



Panera Bread® Nutrition Information - US

Breakfast

Breakfast Sandwiches

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Steak & Egg on Everything Bagel		1 sandwich	540	18	8	0	240	1010	59	3	4	23
Mediterranean Egg White on Ciabatta		1 sandwich	410	15	6	0	25	790	47	2	1	21
Bacon, Egg & Cheese on Asiago Cheese Bagel		1 sandwich	580	25	12	0.5	240	1080	56	2	4	31
Sausage, Egg & Cheese on Ciabatta		1 sandwich	550	29	12	0	250	1060	44	2	1	28
Ham, Egg & Cheese Breakfast Power Sandwich		1 sandwich	340	15	7	0	220	890	30	4	3	23
Avocado, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	410	14	6	0	25	590	52	7	4	12
Turkey Sausage, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	410	12	6	0	40	870	50	5	4	17
Bacon, Egg & Cheese on Ciabatta		1 sandwich	490	22	9	0	225	1010	44	2	1	25
Egg & Cheese on Ciabatta		1 sandwich	390	15	7	0	205	730	43	2	1	19

Breakfast Favorites

Steel Cut Oatmeal with Apple Chips & Pecans		1 1/3 cups	370	15	2	0	0	170	53	9	18	6
Steel Cut Oatmeal with Strawberries & Pecans		1 1/3 cups	340	14	2	0	0	160	51	9	16	6
Steel Cut Oatmeal with Almonds, Quinoa & Honey		1 bowl	300	7	1	0	0	220	52	9	7	8
Greek Yogurt with Mixed Berries		1 parfait	300	10	5	0	20	55	40	3	31	13
Seasonal Fruit Cup		1 container	60	0	0	0	0	15	17	1	12	1

Soufflés

Ham & Swiss		1 soufflé	450	29	18	0.5	160	900	37	1	8	19
Four Cheese		1 soufflé	410	28	17	0	170	830	38	1	8	15
Spinach & Artichoke		1 soufflé	520	33	19	0.5	170	890	39	2	8	18
Spinach & Bacon		1 soufflé	550	35	19	0.5	185	910	37	1	8	20

Bagels & Cream Cheese Spreads

Bagels

Pumpkin Pie Bagel		1 bagel	390	5	3	0	0	350	74	3	26	10
Cherry Vanilla Bagel		1 bagel	360	5	3	0	0	380	69	3	18	10
Chocolate Chip Bagel		1 bagel	380	6	3	0	5	410	68	2	13	11
French Toast Bagel		1 bagel	350	4	2.5	0	0	560	67	2	15	10
Blueberry Bagel		1 bagel	340	1.5	0	0	0	430	69	2	10	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)
Cinnamon Swirl & Raisin Bagel		1 bagel	320	2	1	0	0	410	66	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	15	470	55	2	3	13
Plain Bagel		1 bagel	290	1.5	0	0	0	410	58	2	3	10
Sprouted Grain Bagel Flat		1 bagel	240	1.5	0	0	0	300	48	5	4	8
Whole Grain Bagel		1 bagel	330	2.5	0	0	0	460	67	7	5	13
Everything Bagel		1 bagel	300	2	0	0	0	590	58	2	4	10
Sesame Bagel		1 bagel	300	3	0	0	0	410	58	2	3	10
Cream Cheese Spreads												
Plain Cream Cheese	Cup	2 oz	190	18	11	1	55	210	2	0	1	3
Plain Cream Cheese	Tub	1 oz	100	10	6	0	30	115	1	0	1	2
Reduced-Fat Plain Cream Cheese	Cup	2 oz	130	12	7	0.5	35	230	2	1	1	5
Reduced-Fat Plain Cream Cheese	Tub	1 oz	70	6	4	0	20	120	1	0	1	3
Reduced-Fat Chive & Onion Cream Cheese	Cup	2 oz	130	11	7	0.5	35	430	3	1	2	5
Reduced-Fat Chive & Onion Cream Cheese	Tub	1 oz	70	6	3.5	0	20	230	2	1	1	3
Reduced-Fat Roasted Vegetable Medley Cream Cheese	Cup	2 oz	110	10	6	0	30	250	3	1	2	4
Reduced-Fat Roasted Vegetable Medley Cream Cheese	Tub	1 oz	60	5	3	0	15	130	2	1	0	2
Reduced-Fat Wild Blueberry Cream Cheese	Cup	2 oz	150	10	6	0	30	190	11	1	9	4
Reduced-Fat Wild Blueberry Cream Cheese	Tub	1 oz	80	5	3	0	15	100	6	1	5	2
Reduced-Fat Honey Walnut Cream Cheese	Cup	2 oz	150	11	6	0	30	200	8	1	8	5
Reduced-Fat Honey Walnut Cream Cheese	Tub	1 oz	80	6	3.5	0	15	105	4	0	4	2
Bakery												
Artisan Pastries												
Pecan Braid		1 pastry	470	26	13	0	50	280	52	2	23	8
Cheese Pastry		1 pastry	410	23	15	0.5	65	340	43	1	15	8
Chocolate Pastry		1 pastry	420	24	15	0	50	250	46	2	17	7
Cherry Pastry		1 pastry	460	22	14	0.5	60	360	58	1	28	7
Sweet Rolls												
Bear Claw		1 pastry	540	31	15	0	75	340	59	3	29	9
Cinnamon Roll		1 roll	670	25	12	0	95	660	100	3	47	13
Pecan Roll		1 roll	720	46	14	0	69	400	69	5	32	11
Cobblestone		1 roll	560	12	7	0	60	500	102	3	56	11

