

# Panera Bread Product 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
Stone-Milled Rye Loaf	2 oz	140	0.5	0	0	0	380	28	2	0	5
Stone-Milled 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

	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 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 Loaf	2 oz	180	3	1.5	0	10	135	34	1	11	5
Honey Wheat Loaf	2 oz	170	3	1.5	0	0	240	30	2	4	5
Sourdough Roll	2.5 oz	200	1	0	0	0	400	39	1	0	7
Sourdough Soup Bowl	8 oz	590	2.5	0	0	0	1210	118	4	1	21
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
White Whole Grain Loaf	2 oz	140	2.5	1	0	0	310	26	2	1	5

### Bagels

		Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asiago Cheese	1 bagel	330	6	3.5	0	10	580	55	2	3	13
Blueberry	1 bagel	330	1.5	0	0	0	490	68	2	10	10
Chocolate Chip Bagel	1 bagel	370	6	4	0	0	480	69	2	14	10
Cinnamon Crunch	1 bagel	430	8	5	0	0	430	80	2	29	9
Cinnamon Swirl & Raisin	1 bagel	320	2.5	1	0	0	470	64	3	11	9
Everything	1 bagel	300	2.5	0	0	0	640	59	2	4	10
Jalapeno & Cheddar	1 bagel	310	3	1.5	0	5	740	56	2	3	12
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
Sweet Onion & Poppyseed	1 bagel	390	7	1	0	0	520	72	4	7	13
French Toast	1 bagel	350	5	2.5	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

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Plain	1 oz	100	10	6	0	30	110	1	0	1	2
Plain	2 oz	180	18	11	1	55	210	2	0	1	3
Chive & Onion	1 oz	70	6	3.5	0	20	190	2	0	1	3
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 Raspberry	1 oz	70	5	3	0	15	105	4	1	3	2
Reduced Fat Raspberry	2 oz	130	10	6	0	30	200	7	1	6	4
Reduced Fat Veggie	1 oz	60	5	3	0	15	110	1	1	1	2
Reduced Fat Veggie	2 oz	120	10	6	0.5	30	210	3	1	2	5

## Artisan Pastries

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese	1 pastry	400	22	14	1	65	340	42	1	15	8
Cherry	1 pastry	440	18	11	0.5	50	330	63	2	34	7
Chocolate	1 pastry	410	24	14	0.5	50	260	46	2	18	8
Fresh Apple	1 pastry	360	17	11	0.5	50	290	45	2	17	7
Pecan Braid	1 pastry	470	26	12	0.5	55	270	52	2	23	8

## Brownies & Blondies

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Double Fudge Brownie with Icing	1 brownie	480	17	9	0	85	290	76	2	44	5

## Cookies

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chipper	1 cookie	440	23	14	0	60	240	59	2	33	5
Chocolate Chipper Petites	1 mini cookie	110	6	3.5	0	15	60	15	1	8	1
Chocolate Duet with Walnuts	1 cookie	450	24	12	0	60	360	55	2	36	6
Flower Cookie	1 cookie	440	21	12	0.5	55	160	60	1	32	4
Oatmeal Raisin	1 cookie	370	14	8	0	55	310	57	2	28	5
Candy	1 cookie	420	19	10	0.5	70	280	59	1	33	4
Toffee Nut	1 cookie	460	19	13	0	80	330	59	1	29	5
Shortbread	1 cookie	350	21	12	1	55	160	36	1	11	3

## Cakes

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Coffee Crumb Cake	1 slice	470	25	9	0	105	310	54	1	30	6

## Muffins & Muffies

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Carrot Walnut Muffin	1 muffin	500	21	4.5	0	65	580	72	3	37	8
Chocolate Chip Muffie	1 muffie	320	14	4	0	40	200	46	2	27	4
Pumpkin Muffie	1 muffie	290	11	2	0	15	240	45	1	26	3
Pumpkin Muffin	1 muffin	580	22	4	0	30	470	89	2	51	7
Apple Crunch Muffin	1 muffin	450	12	3	0	60	340	80	2	49	7
Wild Blueberry Muffin	1 muffin	440	17	3	0	60	330	66	2	39	6

<b>Scones</b>											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Chip	1 scone	600	31	19	0.5	125	370	73	2	34	9
Orange	1 scone	470	11	7	0	45	460	87	3	62	4
Strawberries & Cream	1 scone	410	19	12	0	70	770	57	1	27	6
Wild Blueberry	1 scone	470	20	12	1	75	900	66	2	25	8

