



Panera Bread® Nutrition Information - US

Effective: 1/13/2021 Version 1

	Serving Size	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)
BAGELS												
Asiago Cheese Bagel	1 Bagel	320	50	5	3	0	15	530	55	2	4	14
Blueberry Bagel	1 Bagel	290	10	1	0	0	0	390	61	2	10	10
Chocolate Chip Bagel	1 Bagel	320	40	4.5	2.5	0	0	370	61	2	13	10
Cinnamon Crunch Bagel	1 Bagel	420	60	7	5	0	0	380	83	2	32	9
Cinnamon Swirl & Raisin Bagel	1 Bagel	310	15	2	1	0	0	410	65	3	12	10
Everything Bagel	1 Bagel	290	15	1.5	0	0	0	560	58	2	4	10
Jalapeno Cheddar Bagel	1 Bagel	300	25	2.5	1.5	0	5	750	56	2	4	13
Plain Bagel	1 Bagel	280	10	1	0	0	0	410	57	2	4	10
Poppyseed Bagel	1 Bagel	290	15	1.5	0	0	0	410	58	2	4	10
Salt Bagel	1 Bagel	280	10	1	0	0	0	1740	57	2	4	10
Sesame Bagel	1 Bagel	290	25	2.5	0	0	0	410	57	2	4	11
Sprouted Grain Bagel Flat	1 Bagel Flat	180	20	2	0	0	0	410	34	3	4	7
BREAD												
Artisan Ciabatta	2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	0	280	30	1	0	6
Black Pepper Focaccia	2 oz (57g / about 4.75 inch slice)	140	15	2	0	0	0	370	26	1	0	5
Brioche Roll	1 Roll	210	60	7	4	0	50	300	31	1	6	7
Classic Sourdough Loaf	2 oz (about 1 1/4 inch slice / 57 g)	150	5	0	0	0	0	320	31	1	0	6
Classic White Miche	2 oz (about 2/3 inch slice / 57g)	160	35	4	2	0	10	260	27	1	4	6
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
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)	150	5	0	0	0	0	370	30	1	1	5
New England Roll	1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9
Sourdough Bread Bowl	1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27



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Tomato Basil Miche	2 oz (57g / about 1/2 inch slice)	130	5	0	0	0	0	330	27	1	1	5
White Whole Grain Loaf	2 oz (57g / about 7/8 inch slice)	130	5	0.5	0	0	0	260	25	3	2	6
Whole Grain Lahvash	1 Lahvash	150	20	2.5	0	0	0	250	27	2	2	9
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	24	12	0	250	1060	57	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	460	230	25	12	0	290	830	33	1	6	24
Bacon, Egg & Cheese on Artisan Ciabatta	1 Sandwich	440	180	20	9	0	240	890	40	2	1	25
Bacon, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	460	190	21	9	0	270	900	41	2	1	26
Bacon, Scrambled Egg & Cheese on Brioche	1 Sandwich	470	240	26	13	0.5	320	840	33	1	7	25
Bacon, Scrambled Egg, & Tomato Wrap	1 Wrap	440	210	24	9	0	275	850	32	2	4	28
Breakfast Portion - Artisan Ciabatta	1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7
Catering Mustard Horseradish Sauce for Breakfast Sandwiches	about 0.5 oz	45	40	4.5	0.5	0	10	105	1	0	0	0
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	450	230	25	9	0	285	730	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
Mustard Horseradish Sauce for Breakfast Sandwiches	1 Serving	20	20	2	0	0	5	50	1	0	0	0
Over Easy Egg	1 Egg	70	45	5	1.5	0	185	70	0	0	0	6
Sausage, Egg & Cheese on Brioche	1 Sandwich	540	290	32	15	0.5	320	870	33	1	6	28
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



