



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	1020	59	3	4	23
Mediterranean Egg White on Ciabatta		1 sandwich	420	15	6	0	25	870	48	2	1	12
Bacon, Egg & Cheese on Asiago Cheese Bagel		1 sandwich	620	27	13	0.5	250	1260	56	2	4	34
Sausage, Egg & Cheese on Ciabatta		1 sandwich	560	29	12	0	250	1140	44	2	1	28
Ham, Egg & Cheese Breakfast Power Sandwich		1 sandwich	350	15	7	0	220	920	31	4	3	16
Avocado, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	410	13	6	0	25	480	52	5	4	12
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	1260	44	2	1	29
Egg & Cheese on Ciabatta		1 sandwich	400	15	7	0	205	810	43	2	1	11
Breakfast Favorites												
Steel Cut Oatmeal with Blueberries & Granola		1 1/3 cups	340	8	3	0	0	170	62	9	22	6
Steel Cut Oatmeal with Strawberries & Pecans		1 1/3 cups	340	14	2	0	0	160	51	9	16	6
Power Almond Quinoa Oatmeal		1 bowl	300	6	1	0	0	220	52	9	7	8
Strawberry Granola Parfait		1 parfait	310	11	4.5	0	10	100	43	3	30	9
Summer Fruit Cup		1 cup	60	0	0	0	0	10	15	2	9	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	33	19	0.5	170	840	39	2	8	19
Spinach & Bacon		1 soufflé	560	36	19	1	180	980	37	1	9	22
Bagels & Cream Cheese Spreads												
Bagels												
Chocolate Chip Bagel		1 bagel	380	6	3	0	5	410	68	2	13	11
French Toast Bagel		1 bagel	350	4	2.5	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	0	15	470	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	1.5	0	0	0	180	47	3	3	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	300	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	10	6	0	30	250	3	1	2	4
Reduced-Fat Roasted Vegetable Medley Cream Cheese	Tub	1 oz	60	5	3	0	15	130	2	1	0	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	24	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	31	7
Sweet Rolls												
Bear Claw		1 pastry	570	28	13	0.5	70	410	69	3	33	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	32	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	42	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	460	18	3	0	60	340	69	2	40	6
		1 muffin	580	22	4	0	30	480	90	2	52	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	250	7	1.5	0	30	170	45	1	28	4
	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	440	20	13	0.5	70	270	60	1	33	5
		1 cookie	430	21	13	1	55	190	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	440	22	14	0.5	60	330	58	3	33	5
		1 cookie	390	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	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	0.5	0	0	0	360	29	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	1	0	5	300	24	1	0	6
Sea Salt Focaccia	Loaf	2 oz	160	2	0	0	0	410	30	1	0	6
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	1.5	0	0	0	300	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	150	4	2	0	10	300	23	1	0	7
Cinnamon Raisin Swirl	Loaf	2 oz	190	6	3	0	30	190	31	1	12	5
Classic White	Miche	2 oz	150	2	1	0	5	280	28	1	2	5
Classic White	Loaf	2 oz	150	2	1	0	5	280	28	1	2	5
Tomato Basil	XL Loaf	2 oz	140	1	0	0	0	330	28	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												
Peach & Blueberry Smoothie with almond milk	Medium	16 fl oz	180	2	0	0	0	55	43	2	39	2
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	250	1	0.5	0	5	50	59	4	45	4
Low-Fat Mango Smoothie	Medium	16 fl oz	270	1.5	1	0	5	100	59	2	54	7
Superfruit Power Smoothie	Medium	16 fl oz	200	0	0	0	0	60	34	4	31	14
Frozen Drinks												
Frozen Lemonade	Medium	16 fl oz	200	0	0	0	0	10	49	0	49	0
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	75	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
Passion Fruit White Hibiscus Iced Tea	Medium	20 fl oz	0	0	0	0	0	0	0	0	0	0
Passion Fruit White 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												
Joia Grapefruit All-Natural Soda		1 bottle	110	0	0	0	0	0	36	0	27	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
Tropical Fruit Punch	Large	32 fl oz	440	0	0	0	0	100	120	0	120	0

