



Panera Bread® Nutrition Information

From Our Bakery

Artisan Breads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ciabatta	2 oz	150	2	0	0	0	240	27	1	1	5
Country Loaf	2 oz	140	0.5	0	0	0	310	27	1	0	5
Country Miche	2 oz	140	0.5	0	0	0	330	28	1	0	5
Focaccia	2 oz	180	4.5	0.5	0	0	320	28	1	1	5
Focaccia with Asiago Cheese	2 oz	160	5	1.5	0	5	230	23	1	1	5
French Baguette	2 oz	150	1	0	0	0	370	30	1	0	5
French Miche	2 oz	140	0.5	0	0	0	360	28	1	0	5
Sesame Semolina Loaf	2 oz	140	0.5	0	0	0	350	29	1	1	4
Sesame Semolina Miche	2 oz	140	1	0	0	0	360	30	1	1	5
Rye Loaf	2 oz	140	0.5	0	0	0	380	28	2	0	5
Rye Miche	2 oz	140	0.5	0	0	0	420	27	2	0	5
Three Cheese Demi	2 oz	160	2	1	0	5	320	29	1	1	6
Three Cheese Loaf	2 oz	140	2	1	0	5	290	26	1	1	6
Three Cheese Miche	2 oz	150	2	1	0	5	320	27	1	1	6
Three Seed Demi	2 oz	160	3.5	0	0	0	300	27	2	0	6
Whole Grain Baguette	2 oz	140	1	0	0	0	310	29	3	2	6
Whole Grain Loaf	2 oz	130	1	0	0	0	290	27	3	2	6
Whole Grain Miche	2 oz	130	1	0	0	0	250	26	3	2	6

Specialty Breads

Asiago Cheese Demi	2 oz	160	4	2.5	0	10	320	22	1	0	7
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
Honey Wheat Loaf	2 oz	160	3	1.5	0	0	230	29	2	4	4
Sourdough Roll	2.75 oz	210	1	0	0	0	440	43	1	0	8
Sourdough Soup Bowl	8.7 oz	660	3	0	0	0	1340	131	4	1	23
Sourdough Round Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	5
Sourdough XL Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	5
Tomato Basil XL Loaf	2 oz	130	0.5	0	0	0	320	27	1	1	5
All Natural White Loaf	2 oz	150	2	1	0	5	270	27	1	1	5
All Natural White Miche	2 oz	150	2	1	0	5	260	26	1	1	5
New England Roll	1 roll	260	5	1.5	0	10	420	44	1	3	9

Bagels

Asiago Cheese	1 bagel	330	6	3.5	0	10	580	55	2	3	13
Blueberry	1 bagel	340	1.5	0	0	0	510	68	2	8	11
Chocolate Chip Bagel	1 bagel	370	6	3	0	5	480	68	2	13	11
Cinnamon Crunch	1 bagel	420	6	4	0	0	430	81	2	31	9
Cinnamon Swirl & Raisin	1 bagel	320	2	1	0	0	470	65	3	11	10
Everything	1 bagel	300	2.5	0	0	0	640	59	2	4	10
Plain	1 bagel	290	1.5	0	0	0	460	59	2	3	10
Sesame	1 bagel	310	3	0	0	0	460	59	2	3	10

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
French Toast	1 bagel	340	4	2	0	0	620	67	2	15	9
Whole Grain	1 bagel	340	2.5	0	0	0	400	67	6	5	13

Flavorful Cream Cheese Spreads

Plain	1 oz	100	10	6	0	30	110	1	0	1	2
Plain	2 oz	190	18	11	1	55	210	2	0	1	3
Reduced Fat Chive & Onion	1 oz	70	6	3.5	0	20	190	2	0	1	3
Reduced Fat Chive & Onion	2 oz	130	11	7	0.5	35	370	4	1	2	5
Reduced Fat Hazelnut	1 oz	80	6	3.5	0	15	110	3	0	3	2
Reduced Fat Hazelnut	2 oz	140	11	6	0.5	35	210	6	1	6	5
Reduced Fat Honey Walnut	1 oz	80	6	3.5	0	15	105	4	0	4	2
Reduced Fat Honey Walnut	2 oz	150	11	6	0	30	200	8	1	7	5
Reduced Fat Plain	1 oz	70	6	4	0	20	120	1	0	1	3
Reduced Fat Plain	2 oz	130	12	7	0.5	35	230	2	1	1	5
Reduced Fat Wild Blueberry	1 oz	80	5	3	0	15	100	6	1	5	2
Reduced Fat Wild Blueberry	2 oz	150	10	6	0	30	190	11	1	9	4
Reduced Fat Roasted Vegetable Medley	1 oz	60	5	3	0	15	125	2	1	1	2
Reduced Fat Roasted Vegetable Medley	2 oz	110	9	6	0	30	240	3	1	2	4