<b>Specialty Pastries</b>											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bear Claw	1 pastry	550	28	12	0.5	65	360	67	3	32	10
French Croissant	1 croissant	310	18	11	0.5	60	260	30	1	4	7
Pastry Ring - Apple Cherry Cheese	1 slice	230	11	6	0	35	160	30	1	16	3

<b>Sweet Rolls</b>											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Roll	1 roll	620	24	14	0.5	100	480	89	3	33	13
Cobblestone	1 roll	650	13	5	0	20	410	122	3	64	12
Pecan Roll	1 roll	730	39	12	0	60	310	87	5	48	11

<b>Baked Egg Soufflés</b>											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Four Cheese	1 souffle	480	29	16	0.5	195	700	36	2	8	16
Ham and Swiss	1 souffle	490	30	16	1	175	740	35	2	8	20
Spinach & Artichoke	1 souffle	540	34	19	0.5	165	910	38	2	8	19
Spinach & Bacon	1 souffle	570	37	20	0.5	170	940	35	2	8	23

<b>Grilled Breakfast Sandwiches</b>											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon, Egg & Cheese on Ciabatta	1 sandwich	510	24	10	0	235	1160	44	2	2	29
Egg & Cheese on Ciabatta	1 sandwich	390	15	7	0	205	710	43	2	2	19
Sausage, Egg & Cheese on Ciabatta	1 sandwich	550	29	12	0	250	1040	44	2	2	27
Breakfast Power Sandwich	1 sandwich	340	14	7	0.5	220	820	31	4	2	23
Asiago Cheese Bagel Breakfast Sand with Bacon	1 sandwich	610	28	13	0.5	245	1350	55	2	4	34
Asiago Cheese Bagel Breakfast Sand with Egg and Cheese	1 sandwich	480	18	10	0.5	215	890	54	2	3	24
Asiago Cheese Bagel Breakfast Sand with Sausage	1 sandwich	640	32	15	0.5	260	1220	56	2	4	32
French Toast Bagel Breakfast Sand with Sausage	1 sandwich	670	31	14	0	250	1280	69	2	15	28
Jalapeno & Cheddar Bagel Sand with Bacon	1 sandwich	590	25	11	0	240	1530	58	3	4	33
Jalapeno & Cheddar Bagel Sand with Smoked Ham	1 sandwich	500	16	8	0.5	225	1280	58	3	3	28
Jalapeno & Cheddar Bagel Sand with Egg and Cheese	1 sandwich	470	16	8	0	210	1070	57	3	3	23
Jalapeno & Cheddar Bagel Sand with Sausage	1 sandwich	630	29	12	0	255	1400	59	3	4	32
Sweet Onion & Poppyseed with Steak	1 sandwich	660	27	10	0.5	235	970	74	5	8	34

<b>Granola Parfait</b>											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Strawberry Granola Parfait	1 parfait	310	11	4	0	10	100	45	3	28	9

## From Our Cafe

### Hot Panini

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Chipotle Chicken on Artisan French	whole panini	830	37	12	0.5	145	2180	72	3	5	53
Full Cuban Chicken Panini	whole panini	860	36	10	1	100	1720	87	4	11	47
Full Frontega Chicken® on Focaccia	whole panini	850	38	9	0.5	110	1910	79	4	6	49
Full Smokehouse Turkey® on Three Cheese	whole panini	690	25	12	0.5	100	2350	64	4	4	52
Full Steak & White Cheddar on French Baguette	whole panini	950	35	15	1	95	1790	112	5	3	43
Full Tomato & Mozzarella on Ciabatta	whole panini	770	29	10	0.5	35	1290	96	6	10	30
Full Turkey Artichoke on Focaccia	whole panini	740	26	8	0	50	2200	86	5	8	41
Half Chipotle Chicken on Artisan French	half panini	420	19	6	0	75	1090	36	2	3	27
Half Cuban Chicken Panini	half panini	430	18	5	0.5	50	860	44	2	5	23
Half Frontega Chicken® on Focaccia	half panini	430	19	4.5	0	55	960	39	2	3	24
Half Smokehouse Turkey® on Three Cheese	half panini	340	13	6	0	50	1170	32	2	2	26
Half Steak & White Cheddar on French Baguette	half panini	480	18	7	0	50	900	56	2	2	21
Half Tomato & Mozzarella on Ciabatta	half panini	380	15	5	0	20	650	48	3	5	15
Half Turkey Artichoke on Focaccia	half panini	370	13	4	0	25	1100	43	2	4	21

