



Panera Bread® Nutrition Information - US

Effective: 8/30/2023 Version 2

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BAGELS												
Asiago Cheese Bagel	1 Bagel	320	50	6	3.5	0	15	560	56	2	5	14
Blueberry Bagel	1 Bagel	300	10	1	0	0	0	430	66	3	11	10
Chocolate Chip Bagel	1 Bagel	330	50	6	3	0	5	400	64	2	14	10
Cinnamon Crunch Bagel	1 Bagel	420	60	7	5	0	0	400	84	2	34	9
Cinnamon Swirl & Raisin Bagel	1 Bagel	310	15	1.5	1	0	0	430	68	3	13	10
Everything Bagel	1 Bagel	300	15	1.5	0	0	0	610	63	3	5	11
Jalapeno Cheddar Bagel	1 Bagel	300	25	3	1.5	0	5	750	56	2	4	13
Plain Bagel	1 Bagel	280	5	1	0	0	0	460	62	2	5	10
Poppysseed Bagel	1 Bagel	300	20	2	0	0	0	460	63	3	5	11
Salt Bagel	1 Bagel	280	5	1	0	0	0	2020	62	2	5	10
Sesame Bagel	1 Bagel	300	20	2.5	0.5	0	0	460	63	3	5	11
Multigrain Bagel Flat	1 Bagel Flat	180	20	2	0	0	0	410	34	3	4	7
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 4.75 inch slice)	140	15	2	0	0	0	370	26	1	0	5
Brioche Roll	1 Roll	210	60	7	4	0	40	310	31	2	5	8
Classic Sourdough	2 oz (about 1 1/4 inch slice / 57 g)	150	5	0	0	0	0	320	31	1	0	6
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
Asiago Cheese Focaccia	2 oz (57g / about 4 inch slice)	150	25	3	1	0	5	320	24	1	0	6
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
White Whole Grain	2 oz (57g / about 7/8 inch slice)	130	5	0.5	0	0	0	290	25	2	3	6



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Whole Grain Lahvash	1 Lahvash	170	35	4	0.5	0	0	310	25	9	3	12
BREAKFAST												
Avocado, Egg White, Spinach & Cheese on Multigrain Bagel Flat	1 Sandwich	350	120	14	5	0	20	680	39	5	5	19
Bacon, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	440	190	21	9	0	300	900	40	2	2	24
Bacon, Scrambled Egg & Cheese on Brioche	1 Sandwich	450	230	26	13	0	345	840	33	2	6	24
Breakfast Portion - Artisan Ciabatta	1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7
Chipotle Aioli Sauce for Breakfast Sandwiches	1 Serving	45	40	4.5	1	0	5	55	0	0	0	0
Chipotle Chicken, Scrambled Egg & Avocado on Artisan Ciabatta	1 Sandwich	550	280	31	12	0	315	910	44	4	2	27
Cinnamon Crunch Ham Breakfast Sandwich	1 sandwich	630	190	21	12	0	305	880	87	2	34	27
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6
Garlic Aioli Sauce for Breakfast Sandwiches	1 serving	50	50	5	1	0	5	30	0	0	0	0
Ham, Scrambled Egg & Cheese on Cinnamon Crunch Bagel	1 Sandwich	630	190	21	12	0	305	880	87	2	34	27
Sausage, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	590	320	35	15	0	320	880	40	2	1	27
Sausage, Scrambled Egg & Cheese on Asiago Bagel	1 Sandwich	820	460	51	20	0.5	345	1300	58	2	5	33
Sausage, Scrambled Egg & Cheese on Brioche	1 Sandwich	590	360	40	19	0	360	820	33	2	6	28
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8
Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	380	140	16	7	0	285	610	40	2	1	20
Scrambled Egg & Cheese on Brioche	1 Sandwich	390	180	20	11	0	330	560	32	2	6	21
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	370	130	15	2	0	0	150	52	9	17	8
Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans	1 Bowl	260	35	4	1	0	0	150	50	8	16	7

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DRESSINGS & SAUCES												
Apple Cider Vinegar BBQ Sauce	1 portion	20	0	0	0	0	0	90	5	0	4	0
Dressing - Asian Sesame Vinaigrette - Half	1 1/2 Tbsp	45	35	4	0.5	0	0	100	2	0	2	0
Dressing - Asian Sesame Vinaigrette - Whole	3 Tbsp	90	70	8	1	0	0	200	4	0	4	0
Buffalo Sauce	1 Portion	10	10	1	0	0	0	320	1	0	1	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
Chipotle Sauce	1 portion	100	90	10	1.5	0	10	105	2	0	1	0
Country Mustard	1 portion	70	60	7	1	0	5	200	2	0	2	0
Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	15	65	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 - Half	1 1/2 tbsp	40	30	3.5	0	0	0	80	2	0	1	1
Dressing - Green Goddess - Whole	3 tbsp	80	60	7	1	0	5	160	4	0	3	2
Horseradish Sauce	1 portion	100	100	11	2	0	10	85	1	0	0	0
Hummus	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2
Lemon Tahini Dressing	1 portion	70	60	7	1	0	0	210	2	1	0	1
Mayonnaise	1 portion	130	130	14	2	0	10	115	0	0	0	0
Salsa Verde	1 portion	90	90	10	1	0	0	170	1	0	0	0
Signature Sauce	1 portion	90	70	8	1	0	10	90	4	0	2	0
Dressing - Tangerine Soy Ginger - Half	1 ladle	80	60	7	1	0	0	250	4	0	4	0
Dressing - Tangerine Soy Ginger - Whole	2 ladles	160	130	14	2	0	0	500	9	0	8	1
Teriyaki Sauce	1 portion	120	10	1	0	0	0	680	26	0	22	2
Dressing - White Balsamic Vinaigrette flavored with Apple - Half	1 1/2 Tbsp	80	60	6	1	0	0	85	5	0	5	0

