Hello, summer.
SALADS

**Strawberry Poppyseed with Chicken** in Season  
(half 170 Cal / whole 340 Cal)
Chicken raised without antibiotics, romaine, mandarin oranges and fresh strawberries, blueberries and pineapple tossed in fat-free poppyseed dressing and topped with toasted pecan pieces.

**Southwest Chile Lime Ranch with Chicken** New Recipe  
(half 330 Cal / whole 670 Cal)
Chicken raised without antibiotics, romaine, mandarin oranges and fresh strawberries, blueberries and pineapple tossed in fat-free poppyseed dressing and topped with toasted pecan pieces.

**Green Goddess Cobb with Chicken**  
(half 280 Cal / whole 550 Cal)
Chicken raised without antibiotics, arugula, romaine, kale and radicchio blend, vine-ripened tomatoes and pickled red onions tossed in freshly made Green Goddess dressing and topped with avocado, bacon and cage-free hard-boiled egg.

**Modern Greek with Quinoa**  
(half 260 Cal / whole 530 Cal)
Quinoa tomato sofrito blend, romaine, kale, cucumbers and kalamata olives tossed in Greek dressing and topped with feta and toasted almonds.

**Fuji Apple with Chicken**  
(half 280 Cal / whole 570 Cal)
Chicken raised without antibiotics, arugula, romaine, kale and radicchio blend, vine-ripened tomatoes, red onions, toasted pecan pieces, Gorgonzola and apple chips tossed in sweet white balsamic vinaigrette.

**Spicy Thai with Chicken**  
(half 260 Cal / whole 510 Cal)
Chicken raised without antibiotics, romaine, fire-roasted edamame, red pepper and carrot blend, fresh cilantro, roasted cashew pieces and wonton strips tossed in low-fat Thai chili vinaigrette and drizzled with peanut sauce.

**Caesar with Chicken**  
(half 220 Cal / whole 450 Cal)
Chicken raised without antibiotics, romaine, parmesan and housemade Black Pepper Focaccia croutons tossed in Caesar dressing.

**Asian Sesame with Chicken**  
(half 210 Cal / whole 410 Cal)
Chicken raised without antibiotics, romaine, cilantro, toasted almonds, sesame seeds and wonton strips tossed in Asian sesame vinaigrette.

**Caesar**  
(half 160 Cal / whole 320 Cal)
Romaine, parmesan and housemade Black Pepper Focaccia croutons tossed in Caesar dressing.

**Seasonal Greens**  
(half 90 Cal / whole 180 Cal)
Arugula, romaine, kale and radicchio blend, vine-ripened tomatoes, red onions and cucumbers tossed in reduced-fat balsamic vinaigrette.

**Greek**  
(half 200 Cal / whole 390 Cal)
Romaine, vine-ripened tomatoes, feta, red onions, kalamata olives, pepperoncini, salt and pepper tossed in Greek dressing.

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Contains peanuts and/or tree nuts.

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All items served with choice of:
- Baguette (180 Cal)
- Sprouted Grain Roll (170 Cal)
- Chips (150 Cal)
- Apple (80 Cal)
NEW RECIPE

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Individual half and whole cold sandwiches served with a pickle (5 Cal).

**Modern Caprese** NEW
(half 380 Cal / whole 760 Cal)
Fresh mozzarella, parmesan, basil-white bean puree, arugula, smoky tomato confit, fresh basil and balsamic glaze, toasted on Black Pepper Focaccia.

**Four Cheese Grilled Cheese** NEW
(half 310 Cal / whole 630 Cal)
Fontina, sharp cheddar, Montau and smoked Gouda on Country Rustic bread.

**Roasted Turkey, Apple & Cheddar**
(half 360 Cal / whole 710 Cal)
Roasted turkey raised without antibiotics, Vermont white cheddar, freshly made apple and cabbage slaw, arugula and mustard horseradish sauce on Whole Grain Cranberry Walnut bread.

**Steak & White Cheddar Panini**
(half 470 Cal / whole 940 Cal)
Seared steak, Vermont white cheddar, pickled red onions and horseradish sauce on a Hoagie Roll.

