



Panera Bread® Nutrition Information - US

Breakfast	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Sandwiches												
Steak & Egg on Everything Bagel		1 sandwich	540	18	8	0	240	1030	59	3	4	23
Mediterranean Egg White on Ciabatta		1 sandwich	410	15	6	0	25	780	48	2	2	12
Bacon, Egg & Cheese on Asiago Cheese Bagel		1 sandwich	620	28	13	0.5	245	1300	56	2	4	21
Sausage, Egg & Cheese on Ciabatta		1 sandwich	550	29	12	0	250	1050	44	2	2	20
Ham, Egg & Cheese Breakfast Power Sandwich		1 sandwich	350	15	7	0	220	910	31	4	3	16
Avocado, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	410	13	6	0.4	25	640	52	5	5	21
Turkey Sausage, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	390	10	5	0	40	630	50	3	4	17
Bacon, Egg & Cheese on Ciabatta		1 sandwich	520	25	10	0	235	1170	43	2	2	21
Egg & Cheese on Ciabatta		1 sandwich	390	15	7	0	205	720	43	2	2	11
Breakfast Favorites												
Honey Almond Greek Yogurt Parfait		1 parfait	180	2.5	0	0	0	55	25	1	22	14
Power Almond Quinoa Oatmeal		1 bowl	300	6	1	0	0	220	52	9	7	8
Steel Cut Oatmeal with Strawberries & Pecans		1 1/3 cups	340	14	2	0	0	160	51	9	16	6
Strawberry Granola Parfait		1 parfait	310	11	4.5	0	10	100	43	3	30	9
Seasonal Fruit Cup		1 cup	60	0	0	0	0	15	17	1	12	1
Soufflés												
Spinach Mushroom & Sofrito		1 soufflé	470	28	15	0.5	160	670	40	2	9	15
Four Cheese		1 soufflé	480	29	15	0.5	190	690	37	2	8	16
Spinach & Artichoke		1 soufflé	540	34	19	0.5	165	910	39	2	9	19
Spinach & Bacon		1 soufflé	570	37	20	1	170	930	37	2	8	23
Bagels & Cream Cheese Spreads												
Bagels												
Chocolate Chip Bagel		1 bagel	380	6	3	0	5	410	68	3	13	11
French Toast Bagel		1 bagel	350	4	2	0	0	560	67	2	15	10
Blueberry Bagel		1 bagel	340	1.5	0	0	0	430	69	2	10	10
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	81	2	32	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)
Asiago Cheese Bagel		1 bagel	330	6	3.5	0	10	510	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	230	1	0	0	0	180	47	3	4	8
Whole Grain Bagel		1 bagel	350	2.5	0	0	0	480	68	6	3	13
Everything Bagel		1 bagel	300	2	0	0	0	590	58	2	4	10
Sesame Bagel		1 bagel	310	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	110	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 Hazelnut Cream Cheese	Cup	2 oz	140	11	6	0.5	35	210	6	1	6	5
Reduced-Fat Hazelnut Cream Cheese	Tub	1 oz	80	6	3.5	0	15	110	3	0	3	2
Reduced-Fat Chive & Onion Cream Cheese	Cup	2 oz	130	11	7	0.5	35	370	4	1	2	5
Reduced-Fat Chive & Onion Cream Cheese	Tub	1 oz	70	6	3.5	0	20	190	2	0	1	3
Reduced-Fat Roasted Vegetable Medley Cream Cheese	Cup	2 oz	110	9	6	0	30	240	3	1	2	4
Reduced-Fat Roasted Vegetable Medley Cream Cheese	Tub	1 oz	60	5	3	0	15	125	2	1	1	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	7	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	11	0.5	55	280	53	2	23	8
Cheese Pastry		1 pastry	400	22	13	1	70	330	44	1	15	8
Chocolate Pastry		1 pastry	410	23	14	0.5	55	250	47	2	18	7
Cherry Pastry		1 pastry	420	17	10	0.5	55	330	60	1	30	7
Sweet Rolls												
Bear Claw		1 pastry	570	28	13	0.5	70	410	69	3	32	10
Cinnamon Roll		1 roll	630	24	14	0.5	100	510	91	4	35	13
Pecan Roll		1 roll	740	39	12	0	55	320	89	5	50	11
Cobblestone		1 roll	560	12	7	0	60	500	103	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	430	17	11	0	60	680	64	1	31	6
		1 scone	470	20	12	1	75	900	66	2	25	8
		1 scone	540	20	13	0.5	75	810	81	3	38	9
		1 scone	550	23	16	0.5	70	900	79	2	41	8
		1 mini scone	160	7	4	0	25	300	22	1	8	3
		1 mini scone	180	7	4.5	0	25	270	27	1	13	3
		9 pack	1490	59	37	2	220	2460	217	6	97	24
Muffins & Muffies												
		1 muffin	480	19	3	0	65	360	71	3	40	6
		1 muffin	460	18	3	0	60	340	69	2	40	6
		1 muffin	590	22	4	0	30	480	91	2	53	7
		1 muffin	450	12	2.5	0	55	330	80	2	49	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												
		1 cake	660	26	9	0	80	750	100	4	64	8
	Slice	1 slice	470	25	9	0	105	320	53	1	29	6
		1 brownie	500	22	10	0	80	240	73	4	53	7
Cookies												
		1 cookie	430	21	13	1	55	180	56	1	28	4
		1 cookie	440	22	13	1	55	160	58	1	31	4
		1 cookie	330	14	6	0	10	130	53	6	45	5
		1 cookie	370	19	6	0	35	220	45	4	27	8
		1 cookie	380	23	14	1	60	170	40	1	12	4
		1 cookie	440	22	14	0.5	60	330	58	3	33	5
		1 cookie	400	14	8	0	50	320	62	3	32	5
		1 cookie	420	20	12	0.5	75	260	57	1	29	5
		1 petite cookie	100	5	3	0	15	75	14	1	8	1
Pastries												
		1 croissant	300	17	10	0.5	45	220	32	1	5	6
	Slice	1 slice	220	10	6	0.3	35	170	30	1	16	3

