



# 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.



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Breakfast	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Breakfast Sandwiches</b>												
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	590	26	12	0.5	245	1180	57	2	4	31
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 Sandwich		1 sandwich	410	14	6	0.4	25	590	52	7	4	21
Turkey Sausage, Egg White & Spinach Breakfast Sandwich		1 sandwich	410	12	6	0.4	40	870	50	5	4	26
Bacon, Egg & Cheese on Ciabatta		1 sandwich	500	23	9	0.5	230	1170	45	2	1	27
Egg & Cheese on Ciabatta		1 sandwich	410	16	6	0.4	205	700	43	2	0	21
<b>Breakfast Favourites</b>												
Steel Cut Oatmeal with Blueberries & Granola		1 bowl	340	8	3	0.3	0	170	62	9	22	6
Steel Cut Oatmeal with Almonds, Quinoa & Honey		1 bowl	300	6	1	0.2	0	220	52	9	7	8
Steel Cut Oatmeal with Strawberries & Pecans		1 bowl	340	14	2	0.2	0	160	51	9	16	6
Greek Yogurt with Mixed Berries		1 parfait	290	8	3	0	15	55	42	3	28	13
Summer Fruit Cup		1 cup	60	0.3	0	0	0	10	15	2	9	1
<b>Soufflés</b>												
Four Cheese		1 soufflé	410	28	15	0.4	175	840	37	1	8	15
Spinach & Artichoke		1 soufflé	520	33	18	0.5	175	890	38	2	8	19
Spinach & Bacon		1 soufflé	540	35	18	0.5	190	930	37	1	8	20
<b>Bagels &amp; Cream Cheese Spreads</b>												
<b>Bagels</b>												
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	480	55	2	3	13
Plain Bagel		1 bagel	290	1.5	0.2	0	0	410	58	2	3	10
Sprouted Grain Bagel Flat		1 bagel	240	1.5	0.3	0	0	300	48	5	4	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)
Whole Grain Bagel		1 bagel	330	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
<b>Cream Cheese Spreads</b>												
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
<b>Bakery</b>												
<b>Artisan Pastries</b>												
Pecan Braid		1 pastry	410	22	12	0.4	55	270	46	1	17	7
Cheese Pastry		1 pastry	380	19	11	0.5	60	300	46	1	16	7
Chocolate Pastry		1 pastry	450	25	16	0	55	250	51	2	22	8
Cherry Pastry		1 pastry	440	20	12	0.5	65	320	57	1	28	7
<b>Sweet Rolls</b>												
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	46	14	0.1	70	400	69	5	32	11
Cobblestone		1 roll	550	12	6	0.5	60	460	101	3	55	11
<b>Scones</b>												
Caramel Apple Thumbprint Scone		1 scone	490	20	13	0.5	65	820	73	1	38	7
Wild Blueberry Scone		1 scone	460	19	12	0.5	70	900	67	2	25	8
Orange Scone		1 scone	540	20	13	0.5	75	810	80	2	37	9
Cinnamon Crunch Scone		1 scone	540	23	16	0.5	70	880	77	2	40	8
Wild Blueberry Mini Scone		1 mini scone	150	6	4	0.2	25	300	22	1	8	3
Orange Mini Scone		1 mini scone	180	7	4.5	0.2	25	270	27	1	12	3
<b>Muffins &amp; Muffies</b>												
Blueberry Muffin with Fresh Blueberries		1 muffin	460	18	3	0.1	60	380	69	1	40	6