**Steak & Arugula**
(half 250 Cal / whole 500 Cal)
Seared steak, arugula, vine-ripened tomatoes, pickled onions, garlic and herb cream cheese spread, mustard horseradish sauce, salt and pepper on Sourdough bread.

**Roasted Turkey & Avocado BLT**
(half 320 Cal / whole 640 Cal)
Roasted turkey raised without antibiotics, applewood-smoked bacon, lettuce, vine-ripened tomatoes, avocado, mayo, salt and pepper on Sourdough bread.

**Chipotle Chicken Avocado Melt**
(half 380 Cal / whole 770 Cal)
Smoked, pulled chicken raised without antibiotics, smoked Gouda, avocado, fresh cilantro, zesty sweet Peppadew™ piquant peppers and chipotle mayo on Black Pepper Focaccia bread.

**The Italian**
(half 440 Cal / whole 880 Cal)
Smoked, lean ham, Chianti wine salami, spicy sopressa, provolone, arugula, spicy giardiniera and basil mayo on a Hoagie Roll.

**BBQ Chicken Flatbread** NEW RECIPE
(one 400 Cal / two 810 Cal)
Smoked, pulled chicken raised without antibiotics, fresh mozzarella, smoked Gouda, spinach, fresh cilantro, frizzled onions and apple cider vinegar BBQ sauce on Whole Grain Flatbread.

**Napa Almond Chicken Salad**
NEW RECIPE
(half 280 Cal / whole 550 Cal)
Chicken raised without antibiotics tossed with diced celery, seedless grapes, toasted almonds and special dressing, and served with lettuce, vine-ripened tomatoes, salt and pepper on Country Rustic bread.

**Mediterranean Veggie**
(half 220 Cal / whole 440 Cal)
Zesty sweet Peppadew™ piquant peppers, feta, cucumbers, lettuce, vine-ripened tomatoes, red onions, cilantro-jalapeño hummus, salt and pepper on Tomato Basil bread.

**Turkey**
(half 280 Cal / whole 560 Cal)
Oven-roasted turkey breast raised without antibiotics, lettuce, vine-ripened tomatoes, red onions, mayonnaise, spicy mustard, salt and pepper on Whole Grain bread.

**Tuna Salad**
(half 330 Cal / whole 660 Cal)
Special recipe tuna salad, lettuce, vine-ripened tomatoes, red onions, salt and pepper on Black Pepper Focaccia bread.

**Ham & Swiss**
(half 370 Cal / whole 730 Cal)
Smoked, lean ham raised without antibiotics, Swiss, lettuce, vine-ripened tomatoes, red onions, mayo, spicy mustard, salt and pepper on Whole Grain bread.

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All items served with choice of:
Baguette (180 Cal)
Sprouted Grain Roll (170 Cal)
Chips (150 Cal)
Apple (80 Cal)
PASTA & MAC

Chicken Tortellini Alfredo
(750 Cal)
Add Half Salad, Half Sandwich, Cup of Soup or One Flatbread for an additional charge.
Tortellini pasta filled with three-cheeses, tossed in alfredo sauce and topped with smoked, pulled chicken raised without antibiotics and parmesan.

Bacon Mac & Cheese NEW
(small 550 Cal / large 1100 Cal)
Tender shell pasta in a blend of rich cheeses including our tangy Vermont white cheddar cheese sauce, topped with chopped bacon.

Baja Mac & Cheese NEW
(small 530 Cal / large 1070 Cal)
Tender shell pasta in a blend of rich cheeses including our tangy Vermont white cheddar cheese sauce, topped with pico de gallo, avocado and cilantro.

BBQ Chicken Mac & Cheese NEW
(small 560 Cal / large 1130 Cal)
Tender shell pasta in a blend of rich cheeses including our tangy Vermont white cheddar cheese sauce, topped with smoked, pulled chicken raised without antibiotics, apple cider vinegar BBQ sauce, frizzled onions and fresh cilantro.

Mac & Cheese
(small 470 Cal / large 950 Cal)
Tender shell pasta in a blend of rich cheeses including our tangy Vermont white cheddar cheese sauce.
## SOUPS
Available in a Cup, Bowl or freshly baked Sourdough Bread Bowl.