Freshly Baked Breads

Artisan Breads

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Country	Miche	2 oz	140	0.5	0	0	0	330	28	1	0	5
Country	Loaf	2 oz	140	0.5	0	0	0	310	27	1	0	5
French	Baguette	2.5 oz	150	1	0	0	0	370	30	1	0	5
Rye	Miche	2 oz	140	0.5	0	0	0	420	27	2	0	5
Rye	Loaf	2 oz	140	0.5	0	0	0	380	28	2	0	5
Sesame Semolina	Miche	2 oz	140	1	0	0	0	360	30	1	1	5
Asiago Cheese Focaccia	Loaf	2 oz	150	3.5	1.5	0	5	240	24	1	1	6
Sea Salt Focaccia	Loaf	2 oz	160	2.5	0	0	0	340	29	1	1	5
Whole Grain	Miche	2 oz	130	1	0	0	0	250	26	3	2	6
Whole Grain	Loaf	2 oz	130	1	0	0	0	290	27	3	2	6
Ciabatta	Loaf	2 oz	150	2	0	0	0	240	27	1	1	5

Specialty Breads

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	1340	131	4	1	23
Asiago Cheese	Loaf	2 oz	160	4	2.5	0	10	320	23	1	0	7
Cinnamon Raisin Swirl	Loaf	2 oz	190	6	3	0	30	190	31	1	12	5
White	Miche	2 oz	150	2	1	0	5	260	27	1	1	5
White	Loaf	2 oz	150	2.5	1	0	5	270	27	1	1	5
Tomato Basil	XL Loaf	2 oz	130	0.5	0	0	0	320	27	1	1	5
Honey Wheat	Loaf	2 oz	160	3	1.5	0	0	230	29	2	4	4

Drinks

Espresso & Hot Drinks

Caramel Latte	Medium	16 fl oz	390	16	10	0	60	220	63	0	43	10
Chai Tea Latte	Medium	16 fl oz	240	4.5	3	0	20	95	42	0	40	7
Caffe Mocha	Medium	16 fl oz	370	13	8	0	45	180	53	2	38	12
Cappuccino	Medium	16 fl oz	130	5	3	0	20	110	14	0	12	9
Caffe Latte	Medium	16 fl oz	130	5	3	0	20	110	14	0	12	9
Espresso	1 Shot	1 shot	5	0	0	0	0	0	1	0	0	0
Signature Hot Chocolate	Medium	16 fl oz	490	15	9	0	50	260	79	3	62	12