Artisan Pastries

Cheese	1 pastry	400	22	13	1	70	330	44	1	15	8
Cherry	1 pastry	430	18	11	0.5	55	310	60	1	30	7
Chocolate	1 pastry	410	23	14	0.5	55	250	47	2	18	8
Pecan Braid	1 pastry	470	26	11	0.5	55	270	53	2	23	8

Brownies

Double Fudge Brownie with Icing	1 brownie	490	22	10	0	80	290	73	4	54	6
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Cookies

Candy	1 cookie	420	19	10	0.5	70	280	59	1	33	4
Chocolate Chipper	1 cookie	440	22	13	0.5	60	330	59	3	33	4
Chocolate Chipper Petites	1 mini cookie	110	6	3.5	0	15	85	15	1	8	1
Oatmeal Raisin	1 cookie	390	14	8	0	50	310	62	3	31	5
Red Velvet	1 cookie	390	13	3.5	0	40	200	66	2	40	5
Shortbread	1 cookie	380	22	13	0.5	60	170	41	1	11	4
Toffee Nut	1 cookie	440	23	12	0	80	340	56	1	29	5
Valentine Shortbread	3 cookie	430	21	12	0.5	55	160	56	1	28	4

Cakes

Cinnamon Coffee Crumb Cake	1 slice	470	25	9	0	105	320	53	1	29	6
Cinnamon Coffee Crumb Cake (whole unsliced serving)	2 oz	220	12	4.5	0	50	150	25	1	14	3
Chocolate cupcake	1 cupcake	520	26	10	0.5	30	340	69	3	53	4
Red Velvet cupcake	1 cupcake	440	20	9	0.5	50	290	61	1	46	3
Vanilla cupcake	1 cupcake	450	27	12	1	50	280	49	0	38	3
Carrot Cake with Walnuts	1 cupcake	650	26	9	0	80	670	98	4	62	8

Muffins & Muffins

Chocolate Chip Muffie
Cranberry Orange Muffin
Pumpkin Muffie
Pumpkin Muffin
Apple Crunch Muffin
Wild Blueberry Muffin

Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
1 muffie	320	14	4	0	40	200	46	2	27	4
1 muffin	480	19	3	0	65	360	71	3	40	6
1 muffie	290	11	2	0	15	240	45	1	26	3
1 muffin	590	22	4	0	30	480	91	2	53	7
1 muffin	450	12	3	0	55	340	80	2	49	7
1 muffin	440	17	3	0	60	330	66	2	39	6

Scones

Cinnamon Crunch with icing
Orange
Orange (mini)
Triple Berry
Triple Berry (mini)
Wild Blueberry
Wild Blueberry (mini)

1 scone	550	23	16	0.5	70	880	79	2	41	8
1 scone	540	20	13	0.5	75	810	81	3	38	9
1 mini scone	180	7	4.5	0	25	270	27	1	13	3
1 scone	400	15	9	0	50	550	61	1	30	6
1 mini scone	150	6	3.5	0	20	210	23	0	11	2
1 scone	470	20	12	1	75	900	66	2	25	8
1 mini scone	160	7	4	0	25	300	22	1	8	3

Specialty Pastries

Bear Claw
French Croissant
Pastry Ring (Apple, Cherry, Cheese)

1 pastry	550	28	12	0.5	70	360	68	3	33	10
1 croissant	300	17	10	0.5	45	220	32	1	5	6
1 slice	230	10	6	0	35	160	30	1	16	3

Sweet Rolls

Cinnamon Roll
Cobblestone
Pecan Roll

1 roll	630	24	14	0.5	100	490	91	4	35	13
1 roll	570	15	7	0	60	500	100	3	54	11
1 roll	740	39	12	0	55	320	89	5	50	11

