



Panera Bread® Nutrition Information - Canada

Learn More About Allergens

Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish.

Our bakery-cafe and catering menus vary by location due to, among other things, market tests and local requirements. If you have an allergy concern, please ask a manager at your bakery-cafe to check the ingredient listing for specific menu items. Please note that we cannot guarantee that any of our menu items are free of allergens because we use shared equipment and handle common allergens throughout our supply chain and bakery-cafe. To find out about allergens in our Panera At Home™ consumer packaged products, please see the detailed ingredient listing on the applicable packaging or the Panera At Home page on PaneraBread.com.

Please note that the customization functionality of this Site does not identify common allergens for added ingredients or delete references to allergens for removed ingredients.

MA Notice: Before placing your order, please inform your server if a person in your party has a food allergy.

Canada Notice: Many of our products also contain or may come into contact with common allergens, including sulfites, sesame and mustard.

For a Full List of Ingredients

Our bakery-cafe and catering menus may vary by location due to, among other things, market tests and local requirements. For a full list of ingredients for most bakery-cafe menu items, please go to the menu item listed on PaneraBread.com. If you have a question about ingredients in a specific menu item, please ask a manager at your bakery-cafe to check the ingredient listing for that item. To learn more about nutrition for our Panera At Home™ consumer packaged products, please see the detailed ingredient listing on the applicable packaging or the Panera At Home pages on PaneraBread.com.

About our Nutrition Information

Nutritional information provided on this Site about our standard bakery-cafe and catering menu items is based on Panera's standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and/or testing conducted in accredited laboratories, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, such as variations in serving sizes, preparation techniques, ingredient substitutions, order customization, product testing, new recipe testing, sources of supply, and regional and seasonal differences. Due to these factors, Panera cannot guarantee the complete accuracy of the nutritional information provided on this Site, on PaneraBread.com or in our bakery-cafes.

For our US bakery-cafes, nutrition information for our standard bakery-cafe and most catering menu items can be found on our United States Nutrition Information Guide PDF on panerabread.com and our US catering page. For our Canadian bakery-cafes, nutrition information for our standard bakery-cafe and most catering menu items can be found on our Nutrition Information Guide PDF for Canada on our Canadian catering page. Check back often for updates. Nutrition information about our Panera At Home™ consumer packaged products is available on the product packaging and on the Panera At Home™ pages on PaneraBread.com.



Panera Bread® Nutrition Information - Canada

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast												
Breakfast Sandwiches												
Steak & Egg on Everything Bagel		1 sandwich	550	18	8	0.4	240	920	59	3	4	33
Mediterranean Egg White on Ciabatta		1 sandwich	420	16	6	0.4	25	850	48	2	1	22
Bacon, Egg & Cheese on Asiago Cheese Bagel		1 sandwich	630	28	13	1	250	1330	57	2	5	33
Sausage, Egg & Cheese on Ciabatta		1 sandwich	570	29	11	0.4	250	1030	45	2	1	29
Ham, Egg & Cheese on Whole Grain		1 sandwich	340	14	6	0.4	220	830	29	4	2	22
Avocado, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	410	14	6	0.4	25	600	51	7	4	22
Turkey Sausage, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	400	10	5	0.4	40	790	49	5	4	26
Bacon, Egg & Cheese on Ciabatta		1 sandwich	530	26	10	0.5	235	1310	45	2	1	29
Egg & Cheese on Ciabatta		1 sandwich	410	16	6	0.4	205	700	43	2	0	21
Breakfast Favourites												
Steel Cut Oatmeal with Apple & Pecans		1 bowl	370	15	2	0.2	0	170	53	9	18	6
Steel Cut Oatmeal with Strawberries & Pecans		1 bowl	340	14	2	0.2	0	160	51	9	16	6
Power Almond Quinoa Oatmeal		1 bowl	300	6	1	0.2	0	220	52	9	7	8
Strawberry Granola Parfait		1 parfait	320	12	5	0.1	15	105	46	3	33	9
Seasonal Fruit Cup		1 cup	60	0.2	0.1	0	0	15	17	1	12	1
Soufflés												
Four Cheese		1 soufflé	400	28	16	0	175	840	37	1	8	14
Spinach & Artichoke		1 soufflé	520	33	18	0.1	175	890	38	2	8	18
Spinach & Bacon		1 soufflé	560	36	19	0.2	195	1030	38	1	8	21
Bagels & Cream Cheese Spreads												
Bagels												
Cranberry Walnut Bagel		1 bagel	340	5	0.5	0	0	440	64	3	13	10
Pumpkin Pie Bagel		1 bagel	380	5	3	0	0	400	74	3	26	10
Blueberry Bagel		1 bagel	340	1.5	0.2	0	0	430	69	2	10	10
Cinnamon Swirl & Raisin Bagel		1 bagel	320	2	1	0	0	470	65	3	11	10
Cinnamon Crunch Bagel		1 bagel	430	7	4.5	0	0	380	82	2	32	10
Asiago Cheese Bagel		1 bagel	330	6	3	0.1	15	470	55	2	3	13