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Skinny Caffe Mocha	Medium	16 fl oz	240	1.5	1	0	5	170	46	2	34	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	30	2	0	0	1
Hazelnut Coffee	Medium	16 fl oz	20	0	0	0	0	40	3	0	0	1
Hazelnut Coffee	Large	20 fl oz	25	0	0	0	0	50	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
Fruit Smoothies												
Blueberry Pomegranate Smoothie with Coconut Milk	Medium	16 fl oz	250	3.5	1.5	0	0	35	59	14	40	3
Green Passion Power Smoothie	Medium	16 fl oz	200	0	0	0	0	30	51	2	47	2
Low-Fat Strawberry Banana Smoothie	Medium	16 fl oz	260	1	0.5	0	5	55	59	4	47	5
Low-Fat Mango Smoothie	Medium	16 fl oz	270	1.5	1	0	5	95	59	2	54	7
Superfruit Power Smoothie	Medium	16 fl oz	210	0	0	0	0	75	34	2	30	14
Low-Fat Strawberry Smoothie	Medium	16 fl oz	280	1.5	1	0	5	100	60	2	58	7
Frozen Drinks												
Frozen Caramel	Medium	16 fl oz	570	24	15	0	80	190	95	0	66	6
Frozen Mocha	Medium	16 fl oz	540	21	13	0	70	150	85	2	62	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	400	14	9	0	50	210	56	2	42	14
Iced Caramel Latte	Medium	20 fl oz	430	17	11	0	65	250	66	0	46	13
Iced Chai Tea Latte	Medium	16 fl oz	190	3.5	2.5	0	15	80	34	0	32	6
Iced Green Tea	Medium	20 fl oz	160	0	0	0	0	10	41	0	38	0
Iced Green Tea	Large	32 fl oz	230	0	0	0	0	15	59	0	55	0
Lemonade	Medium	20 fl oz	170	0	0	0	0	10	43	0	43	0

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Lemonade	Large	32 fl oz	240	0	0	0	0	15	61	0	61	0
Plum Ginger Hibiscus Iced Tea	Medium	20 fl oz	0	0	0	0	0	0	0	0	0	0
Plum Ginger Hibiscus Iced Tea	Large	32 fl oz	0	0	0	0	0	0	0	0	0	0
Acai Berry Green Iced Tea	Medium	20 fl oz	0	0	0	0	0	0	0	0	0	0
Acai Berry Green Iced Tea	Large	32 fl oz	0	0	0	0	0	0	0	0	0	0
Brewed Iced Tea	Medium	20 fl oz	0	0	0	0	0	20	0	0	0	0
Brewed Iced Tea	Large	32 fl oz	0	0	0	0	0	30	0	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												
BluePrint® Red Juice		1 bottle	120	0	0	0	0	55	28	0	23	1
BluePrint® Green Juice		1 bottle	70	0	0	0	0	5	15	0	15	2
Joia Grapefruit All-Natural Soda		1 bottle	110	0	0	0	0	0	31	0	28	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	50	70	0	70	0
Pepsi	Large	32 fl oz	400	0	0	0	0	80	112	0	112	0
Diet Pepsi	Medium	20 fl oz	0	0	0	0	0	70	0	0	0	0
Diet Pepsi	Large	32 fl oz	0	0	0	0	0	110	0	0	0	0
Caffeine Free Diet Pepsi	Medium	20 fl oz	0	0	0	0	0	70	0	0	0	0
Caffeine Free Diet Pepsi	Large	32 fl oz	0	0	0	0	0	110	0	0	0	0
Sierra Mist	Medium	20 fl oz	250	0	0	0	0	50	68	0	68	0
Sierra Mist	Large	32 fl oz	400	0	0	0	0	80	108	0	108	0
Dr. Pepper	Medium	20 fl oz	230	0	0	0	0	80	62	0	62	0
Dr. Pepper	Large	32 fl oz	370	0	0	0	0	130	100	0	100	0
Mountain Dew	Medium	20 fl oz	280	0	0	0	0	90	73	0	73	0
Mountain Dew	Large	32 fl oz	440	0	0	0	0	140	116	0	116	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	65	33	0	33	0
Lipton Brisk Raspberry Tea	Large	32 fl oz	200	0	0	0	0	100	52	0	52	0
Tropical Fruit Punch	Medium	20 fl oz	280	0	0	0	0	65	75	0	75	0

