

Panera Bread® Nutrition Guide - US

Effective: 11/6/2024 Version 1

BAGELS & SPREADS

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Asiago Cheese Bagel	1 Bagel	320	50	5	3	0	15	540	55	2	4	14
Blueberry Bagel	1 Bagel	290	10	1	0	0	0	390	61	2	10	10
Cinnamon Crunch Bagel	1 Bagel	430	60	7	5	0	0	380	82	2	32	9
Cinnamon Swirl & Raisin Bagel	1 Bagel	320	15	1.5	1	0	0	410	65	3	12	10
Everything Bagel	1 Bagel	290	15	1.5	0	0	0	560	58	2	4	10
Plain Cream Cheese Spread - 1.75 oz	1 Container	180	150	17	11	0	50	135	4	0	2	2
Plain Cream Cheese Spread - 8 oz	2 Tbsp	110	90	10	7	0	30	85	3	0	1	1
Reduced Fat Honey Walnut Cream Cheese Spread - 1.75 oz	1 Container	140	90	10	6	0	30	170	8	0	8	3
Reduced Fat Honey Walnut Cream Cheese Spread - 8 oz	2 Tbsp (30g)	80	50	6	3.5	0	20	105	5	0	5	2
Multigrain Bagel Flat	1 Bagel Flat	180	25	3	0	0	0	460	32	3	1	7
Plain Bagel	1 Bagel	280	10	1	0	0	0	410	57	2	4	10
Sesame Bagel	1 Bagel	300	25	3	0	0	0	410	58	2	4	11

BREADS

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

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Bread Portion - Half Sandwich & Breakfast - French Baguette	1/4 Baguette	270	10	1	0	0	0	680	54	2	1	10
Bread Portion - Half Sandwich & Breakfast - Tomato Basil Miche	1 Slice	150	5	0.5	0	0	0	360	30	1	1	5
Bread Portion - Uniced Cinnamon Roll	1 uniced cinnamon roll	400	160	18	10	0	40	360	55	2	20	7
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
Croissant	1 Croissant	270	120	14	6	0	0	250	32	1	4	5
French Baguette	2 oz (57g / about 2 3/4 inch slice)	150	5	0	0	0	0	370	30	1	1	5
New England Roll	1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9
Sourdough Bread Bowl	1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27
Tomato Basil Miche	2 oz (57g / about 1/2 inch slice)	130	5	0	0	0	0	330	27	1	1	5
Whole Grain Lahvash	1 Lahvash	170	35	4	0.5	0	0	310	25	9	3	12
BREAKFAST												
Bacon, Egg & Cheese on Ciabatta	1 Sandwich	430	180	20	9	0	300	900	41	2	2	23
Bacon Double Take on Black Pepper Focaccia	1 Sandwich	540	270	30	14	0	330	1670	38	1	3	30
Bacon, Egg & Cheese on Croissant	1 Sandwich	500	280	32	14	0	300	780	34	1	5	21
Chipotle Chicken, Egg & Avo on Ciabatta	1 Sandwich	550	270	30	10	0	315	1020	44	4	3	27
Sausage CinnaScramble	1 sandwich	790	460	51	25	0.5	360	1240	58	2	21	25
CinnaScramble	1 sandwich	580	280	31	17	0.5	325	840	58	2	21	18
Classic Avo Toast	1 Toast	230	110	11	1.5	0	0	250	27	5	1	5
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6
Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14
Garden Avo & Egg White on Multigrain Bagel Flat	1 Sandwich	340	130	14	5	0	20	720	36	5	3	19
Garden Avo Toast	1 Toast	350	210	24	3.5	0	15	330	29	5	1	6
Ham, Egg & Cheese on Ciabatta	1 Sandwich	410	150	17	8	0	305	870	40	2	1	25

