

# Allergen Guide for National Menu Items



**VALID FOR: Fall/Winter C4/C5 - 2023 Effective 8/30/2023**

**VERSION 2**

**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](https://panerabread.com) on the manager workslate

•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
<b>Bagels</b>								
Asiago Cheese	Yes			Yes				
Blueberry	Yes							
Chocolate Chip	Yes			Yes				
Cinnamon Crunch	Yes			Yes				
Cinnamon Swirl & Raisin	Yes			Yes				
Everything	Yes							Yes
Plain	Yes							
Sesame	Yes							Yes
Multigrain Bagel Flat	Yes							
<b>Breads</b>								
Country Rustic Sourdough - XL Loaf	Yes							
Artisan Ciabatta- Loaf	Yes							
Asiago Cheese Focaccia - Loaf	Yes			Yes				
French Baguette	Yes							
Classic Sourdough - Loaf & Bread Bowl	Yes							
Tomato Basil - Miche	Yes							
Classic White - Miche	Yes			Yes				
Black Pepper Focaccia - Round Loaf	Yes							
Whole Grain Lahvash Wrap	Yes				Yes			Yes
White Whole Grain - Loaf	Yes							
Brioche Roll	Yes			Yes		Yes		May Contain
<b>Cream Cheese Spreads</b>								
Reduced Fat Chive & Onion				Yes				
Reduced Fat Honey Walnut		Yes		Yes				
Plain				Yes				
<b>Breakfast Favorites</b>								
Mixed Berries with Greek Yogurt		Yes		Yes				
Steel Cut Oatmeal with Strawberries & Pecans	May Contain	Yes			May Contain			
Fruit Cup (Seasonal & Summer)					No Major Allergens Present			
Hard Boiled Eggs						Yes		
<b>Baked Goods</b>								
Pastry- Bear Claw- (Large & Mini)	Yes	Yes		Yes	Yes	Yes		
Brownie (Large & Mini)	Yes			Yes	Yes	Yes		
Pastry- Vanilla Cinnamon Roll (Large & Mini)	Yes			Yes		Yes		
Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk (milk proteins, milk ingredients)	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
<b>Baked Goods Continued</b>								
Cookie - Lemon Drop (Large & Mini)	Yes			Yes	Yes	Yes		