### Signature Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Asiago Roast Beef on Asiago Cheese	whole sandwich	700	27	14	1	100	1330	64	4	5	49
Full Bacon Turkey Bravo® on XL Tomato Basil	whole sandwich	800	29	10	0	85	2800	83	4	6	52
Full Chicken Caesar on Three Cheese	whole sandwich	720	32	10	1	130	1270	69	4	5	43
Full Napa Almond Chicken Salad on Sesame Semolina	whole sandwich	690	26	4.5	0	60	1200	90	5	12	29
Full Italian Combo on Ciabatta	whole sandwich	980	41	15	1	145	2620	95	5	6	58
Half Asiago Roast Beef on Asiago Cheese	half sandwich	350	14	7	0	50	660	32	2	2	24
Half Bacon Turkey Bravo® on XL Tomato Basil	half sandwich	400	14	5	0	40	1400	42	2	3	26
Half Chicken Caesar on Three Cheese	half sandwich	360	16	5	0	65	640	35	2	3	22
Half Napa Almond Chicken Salad on Sesame Semolina	half sandwich	340	13	2	0	30	600	45	2	6	15
Half Italian Combo on Ciabatta	half sandwich	490	21	8	0.5	75	1310	47	2	3	29

### Cafe Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Mediterranean Veggie on XL Tomato Basil	whole sandwich	590	13	3.5	0	10	1400	96	9	11	22
Full Sierra Turkey on Focaccia with Asiago Cheese	whole sandwich	920	49	12	1	80	1900	79	4	5	40
Full Smoked Ham & Swiss on Stone-Milled Rye	whole sandwich	590	17	8	1	90	1870	64	5	3	45
Full Smoked Turkey Breast on Country	whole sandwich	420	3	0.5	0	30	1650	66	3	3	33
Full Tuna Salad on Honey Wheat	whole sandwich	470	16	3.5	0	25	980	65	5	12	19
Half Mediterranean Veggie on XL Tomato Basil	half sandwich	300	7	1.5	0	5	700	48	5	5	11
Half Sierra Turkey on Focaccia with Asiago Cheese	half sandwich	460	25	6	0	40	950	39	2	2	20
Half Smoked Ham & Swiss on Stone-Milled Rye	half sandwich	290	8	4	0.5	45	930	32	2	2	22
Half Smoked Turkey Breast on Country	half sandwich	210	1.5	0	0	15	820	33	2	1	16
Half Tuna Salad on Honey Wheat	half sandwich	240	8	2	0	10	490	32	3	6	10

## Soups & More

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Signature Mac & Cheese - Large	2 cups	980	61	26	1	110	2030	75	3	14	33
Signature Mac & Cheese - Small	1 cup	490	30	13	0.5	55	1020	37	1	7	17
Baked Potato - You Pick Two®	1 cup	250	15	9	0.5	50	850	24	2	5	7
Baked Potato	1 1/2 cups	350	21	13	1	70	1180	33	3	7	9
Broccoli Cheddar - You Pick Two®	1 cup	200	12	8	0	45	830	14	5	0	8
Broccoli Cheddar	1 1/2 cups	300	19	13	0	65	1250	21	7	0	12
Cream of Chicken & Wild Rice - You Pick Two®	1 cup	220	12	6	0	40	1030	20	2	3	7
Cream of Chicken & Wild Rice	1 1/2 cups	310	17	8	0	60	1470	29	3	4	10
Low Fat Garden Vegetable with Pesto - You Pick Two®	1 cup	70	2	0	0	0	780	10	3	4	3
Low Fat Garden Vegetable with Pesto	1 1/2 cups	110	3	0.5	0	0	1180	15	5	6	4
French Onion - You Pick Two®	1 cup	210	9	4.5	0	20	1680	24	2	4	9
French Onion	1 1/2 cups	250	11	5	0	25	2380	30	3	6	10
All Natural Low-Fat Chicken Noodle - You Pick Two®	1 cup	80	1	0	0	20	960	15	2	0	6
All Natural Low-Fat Chicken Noodle	1 1/2 cups	120	1.5	0	0	25	1380	22	3	0	8
Low-Fat Vegetarian Black Bean - You Pick Two®	1 cup	110	2.5	1	0	0	980	18	3	3	6
Low-Fat Vegetarian Black Bean	1 1/2 cups	170	4	1.5	0	0	1590	29	5	4	10
New England Clam Chowder - You Pick Two®	1 cup	420	36	24	1	95	590	18	2	1	5
New England Clam Chowder	1 1/2 cups	630	54	35	1.5	140	890	27	3	2	8
Creamy Tomato - You Pick Two®	1 cup	300	18	10	0	50	570	29	4	7	6
Creamy Tomato	1 1/2 cups	380	23	14	0.5	65	720	36	5	9	7
Low Fat Lemon Chicken Orzo	1 cup	130	3	0.5	0	15	850	14	1	2	13
Low Fat Lemon Chicken Orzo	1 1/2 cups	160	4	1	0	20	1050	17	1	2	15

