



## Eating Well, Your Way

There's no one-size-fits-all solution when it comes to eating better. It's whatever makes you feel your best. Whether that means avoiding meat, giving up gluten, eating more protein or choosing complex carbs, we have menu options that help make those good-for-you choices easier.

## Vegetarian

Whether you're going meat-free for health, environmental or animal-welfare reasons, being a vegetarian doesn't mean you're stuck with salads. Our menu is filled with tasty choices you (and your taste buds) can really get excited about. At Panera, to qualify for our vegetarian category, each item does not include meat, fish and shellfish. Milk and egg products are allowed.

### AM Menu

#### Avocado, Egg White & Spinach Breakfast Power Sandwich

Egg whites, a thick slice of Vermont white cheddar, fresh avocado, fresh baby spinach and tomato on a freshly baked Sprouted Grain Bagel Flat.

#### Egg & Cheese Breakfast Sandwich

All-natural egg, freshly cracked every morning, and a thick slice of Vermont white cheddar all grilled on our freshly baked Ciabatta.

#### Mediterranean Egg White Breakfast Sandwich

Egg whites, a thick slice of Vermont white cheddar, tomato sofrito, fresh spinach and basil pesto on our freshly baked Ciabatta.

#### Steel Cut Oatmeal with Blueberries & Granola

Organic steel cut oats, cooked to perfection and topped with fresh blueberries, maple butter pecan granola and cinnamon crunch topping.

#### Strawberry Granola Parfait

Fresh parfait made with Stonyfield Farm® low-fat, organic vanilla yogurt, maple butter pecan granola with whole grain oats and fresh strawberries.

#### Summer Fruit Cup

Fresh strawberries, pineapple, cantaloupe and blueberries.

### PM Menu

#### Soba Noodle Bowl with Edamame Blend

Soba buckwheat noodles, fresh spinach, napa cabbage blend, roasted mushroom and onion blend, fire roasted edamame blend, sesame seeds and cilantro in our umami soy-miso broth.

#### Lentil Quinoa Bowl with Cage-Free Egg

Organic quinoa and organic brown rice, lentil blend, tomato sofrito, fresh kale and spinach in our umami soy-miso broth topped with a hard-boiled cage-free egg and lemon wheel.

#### Low-Fat Vegetarian Black Bean Soup

Plump black beans simmered in a spicy vegetarian broth with onions, red bell pepper, garlic and cumin.

#### Low-Fat Vegetarian Garden Vegetable Soup with Pesto

A low-fat vegetarian soup with diced tomatoes, sliced zucchini, yellow beans, fresh Swiss chard, cauliflower, bell peppers and pearly barley in a tomato broth garnished with a dollop of nut-free basil pesto.

#### Tomato Mozzarella Flatbread

Fresh mozzarella, fresh tomatoes and tomato sofrito, baby arugula and basil pesto sauce with freshly squeezed lemon on freshly baked flatbread.



Tomato Mozzarella Flatbread

#### Classic Grilled Cheese

Organic sliced American cheese grilled on our freshly baked All-Natural White Bread.

#### Classic Cafe Salad

Mixed field greens, romaine lettuce, vine-ripened tomatoes, cucumbers and red onions tossed in our reduced-fat balsamic vinaigrette.



## Fruit and Vegetable Myths (and Truths)

Are potatoes bad for you? Is there a "best" lettuce?  
Are carrots full of sugar? We give you the facts you need to eat smart.

**Learn more at [PaneraBread.com](http://PaneraBread.com)**

# Vegan

So you don't eat meat, or food from any animal source? No problem. At Panera we've got some great options that can be made vegan-friendly with just a few tweaks, plus some favorites that meet the requirements just the way they are. At Panera, this means no animal sources: no meat, fish, shellfish, milk, egg or honey products, and no enzymes and rennet from animal sources allowed.\*

## AM Menu

### Steel Cut Oatmeal with Strawberries & Pecans

Organic steel cut oats, cooked to perfection and topped with strawberries, pecans and cinnamon crunch topping.

### Green Passion Power Smoothie

Peach and mango purees and white grape and passionfruit juice concentrates blended with fresh spinach and ice.