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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	290	11	3	0	30	640	29	2	1	14
Roasted Turkey & Caramelized Kale	Whole	whole panini	590	22	6	0	65	1280	58	4	3	28
Frontega Chicken® Panini on Focaccia	Half	half panini	380	12	4	0	50	1030	42	2	2	24
Frontega Chicken® Panini on Focaccia	Whole	whole panini	750	24	8	0	105	2050	85	4	4	48
Steak & White Cheddar Panini on French Baguette	Half	half panini	520	23	8	0.5	65	930	51	3	2	17
Steak & White Cheddar Panini on French Baguette	Whole	whole panini	1040	46	17	1	130	1850	102	5	4	34
Sandwiches												
Steak & Arugula on Sourdough	Half	half sandwich	250	9	4	0	45	430	25	2	4	12
Steak & Arugula on Sourdough	Whole	whole sandwich	500	19	8	0	90	870	51	4	8	24
Roasted Turkey & Avocado BLT on Sourdough	Half	half sandwich	270	12	2	0	30	470	24	3	1	12
Roasted Turkey & Avocado BLT on Sourdough	Whole	whole sandwich	540	25	4	0	60	940	48	6	3	24
Italian Combo Sandwich on Ciabatta	Half	half sandwich	500	20	8	0.5	80	1400	48	3	3	21
Italian Combo Sandwich on Ciabatta	Whole	whole sandwich	1000	41	16	1	155	2810	97	6	6	42
Bacon Turkey Bravo® Sandwich on Tomato Basil	Half	half sandwich	390	13	5	0.5	55	1390	42	3	4	19
Bacon Turkey Bravo® Sandwich on Tomato Basil	Whole	whole sandwich	780	26	10	1.5	110	2780	83	5	9	37
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Half	half sandwich	350	13	2	0	35	570	45	3	6	8
Napa Almond Chicken Salad Sandwich on Sesame Semolina	Whole	whole sandwich	700	26	4.5	0	70	1140	90	6	13	17
Mediterranean Veggie Sandwich on Tomato Basil	Half	half sandwich	280	6	1.5	0	5	700	47	3	5	10
Mediterranean Veggie Sandwich on Tomato Basil	Whole	whole sandwich	560	12	3	0	10	1400	94	7	9	20
Sierra Turkey Sandwich on Asiago Cheese Focaccia	Half	half sandwich	360	13	3.5	0.5	40	1050	41	2	2	13
Sierra Turkey Sandwich on Asiago Cheese Focaccia	Whole	whole sandwich	730	26	7	1	75	2100	81	4	4	25
Classic Grilled Cheese on Classic White Bread	Half	half sandwich	290	10	7	0	30	740	37	1	5	7
Classic Grilled Cheese on Classic White Bread	Whole	whole sandwich	580	19	15	0	55	1470	74	2	9	14
Smoked Turkey Breast Sandwich on Country	Half	half sandwich	220	2	0	0.5	25	890	34	2	2	11
Smoked Turkey Breast Sandwich on Country	Whole	whole sandwich	440	3.5	1	1	50	1770	68	4	5	23

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Tuna Salad Sandwich on Honey Wheat	Half	half sandwich	260	8	2	0	15	550	32	3	6	10
Tuna Salad Sandwich on Honey Wheat	Whole	whole sandwich	520	16	4	0	35	1090	65	5	12	19
Smoked Ham & Swiss Sandwich on Rye	Half	half sandwich	310	9	4.5	0	50	1120	33	3	3	17
Smoked Ham & Swiss Sandwich on Rye	Whole	whole sandwich	610	18	9	0	100	2240	67	6	6	34

Flatbread Sandwiches

BBQ Chicken Flatbread	1 Flatbread	1 flatbread	370	16	9	0	55	800	40	4	10	12
BBQ Chicken Flatbread	2 Flatbreads	2 flatbreads	750	32	18	1	115	1600	80	8	19	25
Mediterranean Flatbread	1 Flatbread	1 flatbread	310	11	6	0	45	560	37	4	4	9
Mediterranean Flatbread	2 Flatbreads	2 flatbreads	620	23	11	0	85	1120	73	8	9	17
Chicken, Ham & Swiss Flatbread	1 Flatbread	1 flatbread	360	17	10	0	70	580	31	3	3	15
Chicken, Ham & Swiss Flatbread	2 Flatbreads	2 flatbreads	720	34	20	0.5	145	1160	62	6	7	31
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	68	6	9	11

