



Panera Bread Nutrition Information U.S.

Effective 4/1/2020 Version 1

Bagels

Serving Size Description	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Asiago Cheese Bagel	320	50	5	3	0	15	530	55	2	4	14
Blueberry Bagel	330	10	1	0	0	0	430	68	2	11	11
Chocolate Chip Bagel	360	45	5	3	0	0	410	69	2	15	11
Cinnamon Crunch Bagel	420	60	6	4.5	0	0	390	82	2	33	10
Cinnamon Swirl & Raisin Bagel	310	15	1.5	1	0	0	410	65	3	12	10
French Toast Bagel	340	30	3.5	2.5	0	0	570	67	2	15	10
Jalapeno Cheddar Bagel	300	25	2.5	1.5	0	5	750	56	2	4	13
Plain Bagel	280	10	1	0	0	0	410	57	2	4	10
Poppyseed Bagel	290	15	1.5	0	0	0	410	58	2	4	10
Everything Bagel	290	15	1.5	0	0	0	560	58	2	4	10
Salt Bagel	280	10	1	0	0	0	1740	57	2	4	10
Sesame Bagel	290	25	2.5	0	0	0	410	57	2	4	11
Sprouted Grain Bagel Flat	180	20	2	0	0	0	410	34	3	4	7
Whole Grain Bagel	330	20	2.5	0	0	0	460	66	7	6	13

Breads

Artisan Ciabatta	2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	280	30	1	0	6
Asiago Cheese Loaf	2 ounce (57g / about 1 " slice)	150	35	3.5	2.5	0	340	23	1	0	7
Black Pepper Focaccia	2 oz (about 1 1/4 inch slice / 57g)	150	25	3	0	0	390	26	1	0	5
Brioche Roll	1 Roll	210	60	7	4	0	50	300	31	1	6
Cinnamon Raisin Swirl Bread	2 oz (about 7/8 inch slice / 57g)	160	25	2.5	1.5	0	5	220	31	2	9
Classic Sourdough Loaf	2 oz (about 1 1/4 inch slice / 57 g)	150	5	0	0	0	320	31	1	0	6
Classic Sourdough XL Loaf	2 oz (57g / about 2/3" slice)	130	5	0	0	0	290	28	1	0	5
Classic White Bread	2 ounces (57g/about 7/8 inch slice)	150	20	2	1	0	5	280	27	1	3



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Country Rustic Sourdough XL Loaf	2 oz (about 2/3 inch slice / 57 g)	130	5	0	0	0	0	260	28	1	0	5
Cranberry Whole Grain Miche	2 oz (57g / about 1/2 inch slice)	130	5	0.5	0	0	0	260	27	3	6	6
Asiago Cheese Focaccia	2 oz (57g / about 4 inch slice)	150	25	3	1	0	5	320	24	1	0	6
French Baguette	2 oz (57g / about 2 3/4 inch slice)	140	5	0	0	0	0	360	29	1	1	5
Honey Wheat Loaf	2 oz (about 3/4 inch slice/57g)	160	25	3	1.5	0	0	230	29	2	4	5
New England Roll	1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9
Sea Salt Focaccia	2 oz (57g / about 4 7/8 inch slice)	160	20	2	0	0	0	410	29	1	0	6
Sourdough Bread Bowl	1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27
Sprouted Grain Roll	1 roll	170	20	2	0	0	0	410	32	3	4	6
Tomato Basil Loaf	2 oz (57 g / about 1/2 inch slice)	150	10	1	0	0	0	370	28	1	1	6
White Miche	2 ounces (57g / about 1/2 inch slice)	140	15	2	1	0	5	270	26	1	3	5
Whole Grain Lahvash	1 Lahvash	150	20	2.5	0	0	0	250	27	2	2	9
Whole Grain Pan Loaf	2 oz (57g / about 7/8 inch slice)	130	10	1	0	0	0	240	26	3	2	6
Whole Grain Sourdough Loaf	2 oz (about 1/2 inch slice / 57 g)	120	5	0.5	0	0	0	230	25	3	0	5

Breakfast

Asiago Bacon, Egg & Cheese on Asiago Cheese Bagel	1 Sandwich	560	210	23	11	0	260	1030	56	2	5	21
Avocado, Egg White & Spinach on Sprouted Grain Bagel Flat	1 Sandwich	350	120	14	6	0	25	700	40	5	5	19
Bacon, Egg & Cheese on Brioche	1 Sandwich	450	220	25	12	0	295	790	33	1	6	24
Bacon, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	450	180	20	9	0	275	870	41	2	1	26
Bacon, Scrambled Egg & Cheese on Brioche	1 Sandwich	470	230	26	12	0.5	325	810	33	1	6	25
Basil Pesto for Breakfast Sandwiches	1 Serving	25	25	3	0	0	0	35	0	0	0	0
Breakfast Portion - Artisan Ciabatta	1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7
Breakfast Portion - Whole Grain Sourdough Loaf	1 Slice	130	5	0.5	0	0	0	240	26	3	0	5
Chipotle Aioli Sauce for Breakfast Sandwiches	1 Serving	45	40	4.5	1	0	5	55	0	0	0	0
Chipotle Chicken, Scrambled Egg & Avocado Wrap	1 Wrap	460	230	25	9	0	285	760	32	4	4	29
Egg & Cheese on Brioche	1 Sandwich	390	180	20	10	0	280	560	32	1	6	20
Egg & Cheese on Artisan Ciabatta	1 Sandwich	370	130	14	7	0	230	620	40	2	1	20
Egg Whites	1 Portion	30	0	0	0	0	0	100	1	0	0	6
Ham, Egg & Cheese on Whole Grain Pan Loaf	1 Sandwich	350	140	15	7	0	245	720	30	3	3	25
Ham, Egg & Cheese on Whole Grain Sourdough Bread	1 Sandwich	340	130	15	7	0	245	700	28	3	1	24
Ham, Scrambled Egg & Cheese on Whole Grain Pan Loaf	1 Sandwich	370	150	16	7	0	280	730	30	3	3	25