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Scones												
		1 scone	490	20	13	0.5	65	830	73	1	38	7
		1 scone	460	19	12	0.5	70	900	64	1	26	8
		1 scone	540	20	13	0.5	75	810	80	2	37	9
		1 scone	550	23	16	0.5	70	900	79	2	42	8
		1 mini scone	150	6	4	0	25	300	21	1	9	3
		1 mini scone	180	7	4.5	0	25	270	27	1	12	3
		9 pack	1490	59	37	2	220	2460	217	6	97	24
Muffins & Muffies												
		1 muffin	480	19	3	0	65	400	71	2	40	6
		1 muffin	450	12	3	0	55	380	80	2	49	7
		1 muffin	460	18	3	0	60	380	69	1	40	6
		1 muffin	580	22	4	0	30	480	90	2	52	7
		1 muffie	320	14	4	0	35	230	46	1	28	4
		1 muffie	290	11	2	0	15	240	45	1	26	3
Cakes & Brownies												
	Slice	1 slice	470	25	9	0	105	320	53	1	29	6
		1 mini cake	250	7	2	0	30	190	45	1	28	4
		1 brownie	520	22	11	0	40	250	80	4	58	6
Cookies												
		1 cookie	440	20	13	0.5	70	270	61	1	33	5
		1 cookie	420	19	12	0.5	70	260	58	1	30	5
		1 cookie	380	19	11	0	50	290	51	2	30	4
		1 cookie	140	7	6	0	0	65	17	2	14	1
		1 cookie	800	43	27	1	85	760	98	3	56	8
		1 cookie	340	13	7	0	50	170	54	2	32	4
		1 petite cookie	100	4.5	3	0	10	75	13	0	8	1
		1 cookie	230	14	8	0.5	35	95	25	1	10	2
		1 cookie	320	13	6	0	10	125	53	6	44	5
		1 cookie	460	22	14	0.5	55	230	64	1	37	4
Pastries												

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
French Croissant		1 croissant	310	18	11	0	60	260	32	1	7	6
Pastry Ring	Slice	1 slice	260	13	8	0	40	170	32	1	18	3