Hand Tossed Salads

Salads

Strawberry Poppyseed Salad with Chicken	Half	half salad	170	7	1	0	40	140	15	3	10	12
Strawberry Poppyseed Salad with Chicken	Whole	whole salad	340	13	1.5	0	80	280	31	6	20	25
Green Goddess Cobb Salad with Chicken	Half	half salad	260	15	3.5	0	140	330	12	4	5	17
Green Goddess Cobb Salad with Chicken	Whole	whole salad	530	31	7	0	285	650	24	7	11	35
Chinese Citrus Cashew Salad with Chicken	Half	half salad	270	14	2.5	0	40	460	23	3	14	12
Chinese Citrus Cashew Salad with Chicken	Whole	whole salad	540	27	4.5	0	80	920	45	5	27	25
Modern Greek Salad with Quinoa	Half	half salad	250	20	3.5	0	5	440	14	4	2	5
Modern Greek Salad with Quinoa	Whole	whole salad	510	40	7	0	15	870	28	8	4	11
Romaine & Kale Caesar Salad with Chicken	Half	half salad	240	16	5	0	70	470	5	1	1	21
Romaine & Kale Caesar Salad with Chicken	Whole	whole salad	490	32	11	0	140	940	10	3	2	41
Spicy Thai Salad with Chicken	Half	half salad	260	11	1.5	0	40	380	21	4	6	13
Spicy Thai Salad with Chicken	Whole	whole salad	510	22	3	0	80	750	41	8	12	25
Fuji Apple Salad with Chicken	Half	half salad	280	17	3.5	0	45	290	18	3	10	15
Fuji Apple Salad with Chicken	Whole	whole salad	570	34	7	0	95	580	36	7	20	30
BBQ Salad with Chicken	Half	half salad	220	10	1.5	0	45	250	19	3	10	12
BBQ Salad with Chicken	Whole	whole salad	450	20	3	0	85	500	37	6	19	25
Caesar Salad with Chicken	Half	half salad	190	12	3	0	55	320	6	1	1	13

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar Salad with Chicken	Whole	whole salad	420	25	6	0	115	710	16	2	2	28
Greek Salad with Chicken	Half	half salad	260	19	4.5	0	50	580	8	2	4	15
Greek Salad with Chicken	Whole	whole salad	530	38	9	0	100	1160	15	4	7	29
Seasonal Greens Salad	Half	half salad	90	6	1	0	0	75	10	2	7	2
Seasonal Greens Salad	Whole	whole salad	180	11	1.5	0	0	150	20	4	13	4
Seasonal Greens Salad with Chicken	Half	half salad	160	7	1	0	40	160	11	2	7	13
Seasonal Greens Salad with Chicken	Whole	whole salad	310	13	2.5	0	80	320	22	4	13	27
Greek Salad	Half	half salad	200	18	4	0	10	510	7	2	4	4
Greek Salad	Whole	whole salad	400	36	8	0	25	1010	13	4	7	5
Caesar Salad	Half	half salad	130	11	2.5	0	20	230	4	1	1	4
Caesar Salad	Whole	whole salad	290	23	5	0	35	530	14	2	2	8

Dressings

Green Goddess Dressing	Half	1 1/2 Tbsp	60	5	1	0	5	70	1	0	1	1
Green Goddess Dressing	Whole	3 Tbsp	110	10	1.5	0	5	140	3	0	3	2
Fat Free Poppyseed Dressing	Half	1 1/2 Tbsp	15	0	0	0	0	45	3	0	2	0
Fat Free Poppyseed Dressing	Whole	3 Tbsp	30	0	0	0	0	95	6	1	5	0
Soy Miso Lime Dressing	Half	1 1/2 Tbsp	90	8	1	0	0	310	5	0	3	1
Soy Miso Lime Dressing	Whole	3 Tbsp	180	16	2.5	0	0	610	10	0	6	1
Champagne Dijon Vinegar & Extra Virgin Olive Oil	Half	1 1/2 Tbsp	80	7	1	0	0	100	3	0	3	0
Champagne Dijon Vinegar & Extra Virgin Olive Oil	Whole	3 Tbsp	150	14	2	0	0	200	7	0	6	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	0	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