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Asiago Sausage & Egg on Asiago Bagel	1 Sandwich	820	460	51	20	0.5	345	1490	58	2	5	32
Sausage, Egg & Cheese on Ciabatta	1 Sandwich	590	320	35	15	0	320	1010	40	2	1	27
Sausage, Egg & Cheese on Croissant	1 Sandwich	660	420	47	21	0	320	900	34	1	4	25
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8
Egg & Cheese on Ciabatta	1 Sandwich	380	140	16	7	0	285	610	40	2	1	20
Egg & Cheese on Croissant	1 Sandwich	450	250	27	13	0	285	500	33	1	4	18
Souffle - Spinach & Bacon	1 Souffle	550	330	37	19	1	195	960	36	1	8	19
Steak & Wake on Ciabatta	1 Sandwich	470	170	19	9	0	320	920	41	2	1	33
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	370	130	14	2	0	0	170	52	7	17	8
Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans	1 Bowl	260	35	4	1	0	0	170	50	6	16	7
DRESSINGS & SAUCES												
Apple Cider Vinegar BBQ Sauce	1 portion	20	0	0	0	0	0	110	5	0	5	0
Dressing - Asian Sesame Vinaigrette - Half	1 1/2 Tbsp	50	40	4.5	0.5	0	0	150	2	0	2	0
Dressing - Asian Sesame Vinaigrette - Whole	3 Tbsp	100	80	9	1.5	0	0	290	4	0	4	0
Dressing - Balsamic Vinaigrette - Half	1 1/2 Tbsp	50	35	4	0.5	0	0	140	4	0	4	0
Dressing - Balsamic Vinaigrette - Whole	3 Tbsp	100	70	8	1	0	0	290	8	0	7	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 Aioli - Sandwich Portion	1 Portion	100	100	11	1.5	0	10	130	1	0	0	0
Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	15	65	0	0	0	0
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
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

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Dressing - Green Goddess - Whole	3 tbsp	90	60	7	1	0	5	160	4	0	3	2
Hummus	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2
Mayonnaise	1 portion	130	130	14	2	0	10	100	0	0	0	0
Ranch Dressing	1 portion	80	70	8	1	0	5	120	2	0	1	0
Dressing - Ranch - Half	1 1/2 Tbsp	100	90	10	1.5	0	10	150	2	0	1	0
Dressing - Ranch - Whole	3 Tbsp	200	190	21	3	0	20	310	4	0	2	1
Signature Sauce	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
Creamy Tomato - Dipper Portion	4 fl oz	110	70	7	4.5	0	20	350	10	0	6	1
Bistro French Onion - Dipper Portion	4 fl oz	40	10	1	0.5	0	5	530	7	0	4	1
DRINKS												
Additional Shot of Caramel Syrup	1 Shot	50	0	0	0	0	0	45	12	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
Americano - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	15	1	0	0	0
Unsweetened Iced Tea - Serves 4 - Group	1 Container	20	0	0	0	0	0	60	6	0	0	0

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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)	220	0	0	0	0	0	30	54	0	49	0
Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	330	0	0	0	0	0	45	81	0	74	1
Blueberry Lavender Lemonade - Naturally Flavored - Serves 4 - Group	1 Container	760	5	0.5	0	0	0	105	187	1	170	1
Blueberry Lavender Lemonade - Naturally Flavored - Serves 8 - Group	2 Containers	1520	10	1	0	0	0	210	374	2	340	2
Bottled Passionfruit Papaya Naturally Flavored Iced Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31		28	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	0	0	0
British Breakfast Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz Can- Lemon	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz - Lime	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Cafe Blend Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe blend Dark Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Cafe Blend Light Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Cafe Blend Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe Blend Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	12	0	11	8
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	0	0	0
Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	85	60	0	59	0
Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	125	90	0	89	0

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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)	330	80	9	6	0	35	260	51	0	44	9
Caramel Latte - 20 fl oz	20 fl oz (591mL)	400	90	10	7	0	40	330	66	0	56	11
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	280	70	7	4.5	0	30	150	41	0	40	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	230	50	6	4	0	25	125	33	0	32	10
Citrus Punch - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	260	5	0	0	0	0	25	62	0	62	0
Citrus Punch - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	390	5	0	0	0	0	40	93	0	93	0
Citrus Punch - Naturally Flavored - Serves 4 - Group	1 Container	890	10	1	0	0	0	90	214	1	213	1
Citrus Punch - Naturally Flavored - Serves 8 - Group	2 Containers	1780	20	2	0	0	0	180	428	2	426	2
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

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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	25	36	0	33	0
Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	220	0	0	0	0	0	35	54	0	49	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0

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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	20	41	0	41	0
Drive Thru - Citrus Punch - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	260	5	0	0	0	0	30	62	0	61	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
Drive Thru - Mountain Dew - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	69	0

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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	10	21	0	20	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	120	0	0	0	0	0	15	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	5	8	0	1	0
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	15	0	0	0	0	0	5	12	0	2	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 - 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