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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 Bittersweet Chocolate Sauce	1 shot	50	0	0	0	0	0	25	13	1	8	1
Additional Shot of Caramel Syrup	1 Shot	60	10	1.5	1	0	5	50	13	0	8	0
Additional Shot of Cinnamon Bark Flavored Syrup	1 shot	25	0	0	0	0	0	0	6	0	6	0
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	1	0	0	0
Additional Shot of Espresso Decaf	1 Shot	5	0	0	0	0	0	0	1	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)	200	0	0	0	0	0	10	48	0	45	0
Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	300	5	0	0	0	0	15	73	0	67	0
Agave Lemonade - Serves 10 - Group	2 containers	1260	15	1.5	0	0	0	75	310	0	286	2
Agave Lemonade - Serves 5 - Group	1 container	630	5	1	0	0	0	35	155	0	143	1
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)	10	0	0	0	0	0	5	2	0	0	1
Unsweetened Iced Tea - Serves 10 - Group	2 Containers	80	0	0	0	0	0	80	0	0	0	15
Unsweetened Iced Tea - Serves 5 - Group	1 Container	40	0	0	0	0	0	40	0	0	0	8
Blackberry Sage Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Blood Orange Naturally Flavored Charged Splash - 20 fl oz without ice	20 fl oz (591 mL)	25	0	0	0	0	0	60	33	0	0	0
Blood Orange Naturally Flavored Charged Splash - Serves 10 - Group	1 container	170	0	0	0	0	0	380	211	0	0	0



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Blood Orange Naturally Flavored Charged Splash - Serves 5 - Group	1 container	80	0	0	0	0	0	170	97	0	0	0
Blood Orange Naturally Flavored Charged Splash- 30 fl oz without ice	30 fl oz (887 mL)	40	0	0	0	0	0	90	49	0	0	0
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)	15	0	0	0	0	0	10	3	0	0	1
Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Cafe blend Dark Roast Coffee - Group	1 Container	100	0	0	0	0	0	90	20	0	0	7
Cafe Blend Dark Roast Coffee - 12 fl oz	12 fl oz (355 mL)	10	0	0	0	0	0	10	2	0	0	1
Cafe Blend Light Roast Coffee - Group	1 Container	140	0	0	0	0	0	90	25	0	0	7
Cafe Blend Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Cafe Blend Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	15	4	0	0	1
Cafe Blend Light Roast Coffee- 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	10	2	0	0	1
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	100	13	0	11	9
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	125	16	0	14	11
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	95	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	100	13	0	11	9
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	125	16	0	14	11



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Caramel Latte - 16 fl oz	16 fl oz (473 mL)	410	120	13	8	0	45	290	60	0	42	11
Caramel Latte - 20 fl oz	20 fl oz (591 mL)	500	140	16	10	0	50	360	76	0	53	13
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	370	70	7	4.5	0	30	150	63	0	62	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	290	60	6	4	0	25	130	49	0	48	10
Chocolate Latte - 16 fl oz	16 fl oz (473 mL)	370	90	10	6	0	35	190	60	2	43	12
Chocolate Latte - 20 fl oz	20 fl oz (591 mL)	420	100	11	7	0	40	230	67	3	49	14
Cinnamon Crunch Latte - 16 fl oz	16 fl oz (473 mL)	270	80	9	6	0	35	115	37	0	35	10
Cinnamon Crunch Latte - 20 fl oz	20 fl oz (591 mL)	330	90	10	7	0	40	140	46	0	44	12
Cinnamon Plum Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	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)	240	0	0	0	0	0	75	65	0	65	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
Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	15	2	0	0	1
Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
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 - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	0	3	0	0	0
Decaf Coffee - Group	1 Container	140	0	0	0	0	0	40	32	0	0	4
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	5	4	0	0	0
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	5	5	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



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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	95	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)	120	0	0	0	0	0	10	30	0	27	0
Drive Thru - Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	180	0	0	0	0	0	15	45	0	41	0
Drive Thru - Blood Orange Naturally Flavored Charged Splash - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	40	20	0	0	0
Drive Thru - Blood Orange Naturally Flavored Charged Splash- 30 fl oz	30 fl oz (887 mL)	25	0	0	0	0	0	60	29	0	0	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	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 - 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



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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	60	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 - Mango Yuzu Citrus Naturally Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	320	5	0	0	0	0	15	78	0	74	0
Drive Thru - Mango Yuzu Citrus Naturally Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	10	52	0	50	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)	90	0	0	0	0	0	20	23	0	23	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	130	0	0	0	0	0	25	32	0	32	0



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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 - 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 - 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)	150	0	0	0	0	0	35	41	0	41	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 Lemon Mint Naturally Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	170	0	0	0	0	0	10	43	0	40	0
Drive Thru - Strawberry Lemon Mint Naturally Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	260	5	0	0	0	0	15	64	0	60	0
Drive Thru - Sweet Iced Tea - 20 fl oz	20 fl oz (591 mL)	80	0	0	0	0	0	10	18	0	18	2
Drive Thru - Sweet Iced Tea - 30 fl oz	30 fl oz (887 mL)	110	0	0	0	0	0	15	25	0	25	2
Drive Thru - Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	35	47	0	47	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