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pumpkin Muffin		1 muffin	580	22	3.5	0.3	30	470	90	2	53	7
Apple Crunch Muffin		1 muffin	450	12	3	0.1	55	380	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
<b>Cakes &amp; Brownies</b>												
Strawberry Rhubarb Mini Cake		1 mini cake	250	7	2	0	30	190	45	1	28	4
Cinnamon Crumb Coffee Cake	Slice	1 slice	470	25	9	0.4	105	320	53	1	29	6
Double Fudge Brownie		1 brownie	520	22	11	0.5	40	250	80	4	58	6
<b>Cookies</b>												
Raspberry Almond Thumbprint Cookie		1 cookie	230	14	8	0.5	35	95	25	1	10	2
Coconut Macaroon		1 cookie	140	7	6	0	0	65	17	2	14	1
Kitchen Sink Cookie		1 cookie	800	43	27	1	85	760	98	3	56	8
Lemo Drop Cookie		1 cookie	440	20	13	0.5	70	270	61	1	33	5
Tulip Cookie		1 cookie	420	21	13	1	55	160	55	1	28	4
Gluten Conscious Triple Chocolate Cookie with Walnuts		1 cookie	320	13	6	0.2	10	125	53	6	44	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	380	19	11	0.5	50	290	51	2	30	4
Oatmeal Raisin Cookie with Berries		1 cookie	340	13	7	0.4	50	170	54	2	32	4
Candy Cookie		1 cookie	420	19	12	0.5	70	260	58	1	30	5
Petite Chocolate Chipper		1 petite cookie	100	4.5	3	0.1	10	75	13	0	8	1
<b>Pastries</b>												
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
<b>Freshly Baked Breads</b>												
<b>Artisan Breads</b>												
Country	Miche	2 oz	140	0.5	0.1	0	0	330	28	1	0	5
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
Rye	Miche	2 oz	140	0.5	0.1	0	0	420	27	2	0	5
Rye	Loaf	2 oz	130	0.5	0.1	0	0	380	24	2	0	6
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	0.1	5	300	24	1	0	6
Sea Salt Focaccia	Loaf	2 oz	160	2	0.3	0	0	410	30	1	0	6

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Whole Grain	Miche	2 oz	130	1	0.2	0	0	250	26	3	2	6
Whole Grain	Loaf	2 oz	130	1	0.2	0	0	240	26	3	2	6
Ciabatta	Loaf	2 oz	150	2	0.3	0	0	300	28	1	0	6
<b>Specialty Breads</b>												
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	160	4	2	0.1	10	300	23	1	0	7
Cinnamon Raisin Swirl	Loaf	2 oz	190	6	3	0.2	30	190	31	1	13	5
White	Miche	2 oz	150	2	1	0	5	280	27	1	2	5
White	Loaf	2 oz	150	2.5	1	0	5	270	27	1	1	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	140	3	1.5	0	0	240	24	1	4	4
<b>Drinks</b>												
<b>Espresso &amp; Hot Drinks</b>												
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
<b>Coffee &amp; Hot Tea</b>												
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	5	2	0	0	1
Hazelnut Coffee	Medium	16 fl oz	20	0	0	0	0	10	3	0	0	1
Hazelnut Coffee	Large	20 fl oz	25	0	0	0	0	10	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
<b>Fruit Smoothies</b>												
Peach & Blueberry Smoothie with Almond Milk	Medium	16 fl oz	180	1	0.1	0	0	35	43	2	39	2
Green Passion 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	250	1.5	0.5	0	5	30	53	4	37	8
Low-Fat Mango Smoothie	Medium	16 fl oz	280	2.5	1.5	0	10	55	52	2	42	14
Superfruit Smoothie with Greek Yogurt	Medium	16 fl oz	230	3	1.5	0	15	55	35	4	28	15
Low-Fat Strawberry Smoothie	Medium	16 fl oz	270	2.5	1	0	10	55	49	3	40	14
<b>Frozen Drinks</b>												
Frozen Agave Lemonade	Medium	16 fl oz	120	0.1	0	0	0	5	32	0	31	0.1
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
<b>Iced Beverages</b>												
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
Passion Papaya Green Tea	Medium	20 fl oz	90	0	0	0	0	10	22	0	22	0
Passion Papaya Green Tea	Large	32 fl oz	130	0	0	0	0	15	31	0	31	0
Agave Lemonade	Medium	20 fl oz	140	0.1	0	0	0	10	37	0	35	0.2
Agave Lemonade	Large	32 fl oz	220	0.2	0	0	0	15	59	0	56	0.2
Plum Ginger Hibiscus Iced Tea	Medium	20 fl oz	0	0	0	0	0	0	0	0	0	0
Plum Ginger Hibiscus Iced 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	2	0	0	0
Brewed Iced Tea	Large	32 fl oz	0	0	0	0	0	30	3	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
<b>Bottled Beverages</b>												
Joia Grapefruit Soda		1 bottle	110	0	0	0	0	0	36	0	27	0
San Pellegrino® Orange		1 bottle	140	0	0	0	0	0	34	0	32	0