Freshly Baked Breads

Asiago Cheese Focaccia	Loaf	2 oz	150	3	1	0	5	300	24	1	0	6
Ciabatta	Loaf	2 oz	150	1.5	0	0	0	260	27	1	0	5
Country	Loaf	2 oz	130	0.5	0	0	0	310	26	1	0	5
Cranberry Walnut Miche	Loaf	2 oz	140	2.5	0	0	0	250	25	2	4	6
French	Baguette	2 oz	150	0.5	0	0	0	360	29	1	0	5
Hoagie Roll	Loaf	1 roll	380	4.5	2	0	0	800	70	3	2	12
Rye	Pan Loaf	2 oz	130	0.5	0	0	0	380	24	2	0	6
Sea Salt Focaccia	Loaf	2 oz	160	2	0	0	0	410	30	1	0	6
Sesame Semolina	Miche	2 oz	140	1	0	0	0	360	30	1	1	5
Whole Grain	Loaf	2 oz	130	1	0	0	0	240	26	3	2	6
Asiago Cheese	Loaf	2 oz	150	4	2	0	10	300	23	1	0	7
Cinnamon Raisin Swirl	Loaf	2 oz	190	6	3	0	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
Honey Wheat	Loaf	2 oz	140	3	1.5	0	0	240	24	1	4	4
Soft Dinner Roll	Roll	1 Roll	190	3.5	1	0	10	310	32	1	4	6
Sourdough	XL Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	5
Sourdough	Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	5
Sourdough	Bread Bowl	8.7 oz	660	3	0	0	0	1050	132	4	1	23
Sprouted Grain Roll	Roll	1 roll	170	1	0	0	0	360	33	3	3	6
Tomato Basil	XL Loaf	2 oz	150	1	0	0	0	370	28	1	1	6

Drinks

Espresso & Hot Drinks

Caffe Mocha	Medium	16 fl oz	380	11	6	0	35	170	57	2	40	12
Caffe Latte	Medium	16 fl oz	130	5	3	0	20	110	14	0	12	9
Cappuccino	Medium	16 fl oz	130	5	3	0	20	110	14	0	12	9
Caramel Latte	Medium	16 fl oz	400	15	9	0	50	240	55	0	46	12
Chai Tea Latte	Medium	16 fl oz	240	4.5	3	0	20	95	42	0	40	7
Espresso	1 Shot	1 shot	5	0	0	0	0	0	1	0	0	0

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Signature Hot Chocolate	Medium	16 fl oz	510	13	8	0	40	250	85	3	63	12
Skinny Caffe Mocha	Medium	16 fl oz	250	1	0.5	0	5	160	49	2	34	11
Pumpkin Spice Latte	Medium	16 fl oz	450	11	6	0	35	160	74	0	53	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	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
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
Smoothies												
Peach & Blueberry Smoothie with Almond Milk	Medium	16 fl oz	180	1	0	0	0	35	43	2	39	2
Green Passion Smoothie	Medium	16 fl oz	200	0	0	0	0	30	51	2	47	2
Mango Smoothie	Medium	16 fl oz	290	5	3.5	0	15	50	50	2	44	11
Strawberry Smoothie	Medium	16 fl oz	280	5	3	0	15	55	47	3	42	11
Strawberry Banana Smoothie	Medium	16 fl oz	250	3	1.5	0	10	30	42	4	38	6
Superfruit Smoothie with Greek yogurt	Medium	16 fl oz	230	5	3	0	15	45	33	4	30	11
Frozen Drinks												
Frozen Caramel	Medium	16 fl oz	560	23	14	0.5	70	190	82	0	69	7
Frozen Mocha	Medium	16 fl oz	530	19	11	0	55	115	84	2	63	7
Iced Beverages												
Iced Caffe Latte	Medium	20 fl oz	170	6	4	0	25	140	17	0	15	11
Iced Caffe Mocha	Medium	20 fl oz	410	12	7	0	40	200	60	2	43	14
Iced Caramel Latte	Medium	20 fl oz	430	16	9	0	55	270	58	0	49	14
Iced Chai Tea Latte	Medium	20 fl oz	190	3.5	2.5	0	15	75	34	0	32	6
Blood Orange Lemonade	Medium	20 fl oz	160	0	0	0	0	25	43	0	39	0