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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
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)	360	90	10	7	0	40	280	54	0	47	11
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	230	50	6	4	0	25	130	33	0	32	10
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	280	90	10	7	0	40	150	35	0	34	11
Kids Organic Apple juice	6.75 fl oz (200 mL)	100	0	0	0	0	0	10	24	0	23	0
Kids Organic Chocolate Milk	8 fl oz (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fl oz (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	110	0	0	0	0
Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	160	0	0	0	0
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	120	0	0	0	0	0	80	30	0	30	0
Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	170	0	0	0	0	0	120	45	0	45	0
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	250	80	9	6	0	35	120	32	0	31	9
Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	300	90	10	7	0	40	150	41	0	40	11
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)	150	0	0	0	0	0	10	36	0	35	0
Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	15	53	0	53	0

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Passion Papaya Naturally Flavored Iced Green Tea - Serves 4 - Group	1 Container	470	0	0	0	0	0	35	114	0	113	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 8 - Group	2 Containers	930	0	0	0	0	0	65	227	0	226	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	0	13	0	2	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	25	0	0	0	0	0	0	19	0	3	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 4 - Group	1 Container	60	0	0	0	0	0	5	43	0	6	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 8 - Group	2 Containers	110	5	0	0	0	0	10	87	0	12	0
Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	190	37	0	36	0
Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	280	55	0	55	0
Premium Orange Juice - Serves 4 - Group	2 Containers	900	0	0	1.5	0	0	30	204	0	180	17
Premium Orange Juice - Serves 8- Group	2 Containers	1800	0	0	3	0	0	60	408	0	360	33
Premium OJ 11.5 fl oz	1 Bottle	160	0	0	0	0	0	5	37		32	2
SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0

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SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	120	1	0	0	0
Sprite - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	115	61	0	61	0
Sprite - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	170	91	0	91	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	55	68	0	68	0
Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	85	97	0	97	0
Starry Lemon Lime 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	35	39	0	39	0
Starry Lemon Lime 20 fl oz bottle	20 fl oz bottle (591mL)	250	0	0	0	0	0	55	68	0	68	0
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	2.5	1.5	0	10	40	51	4	36	7
Strawberry 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 - Serves 4- Group	1 Container	350	0	0	0	0	0	50	87	0	81	0
Sweet Iced Tea - Serves 8 - Group	2 Containers	690	0	0	0	0	0	105	175	0	163	0
Sweet Iced Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	28	0	27	0
Sweet Iced Tea 30 fl oz	30 fl oz (887 mL)	150	0	0	0	0	0	15	38	0	36	0
Tropical Green Smoothie - 16 fl oz	16 fl oz (473mL)	370	10	1	0	0	0	50	89	3	79	2
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

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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												
Muffin - Blueberry	1 Muffin	510	160	18	3.5	0	65	390	79	8	35	7
Brownie	1 Brownie	470	160	18	6	0	115	95	69	4	50	7
Cake Slice – Cranberry Orange – Naturally Flavored	1 Slice	360	120	13	2.5	0	50	310	53	1	32	5
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
Cookie - Chocolate Chipper	1 Cookie	390	170	18	11	0	40	330	52	2	31	4
Pastry - Chocolate Croissant	1 Croissant	410	190	21	13	0.5	45	300	49	2	16	7
Chocolate Coconut Macaroon	1 macaroon	190	90	10	9	0	0	85	23	3	19	2
Coconut Macaroon	1 macaroon	190	90	10	10	0	0	95	24	2	20	2
Dozen Chocolate Chipper Cookies	1 cookie	390	170	18	11	0	40	330	52	2	31	4
Dozen Mixed Cookies	1 container	4840	1930	215	126	6	645	3430	683	20	394	46
Cookie - Kitchen Sink	1 Cookie	820	400	44	29	1	95	760	99	2	56	8
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	25	290	26	1	13	3
Cookie - Oatmeal Raisin with Berries	1 Cookie	350	110	13	7	0	55	170	55	2	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	48	1	22	6
Pastry - Pecan Braid	1 Pastry	450	220	24	8	0	30	180	53	3	25	6
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	2.5	0	10	85	13	0	8	1
Cinnamon Roll	1 Roll	520	160	18	10	0	40	400	84	2	48	7
Cookie - Mitten Shaped Shortbread	1 Cookie	430	190	21	13	1	65	200	55	1	30	4