### EVERYDAY SOUPS

<table>
<thead>
<tr>
<th>Soup Name</th>
<th>Calories</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer Corn Chowder <strong>IN SEASON</strong></td>
<td>210–880 Cal</td>
<td>☀️ ☀️</td>
</tr>
<tr>
<td>Roasted corn and skin-on red potatoes simmered with sweet cream, poblano peppers and cilantro.</td>
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</tr>
<tr>
<td>Black Bean</td>
<td>90–760 Cal</td>
<td>☀️ ☀️</td>
</tr>
<tr>
<td>Black beans simmered in a spicy vegetarian broth with onions, red bell pepper, garlic and cumin.</td>
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</tr>
<tr>
<td>Chicken Noodle</td>
<td>110–780 Cal</td>
<td>☀️ ☀️</td>
</tr>
<tr>
<td>Fresh carrots, onion and celery simmered with all-white meat chicken breast in seasoned chicken broth with traditional egg noodles.</td>
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</tr>
<tr>
<td>Broccoli Cheddar</td>
<td>230–900 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Chopped broccoli, shredded carrots and select seasonings simmered in a velvety smooth cheese sauce.</td>
<td></td>
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</tr>
<tr>
<td>Creamy Tomato</td>
<td>200–860 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Pureed, vine-ripened pear tomatoes and fresh cream with hints of red pepper and oregano, topped with housemade Black Pepper Focaccia croutons.</td>
<td></td>
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</tr>
<tr>
<td>Bistro French Onion</td>
<td>190–860 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Sweet onions in a savory broth with a sherry wine vinegar gastrique and sea salts, topped with gruyere and housemade Black Pepper Focaccia croutons.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream of Chicken &amp; Wild Rice</td>
<td>180–840 Cal</td>
<td>☀️ ☀️</td>
</tr>
<tr>
<td>Chopped chicken, long grain and wild rice, celery, onion and carrots simmered in chicken broth with cream and select herbs.</td>
<td></td>
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</tbody>
</table>

### SUN/TUES/THUR/SAT

<table>
<thead>
<tr>
<th>Soup Name</th>
<th>Calories</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream of Chicken</td>
<td>220–890 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Russet potatoes simmered with smoked bacon in seasoned cream sauce with spring onion and chives.</td>
<td></td>
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</tr>
<tr>
<td>New England Clam Chowder</td>
<td>370–1040 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Chopped sea clams, potato, celery and onion simmered in seasoned, creamy broth.</td>
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</tbody>
</table>

### MON/WED

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<thead>
<tr>
<th>Soup Name</th>
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</thead>
<tbody>
<tr>
<td>Bistro French Onion</td>
<td>190–860 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Sweet onions in a savory broth with a sherry wine vinegar gastrique and sea salts, topped with gruyere and housemade Black Pepper Focaccia croutons.</td>
<td></td>
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</tbody>
</table>

### FRIDAY

<table>
<thead>
<tr>
<th>Soup Name</th>
<th>Calories</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lentil Quinoa with Chicken</td>
<td>380 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Chicken raised without antibiotics, organic quinoa and brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.</td>
<td></td>
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</tr>
<tr>
<td>Lentil Quinoa with Cage-Free Egg</td>
<td>340 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Cage-free hard-boiled egg, organic quinoa and brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegan Lentil Quinoa</td>
<td>270 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Organic quinoa and brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.</td>
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</tr>
</tbody>
</table>

### BROTH BOWLS
Add Half Salad, Half Sandwich, Cup of Soup or One Flatbread for an additional charge.

<table>
<thead>
<tr>
<th>Broth Bowl Name</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Soba Noodle with Chicken</td>
<td>390 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Chicken raised without antibiotics, soba noodles, fresh spinach, napa cabbage blend, roasted mushroom and onion blend, sesame seeds and cilantro in our umami soy-miso broth.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soba Noodle with Edamame Blend</td>
<td>380 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Edamame blend, soba noodles, fresh spinach, napa cabbage blend, roasted mushroom and onion blend, sesame seeds and cilantro in our umami soy-miso broth.</td>
<td></td>
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</tr>
<tr>
<td>Lentil Quinoa with Chicken</td>
<td>380 Cal</td>
<td>☀️</td>
</tr>
<tr>
<td>Chicken raised without antibiotics, organic quinoa and brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.</td>
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<tr>
<td>Lentil Quinoa with Cage-Free Egg</td>
<td>340 Cal</td>
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<tr>
<td>Cage-free hard-boiled egg, organic quinoa and brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.</td>
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</tr>
<tr>
<td>Vegan Lentil Quinoa</td>
<td>270 Cal</td>
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<tr>
<td>Organic quinoa and brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.</td>
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</table>