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Ham, Scrambled Egg & Cheese on Whole Grain Sourdough Bread	1 Sandwich	360	140	16	7	0	280	710	28	3	1	25
Maple Glazed Bacon, Scrambled Egg & Cheese Wrap	1 Wrap	430	210	24	9	0	280	760	31	2	5	27
Mediterranean Egg White Wrap	1 Wrap	260	70	8	3	0	10	650	32	3	3	19
Over Easy Egg	1 Egg	80	50	6	2	0	210	80	0	0	0	7
Sausage, Egg & Cheese on Brioche	1 Sandwich	540	290	32	15	0.5	320	870	33	1	6	28
Sausage, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	540	250	28	12	0	300	950	41	2	1	30
Sausage, Scrambled Egg & Cheese on Brioche	1 Sandwich	550	300	33	15	0.5	350	890	33	1	6	29
Scrambled Egg	1 egg	100	60	7	2	0	240	90	1	0	0	8
Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	390	140	15	7	0	260	630	40	2	1	21
Scrambled Egg & Cheese on Brioche	1 Sandwich	400	190	21	11	0.5	310	570	33	1	6	20
Steak & Egg on Everything Bagel	1 Sandwich	530	150	17	8	0	260	920	60	2	5	35
Steak & Scrambled Egg on Everything Bagel	1 Sandwich	540	160	18	8	0	290	940	60	2	5	36
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	360	130	15	2	0	0	150	52	9	17	8
Seasonal Fruit Cup	1 Container	60	0	0	0	0	0	10	15	2	9	1
Sweet Maple Sauce for Breakfast Sandwiches	1 Serving	35	25	3	0.5	0	5	25	3	0	2	0
Breakfast Portion - Whole Grain Pan Loaf	2 Slices	140	10	1	0	0	0	260	28	3	2	6
Drinks												
Additional Shot of Bittersweet Chocolate Sauce	1 shot	50	5	0	0	0	0	15	11	1	7	1
Additional Shot of Cane Sugar Syrup	1 pump	20	0	0	0	0	0	0	5	0	5	0
Additional Shot of Caramel Syrup	1 Shot	60	10	1.5	1	0	5	50	11	0	9	0
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	0	0	0	0
Additional Shot of Espresso Decaf	1 Shot	5	0	0	0	0	0	0	0	0	0	0
Additional Shot of Madagascar Vanilla Syrup	1 Shot	20	0	0	0	0	0	0	5	0	5	0
Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	10	43	0	41	0
Agave Lemonade - 32 fl oz	32 fl oz (946 mL)	250	0	0	0	0	0	15	67	0	64	0
Blackberry Sage Tea	8 fl oz (237 mL)	0	0	0	0	0	0	0	0	0	0	0
Blood Orange Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	25	42	0	39	1
Blood Orange Lemonade - 32 fl oz	32 fl oz (946 mL)	250	5	0	0	0	0	40	66	1	61	1
Bottled Agave Lemonade	1 Bottle (16 fl oz)	140	0	0	0	0	0	0	38	0	36	0
Bottled Passionfruit Papaya Green Tea	1 Bottle (500 mL)	120	0	0	0	0	0	0	31	0	28	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	0	0	0
Dark Roast Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	10	3	0	0	1



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Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	4	0	0	1
Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	15	5	0	0	1
Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	15	4	0	0	1
Light Roast Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	10	2	0	0	1
British Breakfast Decaf Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
British Breakfast Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz Can- Lemon	12 fl. oz can (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz - Lime	12 fl. oz can (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	13	0	12	8
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	140	16	0	14	10
Caffe Mocha - 16 fl oz	16 fl oz (473 mL)	370	100	11	6	0	35	170	54	2	40	11
Caffe Mocha - 20 fl oz	20 fl oz (591mL)	420	110	13	7	0	40	210	61	2	46	14
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	95	0	0	0	0
Caffeine Free Diet Pepsi - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	150	0	0	0	0
Cappuccino - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	13	0	12	8
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	140	16	0	14	10
Caramel Latte - 16 fl oz	16 fl oz (473 mL)	390	131	15	8	0	50	300	54	0	44	11
Caramel Latte - 20 fl oz	20 fl oz (591mL)	410	140	16	9	0	50	320	56	0	46	13
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	370	67	7	4.5	0	30	150	63	1	62	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	290	55	6	4	0	25	125	49	0	48	10
Cinnamon Plum Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	60	67	0	67	0
Coke - 32 fl oz	32 fl oz (946 mL)	390	0	0	0	0	0	95	107	0	107	0
Coca-Cola 20 fl oz	20 fl oz bottle (591 mL)	240	0	0	0	0	0	75	65	0	65	0
Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Coke Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Coke Zero - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	105	0	0	0	0
Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	15	2	0	0	1
Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	15	2	0	0	1
Dasani Lemon - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Dasani Lime - 12 fl oz can	12 oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0