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Drive Thru - Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Drive Thru - Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	15	0	0	0	2
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	65	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
Earl Greyer Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	20	0	0	0	0
Espresso	2 fl oz (59 mL)	10	0	0	0	0	0	0	2	0	0	1
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	65	66	0	66	0
Fanta Orange - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	100	99	0	99	0
Frozen Caramel Cold Brew - 16 fl oz	16 fl oz (473 mL)	490	150	17	10	0.5	50	230	80	0	58	5
Frozen Chocolate Cold Brew - 16 fl oz	16 fl oz (473 mL)	450	120	13	8	0	45	130	79	2	59	6
Ginger Peach Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	20	0	0	0	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	140	0	0	0	0	0	60	24	0	0	10
Hazelnut Flavored Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	5	2	0	0	1
Hazelnut Flavored Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Hazelnut Flavored Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	10	4	0	0	2
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
Signature Hot Chocolate - 16 fl oz	16 fl oz (473 mL)	430	100	11	7	0	35	230	73	3	53	12
Signature Hot Chocolate - 20 fl oz	20 fl oz (591 mL)	550	110	12	8	0	45	300	96	4	69	15
Iced Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	15	2	0	0	1
Iced Cafe Blend Dark Roast Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Iced Cafe Blend Dark Roast Coffee - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	20	3	0	0	1
Iced Cafe Blend Dark Roast Coffee - 30 fl oz - no ice	30 fl oz (887 mL)	25	0	0	0	0	0	20	5	0	0	2



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Iced Cafe Blend Dark Roast Coffee- 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	10	2	0	0	1
Iced Cafe Blend Light Roast Coffee - 30 fl oz	30 fl oz (887 mL)	35	0	0	0	0	0	20	6	0	0	2
Iced Caffè Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	130	16	0	14	11
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	440	130	15	9	0	50	320	63	0	45	13
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	290	60	6	4	0	25	130	49	0	48	10
Iced Chocolate Latte - 20 fl oz	20 fl oz (591 mL)	400	100	11	7	0	40	220	62	2	46	14
Iced Cinnamon Crunch Latte - 20 fl oz	20 fl oz (591 mL)	300	90	10	7	0	40	140	40	0	38	12
Iced Decaf Coffee - 30 fl oz	30 fl oz (887 mL)	35	0	0	0	0	0	10	8	0	0	1
Iced Hazelnut Flavored Coffee - 30 fl oz	30 fl oz (887 mL)	35	0	0	0	0	0	15	6	0	0	3
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	290	90	10	7	0	40	140	36	0	34	12
Kids Organic Apple juice	8 fl oz (237 mL)	90	0	0	0	0	0	10	22	0	21	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	105	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 Almond Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	90	10	1.5	0	0	0	45	18	0	17	1
Madagascar Vanilla Almond Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	120	15	1.5	0	0	0	60	24	0	22	1
Madagascar Vanilla Cream Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	190	100	11	7	0	35	50	22	0	17	3
Madagascar Vanilla Cream Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	260	130	14	9	0	45	60	29	0	22	4
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	260	80	9	6	0	35	115	33	0	31	10



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Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	310	90	10	7	0	40	140	41	0	40	12
Mango Ceylon Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Mango Yuzu Citrus Naturally Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	350	5	0	0	0	0	10	86	0	82	0
Mango Yuzu Citrus Naturally Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	530	5	0.5	0	0	0	15	130	0	124	1
Mango Yuzu Citrus Naturally Flavored Charged Lemonade - Serves 10 - Group	2 Containers	2210	25	3	0.5	0	0	70	541	2	515	3
Mango Yuzu Citrus Naturally Flavored Charged Lemonade - Serves 5 - Group	1 Container	1100	15	1.5	0	0	0	35	270	1	258	1
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	20	35	0	35	0
Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	30	52	0	52	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 10 - Group	2 Containers	900	0	0	0	0	0	135	223	0	222	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 5 - Group	1 Container	450	0	0	0	0	0	65	111	0	111	0



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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
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
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 10 - Group	2 Containers	1800	0	0	3	0	0	60	408	0	360	33
Premium Orange Juice - Serves 5 - Group	2 Containers	900	0	0	1.5	0	0	30	204	0	180	17
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)	240	0	0	0	0	0	55	65	0	65	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)	240	0	0	0	0	0	55	65	0	65	0
Strawberry Lemon Mint Naturally Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	280	5	0	0	0	0	10	70	0	65	0
Strawberry Lemon Mint Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	430	5	0.5	0	0	0	15	105	0	98	1