All items served with choice of:

- Baguette (180 Cal)
- Sprouted Grain Roll (170 Cal)
- Chips (150 Cal)
- Apple (80 Cal)

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YOU PICK 2®

Combine any two of the following:

- Half Salad
- Small Mac & Cheese
- Half Sandwich
- One Flatbread
- Cup of Soup

7 PANERA BREAD
Mac & Cheese
(470 Cal)
Shell pasta in a blend of creamy cheese sauce and tangy Vermont white cheddar cheese.

Cup of Soup
(90–370 Cal)
Check soup schedule for daily availability.

Half Salad
Choice of Seasonal Greens (90 Cal), Caesar (160 Cal) or Greek (200 Cal).

Peanut Butter & Jelly
(370 Cal)
Creamy peanut butter and grape jelly on Whole Grain bread.

Grilled Cheese
(450 Cal)
American cheese on Classic White bread.

Turkey Sandwich
(280 Cal)
American cheese and oven-roasted turkey breast raised without antibiotics on Whole Grain bread.

Ham Sandwich
(290 Cal)
American cheese and smoked, lean ham raised without antibiotics on Whole Grain bread.

Sandwiches also available on Classic White Bread.

Need more options?
Order a half portion of any salad or sandwich from our regular menu.

Kid’s menu is served with a choice of:

- Yogurt (50 Cal)
- Apple (80 Cal)
- Baguette (180 Cal)
- Sprouted Grain Roll (170 Cal)

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Contains peanuts and/or tree nuts.

ALLERGEN INFORMATION

Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish. Before placing your order, please inform your server if a person in your party has a food allergy so that a manager can, at your request, provide you a list of ingredients in your order.

Additional nutritional information is available upon request and at PaneraBread.com.
Menu subject to change without notice.
## Breakfast Sandwiches

Made with over easy egg.

### Bacon, Egg & Cheese (460 Cal)
Applewood-smoked bacon, over easy egg, Vermont white cheddar, salt and pepper on Brioche.

### Sausage, Egg & Cheese (550 Cal)
Sausage, over easy egg, Vermont white cheddar, salt and pepper on Brioche.

### Ham, Egg & Cheese (350 Cal)
Smoked, lean ham, over easy egg, Vermont white cheddar, salt and pepper on Whole Grain.

### Avocado, Egg White & Spinach (410 Cal)
Egg whites, Vermont white cheddar, avocado, spinach, vine-ripened tomato, salt and pepper on a Sprouted Grain Bagel Flat.

### Steak & Egg (550 Cal)
Seared steak, over easy egg, Vermont white cheddar, salt and pepper on an Everything Bagel.

### Egg & Cheese (390 Cal)
Over easy egg, Vermont white cheddar, salt and pepper on Brioche.

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## Craft Your Own Sandwich

**Swap Your Bread:**
- Whole Grain (140 Cal)
- Any Bagel (240–430 Cal)
- Ciabatta (230 Cal)

**Swap Your Egg:**
- Scrambled Egg (100 Cal)
- Egg White (35 Cal)
- Over Easy Egg (80 Cal)

**Flavor with Sauces:**
- Basil Pesto (adds 30 Cal)
- Sweet Maple (adds 60 Cal)
- Chipotle Aioli (adds 70 Cal)

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## Oatmeal, Yogurt & Fruit

**Steel Cut Oatmeal** with choice of:
- Blueberries, granola & cinnamon crunch topping (340 Cal) **In Season**
- Strawberries, pecans & cinnamon crunch topping (340 Cal)
- Almonds, quinoa & honey (300 Cal)

**Greek Yogurt with Mixed Berries** (300 Cal)

**Summer Fruit Cup** (60 Cal)
- Apple (80 Cal)
- Banana (90 Cal)

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## Soufflés

Savory ingredients and egg baked in our French inspired pastry.