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SALADS

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Balsamic Chicken Greens with Grains Salad - Half	1/2 Salad	290	130	15	3.5	0	55	660	23	4	6	17
Balsamic Chicken Greens with Grains Salad - Whole	1 Salad	580	270	30	7	0.5	105	1320	47	8	12	34
Balsamic Greens with Grains Salad - Half	1/2 Salad	230	120	14	3	0	10	380	23	4	6	4
Balsamic Greens with Grains Salad - Whole	1 Salad	450	250	28	6	0	15	750	45	8	11	9
Caesar Salad - Half	1/2 Salad	210	130	15	4	0	25	440	12	2	2	6
Caesar Salad - Whole	1 Salad	410	270	30	8	0	50	870	24	4	5	12
Caesar with Chicken Salad - Half	1/2 Salad	270	140	16	4.5	0	70	720	13	2	2	18
Caesar with Chicken Salad - Whole	1 Salad	540	290	32	9	1	140	1440	26	4	5	36
Fuji Apple Chicken Salad - Half	1/2 Salad	280	140	16	3	0	50	480	18	2	11	15
Fuji Apple Chicken Salad without pecans - Half	1/2 Salad	220	100	11	2.5	0	50	480	17	2	11	15
Fuji Apple Chicken Salad - Whole	1 Salad	550	290	32	6	0.5	105	960	36	5	22	30
Fuji Apple Chicken Salad without pecans - Whole	1 Salad	450	200	22	5	0.5	105	960	34	4	21	29
Greek Salad - Half	1/2 Salad	210	160	18	4.5	0	15	570	9	2	4	4
Greek Salad - Whole	1 Salad	420	330	36	9	0	30	1130	17	4	8	8
Greek Salad with Chicken - Half	1/2 Salad	270	170	19	5	0	60	850	9	2	4	16
Greek Salad with Chicken - Whole	1 Salad	540	350	38	10	0.5	120	1700	19	4	8	32
Green Goddess Cobb Salad with Chicken - Half	1/2 Salad	260	130	15	3.5	0	150	680	11	3	6	21
Green Goddess Cobb Salad with Chicken - Whole	1 Salad	510	260	29	7	0	305	1350	23	7	11	42
Mediterranean Chicken Greens with Grains Salad - Half	1/2 Salad	330	180	20	4	0	50	700	21	3	3	16
Mediterranean Chicken Greens with Grains Salad - Whole	1 Salad	660	370	41	8	0.5	105	1400	43	7	7	32

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Mediterranean Greens with Grains Salads - Half	1/2 Salad	270	170	19	3.5	0	10	420	21	3	3	4
Mediterranean Greens with Grains Salads - Whole	1 Salad	540	350	39	7	0	15	830	41	7	7	8
Ranch Cobb Salad - Half	1/2 Salad	230	170	19	5	0	125	560	9	1	5	9
Ranch Cobb Salad - Whole	1 Salad	470	330	37	10	0	245	1120	18	3	10	17
Southwest Chicken Ranch Salad - Half	1/2 Salad	320	200	22	3.5	0	55	520	17	5	5	16
Southwest Chicken Ranch Salad - Whole	1 Salad	650	400	45	7	0.5	115	1040	34	9	10	31
Asian Sesame with Chicken- Half	1/2 Salad	220	110	12	1.5	0	45	510	13	3	4	16
Asian Sesame with Chicken- Half (no nuts)	1/2 Salad	180	80	9	1.5	0	45	510	12	2	3	14
Asian Sesame with Chicken - Whole	1 Salad	440	220	25	3.5	0	90	1030	26	5	8	32
Asian Sesame with Chicken - Whole (no nuts)	1 Salad	360	150	17	2.5	0	90	1030	23	4	7	29
SANDWICHES												
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	430	190	21	7	0	75	1420	38	2	5	24
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	870	370	42	14	0.5	155	2830	76	3	10	48
Chicken Bacon Rancher on Black Pepper Focaccia Round - Half	1/2 Sandwich	450	200	22	7	0	85	1220	37	1	2	27
Chicken Bacon Rancher on Black Pepper Focaccia Round - Whole	1 Sandwich	900	390	43	15	1	170	2450	74	3	4	53
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	460	220	24	7	0	65	1240	38	3	2	24
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Whole	1 Sandwich	920	440	49	14	0.5	135	2480	76	7	5	48
Ciabatta Cheesesteak - Half	1/2 Sandwich	520	230	26	7	0	60	940	46	2	6	26
Ciabatta Cheesesteak - Whole	1 Sandwich	1040	460	52	15	0.5	125	1880	91	5	13	53
Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	450	230	26	15	1	75	1400	37	1	7	18
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	890	460	51	29	1.5	150	2800	73	2	13	35

