



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)
Avocado, Scrambled Egg White & Spinach on Sprouted Grain Bagel Flat		1 sandwich	410	14	6	0	25	590	52	7	4	21
Bacon, Scrambled Egg & Cheese on Brioche		1 sandwich	470	27	13	0.5	325	700	33	1	6	25
Bacon, Scrambled Egg & Cheese on Ciabatta		1 sandwich	480	22	9	0	275	810	44	2	1	26
Bacon, Egg & Cheese on Brioche		1 sandwich	460	25	12	0.5	295	790	32	1	6	24
Egg & Cheese on Brioche		1 sandwich	390	21	11	0.5	280	640	32	1	5	19
Scrambled Egg & Cheese on Brioche		1 sandwich	410	22	11	0.5	310	55	32	1	5	20
Steak & Egg on Everything Bagel		1 sandwich	550	19	8	0	260	1030	59	3	4	34
Steak & Scrambled Egg on Everything Bagel		1 sandwich	570	20	9	0	290	940	60	3	4	35
Sausage, Egg & Cheese on Brioche		1 sandwich	550	34	16	0.5	325	970	33	1	6	27
Sausage, Scrambled Egg & Cheese on Brioche		1 sandwich	570	35	16	0.5	355	880	33	1	6	28
Ham, Egg & Cheese on Whole Grain Pan Loaf		1 sandwich	350	16	7	0	245	910	30	4	3	23
Ham, Scrambled Egg & Cheese on Whole Grain Pan Loaf		1 sandwich	370	17	8	0	275	820	30	4	3	24

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	51	8	7	8
Greek Yogurt with Mixed Berries		1 parfait	300	10	5	0	20	55	39	3	30	15
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

Asiago Cheese Bagel		1 bagel	330	6	3	0	15	470	55	2	3	13
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)
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
Cinnamon Crunch Bagel	1 bagel	430	7	4.5	0	0	380	82	2	32	10
Cinnamon Swirl & Raisin Bagel	1 bagel	320	2	1	0	0	410	66	3	11	10
Cranberry Walnut Bagel	1 bagel	350	6	0.5	0	0	380	65	3	14	10
French Toast Bagel	1 bagel	350	4	2.5	0	0	560	67	2	15	10
Plain Bagel	1 bagel	290	1.5	0	0	0	410	58	2	3	10
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
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

Cream Cheese Spreads

Select Cream Cheese varieties are available in local bakery-cafes.

See an associate for details.

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

Scones

Caramel Apple Thumbprint Scone	1 scone	490	20	13	0.5	65	830	73	1	38	7
Wild Blueberry Scone	1 scone	460	19	12	0.5	70	900	64	1	26	8
Orange Scone	1 scone	540	20	13	0.5	75	810	80	2	37	9
Cinnamon Crunch Scone	1 scone	550	23	16	0.5	70	900	79	2	42	8
Wild Blueberry Mini Scone	1 mini scone	150	6	4	0	25	300	21	1	9	3

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Orange Mini Scone		1 mini scone	180	7	4.5	0	25	270	27	1	12	3
Mini Scones Variety Pack		9 pack	1490	59	37	2	220	2460	217	6	97	24
Muffins & Muffies												
Cranberry Orange Muffin		1 muffin	480	19	3	0	65	400	71	2	40	6
Apple Crunch Muffin		1 muffin	450	12	3	0	55	380	80	2	49	7
Blueberry Muffin with Fresh Blueberries		1 muffin	460	18	3	0	60	380	69	1	40	6
Pumpkin Muffin		1 muffin	580	22	4	0	30	480	90	2	52	7
Chocolate Chip Muffie		1 muffie	320	14	4	0	35	230	46	1	28	4
Pumpkin Muffie		1 muffie	290	11	2	0	15	240	45	1	26	3
Cakes & Brownies												
Cinnamon Crumb Coffee Cake	Slice	1 slice	470	25	9	0	105	320	53	1	29	6
Strawberry Rhubarb Mini Cake		1 mini cake	250	7	2	0	30	190	45	1	28	4
Double Fudge Brownie		1 brownie	520	22	11	0	40	250	80	4	58	6
Cookies												
Tulip Cookie		1 cookie	430	22	13	0.5	55	210	58	1	32	4
Heart Cookie		1 cookie	430	22	13	0.5	55	210	58	1	32	4
Lemon Drop Cookie		1 cookie	440	20	13	0.5	70	270	61	1	33	5
Candy Cookie		1 cookie	420	19	11	0.5	70	260	58	1	30	5
Chocolate Chipper Cookie		1 cookie	380	19	11	0	50	290	51	2	30	4
Coconut Macaroon		1 cookie	140	7	6	0	0	65	17	2	14	1
Kitchen Sink Cookie		1 cookie	800	44	28	1	90	770	97	3	54	8
Oatmeal Raisin Cookie with Berries		1 cookie	340	13	7	0	50	170	54	2	32	4
Petite Chocolate Chipper		1 petite cookie	100	4.5	3	0	10	75	13	0	8	1
Raspberry Almond Thumbprint Cookie		1 cookie	230	14	8	0.5	35	95	25	1	10	2
Triple Chocolate Cookie with Walnuts		1 cookie	320	13	6	0	10	125	53	6	44	5
Pumpkin Cookie		1 cookie	460	22	14	0.5	55	230	64	1	37	4
Pastries												
French Croissant		1 croissant	310	18	11	0	60	260	32	1	7	6
Pastry Ring	Slice	1 slice	250	13	8	0	40	170	31	1	18	3
Freshly Baked Breads												
Asiago Cheese	Loaf	2 oz	150	4	2	0	10	300	23	1	0	7
Asiago Cheese Focaccia	Loaf	2 oz	150	3	1	0	5	300	24	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)
Brioche Roll	Roll	1 Roll	220	7	4	0	50	300	31	1	5	7
Ciabatta	Loaf	2 oz	150	1.5	0	0	0	260	27	1	0	5
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
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
Honey Wheat	Loaf	2 oz	140	3	1.5	0	0	240	24	1	4	4
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
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
Whole Grain	Pan Loaf	2 oz	130	1	0	0	0	240	26	3	2	6