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Plain Bagel		1 bagel	290	1.5	0.2	0	0	410	58	2	3	10
Sprouted Grain Bagel Flat		1 bagel	230	1.5	0.3	0	0	180	47	3	3	8
Whole Grain Bagel		1 bagel	350	2.5	0.4	0	0	460	67	7	5	13
Everything Bagel		1 bagel	300	2	0.3	0	0	590	58	2	4	10
Sesame Bagel		1 bagel	300	3	0.4	0	0	410	58	2	3	10
Cream Cheese Spreads												
Plain Cream Cheese	Cup	2 oz	160	14	9	0.5	45	230	5	0	4	4
Plain Cream Cheese	Tub	1 oz	80	7	5	0.3	25	125	2	0	2	2
Light Plain	Cup	2 oz	110	8	5	0.3	30	280	5	0	5	5
Light Plain	Tub	1 oz	60	4.5	2.5	0.1	15	150	2	0	2	3
Herb & Garlic	Cup	2 oz	160	14	9	0.5	40	260	5	0	4	4
Herb & Garlic	Tub	1 oz	80	7	4.5	0.3	20	135	2	0	2	2
Honey Walnut	Cup	2 oz	130	8	4.5	0.2	25	230	10	0	10	4
Honey Walnut	Tub	1 oz	70	4.5	2.5	0.1	15	120	5	0	5	2
Bakery												
Artisan Pastries												
Pecan Braid		1 pastry	410	22	12	0	55	270	46	1	17	7
Cheese Pastry		1 pastry	380	19	12	0.1	60	300	46	1	16	7
Chocolate Pastry		1 pastry	420	24	14	0	55	250	48	2	20	7
Cherry Pastry		1 pastry	410	17	10	0	55	300	58	1	28	6
Sweet Rolls												
Bear Claw		1 pastry	540	31	15	0	75	320	57	3	27	9
Cinnamon Roll		1 roll	900	47	13	0.5	15	570	110	5	60	9
Pecan Roll		1 roll	720	41	11	0.1	60	480	77	5	34	13
Cobblestone		1 roll	550	12	6	0.5	60	460	101	3	55	11
Scones												
Caramel Apple Thumbprint Scone		1 scone	490	20	13	0.5	65	820	73	1	38	7
Wild Blueberry Scone		1 scone	470	20	12	1	75	900	66	2	25	8
Orange Scone		1 scone	540	20	13	0.5	75	810	81	3	38	9
Cinnamon Crunch Scone		1 scone	540	23	16	0.5	70	880	77	2	40	8
Wild Blueberry Mini Scone		1 mini scone	160	7	4	0.3	25	300	22	1	8	3
Orange Mini Scone		1 mini scone	180	7	4.5	0.2	25	270	27	1	13	3

Muffins & Muffies

Cranberry Orange Muffin		1 muffin	480	19	3	0.1	65	360	71	3	40	6
Blueberry Muffin with Fresh Blueberries		1 muffin	460	18	3	0.1	60	340	69	2	40	6
Pumpkin Muffin		1 muffin	580	22	3.5	0.3	30	470	90	2	53	7
Apple Crunch Muffin		1 muffin	450	12	2.5	0.1	55	330	80	2	49	7
Chocolate Chip Muffie		1 muffie	320	14	4	0.1	40	200	46	2	27	4
Pumpkin Muffie		1 muffie	290	11	2	0.1	15	240	45	1	26	3