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Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half	1/2 Sandwich	450	250	27	8	0	90	910	28	3	2	24
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole	1 Sandwich	900	490	55	16	1	180	1820	55	6	4	49
Kickin' Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	420	220	24	13	0.5	65	960	35	1	6	16
Kickin' Grilled Cheese on Classic White Miche - Whole	1 Sandwich	840	440	49	25	1.5	135	1920	70	3	11	31
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	250	60	7	2	0	10	650	38	3	5	9
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	490	120	14	3.5	0	15	1300	77	6	9	18
Smokehouse BBQ Chicken on Artisan Ciabatta - Half	1/2 Sandwich	370	90	10	4.5	0	60	1130	45	2	6	25
Smokehouse BBQ Chicken on Artisan Ciabatta - Whole	1 Sandwich	730	180	20	9	0	115	2250	90	4	11	49
Spicy Fiesta Chicken on Ciabatta - Half	1/2 Sandwich	420	140	16	7	0.5	80	950	44	2	3	26
Spicy Fiesta Chicken on Ciabatta - Whole	1 Sandwich	840	290	32	14	1	160	1900	88	5	6	51
Toasted Frontega Chicken® on Black Pepper Focaccia - Half	1/2 Sandwich	390	160	18	5	0	60	1180	36	2	2	23
Toasted Frontega Chicken® on Black Pepper Focaccia - Whole	1 Sandwich	790	320	36	10	0.5	120	2360	73	4	5	45
Toasted Garden Caprese Melt - Half	1/2 sandwich	440	210	24	8	0	40	650	43	2	3	16
Toasted Garden Caprese Melt - Whole	1 Sandwich	890	420	47	16	0.5	80	1300	85	4	7	32
Toasted Italiano on Baguette - Half	1/2 Sandwich	640	290	32	9	0	80	1940	58	2	3	30
Toasted Italiano on Baguette - Whole	1 Sandwich	1280	580	64	19	0	160	3880	116	4	5	61
Tomato Basil BLT on Tomato Basil Miche - Half	1/2 Sandwich	370	190	21	5	0	45	1040	33	2	4	13
Tomato Basil BLT on Tomato Basil Miche - Whole	1 Sandwich	750	380	43	10	0	90	2070	67	3	7	25

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Tuna Salad on Country Rustic Sourdough - Half	1/2 Sandwich	270	130	14	2.5	0	25	530	25	2	2	12
Tuna Salad on Country Rustic Sourdough - Whole	1 Sandwich	550	260	28	4.5	0	50	1060	49	4	4	24
Turkey & Cheddar on Country Rustic Sourdough - Half	1/2 Sandwich	390	200	22	7	0	70	1050	26	1	2	21
Turkey & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	770	400	45	14	0.5	140	2090	52	3	4	41
French Onion Ciabatta Dipper - Half	1/2 Sandwich + Dipper	580	250	28	10	0	85	1640	47	3	6	35
French Onion Ciabatta Dipper - Whole	1 Sandwich + Dipper	1130	500	56	19	1	170	2820	88	5	7	69
Spicy Chicken Ciabatta Dipper - Half	1/2 Sandwich + Dipper	510	200	22	11	0.5	95	1330	52	2	7	28
Spicy Chicken Ciabatta Dipper - Whole	1 Sandwich + Dipper	910	330	36	17	1	170	2350	93	4	9	55
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	890	460	51	29	1.5	150	2800	73	2	13	35
Kids Ham & American Cheese on Classic White Miche - Whole	1 Sandwich	680	250	27	15	0.5	130	2370	68	2	12	39
Kids Turkey & American Cheese on Classic White Miche - Whole	1 Sandwich	690	250	28	14	1	135	2550	69	2	12	43
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	2.4 oz (69g / about 3 1/3 inch slice)	180	5	0.5	0	0	0	450	36	1	1	7
Greek Yogurt with Mixed Berries	1 Parfait	250	80	9	4.5	0	25	80	29	2	17	16
Kettle Cooked Potato Chips	1 package	150	80	9	1	0	0	75	17		<1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0
Fruit Cup	1 Container	60	0	0	0	0	0	20	14	1	9	1