Drinks

Espresso & Hot Drinks

Caffe Mocha	Medium	16 fl oz	370	11	6	0	35	170	56	2	40	11
Caffe Latte	Medium	16 fl oz	130	5	3	0	20	110	13	0	12	8
Cappuccino	Medium	16 fl oz	130	5	3	0	20	110	13	0	12	8
Caramel Latte	Medium	16 fl oz	390	15	9	0	50	240	54	0	46	11
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	0	0	0	0
Signature Hot Chocolate	Medium	16 fl oz	510	13	8	0	40	250	85	3	63	12
Skinny Caffe Mocha	Medium	16 fl oz	240	1.5	0.5	0	5	160	49	2	34	10
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
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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	13
Strawberry Smoothie	Medium	16 fl oz	280	5	3	0	15	55	47	3	42	13
Strawberry Banana Smoothie	Medium	16 fl oz	250	3	1.5	0	10	30	52	4	38	6
Superfruit Smoothie with Greek yogurt	Medium	16 fl oz	230	5	3	0	15	45	33	4	30	12
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	160	6	4	0	25	140	16	0	15	10
Iced Caffe Mocha	Medium	20 fl oz	400	13	7	0	40	200	59	2	43	13
Iced Caramel Latte	Medium	20 fl oz	430	16	9	0	55	270	57	0	49	13
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	40	1
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

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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	0	2	0	0	1
Iced Coffee	Large	32 fl oz	20	0	0	0	0	5	2	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	90	0	0	0	0	0	29	0	21	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
Bottled Agave Lemonade		1 bottle	140	0	0	0	0	0	38	0	36	0
Bottled Passionfruit Papaya Green Tea		1 bottle	120	0	0	0	0	0	31	0	28	0

Soft Drinks

Pepsi	Medium	20 fl oz	250	0	0	0	0	55	72	0	72	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
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

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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	310	12	4.5	0	50	770	29	2	3	23
Bacon Turkey Bravo® Sandwich on Tomato Basil	Whole	whole sandwich	630	24	9	0	100	1530	57	3	6	46
Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Half	half panini	390	21	7	0	65	870	28	3	2	21
Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Whole	whole panini	770	43	14	0	130	1750	56	6	4	43
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	27
Ham & Swiss Sandwich on Whole Grain	Half	half sandwich	370	16	6	0	55	1020	34	5	5	24
Ham & Swiss Sandwich on Whole Grain	Whole	whole sandwich	730	32	11	0.5	105	2050	68	10	10	47
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	9	18
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Half	half sandwich	350	13	2	0	35	570	45	3	6	15
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Whole	whole sandwich	700	26	4.5	0	70	1140	90	5	13	30
Roasted Turkey & Avocado BLT on Sourdough	Half	half sandwich	320	17	3	0	35	530	25	3	2	19
Roasted Turkey & Avocado BLT on Sourdough	Whole	whole sandwich	640	33	6	0	70	1060	50	6	3	38
Roasted Turkey, Apple & Cheddar on Cranberry Walnut Miche	Half	half sandwich	360	16	6	0	50	640	31	3	8	23
Roasted Turkey, Apple & Cheddar on Cranberry Walnut Miche	Whole	whole sandwich	710	32	12	1	100	1280	62	6	15	47
Steak & Arugula on Sourdough	Half	half sandwich	250	9	4	0	45	430	25	2	4	16
Steak & Arugula on Sourdough	Whole	whole sandwich	500	19	8	0	90	870	51	4	8	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
Tuna Salad Sandwich on Black Pepper Focaccia	Half	half sandwich	330	17	2.5	0	20	680	29	2	2	14
Tuna Salad Sandwich on Black Pepper Focaccia	Whole	whole sandwich	660	35	5	0	45	1350	57	4	5	29
Turkey Sandwich on Whole Grain	Half	half sandwich	280	9	1.5	0	30	580	32	5	4	18
Turkey Sandwich on Whole Grain	Whole	whole sandwich	560	18	3	0	55	1170	65	9	8	37