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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	120	4.5	3	0	20	115	12	0	12	8
Organic Chocolate Milk		8 fl oz	150	2.5	1.5	0	10	160	23	0	22	8
Kid's Organic Apple Juice		8 fl oz	120	0	0	0	0	25	29	0	26	0
Panini & Sandwiches												
Panini												
Roasted Turkey & Caramelized Kale	Half	half panini	280	11	3	0	30	620	28	2	1	13
Roasted Turkey & Caramelized Kale	Whole	whole panini	570	21	6	0	65	1250	56	3	2	27
Frontega Chicken® Panini on Focaccia	Half	half panini	370	12	3.5	0	40	1070	43	3	4	23
Frontega Chicken® Panini on Focaccia	Whole	whole panini	740	24	7	0	85	2150	86	5	8	46
Steak & White Cheddar Panini on French Baguette	Half	half panini	530	23	8	0.5	65	940	52	3	2	26
Steak & White Cheddar Panini on French Baguette	Whole	whole panini	1060	46	17	1	130	1870	104	5	4	52
Sandwiches												
Steak & Arugula on Sourdough	Half	half sandwich	250	9	4	0	45	450	26	2	4	12
Steak & Arugula on Sourdough	Whole	whole sandwich	500	19	8	0	90	900	51	3	9	24
Roasted Turkey & Avocado BLT on Sourdough	Half	half sandwich	270	12	2	0	30	480	24	3	1	14
Roasted Turkey & Avocado BLT on Sourdough	Whole	whole sandwich	540	25	4	0	60	960	48	6	3	29
Italian Combo Sandwich on Ciabatta	Half	half sandwich	500	20	8	0.5	80	1430	49	3	4	21
Italian Combo Sandwich on Ciabatta	Whole	whole sandwich	1000	41	16	1	160	2850	97	5	8	42
Bacon Turkey Bravo® Sandwich on Tomato Basil	Half	half sandwich	400	14	5	0.5	50	1420	43	2	4	19
Bacon Turkey Bravo® Sandwich on Tomato Basil	Whole	whole sandwich	800	27	10	1	100	2830	85	4	8	22
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Half	half sandwich	350	13	2	0	35	580	45	3	6	8
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Whole	whole sandwich	690	26	4.5	0	70	1150	90	6	12	16
Mediterranean Veggie Sandwich on Tomato Basil	Half	half sandwich	280	6	1.5	0	5	720	47	3	5	10
Mediterranean Veggie Sandwich on Tomato Basil	Whole	whole sandwich	570	12	3	0	10	1430	94	7	10	20
Sierra Turkey Sandwich on Asiago Cheese Focaccia	Half	half sandwich	360	13	3.5	0.5	35	970	40	2	3	20
Sierra Turkey Sandwich on Asiago Cheese Focaccia	Whole	whole sandwich	730	27	7	1.5	75	1930	81	4	6	40
Classic Grilled Cheese on White Bread	Half	half sandwich	290	10	7	0	30	720	37	1	3	13
Classic Grilled Cheese on White Bread	Whole	whole sandwich	580	19	15	0	55	1450	74	2	6	26

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Smoked Turkey Breast Sandwich on Country	Half	half sandwich	220	2	0	0.5	25	890	34	2	2	16
Smoked Turkey Breast Sandwich on Country	Whole	whole sandwich	430	3.5	1	1	50	1790	67	4	5	33
Tuna Salad Sandwich on Honey Wheat	Half	half sandwich	260	8	2	0	15	550	32	3	6	9
Tuna Salad Sandwich on Honey Wheat	Whole	whole sandwich	510	16	4	0	35	1100	65	5	12	18
Smoked Ham & Swiss Sandwich on Rye	Half	half sandwich	310	9	4.5	0	50	1120	34	3	3	16
Smoked Ham & Swiss Sandwich on Rye	Whole	whole sandwich	620	18	9	0.5	100	2230	67	5	6	32