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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
<b>Juices &amp; Milks</b>												
Premium Orange Juice		11.5 fl oz	160	0	0	0	0	0	37	0	30	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	140	2.5	1.5	0	10	190	22	0	21	8
Kid's Organic Apple Juice		8 fl oz	140	0	0	0	0	15	32	0	29	0

## Panini & Sandwiches

### Panini

Roasted Turkey & Caramelized Kale	Half	half panini	280	10	2.5	0.1	35	580	27	2	1	14
Roasted Turkey & Caramelized Kale	Whole	whole panini	550	20	5	0.2	65	1170	54	4	2	28
Frontega Chicken® Panini on Sea Salt Focaccia	Half	half panini	390	13	5	0.2	40	900	43	2	2	24
Frontega Chicken® Panini on Sea Salt Focaccia	Whole	whole panini	780	26	10	0.4	80	1810	86	5	4	47
Steak & White Cheddar Panini on French Baguette	Half	half panini	470	24	9	0.5	65	760	40	2	4	19
Steak & White Cheddar Panini on French Baguette	Whole	whole panini	940	48	18	1	130	1520	79	5	8	37

### Sandwiches

Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Half	half sandwich	400	21	7	0.2	55	760	29	3	2	17
Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Whole	whole sandwich	800	42	14	0.4	105	1530	59	6	4	34
Roasted Turkey, Apple & Cheddar on Whole Grain Cranberry Walnut	Half	half sandwich	360	16	6	0.4	50	660	33	3	8	23
Roasted Turkey, Apple & Cheddar on Whole Grain Cranberry Walnut	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	300	14	3	0.1	35	640	25	3	2	19
Roasted Turkey & Avocado BLT on Sourdough	Whole	whole sandwich	600	29	6	0.3	70	1290	50	6	3	38
The Italian on Hoagie Roll	Half	half sandwich	440	23	7	0.3	45	1280	37	2	1	19
The Italian on Hoagie Roll	Whole	whole sandwich	870	46	15	0.5	90	2560	75	4	3	37
Bacon Turkey Bravo® on Tomato Basil	Half	half sandwich	320	13	4.5	0.2	50	900	29	2	3	23
Bacon Turkey Bravo® on Tomato Basil	Whole	whole sandwich	640	25	9	0.3	100	1800	58	3	6	46
Napa Almond Chicken Salad on Sesame Semolina	Half	half sandwich	350	13	2	0.2	30	580	45	3	7	14
Napa Almond Chicken Salad on Sesame Semolina	Whole	whole sandwich	700	26	4	0.3	60	1150	90	6	13	29
Mediterranean Veggie on Tomato Basil	Half	half sandwich	230	6	1.5	0.1	5	590	33	3	4	10

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mediterranean Veggie on Tomato Basil	Whole	whole sandwich	450	13	2.5	0.2	10	1180	67	6	8	19
Sierra Turkey on Asiago Cheese Focaccia	Half	half sandwich	370	14	3.5	0.1	40	750	40	2	1	21
Sierra Turkey on Asiago Cheese Focaccia	Whole	whole sandwich	740	27	7	0.2	75	1510	80	4	3	41
Classic Grilled Cheese on Classic White	Half	half sandwich	290	9	5	0.3	25	810	38	1	5	13
Classic Grilled Cheese on Classic White	Whole	whole sandwich	570	18	10	0.5	50	1630	75	2	11	26
Turkey Breast on Whole Grain	Half	half sandwich	280	9	1.5	0.1	30	580	32	5	4	11
Turkey Breast on Whole Grain	Whole	whole sandwich	560	18	3	0.2	55	1170	65	9	8	23
Tuna Salad on Whole Grain	Half	half sandwich	270	7	1	0	25	630	36	4	6	16
Tuna Salad on Whole Grain	Whole	whole sandwich	530	14	1.5	0	50	1250	72	9	12	33
Ham & Swiss on Whole Grain	Half	half sandwich	350	14	4	0.1	40	1130	35	5	4	17
Ham & Swiss on Whole Grain	Whole	whole sandwich	700	29	10	0	85	2250	69	9	8	33