Baked Egg Souffls

Four Cheese
Roasted Tomato & Feta
Spinach & Artichoke
Spinach & Bacon

1 souffle	480	29	15	0.5	190	690	37	2	8	16
1 souffle	510	31	16	0.5	165	910	40	3	10	17
1 souffle	540	34	19	0.5	165	910	39	2	9	19
1 souffle	570	37	20	1	170	930	37	2	8	23

Breakfast Sandwiches

Bacon, Egg & Cheese on Ciabatta
Egg & Cheese on Ciabatta
Sausage, Egg & Cheese on Ciabatta
Breakfast Power on Whole Grain
Asiago Cheese Bagel with Bacon
Mediterranean Egg White on Ciabatta
Everything Bagel with Steak

1 sandwich	510	25	10	0	235	1170	43	2	2	29
1 sandwich	390	15	7	0	205	710	43	2	2	19
1 sandwich	550	29	12	0	250	1040	44	2	2	27
1 sandwich	340	15	7	0	220	920	31	4	3	16
1 sandwich	610	28	13	0.5	245	1350	54	2	4	34
1 sandwich	410	16	6	0	25	830	47	3	3	20
1 sandwich	540	18	8	0	240	1070	61	2	4	33

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Favorites											
Steel Cut Oatmeal with Strawberries & Pecans	1 1/3 cups	340	13	1.5	0	0	160	51	9	16	6
Strawberry Granola Parfait	1 parfait	310	11	4.5	0	10	100	43	3	30	9
Fruit Cup	1 cup	60	0	0	0	0	15	17	1	12	1

From Our Cafe

Panini

Chipotle Chicken on Artisan French	half panini	420	19	6	0	80	1070	36	2	3	27
Chipotle Chicken on Artisan French	whole panini	840	38	12	0.5	160	2140	72	3	5	53
Frontega Chicken® on Focaccia	half panini	400	16	4	0	45	1050	41	2	4	23
Frontega Chicken® on Focaccia	whole panini	800	32	8	0.5	90	2090	83	5	8	45
Smokehouse Turkey® on Three Cheese	half panini	360	13	6	1	60	1300	34	3	4	27
Smokehouse Turkey® on Three Cheese	whole panini	720	27	12	1.5	115	2590	68	5	8	53
Tomato & Mozzarella on Ciabatta	whole panini	740	27	10	0.5	35	1550	95	6	9	29
Tomato & Mozzarella on Ciabatta	half panini	370	13	5	0	20	780	47	3	4	15

Signature Sandwiches

Asiago Steak on Asiago Cheese	whole sandwich	780	34	17	1	120	1310	67	4	4	50
Asiago Steak on Asiago Cheese	half sandwich	390	17	8	0	60	650	33	2	2	25
Bacon Turkey Bravo® on XL Tomato Basil	half sandwich	410	15	5	0.5	50	1500	43	2	4	26
Bacon Turkey Bravo® on XL Tomato Basil	whole sandwich	830	31	11	1	100	2990	85	4	9	52
Chicken Caesar on Three Cheese	half sandwich	370	16	5	0	70	630	35	2	3	22
Chicken Caesar on Three Cheese	whole sandwich	730	32	10	0.5	145	1260	70	4	6	44
Fontina Grilled Cheese on All Natural White	half sandwich	420	21	13	1	60	770	37	1	2	20
Fontina Grilled Cheese on All Natural White	whole sandwich	850	42	25	1.5	125	1530	74	3	4	41
Italian Combo on Ciabatta	half sandwich	500	21	8	0.5	80	1430	48	3	4	29
Italian Combo on Ciabatta	whole sandwich	990	42	16	1	160	2850	97	5	8	57
Napa Almond Chicken Salad on Sesame Semolina	half sandwich	350	13	2	0	35	590	44	3	6	15
Napa Almond Chicken Salad on Sesame Semolina	whole sandwich	700	27	4	0	65	1180	89	5	12	30
Roasted Turkey & Avocado BLT of Sourdough	whole sandwich	500	17	3	0	65	980	49	6	4	38
Roasted Turkey & Avocado BLT on Sourdough	half sandwich	250	9	1.5	0	30	490	25	3	2	19
Wild Salmon Club on French Croissant	half sandwich	380	24	8	0	75	560	20	1	5	21
Wild Salmon Club on French Croissant	whole sandwich	750	47	17	0.5	145	1090	36	2	10	41