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SOUPS & MAC

	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)
Bacon Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1200	360	40	19	1	95	2560	165	4	10	46
Bacon Mac & Cheese - Group	1 Container	2110	1290	143	75	4.5	385	5570	137	0	32	76
Bacon Mac & Cheese - Bowl	About 2 Cups	1060	640	71	37	2	195	2790	69	0	16	38
Bacon Mac & Cheese - Cup	About 1 Cup	530	320	36	19	1	95	1390	34	0	8	19
Bistro French Onion Soup - Group	1 Container	720	290	32	15	1	70	4770	82	7	36	26
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	860	110	13	4.5	0	20	2490	153	6	12	34
Bistro French Onion - Bowl	1 1/2 Cups	290	110	12	6	0	25	1990	33	3	16	10
Bistro French Onion - Cup	1 Cup	190	70	8	4	0	20	1330	22	2	10	7
Broccoli Cheddar - Bowl	1 1/2 Cups	360	210	24	19	2.5	65	1520	25	1	9	13
Broccoli Cheddar - Cup	1 Cup	240	140	16	13	1.5	45	1010	17	1	6	8
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	910	180	20	13	1.5	45	2170	147	5	8	35
Broccoli Cheddar Soup - Group	1 Container	840	500	55	44	6	155	3540	58	3	20	29
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	280	140	16	8	0.5	40	1410	27	3	7	8
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	860	130	15	6	0	30	2100	149	6	7	32
Cream of Chicken & Wild Rice - Cup	1 Cup	190	90	10	5	0	30	940	18	2	5	5
Cream of Chicken and Wild Rice - Group	1 Container	650	330	36	19	1.5	100	3280	64	6	17	18
Hearty Fireside Chili - Bowl	1 Bowl	400	120	14	4.5	0.5	55	1530	43	13	8	27
Hearty Fireside Chili - Bread Bowl	1 Bread bowl with soup	900	100	11	3.5	0	35	2070	160	13	7	42
Hearty Fireside Chili - Cup	1 Cup	270	80	9	3	0	35	1020	29	9	5	18
Hearty Fireside Chili - Group	1 Container	930	290	32	11	1.5	125	3570	101	30	19	63
Homestyle Chicken Noodle Soup - Bowl	1 bowl	180	40	4.5	1	0	45	1560	19	1	4	14
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	790	60	7	1.5	0	30	2200	143	5	4	36
Homestyle Chicken Noodle Soup - Cup	1 cup	120	25	3	1	0	30	1040	13	1	2	10
Homestyle Chicken Noodle Soup - Group	1 container	430	90	10	3	0	105	3640	45	3	8	33
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1150	330	36	18	1	85	2310	164	4	9	43
Mac & Cheese - Group	1 Container	1930	1160	128	70	4	335	4590	134	0	29	65

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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
Rustic Baked Potato Soup - Bowl	1 Bowl	380	240	26	15	0.5	75	1840	26	1	4	12
Rustic Baked Potato Soup - Bread Bowl	1 Bread bowl with soup	880	170	19	10	0	50	2250	148	5	5	32
Rustic Baked Potato Soup - Cup	1 Cup	250	150	17	9	0	50	1210	17	1	3	8
Rustic Baked Potato Soup - Group	1 Container	880	540	60	33	1	175	4250	61	2	9	28
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 - Bowl	1 1/2 Cups	370	210	23	13	0.5	55	1120	35	0	17	6
Vegetarian Creamy Tomato Soup - Cup	1 Cup	260	140	16	9	0	40	770	25	0	12	4
Vegetarian Creamy Tomato Soup - Group	1 Container	920	510	56	31	1.5	130	2710	89	1	40	14
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	930	180	20	9	0	40	1930	155	5	14	31
CATERING												
Catering Butter Pat	1 pat	35	35	4	2.5	0	10	35	0	0	0	0
Catering Balsamic Chicken Greens with Grains Salad - Serves 10	2 Containers	2920	1350	150	35	3	525	6690	241	43	63	168
Catering Balsamic Chicken Greens with Grains Salad - Serves 5	1 Container	1460	670	75	17	1.5	260	3350	121	21	31	84
Catering Balsamic Greens with Grains Salad - Serves 10	2 Containers	2300	1250	139	31	1	80	3860	232	43	61	45
Catering Balsamic Greens with Grains Salad - Serves 5	1 Container	1150	630	69	16	0	40	1930	116	21	30	23
Catering Caesar Salad - Serves 10	2 Containers	2280	1500	167	43	2.5	290	4680	126	22	27	61
Catering Caesar Salad - Serves 5	1 Container	1140	750	83	22	1.5	145	2340	63	11	13	30
Catering Caesar Salad with Chicken - Serves 10	2 Containers	2910	1600	177	47	4.5	735	7510	135	22	29	184