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Blood Orange Lemonade	Large	32 fl oz	260	0	0	0	0	40	68	1	63	1
Prickly Pear Hibiscus Fresca	Medium	20 fl oz	100	0	0	0	0	15	24	1	20	1
Prickly Pear Hibiscus Fresca	Large	32 fl oz	150	0	0	0	0	25	37	2	31	2
Passion Papaya Green Tea	Medium	20 fl oz	130	0	0	0	0	10	30	0	30	0
Passion Papaya Green Tea	Large	32 fl oz	200	0	0	0	0	15	48	0	48	0
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
Agave Lemonade	Medium	20 fl oz	140	0	0	0	0	10	37	0	35	0
Agave Lemonade	Large	32 fl oz	220	0	0	0	0	15	59	0	56	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

Bottled Beverages

Spindrift® Lemon Seltzer		1 can	0	0	0	0	0	0	1	0	0	0
Spindrift® Raspberry Lime Seltzer		1 can	10	0	0	0	0	0	2	0	2	0
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
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

Soft Drinks

Pepsi	Medium	20 fl oz	250	0	0	0	0	55	69	0	69	0
Pepsi	Large	32 fl oz	410	0	0	0	0	85	110	0	110	0
Diet Pepsi	Medium	20 fl oz	0	0	0	0	0	95	0	0	0	0
Diet Pepsi	Large	32 fl oz	0	0	0	0	0	150	0	0	0	0
Caffeine Free Diet Pepsi	Medium	20 fl oz	0	0	0	0	0	95	0	0	0	0
Caffeine Free Diet Pepsi	Large	32 fl oz	0	0	0	0	0	150	0	0	0	0
Mist Twist	Medium	20 fl oz	260	0	0	0	0	55	68	0	68	0
Mist Twist	Large	32 fl oz	410	0	0	0	0	90	108	0	108	0
Dr. Pepper	Medium	20 fl oz	240	0	0	0	0	75	65	0	64	0
Dr. Pepper	Large	32 fl oz	380	0	0	0	0	115	104	0	102	0
Mountain Dew	Medium	20 fl oz	270	0	0	0	0	85	73	0	73	0
Mountain Dew	Large	32 fl oz	430	0	0	0	0	135	117	0	117	0
Diet Mountain Dew	Medium	20 fl oz	10	0	0	0	0	90	1	0	1	0

