Eating Well, Your Way

What does eating well mean to you? Whether it's going meatless (even just on Mondays), avoiding gluten or keeping an eye on calories, we've pulled out some of our favorite menu items to 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 must be free of meat sources, including fish and shellfish. Milk and egg products, and enzymes or rennet from animal sources are allowed.

AM Menu

Steel Cut Oatmeal with Strawberries & Pecans
Steel cut oats with strawberries, pecans and cinnamon crunch topping.

Steel Cut Oatmeal with Apple Chips & Pecans
Steel cut oats with apple chips, pecans and cinnamon crunch topping.

Avocado, Egg White & Spinach Breakfast Power Sandwich
Egg whites, Vermont white cheddar, avocado, spinach, vine-ripened tomato, salt and pepper on a Sprouted Grain Bagel Flat.

Egg & Cheese Breakfast Sandwich
Egg, Vermont white cheddar, salt and pepper on Ciabatta.

Mediterranean Egg White Breakfast Sandwich
Egg whites, Vermont white cheddar, spinach, tomato sofrito, nut-free basil pesto, salt and pepper on Ciabatta.

Strawberry Granola Parfait
Fresh parfait made with low-fat vanilla yogurt, maple butter pecan granola with whole grain oats and fresh strawberries.

Seasonal Fruit Cup
Fresh strawberries, pineapple, cantaloupe and honeydew melon.

Carrot Pineapple Smoothie
Carrot, apple, orange and banana base of purées and juice concentrates blended with fresh pineapple and ice.

Low-Fat Vegetarian Black Bean Soup
Low-Fat Vegetarian Garden Vegetable Soup with Pesto
Diced tomatoes, sliced zucchini, yellow beans, fresh Swiss chard, cauliflower, bell peppers and pearl barley in a tomato broth with a dollop of nut-free basil pesto.

Vegetarian Creamy Tomato Soup
Pureed, vine-ripened pear tomatoes and fresh cream with hints of red pepper and oregano and topped with housemade black pepper focaccia croutons.

PM Menu

Roasted Beet, Quinoa & Citrus Salad
Arugula, romaine, kale and radicchio blend and pickled red onions tossed in apple cider vinaigrette and topped with quinoa, Gorgonzola, roasted beets, mandarin oranges and toasted pecan pieces.

Modern Greek Salad with Quinoa
Romaine, kale, quinoa tomato sofrito blend, diced cucumbers and kalamata olives tossed with Greek dressing and topped with feta and toasted almonds.

Seasonal Greens Salad
Arugula, romaine, kale and radicchio blend, vine-ripened tomatoes, red onions and pickled cucumbers tossed with reduced-fat balsamic vinaigrette.

Low-Fat Vegetarian Black Bean Soup
Black beans simmered in a spicy vegetarian broth with onions, red bell pepper, garlic and cumin.

Low-Fat Vegetarian Garden Vegetable Soup with Pesto
Diced tomatoes, sliced zucchini, yellow beans, fresh Swiss chard, cauliflower, bell peppers and pearl barley in a tomato broth with a dollop of nut-free basil pesto.

Vegetarian Creamy Tomato Soup
Pureed, vine-ripened pear tomatoes and fresh cream with hints of red pepper and oregano and topped with housemade black pepper focaccia croutons.

Classic Grilled Cheese
American cheese grilled on freshly baked Classic White.
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.*