Cakes & Brownies

Cinnamon Crumb Coffee Cake	Slice	1 slice	470	25	9	0.4	105	320	53	1	29	6
Double Fudge Brownie		1 brownie	500	22	10	0.4	80	240	73	4	53	7

Cookies

Mitten Cookie		1 cookie	420	21	13	1	55	160	55	1	28	4
Cinnamon Crunch Snickerdoodle Cookie		1 cookie	380	18	11	0.5	75	260	50	1	23	4
Gluten Conscious Triple Chocolate Cookie with Walnuts		1 cookie	330	14	6	0.2	10	130	53	6	45	5
Gluten Conscious Monster Cookie with Nuts		1 cookie	370	19	6	0.2	35	220	45	4	27	8
Chocolate Chipper Cookie		1 cookie	440	22	14	0.5	60	330	58	3	33	5
Oatmeal Raisin Cookie		1 cookie	390	14	8	0.5	50	320	62	3	32	5
Candy Cookie		1 cookie	420	20	12	0.5	75	260	57	1	29	5
Petite Chocolate Chipper		1 petite cookie	100	5	3	0.1	15	75	14	1	8	1

Pastries

French Croissant		1 croissant	310	18	11	0	60	260	32	1	7	6
Pastry Ring	Slice	1 slice	250	13	7	0.2	40	135	31	1	18	3

Freshly Baked Breads

Artisan Breads

Country	Loaf	2 oz	140	0.5	0.1	0	0	310	27	1	0	5
French	Baguette	2.5 oz	150	0.5	0.1	0	0	360	29	1	0	5
Sesame Semolina	Miche	2 oz	140	1	0.1	0	0	360	30	1	1	5
Asiago Cheese Focaccia	Loaf	2 oz	150	3	1	0	5	300	24	1	0	6
Sea Salt Focaccia	Loaf	2 oz	160	2	0.3	0	0	410	30	1	0	6
Ciabatta	Loaf	2 oz	150	2	0.3	0	0	300	28	1	0	6
Rye	Loaf	2 oz	130	0.5	0.1	0	0	380	24	2	0	6
Whole Grain	Loaf	2 oz	130	1	0.2	0	0	240	26	3	2	6

Specialty Breads

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Holiday Bread	Loaf	2 oz	170	4.5	2.5	0.1	25	190	30	1	13	4
Hoagie Roll	Loaf	2 oz	290	3.5	1.5	0	0	600	53	2	1	9
Sourdough	XL Loaf	2 oz	140	0.5	0.1	0	0	290	28	1	0	5
Sourdough	Loaf	2 oz	140	0.5	0.1	0	0	290	28	1	0	5
Sourdough	Bread Bowl	8.7 oz	660	3	0.5	0	0	1340	131	4	1	23
Asiago Cheese	Loaf	2 oz	150	4	2	0.1	10	300	23	1	0	7
Cinnamon Raisin Swirl	Loaf	2 oz	190	6	3	0.1	30	190	31	1	12	5
Classic White	Miche	2 oz	150	2	1	0	5	270	27	1	2	5
Classic White	Loaf	2 oz	150	2	1	0	5	280	28	1	2	5
Tomato Basil	XL Loaf	2 oz	150	1	0.1	0	0	370	28	1	1	6
Wheat with Honey Flavour	Loaf	2 oz	160	3	1.5	0	0	230	29	2	4	5

Drinks

Espresso & Hot Drinks

Pumpkin Spice Latte	Medium	16 fl oz	440	10	6	0.3	45	160	74	0	53	11
Caramel Latte	Medium	16 fl oz	400	15	9	0.4	55	250	55	0	46	12
Chai Tea Latte	Medium	16 fl oz	240	4.5	3	0.1	20	95	42	0	40	7
Caffe Mocha	Medium	16 fl oz	370	11	7	0.3	45	180	57	2	39	12
Cappuccino	Medium	16 fl oz	130	5	3	0.1	20	110	14	0	12	9
Caffe Latte	Medium	16 fl oz	130	5	3	0.1	20	110	14	0	12	9
Espresso	1 Shot	1 shot	5	0	0	0	0	0	1	0	0	0
Signature Hot Chocolate	Medium	16 fl oz	510	13	8	0.3	45	260	84	3	62	12
Skinny Caffe Mocha	Medium	16 fl oz	250	1	0.5	0	5	160	49	2	34	11