## PM Menu

### Low-Fat Vegetarian Garden Vegetable Soup with Pesto

#### Order without Pesto

A low-fat vegetarian soup with diced tomatoes, sliced zucchini, yellow beans, fresh Swiss chard, cauliflower, bell peppers and pearled barley in a tomato broth garnished with a dollop of nut-free basil pesto.

### Low-Fat Vegetarian Black Bean Soup

Plump black beans simmered in a spicy vegetarian broth with onions, red bell pepper, garlic and cumin.

### Classic Cafe Salad

Mixed field greens, romaine lettuce, vine-ripened tomatoes, cucumbers and red onions tossed in our reduced-fat balsamic vinaigrette.

### Strawberry Poppyseed & Chicken Salad

#### Order without Chicken

Chicken raised without antibiotics, romaine, fresh strawberries, blueberries and pineapple, mandarin oranges and pecans with fat-free poppyseed dressing.



## Five Healthy Habits and How to Start

We took five goals for better health and found easy ways to get started right away.

Learn more at [PaneraBread.com](http://PaneraBread.com)

\*All items are prepared in the same kitchen area where non-vegan products are prepared. We can prepare your order as you would like it to be; however, we cannot guarantee there will be no cross-contact between our ingredients.

# Gluten Conscious

Avoiding gluten? As long as you don't have an allergy or intolerance (in which case you should check with your doctor), we've got some great options on our menu that are made without gluten-containing ingredients, and could be just what you're looking for.\*\*

## Salads

### Mediterranean Chicken & Quinoa Salad

Bright Mediterranean flavor with a boost from organic quinoa, kale, romaine, cucumbers, kalamata olives, tomato sofrito and toasted almonds in Greek dressing. Topped with chicken raised without antibiotics.

### Power Kale Caesar Salad with Chicken

Chicken raised without antibiotics, kale, romaine and parmesan tossed with Caesar dressing and topped with handmade parmesan crisps.

### Strawberry Poppyseed & Chicken Salad

Chicken raised without antibiotics, romaine, fresh strawberries, blueberries and pineapple, mandarin oranges and pecans with fat-free poppyseed dressing.

### Greek with Chicken Salad

Chicken raised without antibiotics, romaine lettuce, vine-ripened tomatoes, feta cheese, pepperoncini, red onions, kalamata olives and pepper tossed in our Greek dressing.

## Drinks

### Superfruit Power Smoothie with Ginseng

A mixture of fruit and berry purees and juice concentrates blended with organic, plain Greek, non-fat yogurt and ice, boosted with ginseng.

### Low-Fat Mango Smoothie

Mango fruit base mixed with orange juice and banana puree blended with Stonyfield Farm® organic, low-fat vanilla yogurt and ice.

### Frozen Lemonade

Lemonade concentrate blended with ice and served with a lemon wheel.

### Frozen Caramel

Caramel and an icy coffee blend topped with whipped cream and caramel sauce.

### Iced Chai Tea Latte

Freshly brewed black tea with honey, vanilla, cardamom, cinnamon, ginger and steamed milk served over ice.



Power Kale Caesar Salad with Chicken

## Avoiding Gluten?

With just a few easy tweaks, you can enjoy even more of your Panera favorites. See the full list online, and check back often. We update it when our menu changes for the season.

Learn more at [PaneraBread.com](http://PaneraBread.com)

\*\*Given the likelihood of cross-contamination in our bakery-cafe environment, this list is not suitable for people with Celiac Disease, a heightened gluten sensitivity or a wheat allergy.

# Protein Rich

Protein is the powerhouse of any meal and gives your body the lasting energy to get you through even the roughest days. Sure, meat, eggs and dairy are the obvious choices, but plant-based options, like beans and quinoa, are great when you're looking to mix things up.



Ham, Egg & Cheese Breakfast Power Sandwich

## AM Menu

### Avocado, Egg White & Spinach Breakfast Power Sandwich

**12g of protein from egg whites and cheese**

Egg whites, a thick slice of Vermont white cheddar, fresh avocado, fresh baby spinach and tomato on a freshly baked Sprouted Grain Bagel Flat.

### Ham, Egg & Cheese Breakfast Power Sandwich

**16g of protein from egg, cheese and ham**

All-natural egg, freshly cracked every morning, a thick slice of Vermont white cheddar and smoked, lean ham all grilled on our freshly baked Whole Grain Bread.