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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
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	360	130	15	2	0	0	150	52	9	17	8
BEVERAGES												
Additional Shot of Bittersweet Chocolate Sauce	1 shot	50	5	0	0	0	0	15	11	1	7	1
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	1	0	0	0	0	0	1	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 - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	15	63	0	60	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)	190	5	0.5	0	0	0	25	46	1	31	1
Blood Orange Lemonade - 30 fl oz	30 fl oz (887 mL)	280	10	1	0	0	0	35	68	1	46	1
Bottled Passionfruit Papaya Green Tea	1 Bottle (473 mL)	110	0	0	0	0	0	0	29	0	27	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
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 (355 mL)	0	0	0	0	0	0	0	0	0	0	0



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Bubly Sparkling Water 12 fl oz - Lime	12 fl oz (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	135	15	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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	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	135	15	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)	480	150	17	10	0	55	380	69	0	56	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
1 pump of Cane Sugar Syrup	1 pump	15	0	0	0	0	0	0	5	0	4	0
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	60	67	0	67	0
Coke - 30 fl oz	30 fl oz (887 mL)	400	0	0	0	0	0	95	100	0	100	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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	100	0	0	0	0
Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	15	0	0	0	0	0	15	3	0	0	1
Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	20	3	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



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Dasani Lime - 12 fl oz can	12 oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	120	0	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 - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	140	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	20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Dr Pepper - 20 fl oz bottle	20 fl oz 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 - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	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 - 30 fl oz	30 fl oz (887 mL)	160	0	0	0	0	0	15	44	0	42	0
Drive Thru - Blood Orange Lemonade - 20 fl oz	20 fl oz (591 mL)	130	5	0	0	0	0	20	32	0	21	0
Drive Thru - Blood Orange Lemonade - 30 fl oz	30 fl oz (887 mL)	190	5	0.5	0	0	0	30	47	1	32	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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	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 - 30 fl oz	30 fl oz (887 mL)	250	0	0	0	0	0	60	63	0	63	0



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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 - 30 fl oz	30 fl oz (887 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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	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 - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	85	1	0	0	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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
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 - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	70	61	0	60	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 - 30 fl oz	30 fl oz (887 mL)	250	0	0	0	0	0	65	64	0	63	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 - 30 fl oz	30 fl oz (887 mL)	120	0	0	0	0	0	70	31	0	31	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 - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	63	0	63	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 - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	68	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 - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	90	60	0	59	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 - 30 fl oz	30 fl oz (887 mL)	130	0	0	0	0	0	15	31	0	31	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 - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	65	0	64	0
Drive Thru - Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	55	40	0	40	0



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Drive Thru - Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	85	58	0	58	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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	5	0	0	0	0
Drive Thru - Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	170	23	0	23	0
Drive Thru - Powerade Mountain Blast - 30 fl oz	30 fl oz (887 mL)	140	0	0	0	0	0	180	35	0	34	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 - 30 fl oz	30 fl oz (887 mL)	100	0	0	0	0	0	20	25	1	20	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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	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 - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	105	57	0	57	0
Drive Thru - Sweet Tea - 20 fl oz	20 fl oz (591 mL)	80	0	0	0	0	0	10	18	0	18	2
Drive Thru - Sweet Tea - 30 fl oz	30 fl oz (887 mL)	100	0	0	0	0	0	15	25	0	25	2
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 - 30 fl oz	30 fl oz (887 mL)	270	0	0	0	0	0	55	71	0	70	0
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 - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	240	62	0	62	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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	220	0	0	0	0
Drive Thru - Unsweetened Black Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Drive Thru - Unsweetened Black Tea - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	15	0	0	0	2
Drive Thru - Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	44	0	44	0
Drive Thru - Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	66	0	66	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