<table>
<thead>
<tr>
<th>AM Menu</th>
<th>PM Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salads, Soups &amp; Bowls</strong></td>
<td><strong>Salads, Soups &amp; Bowls</strong></td>
</tr>
<tr>
<td><strong>Roasted Beet, Quinoa &amp; Citrus Salad</strong></td>
<td><strong>Roasted Beet, Quinoa &amp; Citrus Salad</strong></td>
</tr>
<tr>
<td>Arugula, romaine, kale and radicchio blend and pickled red onions</td>
<td>Order without Gorgonzola</td>
</tr>
<tr>
<td>tossed in apple cider vinaigrette and topped with quinoa, Gorgonzola,</td>
<td></td>
</tr>
<tr>
<td>roasted beets, mandarin oranges and toasted pecan pieces.</td>
<td></td>
</tr>
<tr>
<td><strong>Green Goddess Cobb Salad with Chicken</strong></td>
<td><strong>Green Goddess Cobb Salad with Chicken</strong></td>
</tr>
<tr>
<td>Chicken raised without antibiotics, arugula, romaine, kale and</td>
<td></td>
</tr>
<tr>
<td>radicchio blend, vine-ripened tomatoes and pickled red onions tossed</td>
<td></td>
</tr>
<tr>
<td>in freshly made Green Goddess dressing and topped with avocado, bacon</td>
<td></td>
</tr>
<tr>
<td>and cage-free hard-boiled egg.</td>
<td></td>
</tr>
<tr>
<td><strong>Modern Greek Salad with Quinoa</strong></td>
<td><strong>Modern Greek Salad with Quinoa</strong></td>
</tr>
<tr>
<td>Quinoa tomato sofrito blend, romaine, kale, diced cucumbers and</td>
<td>Order without Feta</td>
</tr>
<tr>
<td>kalamata olives tossed in Greek dressing and topped with feta and</td>
<td></td>
</tr>
<tr>
<td>toasted almonds.</td>
<td></td>
</tr>
<tr>
<td><strong>Seasonal Greens Salad</strong></td>
<td><strong>Seasonal Greens Salad</strong></td>
</tr>
<tr>
<td>Arugula, romaine, kale and radicchio blend, vine-ripened tomatoes,</td>
<td></td>
</tr>
<tr>
<td>red onions and diced cucumbers tossed in reduced-fat balsamic</td>
<td></td>
</tr>
<tr>
<td>vinaigrette.</td>
<td></td>
</tr>
</tbody>
</table>

**Snacks & Smoothies**

| **Superfruit Smoothie with Greek yogurt**                              | **Superfruit Smoothie with Greek yogurt**                              |
| A mixture of fruit and berry purees and juice concentrates blended    |                                                      |
| with non-fat plain Greek yogurt and ice.                              |                                                      |
| **Low-Fat Mango Smoothie**                                            | **Low-Fat Mango Smoothie**                                            |
| Mango fruit base mixed with orange juice and banana puree blended     |                                                      |
| with low-fat vanilla yogurt and ice.                                  |                                                      |
| **Carrot Pineapple Smoothie**                                         | **Carrot Pineapple Smoothie**                                         |
| Carrot, apple, orange and banana base of purees and juice             |                                                      |
| concentrates blended with fresh pineapple and ice.                   |                                                      |
| **Triple Chocolate Cookie with Walnuts**                              | **Triple Chocolate Cookie with Walnuts**                              |
| A freshly baked flourless chocolate cookie with a soft, brownie-like  |                                                      |
| texture, made with chocolate chunks, white chocolate chunks and      |                                                      |
| walnuts.                                                              |                                                      |

*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 celiac disease, a heightened gluten sensitivity or a wheat allergy (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.**

| **Turkey Chili**                                                       |
| Hearty blend of dark meat turkey raised without antibiotics and tender |                                                      |
| beans, slow cooked with veggies and spices.                          |
| **Southwest Chicken Tortilla Bowl**                                   |
| Smoked pulled chicken raised without antibiotics, quinoa tomato       |
| sofrito blend, brown rice, spinach, napa cabbage blend, fresh lime,  |
| pickled red onions, roasted red peppers, adobo corn and chili lime    |
| sauce topped with fresh cilantro and masa crisps in hen broth.       |

**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

**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.
## AM Menu

### Steel Cut Oatmeal with Strawberries & Pecans
*160mg of sodium*
Steel cut oats with strawberries, pecans and cinnamon crunch topping.

### Steel Cut Oatmeal with Apple Chips & Pecans
*170mg of sodium*
Steel cut oats with apple chips, pecans and cinnamon crunch topping.

### Steel Cut Oatmeal with Almonds, Quinoa & Honey
*220mg of sodium*
Steel cut oats topped with quinoa, almonds, cinnamon and honey.