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Decaf Coffee - 12 fl oz	12 fl oz (355 mL)	10	0	0	0	0	0	5	2	0	0	1
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	15	0	0	0	0	0	10	2	0	0	1
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	20	0	0	0	0	0	10	3	0	0	2
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	85	1	0	0	0
Diet Coke - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	85	1	0	0	0
20 oz Diet Coke Bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0
Diet Mountain Dew - 32 fl oz	32 fl oz (946 mL)	15	0	0	0	0	0	150	1	0	1	0
Diet Mountain Dew - 12 fl oz can	12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 20 fl oz bottle	1 Bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	90	0	0	0	0
Dr Pepper - 20 fl oz bottle	1 Bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0
Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0
Dr. Pepper - 32 fl oz	32 fl oz (946 mL)	380	0	0	0	0	0	115	104	0	102	0
Drive Thru - Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	29	0	28	0
Drive Thru - Agave Lemonade - 32 fl oz	32 fl oz (946 mL)	170	0	0	0	0	0	15	47	0	44	0
Drive Thru - Blood Orange Lemonade - 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	20	29	0	26	0
Drive Thru - Blood Orange Lemonade - 32 fl oz	32 fl oz (946 mL)	170	0	0	0	0	0	30	46	0	42	1
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Drive Thru - Caffeine Free Diet Pepsi - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	95	0	0	0	0
Drive Thru - Coke - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	35	42	0	42	0
Drive Thru - Coke - 32 fl oz	32 fl oz (946 mL)	250	0	0	0	0	0	60	67	0	67	0
Drive Thru - Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Coke Zero - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - Diet Coke - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	85	1	0	0	0
Drive Thru - Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	60	1	0	0	0
Drive Thru - Diet Mountain Dew - 32 fl oz	32 fl oz (946 mL)	10	0	0	0	0	0	90	1	0	1	0
Drive Thru - Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Drive Thru - Diet Pepsi - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	70	0	0	0	0



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Drive Thru - Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	60	0	0	0	0	0	20	16	0	16	0
Drive Thru - Dr. Pepper - 32 fl oz	32 fl oz (946 mL)	100	0	0	0	0	0	30	26	0	26	0
Drive Thru - Fanta Orange - 20 fl oz	20 fl oz (591 mL)	170	0	0	0	0	0	40	46	0	45	0
Drive Thru - Fanta Orange - 32 fl oz	32 fl oz (946 mL)	270	0	0	0	0	0	70	73	0	72	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	100	0	0	0	0	0	45	26	0	26	0
Drive Thru - Lipton Brisk Raspberry Tea - 32 fl oz	32 fl oz (946 mL)	160	0	0	0	0	0	70	41	0	41	0
Drive Thru - Mango Passionfruit Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	0	0	0	0	0
Drive Thru - Mango Passionfruit Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	0	0	0	0	0
Drive Thru - Mist Twist - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	42	0	42	0
Drive Thru - Mist Twist - 32 fl oz	32 fl oz (946 mL)	260	0	0	0	0	0	55	68	0	68	0
Drive Thru - Mountain Dew - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	45	58	0	58	0
Drive Thru - Mountain Dew - 32 fl oz	32 fl oz (946 mL)	270	0	0	0	0	0	85	73	0	73	0
Drive Thru - Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	45	49	0	49	0
Drive Thru - Mug Root Beer - 32 fl oz	32 fl oz (946 mL)	240	0	0	0	0	0	75	65	0	65	0
Drive Thru - Passion Papaya Green Tea - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	10	22	0	22	0
Drive Thru - Passion Papaya Green Tea - 32 fl oz	32 fl oz (946 mL)	140	0	0	0	0	0	15	32	0	32	0
Drive Thru - Pepsi - 20 fl oz	20 fl oz (591 mL)	190	0	0	0	0	0	45	52	0	52	0
Drive Thru - Pepsi - 32 fl oz	32 fl oz (946 mL)	300	0	0	0	0	0	70	83	0	83	0
Drive Thru - Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	55	40	0	40	0
Drive Thru - Pibb Xtra - 32 fl oz	32 fl oz (946 mL)	230	0	0	0	0	0	90	64	0	64	0
Drive Thru - Plum Ginger Hibiscus Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	0	0	0	0	0
Drive Thru - Plum Ginger Hibiscus Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	5	0	0	0	0
Drive Thru - Prickly Pear Hibiscus Fresca - 20 fl oz	20 fl oz (591 mL)	70	0	0	0	0	0	15	17	1	13	0
Drive Thru - Prickly Pear Hibiscus Fresca - 32 fl oz	32 fl oz (946 mL)	110	0	0	0	0	0	20	27	1	22	1
Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 32 fl oz	32 fl oz (946 mL)	5	0	0	0	0	0	80	1	0	0	0
Drive Thru - Sprite - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	70	39	0	38	0
Drive Thru - Sprite - 32 fl oz	32 fl oz (946 mL)	240	0	0	0	0	0	115	65	0	64	0
Drive Thru - Sweet Tea - 20 fl oz	20 fl oz (591 mL)	70	0	0	0	0	0	15	19	0	18	0
Drive Thru - Sweet Tea - 32 fl oz	32 fl oz (946 mL)	110	0	0	0	0	0	25	29	0	27	0
Drive Thru - Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	35	47	0	47	0
Drive Thru - Tropicana Fruit Punch - 32 fl oz	32 fl oz (946 mL)	280	0	0	0	0	0	60	75	0	75	0