### Turkey Sausage, Egg White & Spinach Breakfast Power Sandwich

**16g of protein from turkey sausage, egg whites and cheese**

Turkey sausage cooked into egg whites, a thick slice of Vermont white cheddar, fresh spinach and tomato all grilled on a freshly baked Sprouted Grain Bagel Flat.

### Superfruit Power Smoothie with Ginseng

**14g of protein from yogurt**

A mixture of fruit and berry purees and juice concentrates blended with organic, plain Greek, non-fat yogurt and ice, boosted with ginseng.

## PM Menu

### Mediterranean Chicken & Quinoa Salad

**25g of protein per whole salad from chicken**

Bright Mediterranean flavor with a boost from organic quinoa, kale, romaine, cucumbers, kalamata olives, tomato sofrito and toasted almonds in Greek dressing. Topped with chicken raised without antibiotics.

### Power Kale Caesar Salad with Chicken

**42g of protein per whole salad from chicken and cheese**

Chicken raised without antibiotics, kale, romaine and parmesan tossed with Caesar dressing and topped with handmade parmesan crisps.

### BBQ Chicken Flatbread

**12g of protein from chicken and cheese per flatbread**

Smoked, pulled chicken raised without antibiotics, frizzled onions, mozzarella, smoked Gouda, fresh spinach and cilantro with BBQ sauce on freshly baked flatbread.

### Mediterranean Chicken Flatbread

**8g of protein from feta cheese and chicken per flatbread**

Chicken raised without antibiotics, curried lentil hummus, feta, cucumber and napa cabbage blend with tzatziki sauce on freshly baked flatbread.



## Pump Up Your Protein Knowledge

Setting the record straight on three myths surrounding this nutrient.

Learn more at [PaneraBread.com](http://PaneraBread.com)



## Say "Good Morning!" to Protein

Give your mornings a burst of energy by feeding yourself the true breakfast of champions – protein.

Learn more at [PaneraBread.com](http://PaneraBread.com)

# Complex Carbs

You want your food to be as close to its natural state as possible. We get it. That means limiting processed carbs, adding complex carbs and choosing whole, plant based foods, like green veggies, whole grains and beans whenever you can.

## AM Menu

### Ham, Egg & Cheese Breakfast Power Sandwich

All-natural egg, freshly cracked every morning, a thick slice of Vermont white cheddar and smoked, lean ham all grilled on our freshly baked Whole Grain Bread.

### Avocado, Egg White & Spinach Breakfast Power Sandwich

Egg whites, a thick slice of Vermont white cheddar, fresh avocado, fresh baby spinach and tomato on a freshly baked Sprouted Grain Bagel Flat.

### Turkey Sausage, Egg White & Spinach Breakfast Power Sandwich

Turkey sausage cooked into egg whites, a thick slice of Vermont white cheddar, fresh spinach and tomato all grilled on a freshly baked Sprouted Grain Bagel Flat.

### Power Almond Quinoa Oatmeal

Organic, steel cut oats topped with organic quinoa, sliced toasted almonds, ground cinnamon and honey.

### Steel Cut Oatmeal with Blueberries & Granola

Organic steel cut oats, cooked to perfection and topped with fresh blueberries, maple butter pecan granola and cinnamon crunch topping.

## PM Menu

### Lentil Quinoa Broth Bowl with Chicken

Chicken raised without antibiotics, organic quinoa and organic brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.

### Low-Fat Vegetarian Black Bean Soup

Plump black beans simmered in a spicy vegetarian broth with onions, red bell pepper, garlic and cumin.

### Low-Fat Vegetarian Garden Vegetable Soup with Pesto

A low-fat vegetarian soup with diced tomatoes, sliced zucchini, yellow beans, fresh Swiss chard, cauliflower, bell peppers and pearly barley in a tomato broth garnished with a dollop of nut-free basil pesto.



## Complex Carbs (cont.)

### Chicken Cobb with Avocado Salad

Chicken raised without antibiotics, romaine lettuce, applewood-smoked bacon, Gorgonzola cheese, vine-ripened tomatoes and hard-boiled egg tossed in our herb vinaigrette, then topped with fresh avocado.