Coffee & Hot Tea

Dark Roast Coffee	Small	12 fl oz	15	0	0	0	0	5	3	0	0	1
Dark Roast Coffee	Medium	16 fl oz	20	0	0	0	0	10	4	0	0	1
Dark Roast Coffee	Large	20 fl oz	25	0	0	0	0	10	5	0	0	2
Hazelnut Coffee	Small	12 fl oz	15	0	0	0	0	30	2	0	0	1
Hazelnut Coffee	Medium	16 fl oz	20	0	0	0	0	40	3	0	0	1
Hazelnut Coffee	Large	20 fl oz	25	0	0	0	0	50	4	0	0	2
Light Roast Coffee	Small	12 fl oz	15	0	0	0	0	5	2	0	0	1
Light Roast Coffee	Medium	16 fl oz	20	0	0	0	0	10	3	0	0	1
Light Roast Coffee	Large	20 fl oz	25	0	0	0	0	10	4	0	0	2

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Panera Decaf Coffee	Small	12 fl oz	10	0	0	0	0	5	2	0	0	1
Panera Decaf Coffee	Medium	16 fl oz	15	0	0	0	0	10	2	0	0	1
Panera Decaf Coffee	Large	20 fl oz	20	0	0	0	0	10	3	0	0	2
Hot Teas		8 fl oz	0	0	0	0	0	0	0	0	0	0
Fruit Smoothies												
Carrot Pineapple Power Smoothie	Medium	16 fl oz	200	0.1	0.2	0	0	45	51	4	44	2
Low-Fat Strawberry Smoothie	Medium	16 fl oz	280	3	1.5	0.1	10	100	61	2	56	7
Green Passion Power Smoothie	Medium	16 fl oz	200	0.3	0.1	0	0	30	51	2	47	2
Low-Fat Strawberry Banana Smoothie	Medium	16 fl oz	260	2	1	0	5	55	60	4	46	5
Low-Fat Mango Smoothie	Medium	16 fl oz	290	3	2	0.1	10	105	62	2	57	7
Superfruit Power Smoothie	Medium	16 fl oz	200	0.5	0.1	0	5	55	34	4	29	15
Frozen Drinks												
Frozen Caramel	Medium	16 fl oz	560	23	14	0.5	80	190	82	0	69	7
Frozen Mocha	Medium	16 fl oz	530	19	12	0.5	65	120	84	2	62	7
Iced Beverages												
Iced Caffè Latte	Medium	20 fl oz	170	6	4	0.2	25	140	17	0	15	11
Iced Caffè Mocha	Medium	20 fl oz	410	12	7	0.3	50	210	60	2	42	14
Iced Caramel Latte	Medium	20 fl oz	430	16	10	0.5	60	280	58	0	49	14
Iced Chai Tea Latte	Medium	16 fl oz	190	3.5	2.5	0.1	15	75	34	0	32	6
Iced Green Tea	Medium	20 fl oz	160	0.1	0	0	0	10	41	0	38	0.1
Iced Green Tea	Large	32 fl oz	230	0.1	0.1	0	0	15	59	0	55	0.1
Lemonade	Medium	20 fl oz	170	0.2	0	0	0	10	43	0	43	0.2
Lemonade	Large	32 fl oz	240	0.2	0	0	0	15	61	0	61	0.3
Plum Ginger Hibiscus Tea	Medium	20 fl oz	0	0	0	0	0	0	0	0	0	0
Plum Ginger Hibiscus Tea	Large	32 fl oz	0	0	0	0	0	0	0	0	0	0
Brewed Iced Tea	Medium	20 fl oz	0	0	0	0	0	20	0	0	0	0
Brewed Iced Tea	Large	32 fl oz	0	0.1	0	0	0	30	0	0	0	0
Iced Coffee	Medium	20 fl oz	10	0	0	0	0	5	2	0	0	1
Iced Coffee	Large	32 fl oz	20	0	0	0	0	10	4	0	0	1
Bottled Beverages												
San Pellegrino® Orange		1 bottle	140	0	0	0	0	0	34	0	32	0
San Pellegrino® Sparkling Water		1 bottle	0	0	0	0	0	0	0	0	0	0
Bottled Water		1 bottle	0	0	0	0	0	10	0	0	0	0

