



# Spring 2017 Bakery-Cafe Menu

## We are Panera Bread

And we believe that good food, food you can feel good about, can bring out the best in all of us. Food served in a warm, welcoming environment, by people who care. To us, that's good eating and that's why we're here.

## Allergen Statement

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.

## BREAKFAST SANDWICHES

### Steak & Egg (540 Cal)

Seared steak, egg, Vermont white cheddar, salt and pepper on an Everything Bagel.

### Ham, Egg & Cheese (340 Cal)

Smoked, lean ham, egg, Vermont white cheddar, salt and pepper on Whole Grain.

### Sausage, Egg & Cheese (560 Cal)

Sausage, egg, Vermont white cheddar, salt and pepper on Ciabatta.

### Bacon, Egg & Cheese (490 Cal)

Applewood-smoked bacon, egg, Vermont white cheddar, salt and pepper on Ciabatta.

### Asiago Bacon, Egg & Cheese (580 Cal)

Applewood-smoked bacon, egg, Vermont white cheddar, salt and pepper on an Asiago Cheese Bagel.

### Egg & Cheese (400 Cal)

Egg, Vermont white cheddar, salt and pepper on Ciabatta.

## EGG WHITE SANDWICHES

### 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.

### Mediterranean Egg White (420 Cal)

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

### Turkey Sausage, Egg White & Spinach (380 Cal)

Turkey sausage cooked into egg whites, Vermont white cheddar, spinach, vine-ripened tomato, salt and pepper on a Sprouted Grain Bagel Flat.

Breakfast Sandwiches are available until 10:30am weekdays / 11am weekends.

## SOUFFLÉS

Savory ingredients and egg baked in our French-inspired pastry.

### Four Cheese (410 Cal)

### Ham & Swiss (440 Cal)

### Spinach & Artichoke (520 Cal)

### Spinach & Bacon (540 Cal)

Soufflés are available until 10:30am weekdays / 11am weekends.

## OATMEAL, YOGURT & FRUIT

### Steel Cut Oatmeal

with choice of:

- Strawberries, pecans & cinnamon crunch topping (340 Cal)
- Blueberries, granola & cinnamon crunch topping **In Season** (340 Cal)
- Almonds, quinoa & honey (300 Cal)

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

### Summer Fruit Cup (60 Cal)

## BAGELS & CREAM CHEESE SPREADS

### Bagels

Plain (290 Cal)

Sprouted Grain Flat (240 Cal)

Whole Grain (330 Cal)

Everything (300 Cal)

Sesame (300 Cal)

### Specialty Bagels

Chocolate Chip (380 Cal)

French Toast (350 Cal)

Blueberry (340 Cal)

Cinnamon Swirl & Raisin (320 Cal)

Cinnamon Crunch (430 Cal)

Asiago Cheese (330 Cal)

### Bagel Pack

13 bagels & 2 tubs of cream cheese spread

### Dozen & a Half

18 bagels

### Baker's Dozen

13 bagels

### Half Dozen

6 bagels

## Cream Cheese Spreads

Calories for 8 oz tubs are for 1 oz serving size. / Calories for individual cups are for 2 oz serving size.

Plain (100 / 190 Cal) and Reduced-Fat: Plain (70 / 130 Cal), Hazelnut (80 / 150 Cal) , Roasted Vegetable Medley (60 / 110 Cal), Chive & Onion (70 / 130 Cal), Wild Blueberry (80 / 150 Cal), Honey Walnut (80 / 150 Cal)

## PASTRIES & SWEETS

### Pastries

Pastry Ring (260 Cal/serving), Cinnamon Roll (670 Cal),

Cobblestone (560 Cal), Pecan Roll (720 Cal) , Bear Claw

(540 Cal) , Pecan Braid (470 Cal) , Cheese Pastry (400 Cal),

Chocolate Pastry (410 Cal), Cherry Pastry (450 Cal), French

Croissant (310 Cal)

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**YOU PICK 2®**

Combine any two: Half Salad, Half Sandwich,  
Cup of Soup, Small Mac & Cheese or 1 Flatbread

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**SANDWICHES**

**Roasted Turkey & Caramelized Kale Panini** (half 280 Cal / whole 560 Cal)

Roasted turkey raised without antibiotics, fresh mozzarella and caramelized kale blend on Black Pepper Focaccia.

**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.

**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.

**Steak & White Cheddar Panini** (half 470 Cal / whole 940 Cal)

Seared steak, Vermont white cheddar, pickled onions and horseradish sauce on a Hoagie Roll.

**Roasted Turkey & Avocado BLT** (half 300 Cal / whole 600 Cal)

Roasted turkey raised without antibiotics, applewood-smoked bacon, lettuce, vine-ripened tomatoes, avocado, mayo, salt and pepper on Sourdough.

**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.

**Chipotle Chicken Avocado Melt** (half 390 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.

**Frontega Chicken Panini®** (half 380 Cal / whole 750 Cal)

Smoked, pulled chicken raised without antibiotics, mozzarella, vine-ripened tomatoes, red onions, fresh chopped basil and chipotle mayo on Focaccia.

**Bacon Turkey Bravo®** (half 320 Cal / whole 630 Cal)

Oven-roasted turkey breast raised without antibiotics, applewood-smoked bacon, smoked Gouda, lettuce, vine-ripened tomatoes, signature sauce, salt and pepper on thin-sliced Tomato Basil.

**Napa Almond Chicken Salad** (half 350 Cal / whole 700 Cal) 🥜

Chicken raised without antibiotics tossed with diced celery, seedless grapes, toasted almonds and special dressing, served with lettuce, vine-ripened tomatoes, salt and pepper on Sesame Semolina.