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Drive Thru - Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	42	0
Drive Thru - Tropicana Lemonade - 32 fl oz	32 fl oz (946 mL)	260	0	0	0	0	0	260	67	0	67	0
Drive Thru - Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	150	0	0	0	0
Drive Thru - Tropicana Light Lemonade - 32 fl oz	32 fl oz (946 mL)	10	0	0	0	0	0	240	0	0	0	0
Drive Thru - Unsweetened Black Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	15	1	0	0	0
Drive Thru - Unsweetened Black Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	25	2	0	0	0
Earl Greyer Decaf Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Earl Greyer Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	10	0	0	0	0
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	270	0	0	0	0	0	65	73	0	71	0
Fanta Orange - 32 fl oz	32 fl oz (946 mL)	420	0	0	0	0	0	105	116	0	114	0
Frozen Caramel Cold Brew - 16 fl oz	16 fl oz (473 mL)	470	160	18	10	0	55	230	73	0	61	5
Frozen Mocha Cold Brew - 16 fl oz	16 fl oz (473 mL)	450	130	14	8	0	40	100	73	2	56	6
Frozen Strawberry Lemonade with Fresh Strawberries - 16 fl oz	16 fl oz (473mL)	140	0	0	0	0	0	10	35	2	31	1
Ginger Peach Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	10	0	0	0	0
Gold Peak Unsweetened Iced Tea	18.5 oz bottle (547 mL)	0	0	0	0	0	0	0	0	0	0	0
Hazelnut Flavored Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	5	2	0	0	1
Hazelnut Flavored Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Hazelnut Flavored Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	10	4	0	0	2
Honey Ginseng Green Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Iced Caffè Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	140	16	0	15	10
Iced Caffè Mocha - 20 fl oz	20 fl oz (591 mL)	400	110	13	7	0	40	200	57	2	43	14
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	430	140	16	9	0	55	330	57	0	47	13
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	290	55	6	4	0	25	130	49	0	48	10
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	290	103	11	6	0	40	150	35	0	35	12
Iced Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Iced Coffee - 32 fl oz	32 fl oz (946 mL)	25	0	0	0	0	0	20	5	0	0	1
Kids Organic Apple juice	8 fl oz (237 mL)	120	0	0	0	0	0	25	29	0	26	0
Kids Organic Chocolate Milk	8 fluid ounces (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fluid ounces (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	70	35	0	34	0
Lipton Brisk Raspberry Tea - 32 fl oz	32 fl oz (946 mL)	210	0	0	0	0	0	90	55	0	55	0
Madagascar Vanilla Cream Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	190	95	11	7	0	35	50	22	0	17	3



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Madagascar Vanilla Cream Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	260	127	14	9	0	45	65	30	0	23	4
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	260	92	10	6	0	35	120	32	0	31	9
Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	320	103	11	6	0	40	150	42	0	41	11
Mango Ceylon Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Orange Juice - 10 fl oz bottle	10 fl oz bottle (295 mL)	140	0	0	0	0	0	15	33	0	30	2
Mist Twist - 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	68	0	68	0
Mist Twist - 32 fl oz	32 fl oz (946 mL)	410	0	0	0	0	0	90	108	0	108	0
Mountain Dew - 12 fl oz can	1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0
Mountain Dew - 20 fl oz	20 fl oz (591 mL)	290	0	0	0	0	0	60	77	0	77	0
Mountain Dew - 20 fl oz bottle	1 Bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 32 fl oz	32 fl oz (946 mL)	460	0	0	0	0	0	90	123	0	123	0
Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	60	66	0	65	0
Mug Root Beer - 32 fl oz	32 fl oz (946 mL)	380	0	0	0	0	0	90	105	0	104	0
Orange Ginger Mint Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Panera Bottled Black Tea	1 can ((500 mL)	0	0	0	0	0	0	0	0	0	0	0
Passion Papaya Green Tea - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	10	31	0	31	0
Passion Papaya Green Tea - 32 fl oz	32 fl oz (946 mL)	210	0	0	0	0	0	15	49	0	49	0
Pepsi - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 20 fl oz bottle	1 Bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 32 fl oz	20 fl oz (591 mL)	410	0	0	0	0	0	85	110	0	110	0
Pepsi 12 fl oz can	12 fl oz can (355 mL)	150	0	0	0	0	0	30	41	0	41	0
Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	90	63	0	63	0
Pibb Xtra - 32 fl oz	32 fl oz (946 mL)	370	0	0	0	0	0	140	101	0	101	0
Plum Ginger Hibiscus Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	0	0	0	0	0
Plum Ginger Hibiscus Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	0	0	0	0	0
Premium OJ 11.5 fl oz	1 Bottle (11.5 fl oz)	160	0	0	0	0	0	0	37	0	30	3
Prickly Pear Hibiscus Fresca - 20 fl oz	20 fl oz (591 mL)	100	0	0	0	0	0	15	24	1	20	1
Prickly Pear Hibiscus Fresca - 32 fl oz	32 fl oz (946 mL)	160	0	0	0	0	0	25	39	2	31	1
Pure Leaf Unsweetened Iced Tea	18.5 fl. oz bottle (547 mL)	0	0	0	0	0	0	0	0	0	0	0
San Pellegrino® Sparkling Orange Fruit Beverage	1 Can (11.15 fl oz)	140	0	0	0	0	0	0	34	0	32	0
San Pellegrino® Sparkling Water	1 Bottle (16.9 fl oz)	0	0	0	0	0	0	10	0	0	0	0
Sierra mist 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	30	40	0	40	0



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Skinny Caffe Mocha - 16 fl oz	16 fl oz (473mL)	240	12	1.5	0.5	0	5	160	46	2	34	10
SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
SoBe Life Water Yumberry Pomegranate - 32 fl oz	32 fl oz (946 mL)	5	0	0	0	0	0	125	1	0	0	0
Spindrift® Seltzer - Lemon	1 Can (355 mL)	0	0	0	0	0	0	0	1	0	0	0
Spindrift® Seltzer - Orange Mango	1 Can (355 mL)	10	0	0	0	0	0	0	3	0	1	0
Spindrift® Seltzer - Raspberry Lime	1 Can (355 mL)	10	0	0	0	0	0	0	2	0	2	0
Sprite - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	115	64	0	64	0
Sprite - 32 fl oz	32 fl oz (946 mL)	380	0	0	0	0	0	180	103	0	102	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Substitute Almond Milk - 8 fl oz	8 fl oz (237 mL)	40	30	3.5	0	0	0	100	2	1	0	1
Substitute Skim Milk - 8 fl oz	8 fl oz (237 mL)	80	0	0	0	0	5	105	12	0	12	8
Sweet Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	28	0	27	0
Sweet Tea 30 fl oz	30 fl oz (887 mL)	140	0	0	0	0	0	15	38	0	36	0
Sweet Tea 32 fl oz	32 fl oz (946 mL)	150	0	0	0	0	0	15	40	0	39	0
Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	65	75	0	75	0
Tropicana Fruit Punch - 32 fl oz	32 fl oz (946 mL)	450	0	0	0	0	0	100	120	0	120	0
Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	270	68	0	68	0
Tropicana Lemonade - 32 fl oz	32 fl oz (946 mL)	400	0	0	0	0	0	420	108	0	108	0
Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	240	0	0	0	0
Tropicana Light Lemonade - 32 fl oz	32 fl oz (946 mL)	20	0	0	0	0	0	380	1	0	0	0
Unsweetened Black Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	20	2	0	0	0
Unsweetened Black Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	30	3	0	0	0

