



Panera Bread® Nutrition Information - US

Breakfast

Breakfast Sandwiches

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Steak & Egg on Everything Bagel		1 sandwich	540	18	8	0	240	1010	59	3	4	23
Mediterranean Egg White on Ciabatta		1 sandwich	420	16	6	0	25	850	48	2	1	22
Bacon, Egg & Cheese on Asiago Cheese Bagel		1 sandwich	680	33	14	0.5	260	1370	57	2	5	37
Sausage, Egg & Cheese on Ciabatta		1 sandwich	560	29	12	0	250	1110	45	2	1	29
Ham, Egg & Cheese Breakfast Power Sandwich		1 sandwich	340	15	7	0	220	890	30	4	3	23
Avocado, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	410	14	6	0	25	600	52	7	4	22
Turkey Sausage, Egg White & Spinach Breakfast Power Sandwich		1 sandwich	390	10	5	0	40	790	50	5	4	26
Bacon, Egg & Cheese on Ciabatta		1 sandwich	590	30	12	0	245	1360	45	2	2	33
Egg & Cheese on Ciabatta		1 sandwich	400	16	7	0	205	790	44	2	1	21

Breakfast Favorites

Steel Cut Oatmeal with Apple Chips & Pecans		1 1/3 cups	370	15	2	0	0	170	53	9	18	6
Steel Cut Oatmeal with Strawberries & Pecans		1 1/3 cups	340	14	2	0	0	160	51	9	16	6
Steel Cut Oatmeal with Almonds, Quinoa & Honey		1 bowl	300	6	1	0	0	220	52	9	7	8
Strawberry Granola Parfait		1 parfait	330	12	5	0	10	95	47	4	33	9

Soufflés

Ham & Swiss		1 soufflé	440	29	16	0	165	900	37	1	8	19
Four Cheese		1 soufflé	400	28	16	0	175	840	37	1	8	14
Spinach & Artichoke		1 soufflé	520	33	18	0	175	890	38	2	8	18
Spinach & Bacon		1 soufflé	540	35	18	0	190	910	37	1	8	19

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	82	2	32	10
Asiago Cheese Bagel		1 bagel	330	6	3	0	15	470	55	2	3	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)
Plain Bagel		1 bagel	290	1.5	0	0	0	410	58	2	3	10
Sprouted Grain Bagel Flat		1 bagel	240	1.5	0	0	0	310	47	5	3	9
Whole Grain Bagel		1 bagel	330	2.5	0	0	0	460	67	7	5	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	55	280	52	2	23	8
Cheese Pastry		1 pastry	400	22	13	0	70	340	42	1	14	7
Chocolate Pastry		1 pastry	410	23	14	0	55	250	46	2	17	7
Cherry Pastry		1 pastry	450	21	13	0	65	360	57	1	28	7

Sweet Rolls

Bear Claw		1 pastry	500	23	10	0	60	390	65	3	30	9
Cinnamon Roll		1 roll	730	27	13	0	105	720	107	3	50	14
Pecan Roll		1 roll	720	41	11	0	60	480	77	5	34	13
Cobblestone		1 roll	560	12	7	0	60	500	102	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	490	20	13	0.5	65	830	73	1	38	7
	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	450	12	2.5	0	55	330	80	2	49	7
	1 muffin	460	18	3	0	60	340	69	2	40	6
	1 muffin	480	19	3	0	65	360	71	3	40	6
	1 muffin	580	22	4	0	30	480	90	2	52	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											
Slice	1 slice	470	25	9	0	105	320	53	1	29	6
	1 brownie	520	22	11	0	40	250	80	4	58	6
Cookies											
	1 cookie	420	20	12	0.5	75	260	57	1	29	5
	1 cookie	380	19	11	0	50	290	51	2	30	4
	1 cookie	140	7	6	0	0	65	17	2	14	1
	1 cookie	430	21	13	1	55	190	58	1	31	4
	1 cookie	800	43	27	1	85	760	98	3	56	8
	1 cookie	340	13	7	0	50	170	54	2	32	4
	1 petite cookie	100	4.5	3	0	10	75	13	0	8	1
	1 cookie	230	14	8	0.5	35	95	25	1	10	2
	1 cookie	380	23	14	1	60	170	40	1	12	4
	1 cookie	330	14	6	0	10	130	53	6	45	5
	1 cookie	330	14	6	0	10	130	53	6	45	5