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Fanta Orange - 20 fl oz	20 fl oz (591 mL)	270	0	0	0	0	0	65	73	0	71	0
Fanta Orange - 30 fl oz	30 fl oz (887 mL)	400	0	0	0	0	0	100	101	0	99	0
Frozen Caramel Cold Brew - 16 fl oz	16 fl oz (473 mL)	470	160	18	10	0	55	230	74	0	60	5
Frozen Mocha Cold Brew - 16 fl oz	16 fl oz (473 mL)	440	130	14	8	0	40	105	73	2	56	6
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 fl oz	18.5 fl oz (547 mL)	0	0	0	0	0	0	55	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 Caffe Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	140	16	0	15	10
Iced Caffe 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 - 30 fl oz	30 fl oz (887 mL)	20	0	0	0	0	0	20	5	0	0	1
Iced Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	25	0	0	0	0	0	15	5	0	0	1
Iced Coffee - 30 fl oz - no ice	30 fl oz (887 mL)	35	0	0	0	0	0	25	8	0	0	2
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 - 30 fl oz	30 fl oz (887 mL)	190	0	0	0	0	0	110	49	0	49	0
Madagascar Vanilla Cream Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	200	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	102	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
Minute Maid Orange Juice - 12 fl oz bottle	12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0
Mist Twist - 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	68	0	68	0
Mist Twist - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	101	0	101	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	20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 30 fl oz	30 fl oz (887 mL)	410	0	0	0	0	0	125	110	0	109	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 - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0
Orange Ginger Mint Tea - 8 fl oz	8 fl oz (240 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 - 30 fl oz	30 fl oz (887 mL)	190	0	0	0	0	0	15	46	0	46	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	20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	103	0	103	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 - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	135	92	0	92	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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	0	0	0	0	0
Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	250	35	0	35	0



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Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	280	55	0	55	0
Premium OJ 11.5 fl oz	1 Bottle (11.5 fl oz)	160	0	0	0	0	0	0	37	0	30	2
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 - 30 fl oz	30 fl oz (887 mL)	150	0	0	0	0	0	20	36	2	29	1
Sierra mist 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	30	40	0	40	0
Sierra Mist 20 fl oz bottle	20 fl oz bottle (591mL)	240	0	0	0	0	0	60	61	0	61	0
Signature Hot Chocolate - 16 fl oz	16 fl oz (473 mL)	430	110	12	7	0	40	200	66	2	50	12
Signature Hot Chocolate - 20 fl oz	20 fl oz (591 mL)	530	121	13	8	0	40	240	86	3	64	14
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 - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	120	1	0	0	0
Sprite - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	115	64	0	64	0
Sprite - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	170	91	0	91	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	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	27	0	27	1
Sweet Tea 30 fl oz	30 fl oz (887 mL)	150	0	0	0	0	0	10	36	0	36	2
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 - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	90	113	0	112	0
Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	270	68	0	68	0
Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	390	100	0	99	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 - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	360	0	0	0	0
Unsweetened Black Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2