Entrée

Baja Grain Bowl	1 Bowl	680	310	34	7	0	15	1260	81	13	10	18
Baja Grain Bowl with Chicken	1 Bowl	740	320	35	7	0	55	1340	82	13	10	31
Baja Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1260	400	45	20	1	100	2330	168	8	11	44
Baja Mac & Cheese - Large	About 2 Cups	1180	730	81	38	2.5	200	2330	76	6	19	35
Baja Mac & Cheese - Small	About 1 Cup	590	370	41	19	1	100	1160	38	3	9	17
BBQ Chicken Mac & Cheese - Bread Bowl	1 Bread Bowl with Mac & Cheese	1270	370	41	19	1	120	2620	173	6	16	50
BBQ Chicken Mac & Cheese - Small	About 1 cup	600	330	37	19	1	120	1460	43	1	14	23
BBQ Chicken Mac & Cheese - Large	About 2 cups	1200	660	73	37	2.5	240	2920	85	3	28	47
Chicken Tortellini Alfredo	1 Bowl	750	350	39	21	1	135	1680	68	3	2	31



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Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1180	340	38	19	1	100	2270	164	5	10	43
Mac & Cheese - Large	About 2 Cups	1010	600	67	37	2.5	200	2220	67	2	16	33
Mac & Cheese- Small	About 1 Cup	510	300	33	18	1	100	1110	33	1	8	17
Mediterranean Grain Bowl	1 Bowl	590	260	29	6	0	15	1250	65	7	6	16
Mediterranean Grain Bowl with Chicken	1 Bowl	650	270	30	7	0	55	1340	66	7	6	29
Kids												
Kids Grilled Cheese on Classic White Bread	1 Sandwich	440	150	17	10	0.5	50	1080	53	2	6	19
Kids Ham on Whole Grain	1 Sandwich	260	80	9	5	0	35	740	30	3	3	17
Kids Stonyfield Organic Low Fat Mixed Berry Yogurt Squeezers	1 Tube	50	10	1	0.5	0	5	40	8	0	6	2
Kids Stonyfield Organic Low Fat Strawberry Yogurt Squeezers	1 Tube	50	10	1	0.5	0	5	35	8	0	6	2
Kids Turkey on Whole Grain	1 Sandwich	280	80	9	5	0	45	760	29	3	3	22
Parfait												
Greek Yogurt with Mixed Berries	1 Parfait	250	90	10	5	0	30	80	27	2	17	14
Salads												
Asian Sesame with Chicken - Half	1/2 Salad	210	100	11	1.5	0	40	270	14	3	3	16
Asian Sesame with Chicken - Whole	1 Salad	430	200	22	3	0	80	550	28	6	7	33
Caesar - Half	1/2 Salad	170	120	13	3.5	0	25	310	9	2	1	5
Caesar - Whole	1 Salad	340	230	26	7	0.5	45	620	18	4	3	10
Caesar with Chicken - Whole	1 Salad	460	250	28	7	0.5	125	790	20	4	3	35
Caesar with Chicken - Half	1/2 Salad	230	130	14	3.5	0	60	400	10	2	1	18
Fuji Apple with Chicken - Half	1/2 Salad	290	160	17	4	0	45	290	19	3	11	17
Fuji Apple with Chicken - Whole	1 Salad	580	310	34	8	0	90	580	38	6	22	33
Greek - Half	1/2 Salad	210	160	18	4	0	10	600	7	3	3	4
Greek - Whole	1 Salad	410	330	36	8	0.5	25	1190	15	6	6	6
Green Goddess Cobb with Chicken - Half	1/2 Salad	280	150	16	3.5	0	145	370	13	4	6	21
Green Goddess Cobb with Chicken - Whole	1 Salad	560	290	33	7	0	290	740	26	8	13	43
Modern Greek with Quinoa - Half	1/2 Salad	270	190	21	3.5	0	5	370	16	4	3	6
Modern Greek with Quinoa - Whole	1 Salad	550	380	43	7	0	15	740	32	8	7	13
Seasonal Greens - Half	1/2 Salad	100	50	6	1	0	0	70	11	2	7	2
Seasonal Greens - Whole	1 Salad	190	100	11	2	0	0	140	21	4	14	4
Southwest Chile Lime Ranch with Chicken - Whole	1 Salad	660	300	34	7	0	95	1070	54	14	9	40



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Southwest Chile Lime Ranch with Chicken - Half	1/2 Salad	330	150	17	3.5	0	50	530	27	7	5	20
Spicy Thai with Chicken - Half	1/2 Salad	240	90	10	1	0	40	490	21	5	7	19
Spicy Thai with Chicken - Whole	1 Salad	480	180	20	2	0	80	980	43	9	15	38
Strawberry Poppyseed - Half	1/2 Salad	120	50	6	0.5	0	0	65	16	4	12	10
Strawberry Poppyseed - Whole	1 Salad	230	110	12	1	0	0	130	32	8	23	20
Strawberry Poppyseed with Chicken - Half	1/2 Salad	180	60	7	1	0	40	150	17	4	12	15
Strawberry Poppyseed with Chicken - Whole	1 Salad	360	120	14	2	0	80	300	34	8	23	29