Juices & Milks

Premium Orange Juice		1 bottle	140	0	0	0	0	20	35	0	31	3
Purity Organic Strawberry Paradise Juice		1 bottle	260	0	0	0	0	0	66	0	64	0
Organic White Milk		8 fl oz	120	4.5	3	0	20	115	12	0	12	8
Organic Chocolate Milk		8 fl oz	150	2.5	1.5	0	10	160	23	0	22	8
Kid's Organic Apple Juice		8 fl oz	140	0	0	0	0	15	32	0	29	0

Panini & Sandwiches

Panini

Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Half	half panini	410	21	7	0.2	70	1280	31	3	3	17
Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Whole	whole panini	820	42	14	0.4	145	2570	62	7	6	34
Frontega Chicken® Panini on Focaccia	Half	half panini	390	14	5	0.2	60	1050	42	2	2	24
Frontega Chicken® Panini on Focaccia	Whole	whole panini	780	27	10	0.4	115	2090	84	5	4	48
Steak & White Cheddar Panini on Hoagie Roll	Half	half panini	420	24	9	0.5	65	660	31	2	4	17
Steak & White Cheddar Panini on Hoagie Roll	Whole	whole panini	850	47	18	1	130	1320	62	4	7	34

Sandwiches

The Italian on Hoagie Roll	Half	half sandwich	370	22	7	0.3	40	1120	29	2	2	16
The Italian on Hoagie Roll	Whole	whole sandwich	750	43	14	0.5	85	2250	57	3	3	32
Roasted Turkey, Apple & Cheddar on Cranberry Walnut Miche	Half	half sandwich	360	16	6	0.4	50	660	33	3	8	22
Roasted Turkey, Apple & Cheddar on Cranberry Walnut Miche	Whole	whole sandwich	720	32	12	1	100	1320	66	7	16	45
Steak & Arugula on Sourdough	Half	half sandwich	250	9	4	0.1	45	430	25	2	4	16
Steak & Arugula on Sourdough	Whole	whole sandwich	500	19	8	0.1	90	870	51	4	8	33
Roasted Turkey & Avocado BLT on Sourdough	Half	half sandwich	270	12	2	0.1	30	510	25	3	1	17
Roasted Turkey & Avocado BLT on Sourdough	Whole	whole sandwich	550	24	4	0.2	60	1030	49	6	3	34
Bacon Turkey Bravo® Sandwich on Tomato Basil	Half	half sandwich	330	14	5	0.2	55	980	29	2	3	24
Bacon Turkey Bravo® Sandwich on Tomato Basil	Whole	whole sandwich	670	28	10	0.4	110	1950	58	3	6	48
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Half	half sandwich	350	13	2	0.2	35	570	45	3	6	15
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Whole	whole sandwich	700	26	4.5	0.3	70	1140	90	6	13	30
Mediterranean Veggie Sandwich on Tomato Basil	Half	half sandwich	230	6	1.5	0.1	5	570	35	3	4	9
Mediterranean Veggie Sandwich on Tomato Basil	Whole	whole sandwich	460	13	2.5	0.2	10	1130	70	6	8	18
Classic Grilled Cheese on Classsic White Bread	Half	half sandwich	290	9	5	0.3	25	820	38	1	5	13
Classic Grilled Cheese on Classic White Bread	Whole	whole sandwich	570	18	10	0.5	50	1630	76	2	11	26
Turkey Breast Sandwich on Whole Grain	Half	half sandwich	280	9	1.5	0.1	30	580	32	5	4	11
Turkey Breast Sandwich on Whole Grain	Whole	whole sandwich	560	18	3	0.2	55	1170	65	9	8	23