	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pastries												
French Croissant		1 croissant	310	18	11	0	60	260	32	1	7	6
Pastry Ring	Slice	1 slice	260	13	8	0	40	170	32	1	18	3
Freshly Baked Breads												
Artisan Breads												
Asiago Cheese Focaccia	Loaf	2 oz	150	3	1	0	5	300	24	1	0	6
Ciabatta	Loaf	2 oz	150	2	0	0	0	300	28	1	0	6
Country	Loaf	2 oz	130	0.5	0	0	0	310	26	1	0	5
Cranberry Walnut Miche	Loaf	2 oz	140	2.5	0	0	0	250	25	2	4	6
French	Baguette	2.5 oz	150	0.5	0	0	0	360	29	1	0	5
Hoagie Roll	Loaf	1 roll	290	3.5	1.5	0	0	600	53	2	1	9
Rye	Loaf	2 oz	130	0.5	0	0	0	380	24	2	0	6
Sea Salt Focaccia	Loaf	2 oz	160	2	0	0	0	410	30	1	0	6
Sesame Semolina	Miche	2 oz	140	1	0	0	0	360	30	1	1	5
Whole Grain	Loaf	2 oz	130	1	0	0	0	240	26	3	2	6
Specialty Breads												
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	270	27	1	2	5
Classic White	Loaf	2 oz	150	2	1	0	5	280	28	1	2	5
Honey Wheat	Loaf	2 oz	170	3	1.5	0	0	240	30	2	4	5
Soft Dinner Roll	Roll	1 Roll	190	3.5	1	0	10	310	32	1	4	6
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
Sprouted Grain Roll	Roll	1 roll	170	1	0	0	0	360	33	3	3	6
Tomato Basil	XL Loaf	2 oz	150	1	0	0	0	370	28	1	1	6
Drinks												
Espresso & Hot Drinks												
Caffe Mocha	Medium	16 fl oz	380	12	8	0	45	170	56	2	38	11
Caffe Latte	Medium	16 fl oz	130	5	3	0	20	110	14	0	12	9

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Cappuccino	Medium	16 fl oz	130	5	3	0	20	110	14	0	12	9
Caramel Latte	Medium	16 fl oz	410	16	10	0	60	240	55	0	45	11
Chai Tea Latte	Medium	16 fl oz	240	4.5	3	0	20	95	42	0	40	7
Espresso	1 Shot	1 shot	5	0	0	0	0	0	1	0	0	0
Signature Hot Chocolate	Medium	16 fl oz	510	15	9	0	50	250	84	3	61	11
Skinny Caffè Mocha	Medium	16 fl oz	250	1	0.5	0	5	160	49	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
Smoothies												
Carrot Pineapple Smoothie	Medium	16 fl oz	200	0	0	0	0	45	51	4	44	2
Green Passion Smoothie	Medium	16 fl oz	200	0	0	0	0	30	51	2	47	2
Mango Smoothie	Medium	16 fl oz	300	2	1.5	0	10	95	62	2	57	7
Strawberry Smoothie	Medium	16 fl oz	290	2	1.5	0	10	90	62	2	57	7
Strawberry Banana Smoothie	Medium	16 fl oz	260	1.5	1	0	5	50	59	4	46	5
Superfruit Power Smoothie with Greek yogurt	Medium	16 fl oz	120	0	0	0	0	0	28	4	26	14
Frozen Drinks												
Frozen Caramel	Medium	16 fl oz	560	23	14	0.5	75	190	83	0	68	7
Frozen Mocha	Medium	16 fl oz	530	19	12	0	60	120	84	2	62	7
Iced Beverages												
Iced Caffè Latte	Medium	20 fl oz	170	6	4	0	25	140	17	0	15	11
Iced Caffè Mocha	Medium	20 fl oz	410	14	9	0	50	200	59	2	41	13