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Strawberry Lemon Mint Flavored Charged Lemonade - Serves 10 - Group	2 Containers	1800	20	2.5	0	0	0	70	443	1	413	3
Strawberry Lemon Mint Flavored Charged Lemonade - Serves 5 - Group	1 Container	900	10	1	0	0	0	35	221	0	206	1
Substitute Almond Milk - 8 fl oz	8 fl oz (237 mL)	40	30	3.5	0	0	0	100	2	1	0	1
Substitute Skim Milk - 4 fl oz	4 fl oz (118 mL)	40	0	0	0	0	0	50	6	0	6	4
Substitute Skim Milk - 8 fl oz	8 fl oz (237 mL)	80	0	0	0	0	5	105	12	0	12	8
Sweet Iced Tea - Serves 10 - Group	2 Containers	730	1	0	0	0	0	75	164	0	163	14
Sweet Iced Tea - Serves 5- Group	1 Container	360	0	0	0	0	0	35	82	0	81	7
Sweet Iced Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	27	0	27	1
Sweet Iced Tea 30 fl oz	30 fl oz (887 mL)	150	0	0	0	0	0	10	36	0	36	2
Tropical Hibiscus Tea - Serves 10 - Group	2 Containers	0	0	0	0	0	0	0	0	0	0	0
Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	55	75	0	75	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)	10	0	0	0	0	0	10	0	0	0	2
Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	20	0	0	0	0	0	20	0	0	0	4
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
ENTRÉE												
Baja Bowl	1 Bowl	630	300	34	6	0	20	1280	70	13	12	17
Baja Bowl with Chicken	1 Bowl	690	310	35	7	0	60	1440	71	13	12	28
Broccoli Cheddar Mac & Cheese - Bread Bowl	1 Bread bowl with Broccoli Cheddar Mac	1040	250	28	12	0.5	40	2120	157	7	7	39

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Broccoli Cheddar Mac & Cheese - Large	1 Bowl	740	430	48	23	1	85	1930	53	5	10	25
Broccoli Cheddar Mac & Cheese - Small	1 Cup	370	210	24	11	0.5	40	960	26	3	5	12
Broccoli Cheddar Mac & Cheese - Group	1 Container	1480	860	95	45	2	170	3850	106	10	20	50
Cheese Flatbread Pizza	1 flatbread pizza	920	370	41	19	1	100	2100	95	3	8	40
Teriyaki Chicken & Broccoli Bowl	1 Bowl	610	160	17	4	0	150	1630	69	5	27	46
Chipotle Chicken & Bacon Flatbread Pizza	1 flatbread pizza	1030	460	51	19	1	125	2400	97	3	10	44
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 - Large	About 2 Cups	960	580	64	35	2	165	2300	67	0	15	32
Mac & Cheese- Small	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
Margherita Flatbread Pizza	1 flatbread pizza	870	320	35	16	1	75	1840	98	4	10	35
Mediterranean Bowl	1 Bowl	510	250	28	6	0	20	1100	52	7	7	15
Mediterranean Bowl with Chicken	1 Bowl	570	260	29	6	0	60	1260	53	7	8	26
Pepperoni Flatbread Pizza	1 flatbread pizza	1070	500	55	24	1	120	2580	95	3	8	43
KIDS												
Kids Deli Turkey on White Whole Grain	1 Sandwich	290	80	9	4.5	0	45	960	30	3	3	21
Kids Grilled Cheese on White Whole Grain	1 Sandwich	230	70	8	4	0	20	620	29	3	3	10
Kids Stonyfield Organic Low Fat Mixed Berry Yogurt Squeezers	1 Tube	50	10	1	0.5	0	5	40	8	0	6	2
Kids Stonyfield Organic Low Fat Strawberry Yogurt Squeezers	1 Tube	50	10	1	0.5	0	5	35	8	0	6	2
PASTRIES & SWEETS												
Pastry - Pastry Ring	1/12 pastry	210	90	9	5	0	35	170	29	1	14	3
Muffin - Blueberry	1 Muffin	510	160	18	3.5	0	65	390	79	8	35	7
Scone - Blueberry	1 Scone	460	170	19	12	0.5	25	900	65	2	26	8
Brownie	1 Brownie	470	160	18	6	0	115	95	69	4	50	7



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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
Muffin - Chocolate Chip	1 Muffin	670	230	26	9	0	65	390	101	6	44	9
Cookie - Chocolate Chipper	1 Cookie	390	170	19	11	0	50	290	52	2	31	4
Pastry - Chocolate Croissant	1 Croissant	410	190	21	13	0.5	45	300	49	2	16	7
Muffin - Cranberry Orange	1 Muffin	530	180	20	3.5	0	50	340	82	4	42	7
Dozen Chocolate Chipper Cookies	1 cookie	390	170	19	11	0	50	290	52	2	31	4
Dozen Mixed Cookies	1 container	4850	1940	216	130	6	685	3200	684	20	397	46
Pastry - Bear Claw	1 Pastry	500	210	23	10	0.5	60	350	65	3	30	10
Cookie - Kitchen Sink	1 Cookie	820	400	44	29	1	95	760	99	2	56	8
Cookie - Lemon Drop Flavored	1 Cookie	440	180	20	13	0.5	75	260	60	1	34	5
Mini Bear Claw	1 Pastry	160	70	8	3.5	0	20	115	20	1	8	3
Mini Scone -Blueberry	1 mini scone	150	60	6	4	0	10	300	21	1	9	3
Mini - Brownie	1 Mini Brownie	120	40	4.5	1.5	0	30	25	17	1	12	2
Mini Cookie - Candy	1 Mini Cookie	130	50	6	3.5	0	20	75	18	0	10	1
Mini Cinnamon Roll	1 mini roll	310	80	9	4	0	35	240	53	1	35	4
Mini Muffin - Cranberry Orange	1 Mini Muffin	80	30	3	0.5	0	10	55	13	1	7	1
Mini Cookie - Lemon Drop Flavored	1 Mini Cookie	110	45	5	3.5	0	20	65	15	0	9	1
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	2	0	15	45	14	1	8	1
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	10	270	27	1	13	3
Mini Pastry Duet	1 Piece	420	170	19	11	0.5	65	340	58	1	28	7
Seasonal Cookie- Mitten Shaped	1 Cookie	430	190	21	13	1	65	190	55	1	30	4
Cookie - Oatmeal Raisin with Berries	1 Cookie	350	110	13	7	0	55	170	55	2	33	4
Scone - Orange	1 Scone	550	180	20	13	0.5	25	810	80	2	38	9
Pastry - Pecan Braid	1 Pastry	450	220	25	9	0	40	160	52	3	25	6
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	3	0	10	75	13	0	8	1