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Catering Caesar Salad with Chicken - Serves 5	1 Container	1450	800	89	24	2	370	3760	68	11	14	92
Catering Chipotle Aioli for Breakfast Sandwiches	about 0.5 oz	90	90	10	1.5	0	10	125	1	0	0	0
Catering French Baguette	1 Baguette	1060	35	3.5	1	0	0	2700	217	8	4	40
Catering Fruit Bowl - Serves 10	1 container	530	15	2	0	0	0	150	136	11	93	8
Catering Fruit Bowl - Serves 5	1 container	270	10	1	0	0	0	75	68	5	46	4
Catering Fuji Apple - Half	1/2 Salad	210	140	15	3	0	10	190	17	2	11	3
Catering Fuji Apple Salad - serves 10	2 Containers	2320	1470	163	30	1.5	75	2140	188	26	120	31
Catering Fuji Apple Salad - serves 5	1 Container	1160	730	82	15	1	40	1070	94	13	60	15
Catering Fuji Apple - Whole	1 Salad	430	270	30	6	0	15	390	35	5	22	6
Catering Fuji Apple without pecans - Half	1/2 Salad	160	90	10	2.5	0	10	190	16	2	11	2
Catering Fuji Apple Salad without pecans - serves 10	2 Containers	1790	1010	112	25	1.5	75	2130	177	21	117	24
Catering Fuji Apple Salad without pecans - serves 5	1 Container	900	500	56	13	1	40	1070	89	11	58	12
Catering Fuji Apple without pecans - Whole	1 Salad	320	180	20	4.5	0	15	390	32	4	21	5
Catering Fuji Apple with Chicken Salad without Pecans- Serves 5	1 Container	1210	550	61	15	2	260	2480	93	11	59	73
Catering Fuji Apple with Chicken Salad - Serves 10	2 Containers	2950	1560	174	34	3.5	520	4970	197	26	122	154
Catering Fuji Apple with Chicken Salad - Serves 5	1 Container	1470	780	87	17	2	260	2490	99	13	61	77
Catering Fuji Apple with Chicken Salad without Pecans- Serves 10	2 Containers	2410	1100	122	29	3.5	520	4970	187	21	119	147
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	2340	1860	207	47	1.5	150	6080	92	25	42	41
Catering Greek Salad - Serves 5	1 Container	1170	930	103	24	1	75	3040	46	13	21	21

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Catering Greek Salad with Chicken - Serves 10	2 Containers	2960	1960	217	51	3.5	595	8920	101	25	44	164
Catering Greek Salad with Chicken - Serves 5	1 Container	1480	980	109	26	1.5	300	4460	50	13	22	82
Catering Green Goddess Cobb Salad with Chicken - Serves 10	2 Containers	2650	1370	152	35	2.5	1525	6920	122	35	60	212
Catering Green Goddess Cobb Salad with Chicken - Serves 5	1 Container	1330	680	76	18	1	765	3460	61	18	30	106
Catering Ham & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	760	400	44	14	0	130	1870	52	3	5	38
Catering Mediterranean Chicken Greens with Grains Salad- Serves 10	2 Containers	3470	1990	221	42	3	520	7060	214	33	35	159
Catering Mediterranean Chicken Greens with Grains Salad- Serves 5	1 Container	1740	1000	111	21	1.5	260	3530	107	16	18	80
Catering Mediterranean Greens with Grains Salad- Serves 10	2 Containers	2850	1900	211	39	1	75	4230	204	33	33	37
Catering Mediterranean Greens with Grains Salad- Serves 5	1 Container	1420	950	105	19	0	40	2110	102	16	17	18
Catering Ranch Cobb Salad - Serves 10	2 Containers	2480	1770	197	52	1.5	1240	5800	98	17	53	88
Catering Ranch Cobb Salad - Serves 5	1 Container	1240	890	98	26	1	620	2900	49	8	27	44
Catering Southwest Chicken Ranch Salad - Serves 10	2 Containers	3370	2120	235	38	3.5	585	5410	175	49	55	158
Catering Southwest Chicken Ranch Salad - Serves 5	1 Container	1680	1060	118	19	1.5	290	2710	88	25	28	79
Catering Fruit Bowl - Serves 10	1 container	550	20	2	0	0	0	190	140	10	93	9
Catering Fruit Bowl - Serves 5	1 container	280	10	1	0	0	0	95	70	5	46	4
Catering Asian Sesame Chicken Salad - serves 10	2 Containers	2240	1110	124	16	2.5	445	5160	138	30	41	161