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Diet Mountain Dew	Large	32 fl oz	15	0	0	0	0	150	1	0	1	0
Lipton Brisk Raspberry Tea	Medium	20 fl oz	130	0	0	0	0	70	33	0	33	0
Lipton Brisk Raspberry Tea	Large	32 fl oz	200	0	0	0	0	115	52	0	52	0
Tropical Fruit Punch	Medium	20 fl oz	280	0	0	0	0	65	75	0	75	0
Tropical Fruit Punch	Large	32 fl oz	440	0	0	0	0	100	120	0	120	0
Juices & Milks												
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	110	2.5	1.5	0	10	130	13	0	12	8
Organic Chocolate Milk		8 fl oz	150	2.5	1.5	0	15	180	23	0	22	8
Kids Organic Apple Juice		8 fl oz	120	0	0	0	0	25	29	0	26	0
Sandwiches												
Bacon Turkey Bravo® Sandwich on Tomato Basil	Half	half sandwich	320	12	4.5	0	50	810	29	2	3	19
Bacon Turkey Bravo® Sandwich on Tomato Basil	Whole	whole sandwich	630	25	9	0	100	1620	57	3	6	38
Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Half	half panini	390	21	7	0	65	870	28	3	2	16
Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Whole	whole panini	770	43	14	0	130	1750	56	6	4	32
Classic Grilled Cheese on Classic White Bread	Half	half sandwich	320	13	8	0	40	790	37	1	4	7
Classic Grilled Cheese on Classic White Bread	Whole	whole sandwich	640	26	15	1	75	1580	73	2	7	14
Frontega Chicken® Panini on Focaccia	Half	half panini	380	12	4	0	50	1030	42	2	2	24
Frontega Chicken® Panini on Focaccia	Whole	whole panini	750	24	8	0	105	2050	85	4	4	48
Ham & Swiss Sandwich on Whole Grain	Half	half sandwich	370	16	6	0	55	1020	34	5	5	17
Ham & Swiss Sandwich on Whole Grain	Whole	whole sandwich	730	32	11	0.5	105	2050	68	10	10	33
The Italian on Hoagie Roll	Half	half sandwich	440	23	8	0	45	1260	38	2	2	19
The Italian on Hoagie Roll	Whole	whole sandwich	880	47	15	0.5	95	2530	75	4	4	38
Mediterranean Veggie Sandwich on Tomato Basil	Half	half sandwich	220	6	1.5	0	5	620	32	3	4	9
Mediterranean Veggie Sandwich on Tomato Basil	Whole	whole sandwich	440	13	3	0	10	1230	65	6	8	18
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Half	half sandwich	350	13	2	0	35	570	45	3	6	8
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Whole	whole sandwich	700	26	4.5	0	70	1140	90	6	13	16
Roasted Turkey, Apple & Cheddar on Cranberry Walnut Miche	Half	half sandwich	360	16	6	0	50	640	31	3	8	16
Roasted Turkey, Apple & Cheddar on Cranberry Walnut Miche	Whole	whole sandwich	710	32	12	1	100	1280	62	7	15	32
Roasted Turkey & Avocado BLT on Sourdough	Half	half sandwich	320	17	3	0	35	570	25	3	2	14
Roasted Turkey & Avocado BLT on Sourdough	Whole	whole sandwich	650	34	6	0	75	1150	50	6	3	29
Steak & Arugula on Sourdough	Half	half sandwich	250	9	4	0	45	430	25	2	4	12

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Steak & Arugula on Sourdough	Whole	whole sandwich	500	19	8	0	90	870	51	4	8	24
Steak & White Cheddar Panini on Hoagie Roll	Half	half panini	470	24	9	0.5	65	760	40	2	4	19
Steak & White Cheddar Panini on Hoagie Roll	Whole	whole panini	940	48	18	1	130	1520	79	5	8	37
Tuna Salad Sandwich on Black Pepper Focaccia	Half	half sandwich	330	17	2.5	0	20	680	29	2	2	9
Tuna Salad Sandwich on Black Pepper Focaccia	Whole	whole sandwich	660	35	5	0	45	1350	57	4	5	18
Turkey Breast Sandwich on Whole Grain	Half	half sandwich	280	9	1.5	0	30	580	32	5	4	11
Turkey Breast Sandwich on Whole Grain	Whole	whole sandwich	560	18	3	0	55	1170	65	9	8	23

Flatbreads

Roasted Turkey Cranberry Flatbread	1 Flatbread	1 flatbread	310	12	7	0	45	490	36	3	7	11
Roasted Turkey Cranberry Flatbread	2 Flatbreads	2 flatbreads	630	24	13	0	90	980	71	7	14	22
BBQ Chicken Flatbread	1 Flatbread	1 flatbread	380	16	9	0	55	730	41	4	9	12
BBQ Chicken Flatbread	2 Flatbreads	2 flatbreads	760	33	18	1	115	1460	82	8	19	23
Tomato Mozzarella Flatbread	1 Flatbread	1 flatbread	350	18	9	0	35	470	35	4	5	6
Tomato Mozzarella Flatbread	2 Flatbreads	2 flatbreads	690	36	18	1	70	930	71	7	9	11