Flatbread Sandwiches

Mediterranean Flatbread	1 Flatbread	1 flatbread	310	11	6	0	45	550	37	4	4	9
Mediterranean Flatbread	2 Flatbreads	2 flatbreads	620	23	11	0	85	1100	73	8	9	19
Thai Flatbread	1 Flatbread	1 flatbread	300	11	4.5	0	35	510	37	4	7	7
Thai Flatbread	2 Flatbreads	2 flatbreads	590	22	9	0	75	1020	74	8	15	14
Chicken, Ham & Swiss Flatbread	1 Flatbread	1 flatbread	360	17	10	0	70	580	31	3	4	15
Chicken, Ham & Swiss Flatbread	2 Flatbreads	2 flatbreads	710	34	20	1	145	1160	62	6	7	31
Roasted Turkey Cranberry Flatbread	1 Flatbread	1 flatbread	300	12	6	0	65	470	34	3	8	13
Roasted Turkey Cranberry Flatbread	2 Flatbreads	2 flatbreads	610	23	13	0	95	950	67	7	15	25
Tomato Mozzarella Flatbread	1 Flatbread	1 flatbread	340	18	9	0	35	460	34	3	5	6
Tomato Mozzarella Flatbread	2 Flatbreads	2 flatbreads	680	35	17	1	65	910	69	6	9	11

Hand Tossed Salads

Salads

Chicken Soba Noodle Salad with Peanut Sauce	Half	half salad	240	7	1.5	0	40	520	26	2	5	12
Chicken Soba Noodle Salad with Peanut Sauce	Whole	whole salad	480	15	3	0	80	1040	52	4	10	25
Mediterranean & Quinoa Salad with Almonds	Half	half salad	230	18	2.5	0	0	350	15	4	2	10
Mediterranean & Quinoa Salad with Almonds	Whole	whole salad	460	36	5	0	0	710	29	8	4	19
Power Kale Caesar Salad with Chicken	Half	half salad	300	20	8	0	80	640	5	1	1	25
Power Kale Caesar Salad with Chicken	Whole	whole salad	600	40	16	0	160	1280	11	3	2	49
Chicken Cobb with Avocado	Half	half salad	330	25	6	0	145	490	7	3	1	19
Chicken Cobb with Avocado	Whole	whole salad	660	50	11	0	295	970	14	7	3	39
Thai Chicken Salad	Half	half salad	240	10	1.5	0	40	440	20	4	7	12
Thai Chicken Salad	Whole	whole salad	490	19	3	0	80	910	42	8	14	41
Fuji Apple Chicken Salad	Half	half salad	280	17	3.5	0	45	290	17	3	10	14
Fuji Apple Chicken Salad	Whole	whole salad	550	34	7	0	95	580	34	6	20	29
Asian Sesame Chicken Salad	Half	half salad	200	10	1.5	0	40	260	13	2	3	12