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Unsweetened Black Tea - 30 fl oz	30 fl oz (887 mL)	20	0	0	0	0	0	20	0	0	0	4
Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	50	70	0	70	0
Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	390	0	0	0	0	0	80	106	0	105	0
ENTRÉE - BOWLS / MAC / FLATBREAD PIZZA												
Baja Bowl	1 Bowl	680	310	34	7	0	15	1260	81	13	9	19
Baja Bowl with Chicken	1 Bowl	750	320	36	7	0	55	1430	82	13	9	30
Broccoli Cheddar Mac & Cheese - Bread Bowl	1 Bread bowl with Broccoli Cheddar Mac	1050	280	31	13	0.5	55	2290	155	6	8	40
Broccoli Cheddar Mac & Cheese - Large	1 Bowl	770	480	53	25	1.5	115	2250	50	4	11	26
Broccoli Cheddar Mac & Cheese - Small	1 Cup	390	240	27	12	0.5	55	1130	25	2	6	13
Cheese Flatbread Pizza	1 flatbread pizza	820	310	34	18	1	90	1910	87	3	4	41
Teriyaki Chicken with Broccoli Bowl	1 Bowl	650	190	21	4.5	0	140	1850	78	4	25	43
Chipotle Chicken & Bacon Flatbread Pizza	1 flatbread pizza	940	400	45	17	1	115	2270	89	3	7	45
Four Cheese Flatbread Pizza	1 flatbread pizza	930	410	45	26	1	115	2120	86	2	4	45
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1140	320	35	18	1	80	2210	163	6	9	43
Mac & Cheese - Large	About 2 Cups	950	550	62	35	1.5	155	2090	66	2	15	33
Mac & Cheese- Small	About 1 Cup	470	280	31	17	1	80	1040	33	1	7	17
Margherita Flatbread Pizza	1 flatbread pizza	780	280	31	17	1	75	1730	89	3	7	36
Mediterranean Bowl	1 Bowl	630	270	30	6	0	15	1270	75	9	6	20
Mediterranean Bowl with Chicken	1 Bowl	700	280	32	7	0	55	1450	76	9	6	32
Pepperoni Flatbread Pizza	1 flatbread pizza	950	430	47	23	1	110	2410	87	3	5	44
KIDS												
Kids Grilled Cheese on White Whole Grain	1 Sandwich	300	130	14	9	0	40	860	30	3	3	6
Kids Ham on White Whole Grain	1 Sandwich	260	80	9	5	0	35	770	29	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



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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 White Whole Grain	1 Sandwich	290	90	10	5	0	55	900	30	3	3	22
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 - BBQ Ranch - Half	1 1/2 Tbsp	70	60	7	1	0	5	125	2	0	2	0
Dressing - BBQ Ranch - Whole	3 Tbsp	140	120	13	2.5	0	10	250	5	0	4	1
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 - Greek Dressing - Half	1 1/2 Tbsp	110	110	12	2	0	0	140	0	0	0	0
Dressing - Greek Dressing - Whole	3 Tbsp	220	220	24	3.5	0	0	290	1	0	0	0
Dressing - Green Goddess - Half	1 1/2 tbsp	40	30	3.5	0	0	0	65	2	0	1	1
Dressing - Green Goddess - Whole	3 tbsp	80	60	7	1	0	5	135	4	0	2	2
Dressing- Chile Lime Rojo Ranch- Half	1 1/2 tbsp	45	35	4	1	0	5	85	2	0	1	1
Dressing- Chile Lime Rojo Ranch - Whole	3 tbsp	90	70	8	1.5	0	10	170	3	0	2	2
Dressing - White Balsamic Vinaigrette flavored with Apple - Half	1 1/2 Tbsp	80	60	6	1	0	0	85	6	0	5	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Whole	3 Tbsp	160	110	13	2	0	0	170	11	0	11	0
PASTRIES & SWEETS												
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	410	170	19	11	0.5	65	260	59	1	33	5
Muffie - Chocolate Chip	1 Muffie	320	130	14	3.5	0	35	210	46	2	28	4