**Classic Grilled Cheese** (half 320 Cal / whole 640 Cal)

American cheese on Classic White.

**Mediterranean Veggie** (half 210 Cal / whole 420 Cal)

Zesty sweet Peppadew™ piquant peppers, feta, cucumbers, lettuce, vine-ripened tomatoes, red onions, cilantro-jalapeño hummus, salt and pepper on Tomato Basil.

**Turkey** (half 280 Cal / whole 560 Cal)

Oven-roasted turkey breast raised without antibiotics, lettuce, vine-ripened tomatoes, red onions, mayo, spicy mustard, salt and pepper on Whole Grain.

**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.

**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.

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**WHOLE GRAIN FLATBREADS**

**Tomato Mozzarella** (one 350 Cal / two 690 Cal)

Fresh mozzarella, vine-ripened tomatoes, arugula, tomato sofrito, nut-free basil pesto and freshly squeezed lemon juice on Whole Grain Flatbread.

**BBQ Chicken** (one 380 Cal / two 760 Cal)

Smoked, pulled chicken raised without antibiotics, mozzarella, smoked Gouda, spinach, fresh cilantro, frizzled onions and BBQ sauce on Whole Grain Flatbread.

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**SALADS**

**Southwest Chile Lime Ranch with Chicken** **New**

(half 320 Cal / whole 650 Cal)

Smoked, pulled chicken, romaine, arugula, adobo corn blend, quinoa tomato sofrito blend, fresh cilantro and masa crisps tossed in freshly made chile lime rojo ranch and topped with feta and avocado.

**Strawberry Poppysseed 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.

**Chinese Citrus Cashew with Chicken**

(half 270 Cal / whole 540 Cal) 🥜

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.

**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 250 Cal / whole 510 Cal) 🥜

Quinoa tomato sofrito blend, romaine, kale, diced 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.

**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 diced cucumbers tossed in reduced-fat balsamic vinaigrette.

**Greek** (half 200 Cal / whole 400 Cal)  
Romaine, vine-ripened tomatoes, feta, pickled red onions, kalamata olives, salt and pepper tossed in Greek dressing.

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**BOWLS**  
*Add a Half Salad, Half Sandwich, Cup of Soup or 1 Flatbread for an additional charge.*

**Southwest Chicken Tortilla** (480 Cal)  
Smoked pulled chicken, 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 chicken broth.

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**PASTA & MAC**

**Chicken Tortellini Alfredo** (750 Cal)  
*Add a Half Salad, Half Sandwich, Cup of Soup or 1 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.

**Mac & Cheese** (small 470 Cal / large 950 Cal)  
Shell pasta in a blend of creamy cheese sauce and tangy Vermont white cheddar cheese.

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**SOUPS**  
*Available in a freshly baked Sourdough Bread Bowl, Bowl or Cup.* 🌱 - Low Fat 🍃 - Vegetarian

**EVERYDAY SOUPS**  
**Chicken Noodle** 🌱 (110-780 Cal)  
Fresh carrots, onion and celery simmers with all-white meat chicken breast in seasoned chicken broth with traditional egg noodles.

**Broccoli Cheddar** (230-900 Cal)  
Chopped broccoli, shredded carrots and select seasonings simmered in a velvety smooth cheese sauce.

**Creamy Tomato** 🍃 (200-860 Cal)  
Pureed, vine-ripened pear tomatoes and fresh cream with hints of red pepper and oregano, topped with housemade black pepper focaccia croutons.

**Bistro French Onion** (200-860 Cal)  
Sweet onions in a savory broth with a sherry wine vinegar gastrique and sea salts, topped with gruyere and housemade black pepper focaccia croutons.

**Summer Corn Chowder** 🍃 **In Season** (210-880 Cal)  
Roasted corn and skin-on red potatoes simmered with sweet cream, poblano peppers and cilantro.

**SUN/TUES/THURS/SAT**  
**Black Bean** 🌱 🍃 (90-760 Cal)  
Black beans simmered in a spicy vegetarian broth with onions, red bell pepper, garlic and cumin.

**Cream of Chicken & Wild Rice** (180-840 Cal)  
Diced chicken, long grain and wild rice, celery, onions and carrots simmered in chicken broth with cream and select herbs.

**MON/WED**  
**Baked Potato** (220-890 Cal)  
Russet potatoes simmered with smoked bacon in seasoned cream sauce with spring onion and chives.

**MON/WED /FRI**  
**Garden Vegetable with Pesto** 🌱 🍃 (80-750 Cal)  
Tomatoes, zucchini, yellow beans, fresh Swiss chard, cauliflower, bell peppers and pearled barley in a tomato broth with a dollop of nut-free basil pesto.

**FRIDAY**  
**New England Clam Chowder** (370-1040 Cal)  
Chopped sea clams, potato, celery and onions simmered in seasoned creamy broth.

\*Soup offerings at local bakery-cafes may differ.  
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**PANERA KIDS™**  
Served with a choice of organic Yogurt (60 Cal), Apple (80 Cal), Baguette (180 Cal) or Sprouted Grain Roll (170 Cal). Calories reflect Classic White Bread. Also available on Whole Grain.

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

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

**Cup of Soup** (80-370 Cal)  
Check soup schedule for daily availability.

**Peanut Butter & Jelly** (400 Cal) 🥜  
Creamy peanut butter and grape jelly on Classic White.

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

**Turkey** (310 Cal) or **Ham Sandwich** (320 Cal)  
American cheese and a choice of oven-roasted turkey breast or smoked, lean ham, both raised without antibiotics, on Classic White.

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**PANERA CATERING**  
Order your favorite sandwiches, salads, soups and sweets, conveniently boxed for groups big or small. Delivery is available. Contact your local catering coordinator for details, or order online at **PaneraBread.com**.