Salads

Ancient Grain & Arugula Salad with Chicken	Half	half salad	200	7	1.5	0	40	150	19	3	10	12
Ancient Grain & Arugula Salad with Chicken	Whole	whole salad	400	14	3	0	80	290	38	6	19	25
Asian Sesame Salad with Chicken	Half	half salad	200	10	1.5	0	40	270	14	3	3	13
Asian Sesame Salad with Chicken	Whole	whole salad	410	20	2.5	0	80	540	27	6	5	25
Southwest Chile Lime Ranch Salad with Chicken	Half	half salad	320	17	3.5	0	45	640	27	5	4	12
Southwest Chile Lime Ranch Salad with Chicken	Whole	whole salad	650	34	7	0	90	1270	54	10	9	24
Chinese Citrus Cashew Salad with Chicken	Half	half salad	270	14	2.5	0	40	460	23	3	14	12
Chinese Citrus Cashew Salad with Chicken	Whole	whole salad	540	27	4.5	0	80	920	45	4	27	25
Caesar Salad	Half	half salad	160	13	3	0	20	300	7	1	1	5
Caesar Salad	Whole	whole salad	320	25	6	0	40	600	14	2	2	10
Caesar Salad with Chicken	Half	half salad	220	14	3.5	0	60	390	8	1	1	15
Caesar Salad with Chicken	Whole	whole salad	450	27	7	0	120	770	17	2	2	30
Fuji Apple Salad with Chicken	Half	half salad	280	17	3.5	0	45	290	18	3	10	14
Fuji Apple Salad with Chicken	Whole	whole salad	570	34	7	0	95	580	36	7	20	29
Greek Salad	Half	half salad	200	18	4	0	10	510	7	2	4	4
Greek Salad	Whole	whole salad	400	36	8	0	25	1010	13	4	7	5
Green Goddess Cobb Salad with Chicken	Half	half salad	280	17	4	0	145	360	12	4	6	18
Green Goddess Cobb Salad with Chicken	Whole	whole salad	550	33	8	0	290	720	24	7	12	36

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Modern Greek Salad with Quinoa	Half	half salad	260	20	3.5	0	5	440	14	4	2	6
Modern Greek Salad with Quinoa	Whole	whole salad	530	41	7	0	15	870	29	9	4	11
Seasonal Greens Salad	Half	half salad	90	6	1	0	0	75	10	2	7	2
Seasonal Greens Salad	Whole	whole salad	180	11	1.5	0	0	150	20	4	13	4
Spicy Thai Salad with Chicken	Half	half salad	260	11	1.5	0	40	380	21	4	6	12
Spicy Thai Salad with Chicken	Whole	whole salad	510	22	3	0	80	750	41	8	12	25

Dressings

Asian Sesame Vinaigrette	Half	1 1/2 Tbsp	45	4	0.5	0	0	95	2	0	2	0
Asian Sesame Vinaigrette	Whole	3 Tbsp	90	8	1	0	0	190	4	0	4	0
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	1.5	0	5	130	3	0	2	2
Green Goddess Dressing	Half	1 1/2 Tbsp	60	5	1	0	5	70	2	0	1	1
Green Goddess Dressing	Whole	3 Tbsp	120	11	2	0	10	140	3	0	2	2
Caesar Dressing	Half	1 1/2 Tbsp	80	9	1.5	0	15	125	1	0	0	0
Caesar Dressing	Whole	3 Tbsp	170	18	3	0	25	250	2	0	1	1
Greek Dressing	Half	1 1/2 Tbsp	120	13	2	0	0	160	0	0	0	0
Greek Dressing	Whole	3 Tbsp	230	25	3.5	0	0	310	1	0	0	0
Low Fat Thai Chili Vinaigrette	Half	1 1/2 Tbsp	25	1	0	0	0	80	4	0	3	0
Low Fat Thai Chili Vinaigrette	Whole	3 Tbsp	50	1.5	0	0	0	160	8	1	7	1
Reduced Fat Balsamic Vinaigrette	Half	1 1/2 Tbsp	60	5	1	0	0	60	5	0	4	0
Reduced Fat Balsamic Vinaigrette	Whole	3 Tbsp	130	10	1.5	0	0	115	9	0	9	0
White Balsamic Apple Flavored Vinaigrette	Half	1 1/2 Tbsp	80	6	1	0	0	70	6	0	5	0
White Balsamic Apple Flavored Vinaigrette	Whole	3 Tbsp	160	12	2	0	0	140	11	1	10	0