Cookie- Candy (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie- Chocolate Chipper (Large & Petites)	Yes			Yes	Yes	Yes		
Cookie- Oatmeal Raisin with Berries (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie- Kitchen Sink	Yes			Yes	Yes	Yes		
Cookie- Iced Shaped Shortbread	Yes			Yes				
Pastry- Croissant	Yes			Yes	May Contain	Yes		
Muffin/Muffie- Chocolate Chip	Yes			Yes	Yes	Yes		
Muffin- Pumpkin	Yes			Yes		Yes		
Muffin- Blueberry with Fresh Blueberries (Large & Mini)	Yes			Yes		Yes		
Muffin- Cranberry Orange (Large & Mini)	Yes			Yes		Yes		
Pastry- Chocolate Croissant (Large & Mini)	Yes			Yes	Yes	Yes		
Pastry- Pecan Braid	Yes	Yes		Yes	May Contain	Yes		May Contain
Pastry Ring- Cherry & Cheese	Yes			Yes		Yes		
Scone- Blueberry (Large & Mini)	Yes			Yes				
Scone- Orange (Large & Mini)	Yes			Yes				
Breakfast Sandwiches								
Bacon, Scrambled Egg & Cheese on Brioche	Yes			Yes		Yes		May Contain
Bacon, Scrambled Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Chipotle Chicken, Scrambled Egg & Avocado on Artisan Ciabatta	Yes			Yes		Yes		
Sausage, Scrambled Egg & Cheese on Asiago Bagel	Yes			Yes		Yes		
Sausage, Scrambled Egg & Cheese on Brioche	Yes			Yes		Yes		May Contain
Sausage, Scrambled Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Avocado, Egg White & Spinach on Multigrain Bagel Flat	Yes			Yes		Yes		
Scrambled Egg & Cheese on Brioche	Yes			Yes		Yes		May Contain
Scrambled Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Egg Styles Scrambled Egg or Egg White						Yes		
Sauce: Garlic Aioli						Yes		
Sauce: Chipotle Aioli						Yes		
Ham, Scrambled Egg & Cheese on Cinnamon Crunch Bagel	Yes			Yes		Yes		
Souffles								
Spinach & Artichoke	Yes			Yes	Yes	Yes		
Spinach & Bacon	Yes			Yes	Yes	Yes		
Four Cheese	Yes			Yes	Yes	Yes		
Salads								
Asian Sesame with & without Chicken	Yes	Yes						Yes
Caesar with & without Chicken	Yes			Yes		Yes	Yes	
Citrus Asian Crunch Salad with & without Chicken	Yes				Yes			Yes
Green Goddess Cobb with Chicken				Yes		Yes		
Fuji Apple with & without Chicken		Yes		Yes				
Greek with & without Chicken				Yes				
Southwest Caesar with & without Chicken				Yes		Yes	Yes	
Catering Seasonal Greens with & without Chicken	No Major Allergens Present							
Sandwiches- Information is provided with suggested bread choice. If bread choice is changed, it may contain an allergen.								
Black Forest Ham & Gouda Melt on Baguette	Yes			Yes		Yes		
Deli Ham on Country Rustic Sourdough	Yes					Yes		
Bacon Turkey Bravo on Tomato Basil Miche	Yes			Yes		Yes		
Classic Grilled Cheese on Classic White Miche	Yes			Yes				
Smoky Buffalo Chicken Melt on Baguette	Yes			Yes				
Pepperoni Mozzarella Melt on Baguette	Yes			Yes				
Green Goddess Caprese Melt on Baguette	Yes			Yes		Yes		
Toasted Frontega Chicken on Black Pepper Focaccia	Yes			Yes		Yes		
Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk (milk proteins, milk ingredients)	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Sandwiches Continued Information is provided with suggested bread choice. If bread choice is changed, it may contain an allergen.								
Mediterranean Veggie on Tomato Basil Miche	Yes			Yes				Yes
Napa Almond Chicken Salad on Country Rustic Sourdough	Yes	Yes				Yes		
Roasted Turkey & Avocado BLT on Country Rustic Sourdough	Yes					Yes		
Tuna Salad on Round Black Pepper Focaccia	Yes					Yes	Yes	
Chipotle Chicken Avocado Melt on Round Black Pepper Focaccia	Yes			Yes		Yes		
Deli Turkey on Country Rustic Sourdough	Yes					Yes		
Toasted Steak & White Cheddar on Artisan Ciabatta	Yes			Yes		Yes		
Toasted Smokehouse BBQ Chicken on Classic White Miche	Yes			Yes				
Pickle Spear for cold sandwiches	No Major Allergens Present							

Catering Sierra Turkey on Asiago Cheese Focaccia	Yes			Yes		Yes		
Catering Steak Arugula on Country Rustic Sourdough	Yes					Yes		
Chicken & Pepperoni Mozzarella Melt on Baguette	Yes			Yes				
Chicken Cordon Bleu Melt on Baguette	Yes			Yes		Yes		
Chicken Green Goddess Caprese Melt on Baguette	Yes			Yes		Yes		
Panera Kids								
Panera Kids-Grilled Cheese on White Whole Grain Loaf	Yes			Yes				
Panera Kids- Deli Turkey and Cheese on White Whole Grain Loaf	Yes			Yes				
Dressings & Sauces								
Caesar						Yes	Yes	
Greek				No Major Allergens Present				
Asian Sesame								Yes
Green Goddess				Yes				
White Balsamic Apple Flavored				No Major Allergens Present				
Chipotle Sauce				Yes		Yes		
Apple Cider BBQ Sauce				No Major Allergens Present				
Mayonnaise						Yes		
Horseradish Sauce						Yes		
Signature Sauce						Yes		
Country Mustard						Yes		
Hummus								Yes
Garlic Aioli						Yes		
Salsa Verde				No Major Allergens Present				
Lemon Tahini Dressing								Yes
Tangerine Soy Ginger Dressing	Yes				Yes			Yes
Teriyaki Sauce	Yes				Yes			Yes
Buffalo Sauce				Yes				
Drinks								
Americano				No Major Allergens Present				
Caffe Latte (espresso - Hot or Iced)				Yes				
Cappuccino (espresso)				Yes				
Caramel Latte (espresso - Hot or Iced)				Yes				
Cinnamon Crunch Latte (espresso - Hot or Iced)				Yes				
Madagascar Vanilla Latte (espresso - Hot or Iced)				Yes				
Chai Tea Latte (Hot or Iced)				Yes				
Chocolate Latte (espresso - Hot or Iced)				Yes	May Contain			
Hot Chocolate				Yes	May Contain			
Frozen Chocolate Cold Brew				Yes	May Contain			
Frozen Caramel Cold Brew				Yes				
Regular Cold Brew				No Major Allergens Present				
Madagascar Vanilla Cream Cold Brew				Yes				
Madagascar Vanilla Almond Cold Brew		Yes						
Coffee/Decaf Coffee (Hot or Iced)				No Major Allergens Present				
Iced Teas - Unsweetened / Sweetened / Passion Papaya Naturally Flavored Green Tea				No Major Allergens Present				
Hot Tea Bags				No Major Allergens Present				
Additional Shot of Bittersweet Chocolate Syrup				Yes	May Contain			
Additional Shot of Caramel Syrup				Yes				
Additional Shot of Madagascar Vanilla Syrup or Cane Sugar Syrup				No Major Allergens Present				
Strawberry Smoothie with Greek Yogurt (Frozen)				Yes				
Mango Smoothie with Greek Yogurt (Frozen)				Yes				
Strawberry Banana Smoothie with Greek Yogurt (Frozen)				Yes				
Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk (milk proteins, milk ingredients)	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Drinks Continued								
Peach & Blueberry Smoothie with Almond Milk (Frozen)		Yes						
Green Passion Smoothie (Frozen)				No Major Allergens Present				
Agave Lemonade				No Major Allergens Present				
Strawberry Lemon Mint Naturally Flavored Charged Lemonade				No Major Allergens Present				
Fuji Apple Cranberry Naturally Flavored Charged Lemonade				No Major Allergens Present				
Mango Yuzu Citrus Naturally Flavored Charged Lemonade				No Major Allergens Present				
Blood Orange Naturally Flavored Charged Splash				No Major Allergens Present				
Soups								
Broccoli Cheddar	Yes			Yes				