### Greek with Chicken Salad

Chicken raised without antibiotics, romaine lettuce, vine-ripened tomatoes, feta cheese, peperoncini, red onions, kalamata olives and pepper tossed in our Greek dressing.

### Mediterranean Chicken & Quinoa Salad

Bright Mediterranean flavor with a boost from organic quinoa, kale, romaine, cucumbers, kalamata olives, tomato sofrito and toasted almonds in Greek dressing. Topped with chicken raised without antibiotics.



Mediterranean Chicken & Quinoa Salad

## Calorie Conscious

Counting calories? You can always find the calorie information for our food online at PaneraBread.com, or right on our menu in every bakery-cafe, but here we've picked out some of our favorite choices all 500 calories or less. Side choice not included in caloric value listed.



Power Almond Quinoa Oatmeal

### AM Menu

#### Steel Cut Oatmeal with Blueberries & Granola

**350 calories**

Organic steel cut oats, cooked to perfection and topped with fresh blueberries, maple butter pecan granola and cinnamon crunch topping.

#### Power Almond Quinoa Oatmeal

**290 calories**

Organic, steel cut oats topped with organic quinoa, sliced toasted almonds, ground cinnamon and honey.

#### Ham, Egg & Cheese Breakfast Power Sandwich

**340 calories**

All-natural egg, freshly cracked every morning, a thick slice of Vermont white cheddar and smoked, lean ham all grilled on our freshly baked Whole Grain Bread.

#### Strawberry Granola Parfait

**310 calories**

Fresh parfait made with Stonyfield Farm® low-fat, organic vanilla yogurt, maple butter pecan granola with whole grain oats and fresh strawberries.

#### Low-Fat Mango Smoothie

**270 calories**

Mango fruit base mixed with orange juice and banana puree blended with Stonyfield Farm® organic, low-fat vanilla yogurt and ice.

### PM Menu

#### Low-Fat Vegetarian Black Bean Soup

**230 calories per bowl**

Plump black beans simmered in a spicy vegetarian broth with onions, red bell pepper, garlic and cumin.

#### Low-Fat Vegetarian Garden Vegetable Soup with Pesto

**140 calories per bowl**

A low-fat vegetarian soup with diced tomatoes, sliced zucchini, yellow beans, fresh Swiss chard, cauliflower, bell peppers and pearled barley in a tomato broth garnished with a dollop of nut-free basil pesto.

#### Soba Noodle Bowl with Chicken

**390 calories**

Chicken raised without antibiotics, soba buckwheat noodles, fresh spinach, napa cabbage blend, roasted mushroom and onion blend, sesame seeds and cilantro in our umami soy-miso broth.

#### Strawberry Poppyseed & Chicken Salad

**350 calories per whole salad**

Chicken raised without antibiotics, romaine, fresh strawberries, blueberries and pineapple, mandarin oranges and pecans with fat-free poppyseed dressing.

#### Fuji Apple Chicken Salad

**280 calories per half salad**

Chicken raised without antibiotics, mixed field greens, romaine lettuce, vine-ripened tomatoes, red onions, pecans, Gorgonzola cheese and apple chips tossed in our white balsamic vinaigrette flavored with apple.

#### Mediterranean Veggie Sandwich

**280 calories per half sandwich**

Zesty sweet Peppadew™ piquant peppers, feta cheese, cucumbers, lettuce, vine-ripened tomatoes, red onions and cilantro jalapeño hummus on our freshly baked Tomato Basil Bread.

#### Smoked Turkey Sandwich

**430 calories per whole sandwich**

Smoked turkey breast, lettuce, vine-ripened tomatoes, red onions, salt and pepper on our freshly baked Country Bread.

#### BBQ Chicken Flatbread

**370 calories per flatbread**

Smoked, pulled chicken raised without antibiotics, frizzled onions, mozzarella, smoked Gouda, fresh spinach and cilantro with BBQ sauce on freshly baked flatbread.

#### Tomato Mozzarella Flatbread

**340 calories per flatbread**

Fresh mozzarella, fresh tomatoes and tomato sofrito, baby arugula and basil pesto sauce with freshly squeezed lemon on freshly baked flatbread.

#### Mango Iced Tea

**0 calories**

Freshly brewed iced tea with mango and passionfruit flavors and no added sugar.