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Tuna Salad Sandwich on Black Pepper Focaccia	Half	half sandwich	280	9	1	0	25	760	33	2	4	15
Tuna Salad Sandwich on Black Pepper Focaccia	Whole	whole sandwich	560	18	2	0	50	1510	66	4	8	30
Ham & Swiss Sandwich on Whole Grain	Half	half sandwich	350	14	5	0.1	40	1130	35	5	4	17
Ham & Swiss Sandwich on Whole Grain	Whole	whole sandwich	700	29	10	0	85	2250	69	9	8	33

Flatbread Sandwiches

Roasted Turkey Cranberry Flatbread	1 Flatbread	1 flatbread	310	12	6	0.1	45	480	34	3	7	17
Roasted Turkey Cranberry Flatbread	2 Flatbreads	2 flatbreads	610	24	13	0.3	90	960	69	6	14	34
BBQ Chicken Flatbread	1 Flatbread	1 flatbread	360	15	8	0.3	55	680	39	3	9	17
BBQ Chicken Flatbread	2 Flatbreads	2 flatbreads	720	31	17	0.5	115	1360	78	7	18	35
Tomato Mozzarella Flatbread	1 Flatbread	1 flatbread	330	17	8	0.3	35	390	34	3	4	12
Tomato Mozzarella Flatbread	2 Flatbreads	2 flatbreads	650	33	16	0.5	70	770	68	7	8	23

Hand Tossed Salads

Salads

Ancient Grain & Arugula Salad with Chicken	Half	half salad	200	7	1.5	0	30	240	20	3	10	12
Ancient Grain & Arugula Salad with Chicken	Whole	whole salad	400	13	2.5	0	60	480	41	6	20	25
Green Goddess Cobb Salad with Chicken	Half	half salad	250	14	3	0.1	140	440	12	4	6	17
Green Goddess Cobb Salad with Chicken	Whole	whole salad	490	28	6	0.2	280	880	24	8	11	35
Chinese Citrus Cashew Salad with Chicken	Half	half salad	260	13	2	0.1	30	550	22	3	14	11
Chinese Citrus Cashew Salad with Chicken	Whole	whole salad	520	26	4.5	0.2	60	1110	45	5	28	21
Modern Greek Salad with Quinoa	Half	half salad	260	20	3.5	0.1	5	410	14	4	2	6
Modern Greek Salad with Quinoa	Whole	whole salad	510	40	7	0.3	10	820	28	8	4	11
Romaine & Kale Caesar Salad with Chicken	Half	half salad	260	17	6	0.2	65	620	5	1	2	21
Romaine & Kale Caesar Salad with Chicken	Whole	whole salad	510	33	12	0.3	125	1240	10	3	3	43
Spicy Thai Salad with Chicken	Half	half salad	250	10	1.5	0	30	470	20	4	7	20
Spicy Thai Salad with Chicken	Whole	whole salad	500	21	3	0	60	940	41	8	13	39
Fuji Apple Salad with Chicken	Half	half salad	270	17	3.5	0.1	40	390	17	3	10	15
Fuji Apple Salad with Chicken	Whole	whole salad	540	33	7	0.2	75	790	35	6	21	30
BBQ Salad with Chicken	Half	half salad	220	10	1.5	0	35	340	18	3	10	14
BBQ Salad with Chicken	Whole	whole salad	430	19	3	0.1	70	680	37	6	20	28
Caesar Salad with Chicken	Half	half salad	220	13	3.5	0.1	50	490	9	1	1	16
Caesar Salad with Chicken	Whole	whole salad	440	26	7	0.1	100	970	17	2	3	32
Greek Salad	Half	half salad	200	18	4	0.2	10	450	6	2	4	5

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Greek Salad	Whole	whole salad	400	36	8	0.4	25	900	13	4	7	9
Seasonal Greens Salad	Half	half salad	90	6	1	0.1	0	75	10	2	7	2
Seasonal Greens Salad	Whole	whole salad	180	11	1.5	0.2	0	150	20	4	13	4
Caesar Salad	Half	half salad	160	13	3	0.1	20	310	8	1	1	5
Caesar Salad	Whole	whole salad	330	25	6	0.1	40	620	15	2	2	10