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asian Sesame Chicken Salad	Whole	whole salad	400	20	3.5	0	80	520	25	5	5	25
BBQ Chicken Salad	Half	half salad	220	10	1.5	0	45	250	19	3	10	12
BBQ Chicken Salad	Whole	whole salad	450	20	3	0	85	500	37	6	19	25
Chicken Caesar Salad	Half	half salad	200	13	3	0	60	290	5	1	1	14
Chicken Caesar Salad	Whole	whole salad	430	27	7	0	115	650	15	2	2	28
Classic with Chicken Salad	Half	half salad	150	6	1	0	40	160	10	2	6	12
Classic with Chicken Salad	Whole	whole salad	300	13	2.5	0	80	320	20	3	13	25
Greek with Chicken Salad	Half	half salad	250	18	4.5	0	50	660	7	2	2	15
Greek with Chicken Salad	Whole	whole salad	500	36	9	0	100	1310	13	4	4	31
Greek Salad	Half	half salad	190	17	4	0	10	570	6	2	2	4
Greek Salad	Whole	whole salad	370	34	8	0	25	1140	11	4	4	6
Classic Salad	Half	half salad	80	5	1	0	0	70	9	2	6	1
Classic Salad	Whole	whole salad	170	11	1.5	0	0	140	18	3	13	2
Caesar Salad	Half	half salad	130	12	3	0	20	210	4	1	1	4
Caesar Salad	Whole	whole salad	300	25	6	0	40	480	13	2	2	8
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
BBQ Ranch Dressing	Half	1 1/2 Tbsp	70	6	1	0	5	80	4	0	4	0
BBQ Ranch Dressing	Whole	3 Tbsp	140	12	2	0	5	160	8	0	7	1
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/Herb Vinaigrette	Half	1 1/2 Tbsp	120	13	2	0	0	160	1	0	0	0
Greek/Herb Vinaigrette	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
Broth Bowls												
Thai Garden Chicken Wonton		1 bowl	290	6	1.5	0	40	1320	37	4	6	23
Ricotta Sacchetti Pasta with Chicken		1 bowl	470	19	6	0	110	1390	30	3	3	21

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Lentil Quinoa Bowl with Chicken		1 bowl	390	8	1.5	0	65	1290	49	10	6	21
Lentil Quinoa Bowl with Cage-Free Egg		1 bowl	350	11	2.5	0	185	1200	47	10	6	18
Pastas												
Chicken Tortellini Alfredo		2 cups	710	39	22	0	175	1770	66	3	3	27
Tortellini Alfredo		2 cups	680	38	22	0	160	1520	65	3	3	21
Mac & Cheese	Small	1 cup	490	30	13	0.5	60	1020	38	1	6	17
Mac & Cheese	Large	2 cups	980	61	26	1	125	2030	75	3	12	34
Soups												
Bistro French Onion Soup	Cup	1 cup	220	10	5	0	15	1180	25	2	8	8
Bistro French Onion Soup	Bowl	1 1/2 cups	350	16	8	0	20	1820	42	4	12	12
Bistro French Onion Soup	Bread Bowl		880	13	5	0	15	2520	157	7	9	31
All-Natural Turkey Chili	Cup	1 cup	210	7	1.5	0	30	730	23	8	5	11
All-Natural Turkey Chili	Bowl	1 1/2 cups	320	11	2	0	45	1090	35	12	7	17
All-Natural Turkey Chili	Bread Bowl		870	11	2	0	30	2070	155	13	5	17
Baked Potato Soup	Cup	1 cup	240	13	8	0	45	870	27	2	4	6
Baked Potato Soup	Bowl	1 1/2 cups	340	24	13	0	65	1230	27	4	6	7
Baked Potato Soup	Bread Bowl		900	16	8	0	45	2210	158	7	5	29
Low-Fat Vegetarian Black Bean Soup	Cup	1 cup	150	2	0	0	0	750	28	6	1	11
Low-Fat Vegetarian Black Bean Soup	Bowl	1 1/2 cups	230	3.5	0.5	0	0	1120	42	9	2	17
Low-Fat Vegetarian Black Bean Soup	Bread Bowl		820	5	1	0	0	2090	159	10	2	35
Broccoli Cheddar Soup	Cup	1 cup	230	15	9	0	50	1020	15	1	6	9
Broccoli Cheddar Soup	Bowl	1 1/2 cups	350	23	14	0.5	75	1520	22	2	9	13
Broccoli Cheddar Soup	Bread Bowl		890	18	9	0	50	2360	146	6	6	32
Vegetarian Creamy Tomato Soup	Cup	1 cup	210	14	5	0	35	580	21	2	9	3
Vegetarian Creamy Tomato Soup	Bowl	1 1/2 cups	310	20	7	0	50	850	30	3	14	4
Vegetarian Creamy Tomato Soup	Bread Bowl		880	17	5	0	35	1930	153	6	10	26
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Cup	1 cup	80	2	0	0	0	750	13	3	5	2
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Bowl	1 1/2 cups	120	3.5	0	0	0	1100	19	4	7	4
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Bread Bowl		740	5	0.5	0	0	2090	144	7	6	26
New England Clam Chowder	Cup	1 cup	340	28	17	0	100	910	19	1	2	5
New England Clam Chowder	Bowl	1 1/2 cups	520	43	27	0	150	1400	29	2	3	8
New England Clam Chowder	Bread Bowl		1000	31	18	0	100	2260	150	6	2	28
Low-Fat All-Natural Chicken Noodle Soup	Cup	1 cup	110	2.5	1.5	0	25	890	13	1	2	9