## Flatbread Sandwiches

BBQ Chicken Flatbread	1 Flatbread	1 flatbread	360	15	8	0.3	50	600	40	3	9	17
BBQ Chicken Flatbread	2 Flatbreads	2 flatbreads	730	31	17	0.5	95	1200	80	7	18	35
Tomato Mozzarella Flatbread	1 Flatbread	1 flatbread	330	16	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

## Salads

Strawberry Poppyseed Salad with Chicken	Half	half salad	170	7	1	0	30	150	15	3	10	13
Strawberry Poppyseed Salad with Chicken	Whole	whole salad	350	14	1.5	0	65	290	31	6	21	27
Modern Greek Salad with Quinoa & Almonds	Half	half salad	260	20	3.5	0.1	5	410	14	4	2	6
Modern Greek Salad with Quinoa & Almonds	Whole	whole salad	510	40	7	0.3	10	820	28	8	4	11
Southwest Chile Lime Ranch Salad with Chicken	Half	half salad	320	17	3.5	0.1	30	470	28	5	4	12
Southwest Chile Lime Ranch Salad with Chicken	Whole	whole salad	650	33	7	0.2	55	930	56	10	9	24
Green Goddess Cobb Salad with Chicken	Half	half salad	260	15	3	0.1	140	360	12	4	6	17
Green Goddess Cobb Salad with Chicken	Whole	whole salad	520	29	6	0.2	285	710	24	7	11	35
Spicy Thai Chicken Salad	Half	half salad	260	11	1.5	0	30	390	20	4	7	20
Spicy Thai Chicken Salad	Whole	whole salad	520	22	3	0	65	770	41	8	13	40
Fuji Apple Salad with Chicken	Half	half salad	280	17	3.5	0.1	40	310	17	3	10	15
Fuji Apple Salad with Chicken	Whole	whole salad	560	35	7	0.2	80	620	35	6	21	31
Chinese Citrus Cashew Salad with Chicken	Half	half salad	270	14	2.5	0.1	30	470	22	3	14	11
Chinese Citrus Cashew Salad with Chicken	Whole	whole salad	540	28	4.5	0.2	65	940	45	5	28	21
Caesar Salad with Chicken	Half	half salad	220	14	3.5	0.1	50	390	8	1	1	16
Caesar Salad with Chicken	Whole	whole salad	450	28	7	0.1	105	790	16	2	3	33



	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic with Chicken Salad	Half	half salad	150	6	1	0.1	40	160	10	2	6	14
Classic with Chicken Salad	Whole	whole salad	300	13	2.5	0.2	80	320	20	3	13	27
Greek with Chicken Salad	Half	half salad	250	18	4.5	0.2	50	610	6	2	2	17
Greek with Chicken Salad	Whole	whole salad	510	37	9	0.4	105	1220	12	4	4	33
Greek Salad	Half	half salad	200	18	4	0.2	10	450	6	2	4	5
Greek Salad	Whole	whole salad	400	36	8	0.4	25	900	13	4	7	9
Classic Salad	Half	half salad	80	5	1	0.1	0	70	9	2	6	1
Classic Salad	Whole	whole salad	130	11	1.5	0.2	0	140	18	3	13	2
Caesar Salad	Half	half salad	160	12	3	0.1	20	300	7	1	1	5
Caesar Salad	Whole	whole salad	320	25	6	0.1	40	600	14	2	2	10
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
<b>Dressings</b>												
Chile Lime Rojo Ranch	Half	1 1/2 Tbsp	35	3	0.5	0	5	65	1	0	1	1
Chile Lime Rojo Ranch	Whole	3 Tbsp	70	6	1	0	5	130	3	0	2	2
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	120	10	1.5	0	10	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
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
<b>Broth Bowls</b>												
Chicken Tortilla Broth Bowl	1 bowl		480	15	2.5	0	35	1440	53	6	10	19
<b>Pastas</b>												
Chicken Tortellini Alfredo		2 cups	750	39	21	1	125	1600	69	3	2	31