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Muffin - Chocolate Chip	1 Muffin	640	250	28	7	0	75	410	91	3	55	8
Cookie - Chocolate Chipper	1 Cookie	390	170	19	11	0.5	50	290	52	2	31	4
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
Muffin - Cranberry Orange	1 Muffin	480	170	19	3	0	65	360	71	2	40	6
Pastry - Bear Claw	1 Pastry	500	210	23	10	0.5	60	390	66	2	30	9
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 - Kitchen Sink	1 Cookie	800	400	44	28	1	85	760	99	2	56	8
Cookie - Lemon Drop Flavored	1 Cookie	430	180	20	13	0.5	65	270	60	0	35	5
Mini Bear Claw	1 Pastry	160	70	8	3.5	0	20	125	20	1	8	3
Mini Muffin - Blueberry with Fresh Blueberries	1 Mini Muffin	80	30	3	0.5	0	10	65	12	0	7	1
Mini - Brownie	1 Mini Brownie	100	30	3.5	2	0	25	95	17	1	12	1
Mini Cookie - Candy	1 Mini Cookie	110	45	5	3	0	15	65	16	0	9	1
Mini Muffin - Cranberry Orange	1 Muffin	70	25	3	0	0	10	55	11	0	6	1
Mini Cookie - Lemon Drop Flavored	1 Mini Cookie	110	45	5	3.5	0	15	65	15	0	9	1
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	2	0	10	45	14	1	8	1
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	10	270	27	1	12	3
Mini Pecan Braid	1 Mini Pastry	130	60	7	2.5	0	10	75	17	1	10	2
Mini Scone - Wild Blueberry	1 mini scone	150	60	6	4	0	10	300	21	0	9	3
Cookie - Oatmeal Raisin with Berries	1 Cookie	340	110	13	7	0	50	170	55	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	250	28	11	0.5	55	280	53	3	23	8
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	3	0	10	75	13	0	8	1
Muffin - Pumpkin	1 Muffin	570	190	21	3.5	0	30	470	87	3	51	7



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Pastry - Croissant	1 Croissant	260	130	15	11	0	50	230	27	3	1	6
Cookie- Tulip Shaped Shortbread	1 Cookie	440	190	21	13	1	65	220	58	1	32	4
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
SALADS												
Asian Sesame with Chicken - Half	1/2 Salad	220	100	11	1.5	0	40	360	14	3	4	16
Asian Sesame with Chicken - Whole	1 Salad	430	210	23	3	0	80	720	29	6	7	31
BBQ Chicken Salad - Half	1/2 Salad	260	110	13	2	0	45	600	22	5	7	17
BBQ Chicken Salad - Whole	1 Salad	520	230	25	4	0	90	1210	44	10	14	33
BBQ Salad - Half	1/2 Salad	190	100	11	1.5	0	5	430	21	5	7	5
BBQ Salad - Whole	1 Salad	390	200	22	3	0	10	860	41	10	14	9
Caesar - Half	1/2 Salad	170	110	13	3	0	25	310	9	2	1	5
Caesar - Whole	1 Salad	330	230	25	6	0.5	45	620	19	4	3	10
Caesar with Chicken - Whole	1 Salad	460	250	28	7	0.5	125	970	21	4	3	34
Caesar with Chicken - Half	1/2 Salad	230	130	14	3.5	0	65	480	11	2	2	17
Fuji Apple with Chicken - Half	1/2 Salad	290	160	18	4	0	50	370	19	3	11	16
Fuji Apple with Chicken - Whole	1 Salad	580	320	36	8	0	95	750	37	6	23	32
Greek - Half	1/2 Salad	200	160	18	4	0	10	580	7	3	3	4
Greek - Whole	1 Salad	400	320	35	8	1	25	1170	15	6	6	6
Green Goddess Cobb with Chicken - Half	1/2 Salad	270	140	15	3.5	0	135	470	13	4	6	21
Green Goddess Cobb with Chicken - Whole	1 Salad	530	270	30	7	0	275	930	26	8	12	42
Double Protein - Bacon Pieces	1 Double Portion	80	60	6	2	0	10	300	1	0	1	5
Double Protein - Citrus Pepper Chicken	1 Double Portion	130	30	3	1	0	80	350	2	0	0	24
Southwest Chile Lime Ranch with Chicken - Half	1/2 Salad	340	160	18	3.5	0	50	640	27	7	5	20