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Low-Fat All-Natural Chicken Noodle Soup	Bowl	1 1/2 cups	170	4	2	0	40	1330	20	2	3	14
Low-Fat All-Natural Chicken Noodle Soup	Bread Bowl		770	6	1.5	0	25	2230	145	6	2	32
Cream of Chicken & Wild Rice Soup	Cup	1 cup	200	11	5	0	35	940	20	2	4	6
Cream of Chicken & Wild Rice Soup	Bowl	1 1/2 cups	300	16	8	0	50	1410	31	2	6	9
Cream of Chicken & Wild Rice Soup	Bread Bowl		860	14	6	0	35	2280	152	6	5	30

Panera Kids™

Salads

Kids Greek Salad		whole salad	190	17	4	0	10	570	6	2	2	4
Kids Classic Salad		whole salad	80	5	1	0	0	70	9	2	6	1
Kids Caesar Salad		whole salad	130	12	3	0	20	210	4	1	1	4

Pastas

Kids Mac & Cheese		1 cup	490	30	13	0.5	60	1020	38	1	6	17
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Soups

Kids All-Natural Turkey Chili		1 cup	210	7	1.5	0	30	730	23	8	5	11
Kids Bistro French Onion Soup		1 cup	220	10	5	0	15	1180	25	2	8	8
Kids Baked Potato Soup		1 cup	240	15	9	0	45	870	27	2	4	6
Kids Low-Fat Vegetarian Black Bean Soup		1 cup	150	2	0	0	0	750	28	6	1	11
Kids Broccoli Cheddar Soup		1 cup	230	15	9	0	50	1020	15	1	6	9
Kids Vegetarian Creamy Tomato Soup		1 cup	210	14	5	0	35	580	21	2	9	3
Kids Low-Fat Garden Vegetable Soup with Pesto		1 cup	80	2	0	0	0	750	13	3	5	2
Kids New England Clam Chowder		1 cup	340	28	17	0	100	910	19	1	2	5
Kids Low-Fat All-Natural Chicken Noodle Soup		1 cup	110	2.5	1.5	0	25	890	13	1	2	9
Kids Cream of Chicken & Wild Rice Soup		1 cup	200	11	5	0	35	940	20	2	4	6

Sandwiches

Kids Smoked Ham Sandwich on All-Natural White Bread		whole sandwich	310	9	6	0	50	1150	34	1	4	14
Kids Smoked Turkey Sandwich on All-Natural White Bread		whole sandwich	290	8	6	0.5	45	1080	33	1	3	15
Kids Peanut Butter & Jelly on All-Natural White Bread		whole sandwich	400	17	3.5	0	5	450	52	3	18	11
Kids Grilled Cheese on All-Natural White Bread		whole sandwich	410	13	10	0	40	1000	53	2	4	8

Sides

Kids Blueberry Squeezable Yogurt		1 tube	60	0.5	0	0	5	40	12	0	10	2
Kids Strawberry Squeezable Yogurt		1 tube	60	0.5	0	0	5	45	12	0	10	2

Sides

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 Baguette portion	2.4 oz	180	1	0	0	0	440	36	1	0	6
Soft Dinner Roll	2.2 oz	190	3.5	1.5	0	10	300	32	1	2	6
Sprouted Whole Grain Roll	2.2 oz	160	1	0	0	0	360	33	2	3	6
Apple	1 apple	80	0	0	0	0	0	21	4	15	0
Panera Potato Chips	1 bag	150	8	0.5	0	0	170	17	1	0	2
Panera Baked Crisps	1 bag	130	2.5	0.5	0	0	150	25	2	1	2
Pickle spear	1 pickle	5	0	0	0	0	410	1	1	0	0

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.