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Muffin - Pumpkin	1 Muffin	570	220	24	4.5	0	30	430	78	5	40	8
Cookie - Pumpkin Shaped Shortbread	1 Cookie	450	190	21	13	1	65	210	62	1	37	4
Pastry - Croissant	1 Croissant	270	130	15	11	0	50	240	28	1	4	5
Pastry - Vanilla Flavored Cinnamon Roll	1 Roll	620	160	18	8	0	75	490	106	1	71	9
SALADS												
Asian Sesame with Chicken - Half	1/2 Salad	200	100	11	1.5	0	40	340	13	3	4	14
Asian Sesame with Chicken - Whole	1 Salad	410	200	22	3	0	80	690	26	6	7	29
Caesar - Half	1/2 Salad	170	110	13	3	0	25	320	9	2	2	5
Caesar - Whole	1 Salad	350	230	25	6	0.5	45	640	18	4	4	10
Caesar with Chicken - Whole	1 Salad	450	240	27	7	0.5	130	960	20	4	4	32
Caesar with Chicken - Half	1/2 Salad	230	120	14	3.5	0	65	480	10	2	2	16
Citrus Asian Crunch Salad - Half	1/2 salad	220	110	12	1.5	0	0	420	22	4	12	5
Citrus Asian Crunch Salad - Whole	1 salad	430	220	25	3	0	0	850	44	8	25	10
Citrus Asian Crunch Salad with Chicken - Half	1/2 salad	310	150	17	2.5	0	50	660	23	4	13	18
Citrus Asian Crunch Salad with Chicken - Whole	1 salad	620	300	33	5	0	105	1320	46	8	26	36
Fuji Apple with Chicken - Half	1/2 Salad	280	150	17	3.5	0	50	370	18	3	11	15
Fuji Apple with Chicken - Whole	1 Salad	560	300	34	7	0	100	740	37	6	22	29
Fuji Apple with Chicken without pecans - Half	1/2 Salad	230	100	12	3	0	50	370	17	2	11	14
Fuji Apple with Chicken without pecans - Whole	1 Salad	460	210	23	6	0	100	740	35	4	22	28
Greek - Half	1/2 Salad	200	160	18	4.5	0	15	540	8	3	4	4
Greek - Whole	1 Salad	410	320	35	9	0.5	30	1080	17	5	7	8
Green Goddess Cobb with Chicken - Half	1/2 Salad	250	130	14	3	0	145	460	13	4	7	19
Green Goddess Cobb with Chicken - Whole	1 Salad	500	250	28	6	0	285	930	26	8	14	38
Southwest Caesar Salad - Half	1/2 Salad	270	210	23	4.5	0	25	330	10	4	2	5
Southwest Caesar Salad - Whole	1 Salad	530	410	46	9	1	55	650	20	8	5	10
Southwest Caesar Salad with Chicken- Whole	1 Salad	640	430	48	10	1	135	980	21	8	5	32



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Southwest Caesar with Chicken Salad - Half	1/2 Salad	320	220	24	5	0	70	490	11	4	3	16
SANDWICHES												
Avocado Sandwich - Whole	1 Sandwich	210	45	5	0.5	0	0	310	37	4	2	7
Avocado Sandwich - Half	1/2 sandwich	210	45	5	0.5	0	0	310	37	4	2	7
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	500	190	21	10	0	70	1330	52	2	6	27
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	1000	370	41	19	0	135	2660	104	4	11	54
Black Forest Ham & Gouda Melt on Baguette	1 Sandwich	960	270	31	16	0	125	2920	119	4	8	52
Chicken & Pepperoni Mozz Melt on Baguette	1 Sandwich	1110	370	41	20	1	170	3120	115	4	6	69
Chicken Cordon Bleu Melt on Baguette	1 Sandwich	1060	290	32	17	0	190	3440	119	4	8	73
Chicken Green Goddess Caprese Melt on Baguette	1 Sandwich	1070	380	42	14	0	130	2420	118	5	8	57
Chipotle Chicken Avocado Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	470	220	25	10	0	65	1000	40	4	2	23
Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole	1 Sandwich	940	440	49	19	0	130	2010	80	8	5	46
Classic Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	440	230	26	15	1	75	1190	34	1	4	19
Classic Grilled Cheese on Classic White Miche - Whole	1 Sandwich	880	460	51	29	1.5	150	2370	68	2	9	37
Deli Ham on Country Rustic Sourdough - Half	1/2 Sandwich	290	70	8	1.5	0	40	960	39	2	5	17
Deli Ham on Country Rustic Sourdough - Whole	1 Sandwich	590	150	17	3	0	80	1910	77	4	10	34
Deli Turkey on Country Rustic Sourdough - Half	1/2 Sandwich	300	80	9	1.5	0	30	840	38	2	4	17
Deli Turkey on Country Rustic Sourdough - Whole	1 Sandwich	590	160	17	3	0	55	1690	76	4	8	35
Green Goddess Caprese Melt on Baguette	1 Sandwich	970	360	40	13	0	65	1900	118	5	8	36
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	320	60	7	2	0	10	830	53	4	6	12
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	640	130	14	4	0	15	1660	106	7	11	23
Napa Almond Chicken Salad on Country Rustic Sourdough - Half	1/2 Sandwich	320	110	13	2	0	35	460	39	2	6	14