Cafe Sandwiches

Classic Grilled Cheese on All Natural White Miche	half sandwich	290	10	7	0	30	720	37	1	3	13
Classic Grilled Cheese on All Natural White Miche	whole sandwich	580	19	15	0	55	1450	74	2	6	26
Mediterranean Veggie on XL Tomato Basil	half sandwich	290	7	1.5	0	5	700	48	4	5	11
Mediterranean Veggie on XL Tomato Basil	whole sandwich	590	13	3.5	0	10	1400	96	8	10	22
Sierra Turkey on Focaccia with Asiago Cheese	half sandwich	410	19	4.5	1	40	970	39	2	3	20
Sierra Turkey on Focaccia with Asiago Cheese	whole sandwich	810	37	9	1.5	80	1930	78	4	6	40
Smoked Ham & Swiss on Rye	half sandwich	290	9	4.5	0	45	1120	33	3	3	21
Smoked Ham & Swiss on Rye	whole sandwich	580	18	9	0.5	95	2250	67	5	6	42
Smoked Turkey Breast on Country	half sandwich	220	2	0	0.5	25	890	34	2	2	16

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Smoked Turkey Breast on Country	whole sandwich	430	3.5	1	1	50	1790	67	4	5	33
Tuna Salad on Honey Wheat	half sandwich	260	8	2	0	25	580	32	3	6	14
Tuna Salad on Honey Wheat	whole sandwich	510	16	4	0	45	1150	64	5	12	29

Soups

All Natural Low-Fat Chicken Noodle	1 1/2 cups	130	1.5	0	0	25	1440	23	3	0	9
All Natural Low-Fat Chicken Noodle cup	1 cup	80	1	0	0	20	960	15	2	0	6
All-Natural Turkey Chili	1 1/2 cups	280	12	2	0	40	1070	34	15	9	20
All-Natural Turkey Chili cup	1 cup	190	8	1	0	30	720	23	10	6	14
Baked Potato	1 1/2 cups	350	21	12	0.5	55	1020	32	4	2	8
Baked Potato cup	1 cup	230	14	8	0	35	680	22	3	1	5
Bistro French Onion	1 1/2 cups	320	15	8	0	25	1780	34	1	14	12
Bistro French Onion cup	1 cup	200	9	5	0	15	1150	21	1	9	8
Broccoli Cheddar	1 1/2 cups	330	21	14	0.5	75	1390	23	8	0	14
Broccoli Cheddar cup	1 cup	220	14	9	0	50	930	15	5	0	9
Cream of Chicken & Wild Rice	1 1/2 cups	310	20	9	0	45	1470	24	0	8	9
Cream of Chicken & Wild Rice cup	1 cup	210	13	6	0	30	980	16	0	5	6
Creamy Tomato with Croutons	1 1/2 cups	450	32	18	0.5	75	680	33	7	12	8
Creamy Tomato with Croutons cup	1 cup	330	23	12	0	50	510	26	5	8	6
Low Fat Garden Vegetable with Pesto	1 1/2 cups	150	5	1	0	5	920	27	12	6	4
Low Fat Garden Vegetable with Pesto cup	1 cup	100	3.5	0.5	0	5	610	18	8	4	3
Low-Fat Vegetarian Black Bean	1 1/2 cups	260	3	0	0	0	1360	54	9	4	13
Low-Fat Vegetarian Black Bean cup	1 cup	170	2	0	0	0	900	36	6	2	9
New England Clam Chowder	1 1/2 cups	720	62	41	1.5	160	1020	31	3	2	9
New England Clam Chowder cup	1 cup	480	42	27	1	105	680	21	2	1	6
Vegetarian Country Style Mushroom with Truffle	1 1/2 cups	340	25	15	0.5	65	850	23	2	4	6
Vegetarian Country Style Mushroom with Truffle cup	1 cup	240	18	11	0	45	610	16	1	3	4

Pastas

Cheese Tortellini with Alfredo Sauce large	2 cups	790	35	18	1	135	2430	88	4	3	29
Cheese Tortellini with Alfredo Sauce small	1 cup	390	18	9	0.5	65	1210	44	2	2	15
Chicken Sorrentina large	2 cups	790	39	10	0.5	135	2470	72	8	8	39
Chicken Sorrentina small	1 cup	390	19	5	0	70	1230	36	4	4	19
Sacchettini with Basil Pesto large	2 cups	930	52	13	0.5	90	1570	85	10	1	29
Sacchettini with Basil Pesto small	1 cup	460	26	7	0	45	780	43	5	0	14
Signature Mac & Cheese large	2 cups	980	61	26	1	130	2470	75	3	14	33
Signature Mac & Cheese small	1 cup	490	30	13	0.5	65	1240	37	1	7	17
Smoked Chicken Tortellini with Alfredo Sauce large	2 cups	840	37	19	1	165	2930	89	4	4	40
Smoked Chicken Tortellini with Alfredo Sauce small	1 cup	420	18	9	0.5	80	1460	45	2	2	20