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Iced Caramel Latte	Medium	20 fl oz	430	16	10	0	60	280	59	0	48	14
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
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
Plum Ginger Hibiscus Tea	Medium	20 fl oz	0	0	0	0	0	0	0	0	0	0
Plum Ginger Hibiscus Tea	Large	32 fl oz	0	0	0	0	0	0	0	0	0	0
Lemonade	Medium	20 fl oz	170	0	0	0	0	10	43	0	43	0
Lemonade	Large	32 fl oz	240	0	0	0	0	15	61	0	61	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

Spindrift® Lemon Seltzer		1 can	0	0	0	0	0	0	1	0	0	0
Spindrift® Raspberry Lime Seltzer		1 can	10	0	0	0	0	0	2	0	2	0
Joia® Grapefruit 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
Mist Twist	Medium	20 fl oz	250	0	0	0	0	50	68	0	68	0
Mist Twist	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

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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
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	110	2.5	1.5	0	10	130	13	0	12	8
Organic Chocolate Milk		8 fl oz	150	2.5	1.5	0	15	180	23	0	22	8
Kids Organic Apple Juice		8 fl oz	120	0	0	0	0	25	29	0	26	0
Sandwiches												
Bacon Turkey Bravo® Sandwich on Tomato Basil	Half	half sandwich	360	16	6	0	60	950	29	2	3	20
Bacon Turkey Bravo® Sandwich on Tomato Basil	Whole	whole sandwich	720	32	11	0	120	1900	58	3	7	40
Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Half	half panini	400	22	7	0	65	910	30	3	2	16
Chipotle Chicken Avocado Melt on Black Pepper Focaccia	Whole	whole panini	800	43	14	0	130	1820	60	7	4	32
Classic Grilled Cheese on Classic White Bread	Half	half sandwich	320	13	8	0	40	790	37	1	4	7
Classic Grilled Cheese on Classic White Bread	Whole	whole sandwich	640	26	15	1	75	1580	73	2	7	14
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
Ham & Swiss Sandwich on Whole Grain	Half	half sandwich	370	16	6	0	55	1020	34	5	5	17
Ham & Swiss Sandwich on Whole Grain	Whole	whole sandwich	730	32	11	0.5	105	2050	68	10	10	33
The Italian on Hoagie Roll	Half	half sandwich	380	22	7	0	45	1110	29	2	2	17
The Italian on Hoagie Roll	Whole	whole sandwich	760	44	14	0.5	90	2210	57	3	3	33
Mediterranean Veggie Sandwich on Tomato Basil	Half	half sandwich	230	6	1.5	0	5	590	35	3	4	9
Mediterranean Veggie Sandwich on Tomato Basil	Whole	whole sandwich	460	12	3	0	10	1190	70	6	9	18
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	16
Roasted Turkey and Caramelized Kale Panini	Half	half sandwich	300	11	3	0	30	660	30	2	1	14
Roasted Turkey and Caramelized Kale Panini	Whole	whole sandwich	590	22	6	0	65	1310	59	4	3	28
Roasted Turkey, Apple & Cheddar on Cranberry Walnut Miche	Half	half sandwich	360	16	6	0	50	660	33	3	8	16
Roasted Turkey, Apple & Cheddar on Cranberry Walnut Miche	Whole	whole sandwich	720	32	12	1	100	1320	66	7	16	32