Dressing

Green Goddess Dressing	Half	1 1/2 Tbsp	60	5	1	0.1	5	70	2	0	1	1
Green Goddess Dressing	Whole	3 Tbsp	110	10	1.5	0	5	140	3	0	2	2
Soy Miso Lime Dressing	Half	1 1/2 Tbsp	90	8	1	0.1	0	310	5	0	3	1
Soy Miso Lime Dressing	Whole	3 Tbsp	180	16	2.5	0.2	0	610	10	0	6	1
BBQ Ranch Dressing	Half	1 1/2 Tbsp	70	6	1	0	5	80	4	0	4	0.4
BBQ Ranch Dressing	Whole	3 Tbsp	140	12	2	0	5	160	8	0	7	1
Caesar Dressing	Half	1 1/2 Tbsp	80	9	1.5	0	15	125	1	0	0	0.5
Caesar Dressing	Whole	3 Tbsp	170	18	3	0	25	250	2	0	1	1
Greek/Herb Vinaigrette	Half	1 1/2 Tbsp	120	13	2	0	0	160	0	0	0	0.1
Greek/Herb Vinaigrette	Whole	3 Tbsp	230	25	3.5	0.1	0	310	1	0	0	0.2
Low Fat Thai Chili Vinaigrette	Half	1 1/2 Tbsp	25	1	0.1	0	0	80	4	0	3	0.3
Low Fat Thai Chili Vinaigrette	Whole	3 Tbsp	50	1.5	0.2	0	0	160	8	1	7	1
Reduced Fat Balsamic Vinaigrette	Half	1 1/2 Tbsp	60	5	1	0.1	0	60	5	0	4	0
Reduced Fat Balsamic Vinaigrette	Whole	3 Tbsp	130	10	1.5	0.2	0	115	9	0	9	0.1
White Balsamic Apple Flavoured Vinaigrette	Half	1 1/2 Tbsp	80	6	1	0	0	70	6	0	5	0
White Balsamic Apple Flavoured Vinaigrette	Whole	3 Tbsp	160	12	2	0	0	140	11	1	10	0.1

Broth Bowls

Ricotta Sacchettiini wtih Chicken		1 bowl	460	19	5	0.2	110	1360	30	3	3	21
Thai Garden Chicken Wonton		1 bowl	290	6	1.5	0	40	1320	37	4	6	23

Pastas

Chicken Tortellini Alfredo		2 cups	710	38	20	1	130	1800	69	3	2	31
Mac & Cheese	Small	1 cup	480	30	15	1	75	1100	34	1	8	16
Mac & Cheese	Large	2 cups	950	61	29	2	150	2200	67	3	16	33

Soups

Vegetarian Autumn Squash Soup	Cup	1 cup	230	11	5	0	35	850	29	3	23	5
Vegetarian Autumn Squash Soup	Bowl	1 1/2 cups	340	17	8	0	55	1280	44	5	34	8