#### Frozen Lemonade

**240 calories**

Lemonade concentrate blended with ice and served with a lemon wheel.



## Take a Walk on the Light Side

Our summertime menu favorites that come in under 500 calories but are over-the-top on taste.

Learn more at [PaneraBread.com](http://PaneraBread.com)

# Sodium Conscious

Just because you're watching your sodium intake doesn't mean you need to swear off dining out. We've put together this list (with options for breakfast, lunch and dinner!) of menu items all under 700mg of sodium. Side choice not included in sodium value listed.



**Vegetarian Creamy Tomato Soup**

**AM Menu**

## Steel Cut Oatmeal with Strawberries & Pecans

**160mg of sodium**

Organic steel cut oats, cooked to perfection and topped with strawberries, pecans and cinnamon crunch topping.

## Power Almond Quinoa Oatmeal

**220mg of sodium**

Organic, steel cut oats topped with organic quinoa, sliced toasted almonds, ground cinnamon and honey.

## Four Cheese Baked Egg Soufflé

**690mg of sodium**

Freshly baked soufflé made with our savory egg mixture, white cheddar, romano, parmesan and Neufchâtel cheeses.

## Strawberry Granola Parfait

**100mg of sodium**

Fresh parfait made with Stonyfield Farm® low-fat, organic vanilla yogurt, maple butter pecan granola with whole grain oats and fresh strawberries.

## Green Passion Power Smoothie

**30mg of sodium**

Peach and mango purees and white grape and passionfruit juice concentrates blended with fresh spinach and ice.

## Low-Fat Wild Berry Smoothie

**105mg of sodium**

Wild berry fruit base with a mix of fruit purees and juice concentrates, blended with Stonyfield Farm® organic, low-fat vanilla yogurt and ice.

**PM Menu**

## Vegetarian Creamy Tomato Soup

**680mg of sodium per bowl**

Vine-ripened pear tomatoes pureed with fresh cream for a velvety smooth flavor accented by hints of red pepper and oregano and topped with our homemade asiago cheese croutons.

## Mediterranean Chicken Flatbread

**550mg of sodium per flatbread**

All-natural, antibiotic-free chicken, curried lentil hummus, feta, cucumber and napa cabbage blend with tzatziki sauce on freshly baked flatbread.

## Tomato Mozzarella Flatbread

**460mg of sodium per flatbread**

Fresh mozzarella, fresh tomatoes and tomato sofrito, baby arugula and basil pesto sauce with freshly squeezed lemon on freshly baked flatbread.

## Asian Sesame Chicken Salad

**520mg of sodium per whole salad**

Chicken raised without antibiotics, romaine lettuce, fresh cilantro, sliced toasted almonds, sesame seeds and crispy wonton strips tossed in our Asian sesame vinaigrette.

## BBQ Chicken Salad

**540mg of sodium per whole salad**

Chicken raised without antibiotics, romaine lettuce, southwest corn blend and frizzled onions tossed in our BBQ ranch dressing, then drizzled with BBQ sauce.

## Strawberry Poppyseed & Chicken Salad

**300mg of sodium per whole salad**

Chicken raised without antibiotics, romaine, fresh strawberries, blueberries and pineapple, mandarin oranges and pecans with fat-free poppyseed dressing.

## Napa Almond Chicken Salad Sandwich

**570mg of sodium per half sandwich**

Chicken raised without antibiotics, diced celery, seedless grapes, almonds and our special dressing served with lettuce and vine-ripened tomatoes on our freshly baked Sesame Semolina Bread.

## Roasted Turkey & Avocado BLT

**480mg of sodium per half sandwich**

Roasted turkey raised without antibiotics, applewood-smoked bacon, lettuce, vine-ripened tomatoes and fresh avocado with reduced-fat olive oil mayo on our freshly baked Sourdough Bread.



## Food as it should be.

We're all about making food you can feel good about eating.

We believe that good food should be good for you. That's why we're taking steps to make our food even better. We have a long road ahead of us, but we're committed to using cleaner ingredients, more transparency for our customers and fresher, more responsibly sourced food.

That means we'll tell you what's in our food. It also means we're choosing better ingredients and working with suppliers to improve their practices, so we can have a positive impact on our entire food system.