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Roasted Turkey & Avocado BLT on Sourdough	Half	half sandwich	340	18	4	0	45	700	25	3	2	17
Roasted Turkey & Avocado BLT on Sourdough	Whole	whole sandwich	690	35	8	0	90	1390	50	6	4	35
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
Steak & White Cheddar Panini on Hoagie Roll	Half	half panini	420	24	9	0.5	65	660	31	2	4	17
Steak & White Cheddar Panini on Hoagie Roll	Whole	whole panini	850	47	18	1	130	1320	62	4	7	34
Tuna Salad Sandwich on Black Pepper Focaccia	Half	half sandwich	340	18	2.5	0	20	710	31	2	2	9
Tuna Salad Sandwich on Black Pepper Focaccia	Whole	whole sandwich	690	35	5	0	45	1420	62	4	5	18
Turkey Breast Sandwich on Whole Grain	Half	half sandwich	280	9	1.5	0	30	580	32	5	4	11
Turkey Breast Sandwich on Whole Grain	Whole	whole sandwich	560	18	3	0	55	1170	65	9	8	23

Flatbreads

BBQ Chicken Flatbread	1 Flatbread	1 flatbread	370	16	9	0	55	710	39	3	9	11
BBQ Chicken Flatbread	2 Flatbreads	2 flatbreads	750	33	18	1	115	1460	81	8	19	23
Tomato Mozzarella Flatbread	1 Flatbread	1 flatbread	350	18	9	0	35	470	35	4	5	6
Tomato Mozzarella Flatbread	2 Flatbreads	2 flatbreads	690	36	18	1	70	930	71	7	9	11

Salads

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	Half	half salad	160	13	3	0	20	310	8	1	1	5
Caesar Salad	Whole	whole salad	330	25	6	0	40	620	15	2	2	10
Caesar Salad with Chicken	Half	half salad	230	14	3.5	0	60	390	9	1	1	15
Caesar Salad with Chicken	Whole	whole salad	450	27	7	0	120	790	18	2	2	30
Fuji Apple Salad with Chicken	Half	half salad	280	17	3.5	0	45	290	18	3	10	14
Fuji Apple Salad with Chicken	Whole	whole salad	570	34	7	0	95	580	36	7	20	29
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
Green Goddess Cobb Salad with Chicken	Half	half salad	270	16	3.5	0	145	340	12	4	6	18
Green Goddess Cobb Salad with Chicken	Whole	whole salad	530	31	7	0	285	690	24	7	12	35
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
Roasted Beet, Quinoa & Citrus Salad	Half	half salad	250	15	3	0	10	330	25	4	13	6
Roasted Beet, Quinoa & Citrus Salad	Whole	whole salad	490	31	6	0	15	660	49	9	26	12
Romaine & Kale Caesar Salad with Chicken	Half	half salad	260	17	6	0	75	530	5	1	1	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)
Romaine & Kale Caesar Salad with Chicken	Whole	whole salad	530	34	13	0	145	1060	10	3	2	43
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
Spicy Thai Salad with Chicken	Half	half salad	260	11	1.5	0	40	380	21	4	6	12
Spicy Thai Salad with Chicken	Whole	whole salad	510	22	3	0	80	750	41	8	12	25

Dressings

Green Goddess Dressing	Half	1 1/2 Tbsp	60	5	1	0	5	70	2	0	1	1
Green Goddess Dressing	Whole	3 Tbsp	110	10	1.5	0	5	140	3	0	3	2
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
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
Sweet White Balsamic Vinaigrette	Half	1 1/2 Tbsp	80	6	1	0	0	70	6	0	5	0
Sweet White Balsamic Vinaigrette	Whole	3 Tbsp	160	12	2	0	0	140	11	1	10	0

Bowls

Southwest Chicken Tortilla Broth Bowl		1 bowl	480	16	2	0	65	1690	51	6	11	19
Thai Garden Chicken Wonton		1 bowl	290	6	1.5	0	40	1320	37	4	6	23

Pastas & Mac and Cheese

Chicken Tortellini Alfredo		2 cups	750	39	21	1	135	1690	68	3	2	31
Mac & Cheese	Small	1 cup	470	30	17	1	95	1230	36	1	8	17
Mac & Cheese	Large	2 cups	950	61	34	2	185	2450	71	2	15	33
Mac & Cheese	Bread Bowl		1140	35	17	1	95	2390	166	6	8	43