Sandwiches

Bacon Tomato Grilled Cheese on Country Rustic Sourdough - Half	1/2 Sandwich	340	140	16	8	0	45	960	34	2	2	17
Bacon Tomato Grilled Cheese on Country Rustic Sourdough - Whole	1 Sandwich	680	280	31	17	0.5	90	1920	68	4	4	35
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	300	100	11	4	0	50	820	28	2	3	23
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	610	200	22	8	0	100	1640	57	3	6	46
Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Half	1/2 Sandwich	390	190	21	7	0	65	870	28	3	2	21
Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole	1 Sandwich	770	380	42	14	0	130	1740	57	7	4	43
Classic Grilled Cheese on White Miche - Half	1/2 Sandwich	310	110	13	8	0	40	780	37	1	4	14
Classic Grilled Cheese on White Miche - Whole	1 Sandwich	630	230	25	16	1	75	1560	74	2	8	28
Frontega Chicken Panini on Sea Salt Focaccia - Half	1/2 Panini	390	130	15	5	0	50	1060	43	2	3	23
Frontega Chicken Panini on Sea Salt Focaccia - Whole	1 Panini	790	270	30	10	0	105	2130	86	4	5	46
Heritage Ham & Swiss on Country Rustic Sourdough - Half	1/2 Sandwich	320	140	15	6	0	50	690	24	1	1	21
Heritage Ham & Swiss on Country Rustic Sourdough - Whole	1 Sandwich	630	280	31	11	0	100	1390	48	3	2	42
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	230	60	6	1.5	0	5	570	34	3	4	9
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	470	120	13	3	0	10	1150	68	6	8	18
Modern Caprese on Black Pepper Focaccia - Half	1/2 Sandwich	380	180	20	10	0	35	960	32	2	5	19
Modern Caprese on Black Pepper Focaccia - Whole	1 Sandwich	760	360	40	19	1	65	1910	63	5	11	38
Napa Almond Chicken Salad on Country Rustic Sourdough - Half	1/2 Sandwich	310	140	16	2.5	0	35	340	31	3	6	14
Napa Almond Chicken Salad on Country Rustic Sourdough - Whole	1 Sandwich	630	280	31	4.5	0	70	670	62	5	12	29
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half	1/2 Sandwich	340	160	17	3.5	0	40	670	27	3	2	21
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Whole	1 Sandwich	690	310	35	7	0	80	1340	54	7	5	42
Roasted Turkey, Apple & Cheddar on Cranberry Miche - Half	1/2 Sandwich	350	120	13	6	0	50	680	36	4	11	24
Roasted Turkey, Apple & Cheddar on Cranberry Miche - Whole	1 Sandwich	710	240	27	11	0.5	105	1370	72	8	21	48
Sierra Turkey Sandwich on Asiago Cheese Focaccia - Half	1/2 Sandwich	360	110	12	3.5	0	35	760	41	2	2	21
Sierra Turkey Sandwich on Asiago Cheese Focaccia - Whole	1 Sandwich	720	220	25	7	0	75	1520	82	4	3	42



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Steak & Arugula on Classic Sourdough - Half	1/2 Sandwich	260	100	11	2.5	0	40	440	25	1	4	16
Steak & Arugula on Classic Sourdough - Whole	1 Sandwich	520	200	22	5	0	75	870	50	3	8	32
Steak & White Cheddar Panini on Artisan Ciabatta - Half	1/2 Panini	440	160	18	7	0	60	710	43	2	4	25
Steak & White Cheddar Panini on Artisan Ciabatta - Whole	1 Panini	870	330	37	14	1	120	1420	86	4	7	50
The Cuban Panini on Artisan Ciabatta - Half	1/2 Sandwich	450	160	18	7	0	65	830	44	2	5	28
The Cuban Panini on Artisan Ciabatta - Whole	1 Sandwich	900	330	36	13	0	130	1660	88	4	10	56
Toasted Tuscan Grilled Chicken on Artisan Ciabatta - Half	1/2 Sandwich	460	190	21	7	0	60	790	42	2	2	27
Toasted Tuscan Grilled Chicken on Artisan Ciabatta - Whole	1 Sandwich	920	370	41	13	0.5	120	1570	84	5	4	54
Tuna Salad on Black Pepper Focaccia - Half	1/2 Sandwich	320	150	17	3	0	25	630	29	2	2	13
Tuna Salad on Black Pepper Focaccia - Whole	1 Sandwich	640	300	33	6	0	50	1270	59	5	5	27
Turkey on Whole Grain - Half	1/2 Sandwich	270	80	9	1.5	0	25	590	32	4	4	18
Turkey on Whole Grain - Whole	1 Sandwich	540	150	17	3	0	55	1170	64	9	8	37
Sides												
Side - Apple	1 Apple	80	0	0	0	0	0	0	22	5	16	0
Banana	1 Banana	90	5	0	0	0	0	0	23	3	12	1
Side Portion - French Baguette	2.4 oz (69g / about 3 1/3 inch slice)	180	5	0.5	0	0	0	440	36	1	1	7
Side - Chips	1 package	150	80	9	1	0	0	75	17	1	1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	290	1	0	0	0
Sprouted Grain Roll	1 roll	170	20	2	0	0	0	410	32	3	4	6
Smoothies												
Green Passion Smoothie - 16 fl oz	16 fl oz (473 mL)	200	5	0	0	0	0	30	51	2	47	2
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	290	45	5	3	0	25	55	51	2	43	12
Peach & Blueberry Smoothie with Almond Milk - 16 fl oz	16 fl oz (473 mL)	180	10	1	0	0	0	35	43	2	39	2
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	3	1.5	0	10	30	53	4	38	7
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	280	45	5	3	0	25	55	47	3	41	12
Superfruit Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	240	50	5	3	0	25	50	38	4	29	11
Souffle												
Souffle - Four Cheese	1 Souffle	480	270	30	15	1	185	860	36	1	8	16
Souffle - Spinach & Artichoke	1 Souffle	540	310	34	18	1	175	960	37	2	8	20
Souffle - Spinach & Bacon	1 Souffle	550	320	36	18	1	185	1000	37	2	8	21