Bowls

Southwest Chicken Tortilla Broth Bowl		1 bowl	480	16	2	0	65	1680	50	6	10	19
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Pastas & Mac and Cheese

Chicken Tortellini Alfredo		2 cups	750	39	21	1	135	1690	68	3	2	31
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
Mac & Cheese	Bread Bowl		1140	35	17	1	95	2390	166	6	8	43

Soups

Vegetarian Autumn Squash Soup	Cup	1 cup	230	11	5	0	35	850	29	3	23	5
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	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	Bowl	1 1/2 cups	340	17	8	0	55	1280	44	5	34	8
Vegetarian Autumn Squash Soup	Bread Bowl		890	15	6	0	35	2020	160	8	24	32
Turkey Chili	Cup	1 cup	170	8	1.5	0	30	810	21	10	4	11
Turkey Chili	Bowl	1 1/2 cups	260	13	2.5	0	50	1210	32	16	6	17
Turkey Chili	Bread Bowl		840	13	2	0	30	1970	151	15	5	11
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
Bistro French Onion Soup	Cup	1 cup	190	8	3.5	0	5	1070	21	2	10	8
Bistro French Onion Soup	Bowl	1 1/2 cups	310	13	6	0	10	1670	35	4	15	12
Bistro French Onion Soup	Bread Bowl		860	13	4	0	5	2240	151	7	11	35
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
Cream of Chicken & Wild Rice Soup	Cup	1 cup	180	10	4.5	0	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	25	2090	148	8	2	33
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
New England Clam Chowder	Cup	1 cup	370	25	16	1	95	680	27	2	4	9
New England Clam Chowder	Bowl	1 1/2 cups	570	39	24	1.5	145	1040	42	3	6	14
New England Clam Chowder	Bread Bowl		1040	30	16	1	95	1840	157	7	4	36
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	36	4	16	6
Vegetarian Creamy Tomato Soup	Bread Bowl		860	12	5	0	30	1790	155	7	11	31

Panera Kids™

Salads

Kids Greek Salad		whole salad	200	18	4	0	10	510	7	2	4	4
Kids Seasonal Greens Salad		whole salad	90	6	1	0	0	75	10	2	7	2
Kids Caesar Salad		whole salad	160	13	3	0	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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Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
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	11
	Kids Bistro French Onion Soup	1 cup	190	8	3.5	0	5	1070	21	2	10	8
	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	630	25	3	11	4
	Kids New England Clam Chowder	1 cup	370	25	16	1	95	680	27	2	4	9
	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	25	920	18	4	1	6
Sandwiches												
	Kids Ham Sandwich on Whole Grain Bread	whole sandwich	290	10	5	0	50	1160	21	4	4	14
	Kids Turkey Sandwich on Whole Grain Bread	whole sandwich	280	9	5	0	45	760	29	4	2	15
	Kids Peanut Butter & Jelly on Whole Grain Bread	whole sandwich	370	16	2.5	0	0	410	49	6	19	11
	Kids Grilled Cheese on Classic White Bread	whole sandwich	450	18	10	0.5	50	1090	52	2	5	8
Sides												
	Kids Blueberry Squeezable Yogurt	1 tube	50	1	0.5	0	5	35	9	0	6	2
	Kids Strawberry Squeezable Yogurt	1 tube	50	1	0.5	0	5	35	8	0	6	2
Sides												
	French Baguette portion	2.4 oz	180	1	0	0	0	440	36	1	0	6
	Soft Dinner Roll	2.2 oz	190	3.5	1	0	10	310	32	1	4	6
	Sprouted Whole Grain Roll	2.2 oz	170	1	0	0	0	360	33	3	3	6
	Apple	1 apple	80	0	0	0	0	0	21	4	15	0
	Banana	1 banana	90	0	0	0	0	0	23	3	12	1
	Panera Kettle Chips	1 bag	150	8	0.5	0	0	170	17	1	0	2
	Pickle spear	1 pickle	5	0	0	0	0	240	1	0	0	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)

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.