### Four Cheese (410 Cal)

### Ham & Swiss (450 Cal)

### Spinach & Artichoke (520 Cal)

### Spinach & Bacon (550 Cal)

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Breakfast sandwiches and soufflés are available until 10:30am weekdays / 11am weekends.

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Contains peanuts and/or tree nuts.
BAGELS

Bagel Pack
13 bagels & 2 tubs of cream cheese spread

Dozen & a Half
18 bagels

Baker’s Dozen
13 bagels

Half Dozen Bagels
6 bagels

FRESHLY BAKED BREAD

Asiago Cheese Focaccia
Asiago Cheese
Brioche Rolls
Ciabatta
Cinnamon Raisin Swirl
Classic White
Country Rustic
French Baguette
Hoagie Roll

Honey Wheat
Rye
Sea Salt Focaccia
Sourdough
Sourdough Bread Bowls
Sprouted Grain Rolls
Whole Grain
Tomato Basil

SPECIALTY BAGELS

Plain (290 Cal), Sprouted Grain Flat (240 Cal), Whole Grain (330 Cal), Everything (300 Cal), Sesame (300 Cal)

Chocolate Chip (380 Cal), French Toast (350 Cal), Blueberry (340 Cal), Cinnamon Swirl & Raisin (320 Cal), Cranberry Walnut (350 Cal), Cinnamon Crunch (430 Cal), Asiago Cheese (330 Cal)

Cream cheese spreads are also available.
See cafe for full selection.

PASTRIES & SWEETS

Artisan Pastries
Brownies
Cinnamon Crumb Coffee Cake
Cookies

Muffies
Muffins
Scones
Sweet Rolls

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Contains peanuts and/or tree nuts.
DRINKS

HOT DRINKS

Also available in decaf, iced or with skim milk.

Freshly Brewed Coffee
Light Roast (15–25 Cal), Dark Roast (15–25 Cal),
Hazelnut (15–25 Cal), Decaf (10–20 Cal)

Coffee calorie info based on:
12 fl oz (Small) / 16 fl oz (Regular) / 20 fl oz (Large).

Caffe Latte (130 Cal)
Chai Tea Latte (240 Cal)
Caramel Latte (390 Cal)
Cappuccino (130 Cal)
Caffe Mocha (370 Cal)
Signature Hot Chocolate (510 Cal)
with chocolate chip marshmallows
Hot Teas (0 Cal/8 fl oz)
Espresso (5 Cal/shot)

For an additional charge:
  Add a shot of espresso (5 Cal/ea.)
  Add a shot of flavored syrup (50–60 Cal/ea.)
  Substitute almond milk (40 Cal/8 fl oz)

FROZEN DRINKS

Agave Lemonade (120 Cal) IN SEASON
Blood Orange Lemonade (130 Cal) NEW
Caramel (560 Cal)
Mocha (530 Cal)

FRUIT SMOOTHIES

With Greek Yogurt
Mango (290 Cal), Strawberry Banana (250 Cal),
Strawberry (280 Cal), Superfruit (230 Cal)

NON-DAIRY SMOOTHIES

Green Passion (200 Cal)
Peach and mango puree and white grape and passionfruit juice
concentrates blended with fresh spinach and ice.

Peach & Blueberry with almond milk (180 Cal)
Peach and mango purees and white grape and passionfruit juice
concentrates blended with fresh blueberries and almond milk.

Assorted iced and bottled drinks also available. See cafe for full selection.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Contains peanuts and/or tree nuts.
JUST ADD TOPPINGS.

With Mac & Cheese from Panera at Home, you can serve up creamy, cheesy goodness in minutes – and the topping possibilities are endless. Best of all? It’s 100% clean, with no artificial preservatives, sweeteners, flavors or colors from artificial sources.

Find it in the refrigerated deli section where you shop for groceries and explore more meal ideas at PaneraAtHome.com.
Next time, your place.

We deliver.*

PaneraBread.com
Menu subject to change without notice.