Pastas

Chicken Tortellini Alfredo

Tortellini Alfredo

Mac & Cheese

Mac & Cheese

Soups

Vegetarian Summer Corn Chowder

Vegetarian Summer Corn Chowder

Vegetarian Summer Corn Chowder

Bistro French Onion Soup

Bistro French Onion Soup

Bistro French Onion Soup

Baked Potato Soup

Baked Potato Soup

Baked Potato Soup

Low-Fat Vegetarian Black Bean Soup

Low-Fat Vegetarian Black Bean Soup

Low-Fat Vegetarian Black Bean Soup

Broccoli Cheddar Soup

Broccoli Cheddar Soup

Broccoli Cheddar Soup

Vegetarian Creamy Tomato Soup

Vegetarian Creamy Tomato Soup

Vegetarian Creamy Tomato Soup

Low-Fat Vegetarian Garden Vegetable Soup with Pesto

Low-Fat Vegetarian Garden Vegetable Soup with Pesto

Low-Fat Vegetarian Garden Vegetable Soup with Pesto

New England Clam Chowder

New England Clam Chowder

New England Clam Chowder

Low-Fat Chicken Noodle Soup

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Thai Garden Chicken Wonton		1 bowl	290	6	1.5	0	40	1320	37	4	6	23
Chicken Tortellini Alfredo		2 cups	740	39	21	1	130	1660	68	3	2	30
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
Vegetarian Summer Corn Chowder	Cup	1 cup	210	13	8	0	40	870	22	2	5	3
Vegetarian Summer Corn Chowder	Bowl	1 1/2 cups	320	20	12	0	60	1310	34	3	8	5
Vegetarian Summer Corn Chowder	Bread Bowl		870	16	8	0	40	2220	154	6	6	26
Bistro French Onion Soup	Cup	1 cup	190	10	5	0	15	1260	19	2	8	7
Bistro French Onion Soup	Bowl	1 1/2 cups	310	16	8	0	20	1960	33	4	12	11
Bistro French Onion Soup	Bread Bowl		850	13	6	0	15	2610	151	7	8	30
Baked Potato Soup	Cup	1 cup	220	13	7	0	30	950	22	3	3	6
Baked Potato Soup	Bowl	1 1/2 cups	330	20	10	0	45	1420	33	4	5	9
Baked Potato Soup	Bread Bowl		880	16	7	0	30	2290	154	7	4	29
Low-Fat Vegetarian Black Bean Soup	Cup	1 cup	90	1	0	0	0	740	27	12	1	5
Low-Fat Vegetarian Black Bean Soup	Bowl	1 1/2 cups	140	2	0	0	0	1110	40	17	2	7
Low-Fat Vegetarian Black Bean Soup	Bread Bowl		750	4	0.5	0	0	2080	158	16	2	28
Broccoli Cheddar Soup	Cup	1 cup	220	14	8	0	50	960	14	1	5	8
Broccoli Cheddar Soup	Bowl	1 1/2 cups	350	23	14	0.5	75	1520	22	2	9	13
Broccoli Cheddar Soup	Bread Bowl		880	17	9	0	50	2300	146	6	6	31
Vegetarian Creamy Tomato Soup	Cup	1 cup	220	14	5	0	35	590	22	2	9	3
Vegetarian Creamy Tomato Soup	Bowl	1 1/2 cups	310	20	7	0	50	850	31	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 Chicken Noodle Soup	Cup	1 cup	110	3	1	0	75	930	13	2	1	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)
Low-Fat Chicken Noodle Soup	Bowl	1 1/2 cups	160	5	1.5	0	110	1400	19	3	2	14
Low-Fat Chicken Noodle Soup	Bread Bowl		770	6	1.5	0	75	2280	144	7	2	33
Cream of Chicken & Wild Rice Soup	Cup	1 cup	180	10	4.5	0	25	920	18	4	1	6
Cream of Chicken & Wild Rice Soup	Bowl	1 1/2 cups	260	16	7	0.5	35	1390	27	5	2	10
Cream of Chicken & Wild Rice Soup	Bread Bowl		840	13	5	0	25	2270	149	8	2	30

Panera Kids™

Salads

Kids Greek Salad		whole salad	200	18	4	0	10	510	7	2	4	4
Kids Seasonal Greens Salad		whole salad	90	6	1	0	0	75	10	2	7	2
Kids Caesar Salad		whole salad	130	11	2.5	0	20	230	4	1	1	4

Pastas

Kids Mac & Cheese		1 cup	490	30	13	0.5	60	1020	38	1	6	17
Kids Buttered Ribbon Noodles		1 cup	350	12	7	0	35	160	52	4	0	8

Soups

Kids Vegetarian Summer Corn Chowder		1 cup	210	13	8	0	40	870	22	2	5	3
Kids Bistro French Onion Soup		1 cup	190	10	5	0	15	1260	19	2	8	7
Kids Baked Potato Soup		1 cup	220	13	7	0	30	950	22	3	3	6
Kids Low-Fat Vegetarian Black Bean Soup		1 cup	90	1	0	0	0	740	27	12	1	5
Kids Broccoli Cheddar Soup		1 cup	220	14	8	0	50	960	14	1	5	8
Kids Vegetarian Creamy Tomato Soup		1 cup	220	14	5	0	35	590	22	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 Chicken Noodle Soup		1 cup	110	3	1	0	75	930	13	2	1	10
Kids Cream of Chicken & Wild Rice Soup		1 cup	180	10	4.5	0	25	920	18	4	1	6

Sandwiches

Kids Smoked Ham Sandwich on Classic White Bread		whole sandwich	300	9	6	0	50	1180	34	1	5	14
Kids Smoked Turkey Sandwich on Classic White Bread		whole sandwich	290	8	5	0.5	45	1090	33	1	4	15
Kids Peanut Butter & Jelly on Classic White Bread		whole sandwich	400	17	3.5	0	5	460	52	3	19	11
Kids Grilled Cheese on Classic White Bread		whole sandwich	410	13	10	0	40	1010	53	2	6	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	0	10	310	32	1	4	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.