### Avocado, Egg White & Spinach Breakfast Power Sandwich
*590mg of sodium*
Egg whites, Vermont white cheddar, avocado, spinach, vine-ripened tomato, salt and pepper on a Sprouted Grain Bagel Flat.

### Strawberry Granola Parfait
*95mg of sodium*
Fresh parfait made with low-fat vanilla yogurt, maple butter pecan granola with whole grain oats and fresh strawberries.

### Green Passion Smoothie
*30mg of sodium*
Peach and mango puree and white grape and passionfruit juice concentrates blended with spinach and ice.

## PM Menu

### Roasted Beet, Quinoa & Citrus Salad
*660mg of sodium per whole salad*
Arugula, romaine, kale and radicchio blend and pickled red onions tossed in apple cider vinaigrette and topped with quinoa, Gorgonzola, roasted beets, mandarin oranges and toasted pecan pieces.

### Green Goddess Cobb Salad with Chicken
*680mg of sodium per whole salad*
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.

### BBQ Salad with Chicken
*580mg of sodium per whole salad*
Chicken raised without antibiotics, romaine, adobo corn blend and frizzled onions tossed in BBQ ranch dressing and drizzled with BBQ sauce.

### Fuji Apple Salad with Chicken
*580mg of sodium per whole salad*
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.

### Seasonal Greens Salad
*150mg of sodium per whole salad*
Arugula, romaine, kale and radicchio blend, vine-ripened tomatoes and diced cucumbers tossed in reduced-fat balsamic vinaigrette.

### Tomato Mozzarella Flatbread
*470mg of sodium per 1 flatbread*
Fresh mozzarella, vine-ripened tomatoes, arugula, tomato sofrito, nut-free basil pesto and freshly squeezed lemon juice on whole grain flatbread.

### Contains peanuts and/or tree nuts

---

**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.

---

**Of our food is**

**clean.**

**Our food contains no artificial preservatives, sweeteners, flavors and no colors from artificial sources.**

Learn more at PaneraBread.com.
**Protein Rich**

Protein is the powerhouse of any meal and gives your body the lasting energy to get you through even the roughest days. Check out these options, all providing at least 20% of the recommended daily value of protein, making each one an excellent source of this important nutrient.

---

**PM Menu**

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Protein Content</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese Citrus Cashew Salad with Chicken</td>
<td>25g of protein per whole salad from chicken</td>
<td>Chicken raised without antibiotics, romaine, napa cabbage blend, diced cucumbers, fresh pineapple and fresh cilantro tossed in soy-miso lime dressing and topped with mandarin oranges, roasted cashew pieces and hoisin sauce.</td>
</tr>
<tr>
<td>Green Goddess Cobb Salad with Chicken</td>
<td>35g of protein per whole salad from chicken, egg and bacon</td>
<td>Chicken raised without antibiotics, arugula, romaine, kale and radicchio blend, vine-ripe tomatoes and pickled red onions tossed in freshly made Green Goddess dressing and topped with avocado, bacon and cage-free hard-boiled egg.</td>
</tr>
<tr>
<td>Roasted Turkey &amp; Caramelized Kale Panini</td>
<td>26g of protein per whole panini from turkey and cheese</td>
<td>Roasted turkey raised without antibiotics, fresh mozzarella and caramelized kale blend on Black Pepper Focaccia.</td>
</tr>
<tr>
<td>Chipotle Chicken Avocado Melt</td>
<td>32g of protein per whole sandwich from chicken and cheese</td>
<td>Smoked, pulled chicken raised without antibiotics, smoked Gouda, avocado, fresh cilantro, zesty sweet Peppadew™ piquant peppers and chipotle mayo on Black Pepper Focaccia.</td>
</tr>
<tr>
<td>Roasted Turkey, Apple &amp; Cheddar Sandwich</td>
<td>32g of protein per whole sandwich from turkey and cheese</td>
<td>Roasted turkey raised without antibiotics, Vermont white cheddar, freshly made apple and cabbage slaw, arugula and mustard horseradish sauce on Cranberry Walnut.</td>
</tr>
<tr>
<td>Tomato Mozzarella Flatbread</td>
<td>11g of protein per 2 flatbreads from cheese</td>
<td>Fresh mozzarella, vine-ripened tomatoes, arugula, tomato sofrito, nut-free basil pesto and freshly squeezed lemon juice on whole grain flatbread.</td>
</tr>
<tr>
<td>BBQ Chicken Flatbread</td>
<td>23g of protein per 2 flatbreads from chicken and cheese</td>
<td>Smoked, pulled chicken raised without antibiotics, mozzarella, smoked Gouda, spinach, fresh cilantro, frizzled onions and BBQ sauce on whole grain flatbread.</td>
</tr>
<tr>
<td>Southwest Chicken Tortilla Bowl</td>
<td>19g of protein from chicken</td>
<td>Smoked pulled chicken raised without antibiotics, quinoa tomato sofrito blend, brown rice, spinach, napa cabbage blend, fresh lime, pickled red onions, roasted red peppers, adobo corn and chili lime rojo sauce topped with fresh cilantro and masa crisps in hen broth.</td>
</tr>
</tbody>
</table>