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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
Steak & White Cheddar Panini on Hoagie Roll	Half	half panini	470	24	9	0.5	65	760	40	2	4	23
Steak & White Cheddar Panini on Hoagie Roll	Whole	whole panini	940	48	18	1	130	1520	79	5	8	46

Flatbreads

BBQ Chicken Flatbread	1 Flatbread	1 flatbread	380	16	9	0	55	730	40	4	9	18
BBQ Chicken Flatbread	2 Flatbreads	2 flatbreads	760	33	18	1	115	1450	81	7	19	36
Tomato Mozzarella Flatbread	1 Flatbread	1 flatbread	350	18	9	0	35	470	35	4	5	12
Tomato Mozzarella Flatbread	2 Flatbreads	2 flatbreads	690	36	18	1	70	930	71	7	9	24

Salads

Ancient Grain & Arugula Salad with Chicken	Half	half salad	200	7	1.5	0	40	150	19	3	10	16
Ancient Grain & Arugula Salad with Chicken	Whole	whole salad	400	14	3	0	80	290	38	6	19	32
Asian Sesame Salad with Chicken	Half	half salad	200	11	1.5	0	40	270	13	2	3	16
Asian Sesame Salad with Chicken	Whole	whole salad	410	21	3	0	80	540	25	4	5	32
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	17
Caesar Salad with Chicken	Whole	whole salad	450	27	7	0	120	770	17	2	2	35
Fuji Apple Salad with Chicken	Half	half salad	280	17	3.5	0	45	290	18	3	10	17
Fuji Apple Salad with Chicken	Whole	whole salad	570	35	7	0	95	590	36	6	20	33
Greek Salad	Half	half salad	200	18	4	0	10	590	5	2	2	4
Greek Salad	Whole	whole salad	390	36	8	0	25	1190	11	4	4	6
Green Goddess Cobb Salad with Chicken	Half	half salad	280	17	4	0	145	360	12	4	6	21
Green Goddess Cobb Salad with Chicken	Whole	whole salad	550	33	8	0	290	720	24	7	12	42
Modern Greek Salad with Quinoa	Half	half salad	260	20	3.5	0	5	440	14	3	2	6
Modern Greek Salad with Quinoa	Whole	whole salad	530	43	7	0	15	870	27	7	4	12
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
Southwest Chile Lime Ranch Salad with Chicken	Half	half salad	320	17	3.5	0	45	640	27	5	4	17
Southwest Chile Lime Ranch Salad with Chicken	Whole	whole salad	650	34	7	0	90	1270	54	10	9	35
Spicy Thai Salad with Chicken	Half	half salad	260	11	1.5	0	40	380	21	4	6	21
Spicy Thai Salad with Chicken	Whole	whole salad	510	22	3	0	80	750	41	8	12	42

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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
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
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
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
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
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												
Vegan Lentil Quinoa Broth Bowl		1 bowl	280	7	1.5	0	0	1180	47	10	6	12
Lentil Quinoa Broth Bowl w/ih Cage-Free Egg		1 bowl	360	12	3	0	185	1240	48	10	6	18
Lentil Quino Broth Bowl with Chicken		1 bowl	390	8	2	0	65	1330	49	10	6	33
Soba Noodle Bowl with Chicken		1 bowl	390	10	1.5	0	65	1190	46	4	4	30
Soba Noodle Bowl with Edamame Blend		1 bowl	380	13	1.5	0	0	1190	51	8	6	16
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												
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

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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
Low-Fat Vegetarian Black Bean Soup	Cup	1 cup	90	1	0	0	0	740	27	12	1	5
Low-Fat Vegetarian Black Bean Soup	Bowl	1 1/2 cups	140	2	0	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
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
Turkey Chili	Cup	1 cup	170	8	1.5	0	30	810	21	10	4	16
Turkey Chili	Bowl	1 1/2 cups	260	13	2.5	0	50	1210	32	16	6	24
Turkey Chili	Bread Bowl		840	13	2	0	30	1970	151	15	5	43
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 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 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 Low-Fat Vegetarian Black Bean Soup	1 cup	90	1	0	0	0	740	27	12	1	5	
Kids Cream of Chicken & Wild Rice Soup	1 cup	180	10	4.5	0	25	920	18	4	1	6	
Kids Turkey Chili	1 cup	170	8	1.5	0	30	810	21	10	4	16	
Kids Vegetarian Creamy Tomato Soup	1 cup	200	9	4.5	0	30	630	25	3	11	4	
Sandwiches												
Kids Ham Sandwich on Whole Grain Bread	whole sandwich	290	10	5	0	50	1160	21	4	4	21	
Kids Turkey Sandwich on Whole Grain Bread	whole sandwich	280	9	5	0	45	760	29	4	2	22	
Kids Peanut Butter & Jelly on Whole Grain Bread	whole sandwich	370	16	2.5	0	0	410	49	6	19	12	
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.