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Soups

Baked Potato - Bowl	1 1/2 Cups	390	190	21	13	0.5	70	1410	43	3	7	9
Baked Potato Soup - Bread Bowl	1 Bread bowl with soup	930	160	18	9	0	45	2100	159	6	6	33
Baked Potato - Cup	1 Cup	260	120	14	9	0	45	940	29	2	4	6
Bistro French Onion - Bowl	1 1/2 Cups	310	120	14	6	0	20	1660	35	3	15	13
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	860	110	13	4.5	0	15	2230	151	6	12	35
Bistro French Onion - Cup	1 Cup	190	80	8	4	0	15	1070	20	2	10	8
Broccoli Cheddar - Bowl	1 1/2 Cups	360	190	21	13	1	55	1330	30	6	6	14
Broccoli Cheddar - Cup	1 Cup	230	120	13	8	0.5	35	840	19	4	4	9
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	900	160	18	8	0.5	35	2000	149	8	6	35
Southwest Chicken Tortilla Soup - Bowl	1 Bowl	250	80	8	1	0	30	1080	32	1	3	14
Southwest Chicken Tortilla Soup - Bread Bowl	1 Bread Bowl with Soup	820	80	9	1	0	20	1880	150	5	4	36
Southwest Chicken Tortilla Soup - Cup	1 Cup	150	40	4.5	0.5	0	20	720	19	0	2	9
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	310	150	17	9	0	55	1470	32	2	7	10
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	880	140	16	6	0	35	2140	151	6	6	33
Cream of Chicken & Wild Rice - Cup	1 Cup	210	100	11	6	0	35	980	21	1	4	6
Chicken Noodle - Bread Bowl	1 Bread bowl with soup	780	60	7	1	0	25	2150	145	7	4	35
Chicken Noodle - Bowl	1 1/2 cups	170	35	4	1	0	40	1490	21	3	3	13
Chicken Noodle - Cup	1 Cup	120	25	2.5	0.5	0	25	990	14	2	2	9
Black Bean - Bowl	1 1/2 Cups	140	15	2	0	0	0	1110	40	17	2	7
Black Bean - Bread Bowl	1 Bread bowl with soup	760	50	6	0.5	0	0	1900	157	16	3	32
Black Bean - Cup	1 Cup	90	10	1	0	0	0	740	27	12	1	5
Ten Vegetable Soup - Bowl	1 1/2 Cups	100	15	2	0	0	0	1090	15	4	6	5
Ten Vegetable Soup - Bread Bowl	1 Bread bowl with soup	730	50	6	0.5	0	0	1890	140	7	6	30
Ten Vegetable Soup - Cup	1 Cup	60	10	1	0	0	0	730	10	3	4	3
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	900	170	19	8	0	40	1740	154	5	13	31
Vegetarian Creamy Tomato - Bowl	1 1/2 Cups	340	190	21	11	0.5	60	840	34	1	17	5
Vegetarian Creamy Tomato - Cup	1 Cup	230	130	15	8	0	40	580	24	1	11	4
Vegetarian Summer Corn Chowder - Bowl	1 1/2 cups	320	180	20	12	0	60	1310	34	3	8	5
Vegetarian Summer Corn Chowder - Bread Bowl	1 cup	880	160	17	8	0	40	2030	153	6	7	30
Vegetarian Summer Corn Chowder - Cup	1 Cup	210	120	13	8	0	40	870	22	2	5	3



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Spreads

Plain Cream Cheese Spread - 1.75 oz	1 Container	180	150	17	11	0	50	135	4	0	2	2
Plain Cream Cheese Spread - 8 oz	2 Tbsp	110	90	10	7	0	30	85	3	0	1	1
Reduced Fat Chive & Onion Cream Cheese Spread - 1.75 oz	1 Container	130	90	10	6	0	35	190	2	0	2	6
Reduced Fat Chive & Onion Cream Cheese Spread - 8 oz	2 Tbsp (30g)	80	50	6	4	0	20	115	1	0	1	3
Reduced Fat Honey Walnut Cream Cheese Spread - 1.75 oz	1 Container	140	90	10	6	0	30	170	8	0	8	3
Reduced Fat Honey Walnut Cream Cheese Spread - 8 oz	2 Tbsp (30g)	80	50	6	3.5	0	20	105	5	0	5	2
Reduced Fat Strawberry Cream Cheese Spread - 1.75 OZ	1 container	140	90	10	6	0	35	125	11	0	11	3
Reduced Fat Strawberry Cream Cheese Spread - 8 OZ	2 Tbsp (33g)	100	60	7	4	0	25	80	8	0	7	2
Strawberry Fruit Spread	2 Tbsp	90	0	0	0	0	0	0	23	1	22	0