---

Contains peanuts and/or tree nuts

---

Avoid the Line.
Order online.

PANERABREAD.COM OR GET THE APP.

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google Inc.
AM Menu

Steel Cut Oatmeal with Strawberries & Pecans
340 calories
Steel cut oats with strawberries, pecans and cinnamon crunch topping.

Steel Cut Oatmeal with Apple Chips & Pecans
370 calories
Steel cut oats with apple chips, pecans and cinnamon crunch topping.

Steel Cut Oatmeal with Almonds, Quinoa & Honey
300 calories
Steel cut oats topped with quinoa, almonds, cinnamon and honey.

Ham, Egg & Cheese Breakfast Power Sandwich
340 calories
Smoked, lean ham, egg, Vermont white cheddar, salt and pepper on Whole Grain.

Turkey Sausage, Egg White & Spinach Breakfast Power Sandwich
370 calories
Turkey sausage cooked into egg whites, Vermont white cheddar, spinach, vine-ripened tomato, salt and pepper on a Sprouted Grain Bagel Flat.

Avocado, Egg White & Spinach Breakfast Power Sandwich
410 calories
Egg whites, Vermont white cheddar, avocado, spinach, vine-ripened tomato, salt and pepper on a Sprouted Grain Bagel Flat.

Strawberry Granola Parfait
330 calories
Fresh parfait made with low-fat vanilla yogurt, maple butter pecan granola with whole grain oats and fresh strawberries.

PM Menu

Low-Fat Chicken Noodle Soup
160 calories per bowl
Fresh vegetables and all-white meat chicken breast simmered in seasoned chicken broth with traditional egg noodles.

Cream of Chicken & Wild Rice Soup
260 calories per bowl
Diced chicken, long grain and wild rice, celery, onions and carrots simmered in chicken broth with cream and select herbs.

Vegetarian Creamy Tomato Soup
280 calories per bowl
Pureed, vine-ripened pear tomatoes and fresh cream with hints of red pepper and oregano and topped with housemade black pepper focaccia croutons.

Low-Fat Vegetarian Garden Vegetable Soup with Pesto
One Small

Low-Fat Vegetarian Garden Vegetable Soup with Pesto

Caesar Salad with Chicken
450 calories per whole salad
Chicken raised without antibiotics, romaine, parmesan and housemade black pepper focaccia croutons tossed in Caesar dressing.

Seasonal Greens Salad
180 calories per whole salad
Arugula, romaine, kale and radicchio blend, vine-ripened tomatoes, red onions and diced cucumbers tossed in reduced-fat balsamic vinaigrette.

BBQ Chicken Flatbread
370 calories per 1 flatbread
Smoked, pulled chicken raised without antibiotics, mozzarella, smoked Gouda, spinach, fresh cilantro, frizzled onions and BBQ sauce on whole grain flatbread.

You Pick 2

Have this & that.

Combine any two of the following:

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