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Catering Asian Sesame Chicken Salad - serves 10 (no nuts)	2 Containers	1810	780	86	14	2.5	445	5160	123	22	37	146
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1140	550	61	8	1	235	2580	68	15	21	88
Catering Asian Sesame Chicken Salad - serves 5 (no nuts)	1 Container	930	380	42	6	1	235	2580	61	11	20	80
Catering Asian Sesame Salad - Half	1/2 Salad	160	100	11	1.5	0	0	230	12	3	4	4
Catering Asian Sesame Salad - serves 10	2 Containers	1610	1020	113	13	0.5	0	2320	128	30	39	39
Catering Asian Sesame Salad - serves 5	1 Container	810	510	56	6	0	0	1160	64	15	19	19
Catering Asian Sesame Salad - Whole	1 Salad	320	200	23	2.5	0	0	460	25	5	7	7
Catering Asian Sesame Salad - Half (no nuts and no chicken)	1/2 Salad	120	70	8	1	0	0	230	11	2	3	2
Catering Asian Sesame Salad - Whole (no nuts and no chicken)	1 Salad	230	140	15	2	0	0	460	22	4	7	4
Catering Asian Sesame Salad - serves 10 (no nuts and no chicken)	2 Containers	1190	680	76	10	0.5	0	2320	113	22	36	24
Catering Asian Sesame Salad - serves 5 (no nuts and no chicken)	1 Container	600	340	38	5	0	0	1160	57	11	18	12
NON-TRADITIONAL GRAB N GO												
Chicken Caesar Wrap	1 Wrap	480	200	22	5	0	75	1050	39	13	6	33
Green Goddess Chicken Wrap	1 Wrap	460	170	18	3.5	0	60	1090	44	14	9	34
Hard Boiled Eggs	1 Container	150	100	11	3.5	0	375	125	1	0	1	13
Frontega Chicken Wrap	1 Wrap	450	190	21	6	0	60	1160	37	12	5	33
Turkey & Cheddar Wrap	1 wrap	450	190	21	6	0	60	1230	38	12	5	33
Value Duets												
Value Duet - Caesar Salad & Homestyle Chicken Noodle Soup	1 Value Duet Meal	330	160	18	5	0	55	1480	25	3	5	15

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Value Duet - Greek Salad & Creamy Tomato Soup	1 Value Duet Meal	470	310	34	13	0.5	55	1330	33	2	15	8
Value Duet - Grilled Cheese & Creamy Tomato Soup	1 Value Duet Meal	710	370	42	23	1	110	2170	62	1	18	22
Value Duet- Kickin' Grilled Cheese & Creamy Tomato Soup	1 Value Duet Meal	680	360	40	21	1	105	1730	60	1	17	20
Value Duet - Mediterranean Veggie & Creamy Tomato Soup	1 Value Duet Meal	510	210	23	11	0	45	1420	63	3	16	13
Value Duet - Toasted Smokehouse BBQ Chicken Sandwich & Creamy Tomato Soup	1 Value Duet Meal	640	270	30	16	0.5	105	1780	65	2	20	26
Value Duet - Tuna Sandwich & Creamy Tomato Soup	1 Value Duet Meal	530	270	30	11	0	60	1290	50	2	13	16
Value Duet - Turkey & Cheddar Sandwich & Cream of Chicken & Wild Rice Soup	1 Value Duet Meal	570	300	33	12	0.5	95	1970	44	3	7	26