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Southwest Chile Lime Ranch with Chicken - Whole	1 Salad	680	320	36	7	0	100	1290	54	14	10	39
SANDWICHES												
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	340	110	12	4.5	0	50	990	35	2	3	23
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	670	210	23	9	0	105	1980	70	3	6	45
Chicken Teriyaki on Ciabatta - Half	1/2 Sandwich	430	170	18	3.5	0	60	890	46	2	7	21
Chicken Teriyaki on Ciabatta - Whole	1 Sandwich	870	330	37	7	0	125	1780	93	4	14	42
Chipotle Bacon Melt on Classic White Miche - Half	1/2 Sandwich	490	280	31	14	0.5	70	1060	34	1	6	21
Chipotle Bacon Melt on Classic White Miche - Whole	1 Sandwich	990	550	61	29	1	145	2110	69	2	11	43
Chipotle Chicken Avocado Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	440	200	22	7	0	65	970	39	4	2	23
Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole	1 Sandwich	880	390	43	14	0	125	1930	79	8	4	46
Classic Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	350	160	18	11	0.5	55	870	33	1	5	16
Classic Grilled Cheese on Classic White Miche - Whole	1 Sandwich	700	320	35	22	1	110	1730	67	2	10	31
Frontega Chicken Panini on Black Pepper Focaccia - Half	1/2 Panini	380	150	16	6	0	55	920	39	2	3	22
Frontega Chicken Panini on Black Pepper Focaccia - Whole	1 Panini	760	290	32	11	0	110	1850	78	4	5	43
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	270	60	6	1.5	0	5	630	44	4	4	10
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	540	110	12	3	0	10	1270	88	8	9	21
Modern Caprese on Black Pepper Focaccia - Half	1/2 Sandwich	440	190	21	11	0	45	960	43	3	6	21
Modern Caprese on Black Pepper Focaccia - Whole	1 Sandwich	890	380	43	23	0.5	90	1910	85	6	12	42
Napa Almond Chicken Salad on Country Rustic Sourdough - Half	1/2 Sandwich	320	140	16	2.5	0	35	400	31	2	6	14
Napa Almond Chicken Salad on Country Rustic Sourdough - Whole	1 Sandwich	630	290	32	5	0	70	810	62	5	12	28
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half	1/2 Sandwich	350	160	18	4	0	35	710	27	3	2	21
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Whole	1 Sandwich	700	330	36	8	0	65	1410	53	7	4	43
Double Protein - 4 Half Bacon Slices	1 Double portion	100	70	7	2.5	0	10	360	1	0	1	6
Double Protein - 6 Half Bacon Slices	1 Double Portion	140	100	11	4	0	15	540	1	0	1	10



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Double Protein - Ham	1 Double Portion	140	50	6	1.5	0	60	690	2	0	1	21
Double Protein - Roasted Turkey	1 Double Portion	120	35	3.5	1	0	55	560	2	0	0	19
Double Protein - Sliced Turkey	1 Double Portion	140	40	4	1	0	65	640	2	0	0	22
Double Protein - Smoked Chicken	1 Double Portion	100	15	2	0.5	0	65	520	0	0	0	21
Double Protein - Steak	1 Double Portion	140	50	5	2.5	0	60	270	1	0	0	22
Double Protein - Teriyaki Chicken	1 Double Portion	230	90	10	2.5	0	110	820	8	0	7	27
Double Protein - Tuna Salad	1 Double Portion	340	260	28	4.5	0.5	45	640	4	0	1	17
Smokehouse BBQ Chicken on Classic White Miche - Half	1/2 Sandwich	380	130	15	8	0	70	850	40	1	9	23
Smokehouse BBQ Chicken on Classic White Miche - Whole	1 Sandwich	770	270	29	15	0.5	140	1690	80	3	18	46
Steak & White Cheddar Panini on Artisan Ciabatta - Half	1/2 Panini	430	170	18	7	0	60	740	43	2	4	24
Steak & White Cheddar Panini on Artisan Ciabatta - Whole	1 Panini	870	330	37	15	1	120	1490	87	4	7	48
Tuna Salad on Black Pepper Focaccia - Half	1/2 Sandwich	370	150	17	2.5	0	25	840	39	2	3	16
Tuna Salad on Black Pepper Focaccia - Whole	1 Sandwich	740	300	34	5	0.5	45	1670	79	5	5	31
Turkey on Country Rustic Sourdough - Whole	1 Sandwich	490	150	17	3	0	70	1310	53	4	4	32
Turkey on Country Rustic Sourdough- Half	1/2 Sandwich	250	80	9	1.5	0	35	650	27	2	2	16
SI DES												
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	450	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
Tomato Basil Cucumber Salad	1 Serving	90	50	6	1	0	0	480	9	1	5	1
SMOOTHIES												
Green Passion Smoothie - 16 fl oz	16 fl oz (473 mL)	250	10	1.5	0	0	0	45	59	5	50	2