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Napa Almond Chicken Salad on Country Rustic Sourdough - Whole	1 Sandwich	640	230	25	4.5	0	70	920	78	4	12	27
Pepperoni Mozzarella Melt on Baguette	1 Sandwich	1010	360	39	20	1	105	2600	115	4	6	48
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half	1/2 Sandwich	470	240	27	5	0	50	890	36	4	3	22
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Whole	1 Sandwich	940	480	53	10	0.5	100	1790	73	7	5	44
Toasted Smokehouse BBQ Chicken on Classic White Miche - Half	1/2 Sandwich	380	130	14	7	0	65	820	41	2	9	22
Toasted Smokehouse BBQ Chicken on Classic White Miche - Whole	1 Sandwich	760	260	29	14	0.5	135	1640	81	3	18	45
Smoky Buffalo Chicken Melt on Baguette	1 Sandwich	830	170	19	9	0	105	3010	115	4	4	50
Toasted Frontega Chicken on Black Pepper Focaccia - Half	1/2 Panini	400	160	18	5	0	55	950	40	2	3	22
Toasted Frontega Chicken on Black Pepper Focaccia - Whole	1 Panini	810	320	36	10	0	110	1890	79	4	6	43
Toasted Steak & White Cheddar on Artisan Ciabatta - Half	1/2 Panini	480	210	24	7	0	65	780	44	2	4	22
Toasted Steak & White Cheddar on Artisan Ciabatta - Whole	1 Panini	950	420	47	15	1	125	1550	87	4	7	44
Tuna Salad on Black Pepper Focaccia - Half	1/2 Sandwich	360	150	17	2.5	0	25	840	39	3	3	15
Tuna Salad on Black Pepper Focaccia - Whole	1 Sandwich	720	300	33	5	0	50	1670	78	6	6	29
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	2.4 oz (69g / about 3 1/3 inch slice)	180	5	0.5	0	0	0	450	36	1	1	7

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Seasonal Fruit Cup	1 Container	60	0	0	0	0	0	15	17	1	12	1
Greek Yogurt with Mixed Berries	1 Parfait	250	80	9	4.5	0	25	80	29	2	18	16
Kettle Cooked Potato Chips	1 package	150	80	9	1	0	0	75	17		<1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0
SMOOTHIES												
Green Passion Smoothie - 16 fl oz	16 fl oz (473 mL)	250	10	1.5	0	0	0	50	59	0	50	2
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	50	5	3	0	20	65	51	0	42	13
Peach & Blueberry Smoothie with Almond Milk - 16 fl oz	16 fl oz (473 mL)	220	15	2	0	0	0	50	49	1	41	2
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	3	1.5	0	10	35	52	4	38	8
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	270	45	5	2.5	0	20	65	44	2	39	13
SOUFFLES												
Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14
Souffle - Spinach & Artichoke	1 Souffle	530	320	35	19	1	180	930	37	3	8	18
Souffle - Spinach & Bacon	1 Souffle	550	330	37	19	1	195	970	36	1	8	19
SOUPS												
Bistro French Onion Soup - Group	1 Container	600	230	26	13	0.5	75	4370	68	6	36	25
Bistro French Onion - Bowl	1 1/2 Cups	310	110	12	5	0	30	1990	39	3	16	12
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	860	110	12	4	0	20	2450	153	6	12	34
Bistro French Onion - Cup	1 Cup	190	70	7	3.5	0	20	1290	23	2	10	7
Broccoli Cheddar - Bowl	1 1/2 Cups	380	230	25	17	1	90	1680	25	2	9	13
Broccoli Cheddar - Cup	1 Cup	240	140	16	11	0.5	55	1060	16	1	6	8
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	910	180	20	11	0.5	55	2220	146	6	8	35
Broccoli Cheddar Soup - Group	1 Container	830	500	56	37	2	195	3710	56	4	20	28
Chicken Tikka Masala Soup - Bowl	1 1/2 cups	360	160	18	10	0	65	1000	37	5	8	16