Salads

Asian Sesame Chicken	half salad	210	11	2	0	40	250	13	2	3	16
Asian Sesame Chicken	whole salad	420	22	3.5	0	80	500	25	4	5	32
BBQ Chicken	half salad	240	10	1.5	0	45	280	22	3	9	16
BBQ Chicken	whole salad	480	21	3	0	90	550	44	6	19	31
Caesar	half salad	160	12	3.5	0	25	240	8	1	1	5
Caesar	whole salad	310	24	7	0.5	50	480	17	3	2	9

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Chicken Caesar	half salad	220	13	3.5	0	65	330	10	1	1	17
Chicken Caesar	whole salad	440	26	7	0.5	125	660	19	3	2	34
Chicken Cobb with Avocado	half salad	320	24	6	0	135	480	8	3	1	21
Chicken Cobb with Avocado	whole salad	650	48	11	0	275	970	16	6	3	41
Classic Cafe	half salad	80	5	1	0	0	70	8	2	6	1
Classic Cafe	whole salad	170	11	1.5	0	0	140	17	3	12	2
Fuji Apple with Chicken	half salad	270	17	3.5	0	50	310	17	3	11	16
Fuji Apple with Chicken	whole salad	550	34	7	0.5	95	620	35	6	21	32
Greek	half salad	180	16	4	0	10	570	7	2	2	4
Greek	whole salad	360	32	8	0	25	1140	13	4	4	8
Greek with Shrimp	half salad	230	17	4	0	105	690	7	2	2	15
Greek with Shrimp	whole salad	460	33	8	0	215	1380	13	4	4	30
Mediterranean Salmon Couscous	half salad	230	10	2.5	0	35	500	18	4	8	17
Mediterranean Salmon Couscous	whole salad	450	20	4.5	0	70	990	36	7	16	34
Mediterranean Shrimp Couscous	half salad	180	7	1.5	0	100	520	16	3	8	15
Mediterranean Shrimp Couscous	whole salad	360	14	3	0	195	1040	32	7	15	31
Spinach Power	half salad	220	14	2.5	0	90	350	16	2	6	8
Spinach Power	whole salad	450	29	5	0	180	700	33	4	12	16
Steak & Blue Cheese	half salad	340	24	7	0	55	530	14	2	5	18
Steak & Blue Cheese	whole salad	680	48	14	0.5	110	1060	29	5	9	36
Thai Chicken	half salad	240	9	2	0	40	550	21	4	7	19
Thai Chicken	whole salad	490	19	4	0	80	1100	42	7	14	39
Wild Salmon Caesar	half salad	240	15	4	0	55	320	8	1	1	17
Wild Salmon Caesar	whole salad	480	31	8	0.5	110	640	17	3	2	33