## Hand-Tossed Salads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Asian Sesame Chicken	whole salad	410	20	3.5	0	60	810	31	3	6	31
Full BBQ Chopped Chicken	whole salad	500	22	3	0	75	770	50	6	15	31
Full Caesar	whole salad	390	27	8	0.5	50	610	25	3	2	12
Full Chicken Caesar	whole salad	510	29	9	0.5	115	820	29	3	2	37
Full Chopped Chicken Cobb	whole salad	500	36	9	0.5	140	1130	11	3	2	38
Full Chopped Steak & Blue Cheese	whole salad	850	64	21	1.5	130	1590	36	4	9	35
Full Classic Cafe	whole salad	170	11	1.5	0	0	270	18	4	12	2
Full Fuji Apple with Chicken	whole salad	550	34	7	0	80	830	36	6	21	32
Full Greek	whole salad	380	34	8	0.5	20	1670	14	5	4	8
Full Thai Chopped Chicken	whole salad	390	15	2.5	0	60	1330	36	5	13	34
Full Tomato & Mozzarella (not featured on menu)	whole salad	540	33	12	1	40	850	44	6	17	20
Full Strawberry Poppyseed & Chicken Salad	whole salad	340	13	1.5	0	60	360	34	6	23	29
Fruit Cup - Watermelon	1 container	45	0	0	0	0	0	12	1	10	1
Fruit Cup Mixed- Watermelon & Strawberries	1 container	60	0	0	0	0	5	15	1	11	1
Half Asian Sesame Chicken	half salad	200	10	2	0	30	410	16	2	3	15
Half BBQ Chopped Chicken	half salad	250	11	1.5	0	35	380	25	3	8	16
Half Caesar	half salad	200	14	4	0	25	310	13	1	1	6
Half Chicken Caesar	half salad	260	15	4.5	0	55	410	14	1	1	18
Half Chopped Chicken Cobb	half salad	250	18	4.5	0	70	560	6	1	1	19
Half Chopped Steak & Blue Cheese	half salad	430	32	10	0.5	65	800	18	2	4	18
Half Classic Cafe	half salad	80	5	1	0	0	135	9	2	6	1
Half Fuji Apple with Chicken	half salad	280	17	3.5	0	40	410	18	3	11	16
Half Greek	half salad	190	17	4	0	10	840	7	2	2	4
Half Thai Chopped Chicken	half salad	200	7	1	0	30	670	18	2	7	17
Half Tomato & Mozzarella (not featured on menu)	half salad	270	16	6	0	20	420	22	3	8	10
Half Strawberry Poppyseed & Chicken Salad	half salad	170	6	0.5	0	30	180	17	3	11	14

## Salad Dressings

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Reduced Fat Balsamic Vinaigrette	3 Tbsp	130	10	1.5	0	0	240	9	0	8	0
Full BBQ Ranch Dressing	3 Tbsp	140	12	2	0	10	350	8	0	7	1
Full Blue Cheese Vinaigrette	3 Tbsp	180	19	3.5	0	15	260	4	0	3	1
Full Caesar Dressing	3 Tbsp	150	16	2.5	0	35	190	2	0	1	1
Full Greek Dressing/Herb Vinaigrette	3 Tbsp	220	24	3.5	0	0	380	1	0	0	0
Full Light Buttermilk Ranch	3 Tbsp	80	4	0.5	0	0	350	9	1	3	1
Full Reduced-Sugar Asian Sesame Vinaigrette	3 Tbsp	90	8	1	0	0	390	6	0	4	0
Full Low Fat Thai Chili Vinaigrette	2 Tbsp	60	1.5	0	0	0	430	10	0	7	1
Full White Balsamic Apple Vinaigrette	3 Tbsp	150	12	2	0	0	310	11	0	10	0
Full Fat Free Poppyseed	3 Tbsp	25	0	0	0	0	110	6	1	5	0
Half Reduced Fat Balsamic Vinaigrette	1 1/2 Tbsp	60	5	1	0	0	120	4	0	4	0
Half BBQ Ranch Dressing	1 1/2 Tbsp	70	6	1	0	5	180	4	0	3	0
Half Blue Cheese Vinaigrette	1 1/2 Tbsp	90	9	1.5	0	5	130	2	0	1	1
Half Caesar Dressing	1 1/2 Tbsp	80	8	1.5	0	15	95	1	0	0	0
Half Greek Dressing/Herb Vinaigrette	1 1/2 Tbsp	110	12	2	0	0	190	1	0	0	0
Half Light Buttermilk Ranch	1 1/2 Tbsp	40	2	0	0	0	170	4	0	1	0
Half Reduced-Sugar Asian Sesame Vinaigrette	1 1/2 Tbsp	45	4	0.5	0	0	190	3	0	2	0
Half White Balsamic Apple Vinaigrette	1 1/2 Tbsp	80	6	1	0	0	160	6	0	5	0
Half Low Fat Thai Chili Vinaigrette	1 1/2 Tbsp	30	1	0	0	0	220	5	0	4	0
Half Fat Free Poppyseed	1 1/2 Tbsp	15	0	0	0	0	55	3	0	3	0