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Vegetarian Autumn Squash Soup	Bread Bowl		890	14	6	0	35	2200	161	8	24	29
Turkey Chili	Cup	1 cup	170	8	1.5	0	30	810	21	10	4	13
Turkey Chili	Bowl	1 1/2 cups	260	13	2.5	0	50	1210	32	16	6	20
Turkey Chili	Bread Bowl		840	11	2	0	30	2150	153	15	5	37
Bistro French Onion Soup	Cup	1 cup	200	11	5	0	15	1280	21	2	8	7
Bistro French Onion Soup	Bowl	1 1/2 cups	330	17	8	0	20	1990	36	4	12	12
Bistro French Onion Soup	Bread Bowl		860	14	6	0	15	2630	152	7	8	30
Baked Potato Soup	Cup	1 cup	220	13	7	0	30	950	22	3	3	6
Baked Potato Soup	Bowl	1 1/2 cups	330	20	10	0	45	1420	33	4	5	9
Baked Potato Soup	Bread Bowl		880	16	7	0	30	2290	154	7	4	29
Broccoli Cheddar Soup	Cup	1 cup	230	13	8	0.5	35	840	19	4	4	9
Broccoli Cheddar Soup	Bowl	1 1/2 cups	360	21	13	1	55	1330	30	6	6	14
Broccoli Cheddar Soup	Bread Bowl		890	16	8	0.5	35	2180	151	8	5	32
Vegetarian Creamy Tomato Soup	Cup	1 cup	200	9	4.5	0	30	640	25	3	11	4
Vegetarian Creamy Tomato Soup	Bowl	1 1/2 cups	280	13	7	0	50	920	36	4	16	6
Vegetarian Creamy Tomato Soup	Bread Bowl		860	12	5	0	30	1980	157	7	11	27
Low-Fat Chicken Noodle Soup	Cup	1 cup	110	3	1	0	75	930	13	2	1	10
Low-Fat Chicken Noodle Soup	Bowl	1 1/2 cups	160	5	1.5	0	110	1400	19	3	2	14
Low-Fat Chicken Noodle Soup	Bread Bowl		770	6	1.5	0	75	2280	144	7	2	33
Cream of Chicken & Wild Rice Soup	Cup	1 cup	180	10	4.5	0.4	25	920	18	4	1	6
Cream of Chicken & Wild Rice Soup	Bowl	1 1/2 cups	260	16	7	0.5	35	1390	27	5	2	10
Cream of Chicken & Wild Rice Soup	Bread Bowl		840	13	5	0.4	25	2270	149	8	2	30

Panera Kids™

Salads

Kids Greek Salad	whole salad	210	18	4.5	0.2	15	460	6	2	4	4
Kids Seasonal Greens Salad	whole salad	90	6	1	0.1	0	75	10	2	7	2
Kids Caesar Salad	whole salad	130	11	2.5	0.1	20	230	4	1	1	4

Pastas

Kids Mac & Cheese	1 cup	490	30	13	0.5	60	1020	38	1	6	17
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Soups

Kids Vegetarian Autumn Squash Soup	1 cup	230	11	5	0	35	850	29	3	23	5
Kids Turkey Chili	1 cup	170	8	1.5	0	30	810	21	10	4	13
Kids Bistro French Onion Soup	1 cup	200	11	5	0	15	1280	21	2	8	7

Kids Menu Nutrition Information												
	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Baked Potato Soup		1 cup	220	13	7	0	30	950	22	3	3	6
Kids Broccoli Cheddar Soup		1 cup	230	13	8	0.5	35	840	19	4	4	9
Kids Vegetarian Creamy Tomato Soup		1 cup	200	9	4.5	0	30	640	25	3	11	4
Kids Low-Fat Chicken Noodle Soup		1 cup	110	3	1	0	75	930	13	2	1	10
Kids Cream of Chicken & Wild Rice Soup		1 cup	180	10	4.5	0.4	25	920	18	4	1	6
Sandwiches												
Kids Ham Sandwich on Classic White Bread		whole sandwich	280	7	4	0.2	40	1300	33	1	4	18
Kids Turkey Sandwich on Classic White Bread		whole sandwich	290	8	4	0.2	40	830	33	1	4	21
Kids Peanut Butter & Jelly on Classic White Bread		whole sandwich	400	17	3.5	0.1	5	460	52	3	19	11
Kids Grilled Cheese on Classic White Bread		whole sandwich	400	12	7	0.4	35	1120	54	2	7	18
Sides												
French Baguette portion		2.4 oz	180	0.5	0.1	0	0	380	24	2	0	6
Soft Dinner Roll		2.2 oz	190	3.5	1	0.1	10	310	32	1	4	6
Sprouted Whole Grain Roll		2.2 oz	160	1	0.1	0	0	360	33	3	3	7
Apple		1 apple	80	0.3	0	0	0	2	21	4	15	0.4
Panera Potato Chips		1 bag	150	8	0.5	0	0	170	17	1	0	2
Pickle spear		1 pickle	2	0	0	0	0	220	0	0	0	0.2

Size

Serving Size

Calories

Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Carbs (g)

Fiber (g)

Sugars (g)

Protein (g)