Dressings

Asian Sesame Vinaigrette	1 1/2 Tbsp	50	4.5	0.5	0	0	85	3	0	2	0
Asian Sesame Vinaigrette	3 Tbsp	110	9	1.5	0	0	170	6	0	3	0
BBQ Ranch Dressing	1 1/2 Tbsp	70	6	1	0	5	90	4	0	3	0
BBQ Ranch Dressing	3 Tbsp	140	12	2	0	10	180	8	0	7	1
Blue Cheese Vinaigrette	1 1/2 Tbsp	90	9	1.5	0	5	115	2	0	2	0
Blue Cheese Vinaigrette	3 Tbsp	180	19	3	0	10	230	3	0	3	1
Caesar Dressing	1 1/2 Tbsp	80	8	1.5	0	15	105	2	0	0	0
Caesar Dressing	3 Tbsp	160	16	2.5	0	35	210	3	0	1	1
Greek Dressing/Herb Vinaigrette	1 1/2 Tbsp	110	12	2	0	0	160	1	0	0	0
Greek Dressing/Herb Vinaigrette	3 Tbsp	220	24	3.5	0	0	310	3	0	0	0
Light Buttermilk Ranch (available in select locations)	1 1/2 Tbsp	40	2.5	0	0	0	160	4	0	1	0
Light Buttermilk Ranch (available in select locations)	3 Tbsp	80	5	1	0	0	310	9	1	2	0
Low Fat Meyer Lemon Balsamic Vinaigrette	1 1/2 Tbsp	30	1	0	0	0	60	5	0	4	0
Low Fat Meyer Lemon Balsamic Vinaigrette	3 Tbsp	60	2	0	0	0	115	10	0	8	0
Low Fat Thai Chili Vinaigrette	1 1/2 Tbsp	25	1	0	0	0	90	4	0	3	0
Low Fat Thai Chili Vinaigrette	3 Tbsp	50	1.5	0	0	0	180	8	0	6	0
Peanut Sauce	1 Tbsp	35	2	0.5	0	0	170	3	0	2	1
Peanut Sauce	2 Tbsp	70	4	1	0	0	340	7	1	4	2
Reduced Fat Balsamic Vinaigrette	1 1/2 Tbsp	60	5	1	0	0	55	4	0	4	0
Reduced Fat Balsamic Vinaigrette	3 Tbsp	130	11	1.5	0	0	110	8	0	8	0
Smoky Vidalia® Onion Vinaigrette	1 1/2 Tbsp	50	3	0	0	0	95	5	0	4	0
Smoky Vidalia® Onion Vinaigrette	3 Tbsp	100	6	1	0	0	190	9	0	8	1
White Balsamic Apple Vinaigrette	1 1/2 Tbsp	80	6	1	0	0	90	6	0	5	0
White Balsamic Apple Vinaigrette	3 Tbsp	150	12	2	0	0	180	12	0	11	0

Frozen Drinks

Caramel	16 fl oz	560	21	13	0.5	65	170	101	0	76	4
Mocha	16 fl oz	540	17	10	0.5	50	130	94	3	74	5

Fruit Smoothies

Low Fat B-Green Smoothie	16 fl oz	190	0.5	0	0	0	25	49	4	35	2
Low Fat Mango Smoothie	16 fl oz	270	1.5	1	0	5	95	59	2	54	7
Low Fat Strawberry Smoothie with Ginseng	16 fl oz	280	1.5	1	0	5	100	60	2	58	7
Low Fat Wild Berry Smoothie	16 fl oz	340	1.5	1	0	5	105	75	2	68	6
Fat Free Superfruit Smoothie with Ginseng	16 fl oz	210	0	0	0	0	75	34	2	30	16

Iced Drinks

Brewed Tea (Acai)	20 fl oz	0	0	0	0	0	0	0	0	0	0
Brewed Tea (Acai)	32 fl oz	0	0	0	0	0	0	0	0	0	0
Brewed Tea (Black)	32 fl oz	0	0	0	0	0	30	0	0	0	0
Brewed Tea (Black)	20 fl oz	0	0	0	0	0	20	0	0	0	0
Iced Chai Tea Latte	16 fl oz	160	3.5	2	0	15	75	26	0	26	6
Iced Infused Green Tea (with passionfruit & papaya)	20 fl oz	130	0	0	0	0	10	31	0	30	0
Iced Infused Green Tea (with passionfruit & papaya)	32 fl oz	180	0	0	0	0	15	44	0	43	0
Lemonade	20 fl oz	160	0	0	0	0	10	41	0	41	0
Lemonade	32 fl oz	240	0	0	0	0	15	59	0	59	0
Tropical Hibiscus Flavored Iced Herbal Tea	20 fl oz	0	0	0	0	0	0	0	0	0	0
Tropical Hibiscus Flavored Iced Herbal Tea	32 fl oz	0	0	0	0	0	0	0	0	0	0

Espresso

Caffe Latte	16 fl oz	120	4.5	3	0	20	95	12	0	11	8
Caffe Mocha	16 fl oz	360	13	8	0	40	150	51	3	38	10
Cappuccino	16 fl oz	120	4.5	3	0	20	95	12	0	11	8
Caramel Latte	16 fl oz	380	17	11	0	55	190	58	0	40	9
Vanilla Latte	16 fl oz	230	5	3	0	20	115	36	0	34	9
Vanilla Latte with Sugar Free Vanilla Syrup	16 fl oz	100	0	0	0	5	120	14	0	12	9
Skinny Caffe Mocha	16 fl oz	200	1	0.5	0	5	135	40	2	30	9