Soups

Baked Potato Soup	Cup	1 cup	220	13	7	0	30	950	22	3	3	6
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	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Potato Soup	Bowl	1 1/2 cups	330	20	10	0	45	1420	33	4	5	9
Baked Potato Soup	Bread Bowl		890	18	7	0	30	2110	152	7	4	33
Bistro French Onion Soup	Cup	1 cup	200	11	5	0	15	1280	21	2	8	7
Bistro French Onion Soup	Bowl	1 1/2 cups	330	17	8	0	20	1990	36	4	12	12
Bistro French Onion Soup	Bread Bowl		870	15	6	0	15	2450	151	7	8	34
Broccoli Cheddar Soup	Cup	1 cup	230	13	8	0.5	35	840	19	4	4	9
Broccoli Cheddar Soup	Bowl	1 1/2 cups	360	21	13	1	55	1330	30	6	6	14
Broccoli Cheddar Soup	Bread Bowl		900	18	8	0.5	35	2000	149	8	5	35
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	15	5	0	25	2090	148	8	2	33
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		760	6	0.5	0	0	1900	157	16	2	32
Low-Fat Chicken Noodle Soup	Cup	1 cup	110	3	1	0	75	930	13	2	1	10
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		780	8	1.5	0	75	2090	143	7	2	36
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Cup	1 cup	80	2.5	0	0	0	500	11	5	5	3
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Bowl	1 bowl	110	3.5	0	0	0	730	16	7	7	4
Low-Fat Vegetarian Garden Vegetable Soup with Pesto	Bread Bowl		750	7	0.5	0	0	1660	141	9	5	30
New England Clam Chowder	Cup	1 cup	370	25	16	1	95	680	27	2	4	9
New England Clam Chowder	Bowl	1 1/2 cups	570	39	24	1.5	145	1040	42	3	6	14
New England Clam Chowder	Bread Bowl		1040	30	16	1	95	1840	157	7	4	36
Turkey Chili	Cup	1 cup	170	8	1.5	0	30	810	21	10	4	11
Turkey Chili	Bowl	1 bowl	260	13	2.5	0	50	1210	32	16	6	17
Turkey Chili	Bread Bowl		840	11	2	0	30	2150	153	15	5	11
Vegetarian Creamy Tomato Soup	Cup	1 cup	200	9	4.5	0	30	640	25	3	11	4
Vegetarian Creamy Tomato Soup	Bowl	1 1/2 cups	280	13	7	0	50	920	36	4	16	6
Vegetarian Creamy Tomato Soup	Bread Bowl		860	12	5	0	30	1980	157	7	11	27

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

Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Kids Caesar Salad	whole salad	160	13	3	0	20	310	8	1	1	5	
Pastas												
Kids Mac & Cheese	1 cup	480	30	15	1	75	1100	34	1	8	16	
Soups												
Kids Low-Fat Vegetarian Black Bean Soup	1 cup	90	1	0	0	0	740	27	12	1	5	
Kids Low-Fat Vegetarian Garden Vegetable Soup with Pesto	1 cup	80	2.5	0	0	0	500	11	5	5	3	
Kids Turkey Chili	1 cup	170	8	1.5	0	30	810	21	10	4	11	
Kids Bistro French Onion Soup	1 cup	200	11	5	0	15	1280	21	2	8	7	
Kids Baked Potato Soup	1 cup	220	13	7	0	30	950	22	3	3	6	
Kids Broccoli Cheddar Soup	1 cup	230	13	8	0.5	35	840	19	4	4	9	
Kids Vegetarian Creamy Tomato Soup	1 cup	200	9	4.5	0	30	640	25	3	11	4	
Kids New England Clam Chowder	1 cup	370	25	16	1	95	680	27	2	4	9	
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	320	11	6	0	55	1210	33	1	4	14	
Kids Turkey Sandwich on Classic White Bread	whole sandwich	310	11	6	0	50	820	32	1	3	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	450	18	10	0.5	50	1090	52	2	5	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												
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	3	3	7	
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	
Pickle spear	1 pickle	5	0	0	0	0	240	1	0	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.