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Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	290	45	5	3	0	20	60	51	4	42	13
Peach & Blueberry Smoothie with Almond Milk - 16 fl oz	16 fl oz (473 mL)	210	20	2	0	0	0	50	49	4	41	2
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	2.5	1.5	0	10	35	51	6	35	7
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	270	40	4.5	2.5	0	20	60	44	6	37	12
Superfruit Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	240	40	4.5	2.5	0	20	50	36	0	28	13
SOUFFLES												
Souffle - Four Cheese	1 Souffle	460	250	28	15	0.5	175	840	38	1	9	15
Souffle - Spinach & Artichoke	1 Souffle	520	300	33	18	1	175	940	39	3	8	19
Souffle - Spinach & Bacon	1 Souffle	540	320	35	18	1	190	970	38	2	8	20
SOUPS												
Baked Potato - Bowl	1 1/2 Cups	330	190	21	10	0	45	1420	33	4	7	9
Baked Potato Soup - Bread Bowl	1 Bread bowl with soup	890	160	18	7	0	30	2110	152	7	6	33
Baked Potato - Cup	1 Cup	220	120	14	7	0	30	950	22	3	4	6
Bistro French Onion - Bowl	1 1/2 Cups	310	110	13	6	0	20	1660	36	3	15	13
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	860	110	12	4	0	15	2230	151	6	12	35
Bistro French Onion - Cup	1 Cup	190	70	8	4	0	15	1070	21	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
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	260	140	16	7	0.5	35	1390	27	5	4	10
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	840	130	15	5	0	25	2090	148	8	5	33
Cream of Chicken & Wild Rice - Cup	1 Cup	180	90	10	4.5	0	25	920	18	4	3	6
Homestyle Chicken Noodle Soup - Bowl	1 bowl	190	45	5	1.5	0	45	1520	19	1	2	17
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	840	70	8	1.5	0	30	2260	153	6	4	40



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Homestyle Chicken Noodle Soup - Cup	1 cup	120	30	3	1	0	30	1010	13	1	1	11
Turkey Chili with Beans - Bowl	1 Bowl	300	90	10	4.5	0	35	690	31	14	8	21
Turkey Chili with Beans - Bread Bowl	1 bread bowl with soup	870	100	11	3.5	0	25	1620	151	14	8	41
Turkey Chili with Beans - Cup	1 Cup	200	60	7	3	0	25	460	20	9	6	14
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 Autumn Squash Soup - Bowl	1 1/2 Cups	330	150	16	7	0	50	1210	41	5	33	8
Vegetarian Autumn Squash Soup - Bread Bowl	1 Bread bowl with soup	880	140	15	5	0	35	1960	158	8	24	32
Vegetarian Autumn Squash Soup - Cup	1 Cup	210	100	11	5	0	35	800	27	3	22	5
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	330	190	21	11	0.5	60	840	34	1	17	5
Vegetarian Creamy Tomato - Cup	1 Cup	230	130	14	8	0	40	580	24	1	11	4
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
Strawberry Fruit Spread	2 Tbsp	90	0	0	0	0	0	0	23	1	22	0
GRAB N GO												
Seasonal Fruit Cup	1 Container	60	0	0	0	0	0	15	17	1	12	1
Hard Boiled Eggs	1 Container	160	100	11	3	0	360	130	1	0	0	13