Hot Drinks

Chai Tea Latte	16 fl oz	200	4	2.5	0	15	90	33	0	32	7
Coffee	12 fl oz	5	0	0	0	0	5	0	0	0	0
Coffee	16 fl oz	5	0	0	0	0	10	0	0	0	1
Coffee	20 fl oz	5	0	0	0	0	10	0	0	0	1
Coffee, Decaf	12 fl oz	5	0	0	0	0	0	0	0	0	0
Coffee, Decaf	16 fl oz	5	0	0	0	0	5	0	0	0	0
Coffee, Decaf	20 fl oz	5	0	0	0	0	5	0	0	0	1
Signature Hot Chocolate with Chocolate Chip Marshmallows	16 fl oz	500	16	10	0	45	250	81	4	63	11
Tea Bags (all flavors)	8 fl oz	0	0	0	0	0	0	0	0	0	0

Drinks

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Premium Orange Juice	11.5 fl oz	160	0	0	0	0	0	37	0	30	3
Organic 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
Organic Apple Juice	8 fl oz	120	0	0	0	0	25	29	0	29	0

Panera Kids™

Mac & Cheese	1 cup	490	30	13	0.5	65	1240	37	1	7	17
Smoked Ham Deli Sandwich on All Natural White Loaf	whole sandwich	290	9	6	0	45	1160	33	1	3	19
Smoked Turkey Deli Sandwich on All Natural White Loaf	whole sandwich	290	8	5	0.5	45	1070	33	1	3	21
Grilled Cheese Sandwich on All Natural White Loaf	whole sandwich	400	13	10	0	40	1000	53	2	4	18
Peanut Butter & Jelly Sandwich on All Natural White Loaf	whole sandwich	400	17	3.5	0	5	470	54	3	20	11
Buttered Ribbon Noodles	2 cups	350	12	7	0	35	160	52	4	0	8
Organic Yogurt (blueberry, strawberry)	1 tube	60	0.5	0	0	5	40	11	0	10	2

Sides

Apple	1 apple	80	0	0	0	0	0	21	4	15	0
French baguette	2.5 oz	180	1	0	0	0	440	36	1	0	6
Whole grain baguette	2.5 oz	180	1.5	0	0	0	400	36	4	3	7
Panera potato chips	1 bag	150	8	0.5	0	0	170	17	1	0	2
Baked Lays potato chips	1 bag	130	2	0	0	0	200	26	2	2	2
Pickle spear	1 spear	5	0	0	0	0	410	1	1	0	0

Power Menu

Power Breakfast Egg Bowl with Steak	1 bowl	270	17	5	0	400	440	6	3	2	24
Power Breakfast Egg White Bowl with Roasted Turkey	1 bowl	170	4.5	0.5	0	25	500	5	1	2	26
Power Mediterranean Chicken	1 bowl	360	22	4.5	0	215	430	8	2	2	33
Power Mediterranean Roasted Turkey	1 bowl	290	16	2.5	0	55	800	9	4	4	26
Power Steak Lettuce Wraps	1 bowl	210	10	3.5	0	65	240	7	2	3	24
Power Chicken Hummus Bowl	1 bowl	330	14	2	0	80	550	20	7	3	25

Nutritional information provided on this Site is based on Panera® 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, including the fact that our menu items are handcrafted and may be customized, variations in serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional and seasonal differences. Accordingly, Panera cannot guarantee that the nutritional information provided on this Site or available in any bakery-cafe is completely accurate as it relates to the prepared menu items in every bakery-cafe.

In addition, testing of new recipes of existing products may be conducted from time to time in certain markets. These new recipes may contain different/additional ingredients, including allergens, as compared to the original version. Some bakery-cafes may serve menu items which are not listed on this Site. For the most up-to-date information on limited time offering menu items (including test items), please call or visit your nearest bakery-cafe to speak with a manager.

The information provided in this document is applicable to participating Panera Bread bakery-cafes in the United States, excluding New Mexico and Arizona. For nutritional information related to menu items made available in Canada, New Mexico or Arizona, please visit your local Panera Bread bakery-cafe in Canada, New Mexico or Arizona.

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. MA notice: Before placing your order, please inform your server if a person in your party has a food allergy. Canada notice: Many of our products also contain or may come into contact with common allergens, including sulfites and sesame.