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mac & Cheese	Small	1 cup	470	30	17	1	95	1230	36	1	8	17
Mac & Cheese	Large	2 cups	950	61	34	2	185	2450	71	2	15	33
<b>Soups</b>												
Vegetarian Summer Corn Chowder	Cup	1 cup	210	13	8	0.2	40	870	22	2	5	3
Vegetarian Summer Corn Chowder	Bowl	1 1/2 cups	320	20	12	0.2	60	1310	34	3	8	5
Vegetarian Summer Corn Chowder	Bread Bowl		880	17	8	0.2	40	2030	153	6	6	30
Bistro French Onion Soup	Cup	1 cup	200	11	5	0	15	1270	20	2	8	7
Bistro French Onion Soup	Bowl	1 1/2 cups	320	17	8	0	20	1970	34	4	12	11
Bistro French Onion Soup	Bread Bowl		860	15	6	0	15	2430	150	7	8	34
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		890	18	7	0	30	2110	152	7	4	33
Low-Fat Vegetarian Black Bean Soup	Cup	1 cup	90	1	0.2	0	0	740	27	12	1	5
Low-Fat Vegetarian Black Bean Soup	Bowl	1 1/2 cups	140	2	0.3	0	0	1110	40	17	2	7
Low-Fat Vegetarian Black Bean Soup	Bread Bowl		760	6	0.5	0	0	1900	157	16	2	32
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		900	18	8	0.5	35	2000	149	8	5	35
Vegetarian Creamy Tomato Soup	Cup	1 cup	200	9	4.5	0	30	630	25	3	11	4
Vegetarian Creamy Tomato Soup	Bowl	1 1/2 cups	280	13	7	0	50	910	35	4	16	6
Vegetarian Creamy Tomato Soup	Bread Bowl		860	13	5	0	30	1790	155	7	11	31
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Cup	1 cup	80	2.5	0.3	0	0	500	11	5	5	3
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Bowl	1 1/2 cups	110	3.5	0.4	0	0	730	16	7	7	4
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Bread Bowl		750	7	0.5	0	0	2660	141	9	5	30
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		780	8	1.5	0	75	2090	143	7	2	36
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	15	5	0.4	25	2090	148	8	2	33

## Panera Kids™

### Salads

Kids Greek Salad	whole salad	200	18	4	0.2	10	450	6	2	4	5
Kids Seasonal Greens Salad	whole salad	90	6	1	0.1	0	75	10	2	7	2
Kids Caesar Salad	whole salad	160	12	3	0.1	20	300	7	1	1	5

### Pastas

Kids Mac & Cheese	1 cup	470	30	17	1	95	1230	36	1	8	17
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### Soups

Kids Vegetarian Summer Corn Chowder	1 cup	210	13	8	0.2	40	870	22	2	5	3
Kids Bistro French Onion Soup	1 cup	200	11	5	0	15	1270	20	2	8	7
Kids Baked Potato Soup	1 cup	220	13	7	0	30	950	22	3	3	6
Kids Low-Fat Vegetarian Black Bean Soup	1 cup	90	1	0.2	0	0	740	27	12	1	5
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	630	25	3	11	4
Kids Low-Fat Vegetarian Garden Vegetable Soup with Pesto	1 cup	80	2.5	0.3	0	0	500	11	5	5	3
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 White Bread	whole sandwich	280	7	4	0.2	40	1300	33	1	4	18
Kids Turkey Sandwich on White Bread	whole sandwich	290	8	4	0.2	40	830	33	1	4	21
Kids Peanut Butter & Jelly on White Bread	whole sandwich	400	17	3.5	0.1	5	460	52	3	19	11
Kids Grilled Cheese on White Bread	whole sandwich	400	12	7	0.4	35	1120	54	2	7	18

### Sides

French Baguette portion	2.4 oz	180	1	0.1	0	0	440	36	1	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	170	1	0.2	0	0	360	33	3	3	6
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
Panera Baked Crisps	1 bag	130	2.5	0.5	0	0	200	25	2	1	1
Pickle spear	1 pickle	2	0	0	0	0	220	0	0	0	0