Baked Goods

Pastry - Pastry Ring	1/12 pastry	210	80	9	5	0	35	170	29	1	14	3
Muffin - Blueberry with Fresh Blueberries	1 Muffin	460	160	18	3	0	60	380	69	1	40	6
Brownie	1 Brownie	400	120	13	8	0	95	370	68	3	48	6
Cookie - Candy	1 Cookie	420	170	19	11	0.5	70	260	58	1	30	5
Pastry - Cheese Brittany	1 Pastry	310	150	16	10	0	50	270	37	1	16	5
Pastry - Cherry Cheese Brittany	1 Pastry	290	120	13	8	0	40	230	41	1	19	5
Muffin - Chocolate Chip	1 Muffin	320	130	14	3.5	0	35	210	46	2	28	4
Muffin - Chocolate Chip	1 Muffin	640	250	28	7	0	75	410	91	3	55	8
Pastry - Chocolate Croissant	1 Croissant	380	200	22	13	0	50	240	39	4	11	7
Pastry - Cinnamon Crumb Coffee Cake	1 Slice	520	250	28	10	0.5	115	340	61	1	33	7
Scone - Cinnamon Crunch	1 Scone	550	210	23	16	0.5	25	900	79	1	41	8
Cookie - Coconut Macaroon	1 Cookie	140	70	7	7	0	0	65	17	2	14	1
Muffin - Cranberry Orange	1 Muffin	480	170	19	3	0	65	360	71	2	40	6
Pastry - Bear Claw	1 Pastry	500	200	23	9	0	60	390	66	3	30	9
Cookie- Tulip Shaped Shortbread	1 Cookie	440	190	21	13	1	65	210	58	1	32	4
Pastry- Goopy Butter	1 Pastry	420	210	23	13	1	60	300	48	1	14	7
Cookie - Heart Shaped Shortbread	1 Cookie	430	190	21	13	1	65	210	58	1	32	4
Cookie - Homestyle Chocolate Chunk	1 Cookie	630	290	33	20	1	75	380	85	4	47	7
Cookie - Kitchen Sink	1 Cookie	800	390	44	28	1	90	770	97	3	54	8
Mini Scone - Cinnamon Crunch	1 mini scone	180	70	8	5	0	10	300	25	0	12	3
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	10	270	27	1	12	3



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Mini Scone - Wild Blueberry	1 mini scone	150	60	6	4	0	10	300	21	0	9	3
Cookie - Chocolate Chipper	1 Cookie	380	170	19	11	0	50	290	51	2	30	4
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	3	0	10	75	13	0	8	1
Cookie - Oatmeal Raisin with Berries	1 Cookie	350	110	13	7	0	50	170	54	2	33	4
Scone - Orange	1 Scone	540	180	20	13	0.5	25	810	80	2	37	8
Pastry - Pecan Braid	1 Pastry	490	260	28	11	0.5	55	280	52	3	23	8
Muffie - Pumpkin	1 Muffie	280	100	11	2	0	15	230	44	1	26	3
Muffin - Pumpkin	1 Muffin	570	190	21	3.5	0	30	470	87	3	51	7
Cookie - Raspberry Almond Thumbprint	1 Cookie	230	130	14	8	0.5	35	95	24	1	9	2
Pastry - Croissant	1 Croissant	260	130	15	11	0	50	230	27	3	1	6
Cookie - Triple Chocolate with Walnuts	1 Cookie	320	120	13	6	0	10	125	53	6	44	5
Pastry - Vanilla Cinnamon Roll	1 Roll	620	160	18	8	0	65	490	109	3	72	8
Scone - Wild Blueberry	1 Scone	460	170	19	12	0.5	25	900	64	1	26	8
Cookie - Cocoa & Creme	1 Cookie	170	90	10	6	0	20	85	20	1	12	2
Cookie - Lemon Drop Flavored	1 Cookie	430	180	20	13	0.5	65	270	60	0	35	5
Dressings												
Dressing - Asian Sesame Vinaigrette - Half	1 1/2 Tbsp	45	35	4	0.5	0	0	100	2	0	2	0
Dressing - Asian Sesame Vinaigrette - Whole	3 Tbsp	90	70	8	1	0	0	200	4	0	4	0
Dressing - Balsamic Vinaigrette - Half	1 1/2 Tbsp	60	45	5	1	0	0	60	4	0	4	0
Dressing - Balsamic Vinaigrette - Whole	3 Tbsp	130	90	10	1.5	0	0	115	8	0	8	0
Dressing - Caesar - Half	1 1/2 Tbsp	90	80	9	1.5	0	15	135	1	0	0	0
Dressing - Caesar - Whole	3 Tbsp	170	160	18	3	0	30	270	2	0	1	1
Dressing - Chile Lime Rojo Ranch - Half	1 1/2 tbsp	40	30	3.5	0.5	0	5	60	2	0	1	1
Dressing - Chile Lime Rojo Ranch - Whole	3 tbsp	80	60	7	1.5	0	10	120	3	0	2	2
Dressing - Greek Dressing - Half	1 1/2 Tbsp	120	110	13	2	0	0	160	0	0	0	0
Dressing - Greek Dressing - Whole	3 Tbsp	230	230	25	3.5	0	0	310	1	0	0	0
Dressing - Green Goddess - Half	1 1/2 Tbsp	60	50	6	1	0	5	65	1	0	1	1
Dressing - Green Goddess - Whole	3 Tbsp	120	100	11	2	0	10	135	3	0	2	2
Dressing - Poppyseed - Half	1 1/2 Tbsp	15	0	0	0	0	0	60	3	0	2	0
Dressing - Poppyseed - Whole	3 Tbsp	25	0	0	0	0	0	115	6	0	5	0
Dressing - Thai Chili Vinaigrette - Half	1 1/2 Tbsp	25	5	1	0	0	0	95	5	0	4	0
Dressing - Thai Chili Vinaigrette - Whole	3 Tbsp	50	15	1.5	0	0	0	190	9	0	7	1



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Dressing - White Balsamic Vinaigrette flavored with Apple - Half

Dressing - White Balsamic Vinaigrette flavored with Apple - Whole

Grab N Go

Hard Boiled Eggs

1 1/2 Tbsp	80	60	6	1	0	0	85	5	0	5	0
3 Tbsp	160	110	13	2	0	0	170	11	0	10	0
1 Container	160	100	11	3.5	0	375	130	1	0	1	13