Yes			Yes		Yes		
Spicy Fiesta Chicken on Ciabatta	Yes			Yes		Yes		
Catering- Ham & Cheddar on Country Rustic	Yes			Yes		Yes		
Dressings, Sauces & Spreads								
Sauce - Apple Cider BBQ					No Major Allergens Present			
Sauce - Balsamic Glaze					No Major Allergens Present			
Dressing - Balsamic Vinaigrette					No Major Allergens Present			
Sauce - Bravo Signature						Yes		
Dressing - Caesar				Yes		Yes	Yes	
Sauce - Cheese Hollandaise				Yes	Yes	Yes		
Sauce - Chipotle Aioli						Yes		
Sauce - Creamy Pesto				Yes				
Dressing - Farmhouse Ranch				Yes		Yes		
Dressing - Greek					No Major Allergens Present			
Dressing - Green Goddess				Yes				
Spread- Hummus								Yes
Sauce - Mayonnaise						Yes		
Dressing - White Balsamic Apple Flavored Vinaigrette					No Major Allergens Present			
Sauce - Green Chile Salsa Verde				Yes		Yes		
Dressing - Asian Sesame vinaigrette								Yes
Drinks								
Additional Shot of Caramel Syrup					No Major Allergens Present			
Additional Shot of Chocolate Sauce				Yes				
Additional Shot of Madagascar Vanilla Syrup or Cane Sugar Syrup					No Major Allergens Present			
Agave Lemonade					No Major Allergens Present			
Americano					No Major Allergens Present			
Blueberry Lavender Lemonade - Naturally Flavored					No Major Allergens Present			
Caffe Latte (espresso - Hot or Iced)				Yes				
Cappuccino (espresso)				Yes				
Caramel Latte (espresso - Hot or Iced)				Yes				
Chai Tea Latte (Hot or Iced)				Yes				
Cherry Lime Fresca					No Major Allergens Present			
Coffee/Decaf Coffee (Hot or Iced)					No Major Allergens Present			
Dragonfruit Sunset Energy Refresher - Naturally Flavored					No Major Allergens Present			
Frozen Strawberry Lemonade					No Major Allergens Present			
Hot Tea Bags					No Major Allergens Present			
Iced Teas - Unsweetened / Sweetened / Passion Papaya Naturally Flavored Green Tea					No Major Allergens Present			
Madagascar Vanilla Latte (espresso - Hot or Iced)				Yes				
Mango Smoothie with Greek Yogurt (Frozen)				Yes				
Mocha Latte (espresso - Hot or Iced)				Yes				
Passionfruit Paradise Energy Refresher - Naturally Flavored					No Major Allergens Present			
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored					No Major Allergens Present			
Signature Hot Chocolate - (Hot or Frozen)				Yes				
Strawberry Banana Smoothie with Greek Yogurt (Frozen)				Yes				
Strawberry Basil Lemonade Fresca					No Major Allergens Present			
Strawberry Smoothie with Greek Yogurt (Frozen)				Yes				
Tropical Green Smoothie					No Major Allergens Present			

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Kids								
Broccoli Cheddar Soup - Cup	Yes			Yes				
Grilled Cheese on Classic White Miche - Whole	Yes			Yes	Yes			
Kids Ham & American Cheese on Classic White Miche - Whole	Yes			Yes	Yes			
Kids Turkey & American Cheese on Classic White Miche - Whole	Yes			Yes	Yes			
Mac & Cheese - Cup	Yes			Yes		Yes		
Soups & Mac								
Bistro French Onion with Cheese & Croissant Croutons	Yes			Yes	Yes			
Broccoli Cheddar	Yes			Yes				
Cream of Chicken & Wild Rice	Yes			Yes				
Homestyle Chicken Noodle	Yes					Yes		
Mexican Street Corn Chowder				Yes				
Creamy Tomato with Croissant Croutons - Vegetarian	Yes			Yes				
Bacon Mac & Cheese	Yes			Yes		Yes		
Mac & Cheese	Yes			Yes		Yes		
Non-traditional Grab N Go								
Chicken Caesar Wrap	Yes			Yes	Yes	Yes	Yes	Yes
Frontega Chicken Wrap	Yes			Yes	Yes	Yes		Yes
Green Goddess Chicken Wrap	Yes			Yes	Yes			Yes
Hard Boiled Eggs						Yes		
Turkey & Cheddar Wrap	Yes			Yes	Yes	Yes		Yes