## Frozen Drinks

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caramel	16 fl oz	600	22	15	0.5	60	190	97	0	82	5
Low Fat Black Cherry Smoothie	16 fl oz	290	1.5	1	0	5	90	63	2	53	6
Low Fat Mango Smoothie	16 fl oz	230	1.5	1	0	5	90	51	2	48	6
Low Fat Strawberry Smoothie with Ginseng	16 fl oz	260	1.5	1	0	5	90	59	2	53	6
Low Fat Wild Berry Smoothie	16 fl oz	290	1.5	1	0	5	90	67	1	65	6
Mango	16 fl oz	330	10	7	0	20	20	61	2	56	2
Mocha	16 fl oz	570	20	14	0.5	50	140	94	2	78	6
Lemonade	16 fl oz	100	0	0	0	0	10	24	0	24	0
Strawberry lemonade	16 fl oz	180	0	0	0	0	10	44	1	39	0

## Iced Drinks

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Iced Chai Tea Latte	16 fl oz	160	3.5	2	0	15	75	26	0	26	6
Iced Green Tea	16 fl oz	90	0	0	0	0	10	23	0	23	0
Lemonade	16 fl oz	100	0	0	0	0	10	25	0	25	0

## Espresso Drinks

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caffe Latte	8.5 fl oz	120	4.5	3	0	20	95	11	0	11	8
Caffe Mocha	11.5 fl oz	380	16	11	0	40	160	50	2	42	11
Cappuccino	8.5 fl oz	120	4.5	3	0	20	95	11	0	11	8
Caramel Latte	11.5 fl oz	420	18	12	0.5	50	210	53	0	46	10

## Hot Drinks

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chai Tea Latte	10 fl oz	200	4	2.5	0	15	90	33	0	32	7
Hot Chocolate	11 fl oz	380	16	11	0	40	160	50	2	42	11

## Drinks

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Orange Juice - Large	16 fl oz	200	0	0	0	0	0	46	1	46	4
Orange Juice - Small	8 fl oz	110	0	0	0	0	0	26	1	26	2
Organic Milk	8 fl oz	120	4.5	3	0	20	115	12	0	12	8
Organic Chocolate Milk	8 fl oz	170	5	3	0	20	150	25	0	25	7
Organic Apple Juice	8 fl oz	120	0	0	0	0	25	29	0	29	0

## Panera Kids™

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Panera Kids Deli Sandwich - Roast Beef	whole sandwich	320	10	6	0	40	820	35	3	4	23
Panera Kids Mac & Cheese	1 cup	490	30	13	0.5	55	1020	37	1	7	17
Panera Kids Deli Sandwich - Smoked Ham	whole sandwich	300	9	6	0	40	1060	35	3	3	21
Panera Kids Deli Sandwich - Smoked Turkey	whole sandwich	290	8	5	0	30	1100	35	3	3	21
Panera Kids Grilled Cheese Sandwich	whole sandwich	360	13	10	0	30	1020	46	4	4	17
Panera Kids Peanut Butter & Jelly Sandwich	whole sandwich	410	18	3.5	0	0	550	56	4	21	12
Panera Kids Organic Yogurt (blueberry, strawberry)	1 tube	60	0.5	0	0	5	40	11	0	10	2

## Sides

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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	160	8	1	0	0	130	19	2	1	2
Baked lays potato chips	1 bag	130	2	0	0	0	200	26	2	2	2

Nutritional information provided on this Site 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, 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.

For nutritional information related to menu items made available in Canada, please visit your local Panera Bread bakery-cafe in Canada.

#### 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.