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Chicken Tikka Masala Soup - Bread Bowl	1 Bread bowl with soup	900	140	16	7	0	45	1820	154	8	8	37
Chicken Tikka Masala Soup - Cup	1 cup	230	100	12	6	0	45	650	23	3	5	10
Chicken Tikka Masala Soup - Group	1 container	820	370	41	22	1	155	2300	84	11	19	37
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	260	140	16	7	0.5	35	1390	27	5	4	10
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	840	130	15	5	0	25	2090	148	8	5	33
Cream of Chicken & Wild Rice - Cup	1 Cup	180	90	10	4.5	0	25	920	18	4	3	6
Cream of Chicken and Wild Rice - Group	1 Container	620	330	36	17	1.5	85	3240	62	13	9	23
Homestyle Chicken Noodle Soup - Bowl	1 bowl	100	5	1	0	0	25	1280	13	0	4	9
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	730	45	5	0.5	0	15	2020	139	4	5	33
Homestyle Chicken Noodle Soup - Cup	1 cup	60	5	0.5	0	0	15	860	8	0	3	6
Homestyle Chicken Noodle Soup - Group	1 container	230	15	2	0.5	0	55	3000	30	0	10	22
Turkey Chili with Beans - Bowl	1 Bowl	300	90	10	4.5	0	35	690	31	14	8	21
Turkey Chili with Beans - Bread Bowl	1 bread bowl with soup	870	100	11	3.5	0	25	1620	151	14	8	41
Turkey Chili with Beans - Cup	1 Cup	200	60	7	3	0	25	460	20	9	6	14
Turkey Chili - Group	1 Container	700	220	24	11	1	80	1620	72	32	19	49
Ten Vegetable Soup - Bowl	1 1/2 Cups	100	15	2	0	0	0	1090	15	4	6	5
Ten Vegetable Soup - Bread Bowl	1 Bread bowl with soup	730	50	6	0.5	0	0	1890	140	7	6	30
Ten Vegetable Soup - Cup	1 Cup	60	10	1	0	0	0	730	10	3	4	3
Ten Vegetable Soup - Group	1 Container	220	40	4.5	1	0	0	2550	36	9	13	11
Vegetarian Autumn Squash Soup - Bowl	1 1/2 Cups	330	150	16	7	0	50	1210	41	5	33	8
Vegetarian Autumn Squash Soup - Bread Bowl	1 Bread bowl with soup	880	140	15	5	0	35	1960	158	8	24	32
Vegetarian Autumn Squash Soup - Cup	1 Cup	210	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	19
Vegetarian Creamy Tomato Soup - Group	1 Container	850	450	50	27	1.5	135	2660	86	3	39	14
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	910	170	19	8	0	40	1910	154	5	13	31
Vegetarian Creamy Tomato - Bowl	1 1/2 Cups	350	190	21	11	0.5	60	1100	34	1	17	5



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Vegetarian Creamy Tomato - Cup	1 Cup	240	130	14	8	0	40	750	24	1	11	4
SPREADS												
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 Chive & Onion Cream Cheese Spread - 1.75 oz	1 Container	130	90	10	7	0	35	190	2	0	2	6
Reduced Fat Chive & Onion Cream Cheese Spread - 8 oz	2 Tbsp (30g)	80	50	6	4	0	20	115	1	0	1	3
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
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	2160	1080	120	16	2.5	420	3700	138	32	42	148
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1080	540	60	8	1	210	1850	69	16	21	74
Catering Asian Sesame - Half	1/2 Salad	150	90	10	1	0	0	180	12	3	3	4
Catering Asian Sesame Salad - serves 10	2 Containers	1600	1000	111	13	2	0	2030	130	32	38	38
Catering Asian Sesame Salad - serves 5	1 Container	800	500	55	6	1	0	1010	65	16	19	19
Catering Asian Sesame Salad - Whole	1 Salad	300	190	21	2.5	0	0	360	24	6	7	7
Catering Caesar Salad - serves 10	2 Containers	1940	1300	145	35	3.5	260	3500	99	24	22	53
Catering Caesar Salad - serves 5	1 Container	970	650	73	18	2	130	1750	49	12	11	27
Catering Caesar with Chicken Salad - serves 10	2 Containers	2500	1390	155	39	4	680	5170	107	24	26	164
Catering Caesar with Chicken Salad - serves 5	1 Container	1250	690	77	19	2	340	2580	53	12	13	82
Catering Chipotle Aioli for Breakfast Sandwiches	about 0.5 oz	90	90	10	1.5	0	10	125	1	0	0	0
Catering Citrus Asian Crunch Salad - Serves 10	2 containers	2180	1150	128	16	1	0	4230	214	43	119	48



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Catering Citrus Asian Crunch Salad - Serves 5	1 container	1090	570	64	8	0	0	2110	107	21	60	24
Catering Citrus Asian Crunch Salad with Chicken - Serves 10	2 containers	3130	1540	171	26	1.5	515	6610	225	43	127	178
Catering Citrus Asian Crunch Salad with Chicken - Serves 5	1 container	1560	770	85	13	0.5	260	3310	112	21	63	89
Catering French Baguette	1 Baguette	1060	35	3.5	1	0	0	2700	217	8	4	40
Catering Fruit Salad - serves 10	1 Container	790	20	2.5	0.5	0	0	160	203	14	150	11
Catering Fruit Salad - serves 5	1 Container	390	10	1	0	0	0	80	101	7	75	5
Catering Fuji Apple - Half	1/2 Salad	220	140	16	3.5	0	10	210	18	3	11	4
Catering Fuji Apple Salad - serves 10	2 Containers	2280	1500	167	35	2.5	85	2240	169	29	108	41
Catering Fuji Apple Salad - serves 5	1 Container	1140	750	84	18	1	45	1120	84	15	54	20
Catering Fuji Apple - Whole	1 Salad	450	290	32	7	0	15	410	35	6	22	8
Catering Fuji Apple without pecans - Half	1/2 Salad	170	100	11	3	0	10	210	17	2	11	3
Catering Fuji Apple Salad without pecans - serves 10	2 Containers	1770	1020	114	30	2.5	85	2240	159	22	105	34
Catering Fuji Apple Salad without pecans - serves 5	1 Container	890	510	57	15	1	45	1120	80	11	53	17
Catering Fuji Apple without pecans - Whole	1 Salad	350	190	21	6	0	15	410	33	4	21	6
Catering Fuji Apple with Chicken Salad - serves 10	2 Containers	2840	1590	177	39	2.5	505	3920	177	29	112	151
Catering Fuji Apple with Chicken Salad - serves 5	1 Container	1420	790	88	19	1.5	255	1960	88	15	56	76
Catering Fuji Apple with Chicken Salad without pecans - serves 10	2 Containers	2330	1110	123	33	2.5	505	3920	168	22	109	145
Catering Fuji Apple with Chicken Salad without pecans - serves 5	1 Container	1170	550	62	17	1.5	255	1960	84	11	54	72
Catering Garlic Aioli for Breakfast Sandwiches	about 0.5 oz	110	110	12	2	0	10	65	0	0	0	0
Catering Greek Salad - serves 10	2 Containers	2280	1810	201	46	3	150	5910	90	29	39	41
Catering Greek Salad - serve 5	1 Container	1140	900	100	23	1.5	75	2960	45	14	20	21