Chicken Tikka Masala with Brown Rice & Quinoa		Yes		Yes	Yes			
Vegetarian Ten Vegetable Soup	Yes				Yes			
Bistro French Onion with Cheese & Croutons	Yes			Yes	Yes			
Homestyle Chicken Noodle	Yes					Yes		
Cream of Chicken & Wild Rice	Yes			Yes				
Vegetarian Creamy Tomato with Croutons	Yes			Yes				
Turkey Chili					Yes			
Vegetarian Autumn Squash				Yes				
<b>Mac &amp; Cheese</b>								
Mac & Cheese	Yes			Yes		Yes		
Broccoli Cheddar Mac & Cheese	Yes			Yes		Yes		
<b>Warm Bowls</b>								
Baja Bowl with & without Chicken				Yes				
Mediterranean Bowl with & without Chicken				Yes				Yes
Teriyaki Chicken & Broccoli	Yes				Yes			Yes
<b>Flatbread Pizzas</b>								
Margherita Flatbread Pizza	Yes			Yes				
Chipotle Chicken & Bacon Flatbread Pizza	Yes			Yes		Yes		
Cheese Flatbread Pizza	Yes			Yes				
Pepperoni Flatbread Pizza	Yes			Yes				
<b>Non-traditional Grab N Go</b>								
Chicken Caesar Wrap	Yes			Yes	Yes	Yes	Yes	Yes
Deli Turkey on White Whole Grain Pullman - Half	Yes					Yes		
Grape Cup				No Major Allergens Present				
Green Goddess Chicken Wrap	Yes			Yes	Yes			Yes
Hard Boiled Eggs						Yes		
Large Fruit Cup				No Major Allergens Present				
Frontega Chicken Wrap	Yes			Yes	Yes	Yes		Yes
<b>Paradise Bakery Offerings</b>								
Black and White Chipper	Yes			Yes	Yes	Yes		
Chocolate Chip Cookie	Yes			Yes	Yes	Yes		
Ginger Molasses Cookie	Yes					Yes		
Oatmeal Chocolate Chip Chipper	Yes	Yes		Yes	Yes	Yes		
Oatmeal Raisin Cookie	Yes	Yes		Yes		Yes		
Snickerdoodle Cookie	Yes					Yes		
Sugar Cookie	Yes					Yes		
Zucchini Nut Muffin	Yes	Yes				Yes		
Chicken Walnut Salad on Molasses Bread	Yes	Yes				Yes		
Dark Wheat Molasses Bread	Yes							