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Catering Green Goddess Cobb Salad with Chicken - serves 5	1 Container	1290	660	74	16	0	725	2430	67	20	35	98
Catering Green Goddess Cobb Salad with Chicken - serves 10	1 Container	2580	1330	147	33	1	1445	4860	135	40	70	196
Catering Pastry Ring	1 Pastry Ring	2550	1030	114	65	4	400	2020	346	9	171	41
Catering Seasonal Greens Salad - serves 10	2 Containers	1670	1360	151	21	1	0	1870	67	19	31	18
Catering Seasonal Greens Salad - serves 5	1 Container	840	680	76	11	0	0	930	34	9	15	9
Catering Seasonal Greens Salad with Chicken - serves 10	2 Containers	2230	1450	161	25	1	420	3540	75	19	34	128
Catering Seasonal Greens Salad with Chicken- serves 5	1 Container	1120	720	80	12	0	210	1770	38	9	17	64
Catering Southwest Caesar Salad - serves 10	2 containers	2810	2180	243	50	4.5	300	3500	106	45	26	54
Catering Southwest Caesar Salad - serves 5	1 container	1410	1090	121	25	2	150	1750	53	23	13	27
Catering Southwest Caesar with Chicken Salad - serves 10	2 containers	3370	2270	252	53	4.5	720	5170	114	45	29	165
Catering Southwest Caesar with Chicken Salad - serves 5	1 container	1690	1140	126	26	2	360	2590	57	23	15	82
Signature Hot Chocolate - Group	1 Container	5340	2090	232	147	6	745	2060	755	33	483	81
Seasonal Greens - Half	1/2 Salad	140	110	13	2	0	0	160	6	2	3	2
Seasonal Greens - Whole	1 Salad	280	230	25	3.5	0	0	310	12	3	6	3
Seasonal Greens with Chicken- Half	1/2 Salad	200	120	14	2	0	40	320	7	2	3	12
Seasonal Greens with Chicken - Whole	1 Salad	390	240	27	4	0	80	640	14	3	7	25
Sierra Turkey Sandwich on Asiago Cheese Focaccia - Half	1/2 Sandwich	400	150	17	4	0	40	950	43	2	2	20
Sierra Turkey Sandwich on Asiago Cheese Focaccia - Whole	1 Sandwich	800	300	33	8	0	80	1900	85	3	5	41



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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)
Steak & Arugula on Country Rustic Sourdough - Half	1/2 Sandwich	360	150	17	3.5	0	45	560	37	2	4	16
Steak & Arugula on Country Rustic Sourdough - Whole	1 Sandwich	720	300	33	7	0	85	1110	73	4	8	32
NON-TRADITIONAL GRAB N GO												
Chicken Caesar Wrap	1 Wrap	460	190	21	4.5	0	70	880	38	14	6	31
Deli Turkey on White Whole Grain Pullman - Half	1/2 Sandwich	250	50	6	1	0	25	790	33	3	6	18
Grape Cup	1 Container	120	0	0	0	0	0	0	31	2	26	1
Green Goddess Chicken Wrap	1 Wrap	450	150	17	3	0	50	860	46	15	10	32
Hard Boiled Eggs	1 Container	150	100	11	3.5	0	375	130	1	0	1	13
Large Fruit Cup	1 Container	130	5	0	0	0	0	30	33	2	24	2
Strawberry Poppyseed with Chicken - Whole	1 Salad	350	120	14	2	0	80	470	36	8	26	26
Frontega Chicken Wrap	1 Wrap	430	160	18	5	0	50	840	38	12	6	31
PARADISE												
Black and White Chipper	1 Chipper	60	25	3	1.5	0	5	40	9	0	6	1
Chocolate Chip Cookie	1 Cookie	280	120	13	6	0	15	170	40	2	27	3
Ginger Molasses Cookie	1 Cookie	270	90	10	5	0	15	230	42	1	23	3
Oatmeal Chocolate Chip Chipper	1 Chipper	60	25	3	1.5	0	5	45	9	0	5	1
Oatmeal Raisin Cookie	1 Cookie	270	90	10	4.5	0	10	230	41	2	22	4
Snickerdoodle Cookie	1 Cookie	340	190	21	10	0	10	105	37	1	18	2
Sugar Cookie	1 Cookie	340	190	21	10	0	10	105	37	1	18	2
Zucchini Nut Muffin	1 Muffin	610	320	36	5	0	70	350	65	3	36	11
Chicken Walnut Salad on Molasses Bread - Half	1/2 Sandwich	280	120	13	2	0	30	440	28	2	7	13
Chicken Walnut Salad on Molasses Bread - Whole	1 Sandwich	550	230	26	4	0	60	880	55	4	14	26
Dark Wheat Molasses Bread	2 oz (57g / about 2/3 inch slice)	150	5	0	0	0	0	240	32	1	8	5