

Panera Bread Product Nutrition Information



From Our Bakery

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Artisan Breads											
Ciabatta	6.25 oz	460	6	1	0	0	760	84	3	3	16
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	150	1.5	0	0	0	340	30	3	2	6
Whole Grain Loaf	2 oz	140	1	0	0	0	300	27	3	2	6
Whole Grain Miche	2 oz	140	1.5	0	0	0	260	28	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
Hot Cross Buns	1 bun	220	5	3	0	35	280	37	1	17	5
Irish Soda Bread	2 oz	180	7	4	0	40	380	23	1	5	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 XL Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	5
Tomato Basil Loaf	2 oz	140	0.5	0	0	0	330	27	1	1	5
White Whole Grain Loaf	2 oz	140	2.5	1	0	0	310	26	2	1	5

	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	4 oz	330	6	3.5	0	10	570	55	2	3	13
Blueberry	4.25 oz	330	1.5	0	0	0	490	67	2	9	10
Chocolate Chip Bagel	4.25 oz	370	6	4	0	0	480	69	2	14	10
Cinnamon Crunch	4.5 oz	430	8	5	0	0	430	81	3	30	9
Cranberry Walnut Bagel	4 oz	330	5	0.5	0	0	510	63	3	9	10
Dutch Apple & Raisin	4.75 oz	360	3	1	0	0	620	77	2	33	8
Everything	4 oz	300	2.5	0	0	0	630	59	2	4	10
Trail Mix Bagel	4 oz	420	10	3	0	0	570	70	4	19	11
Plain	3.75 oz	290	1.5	0	0	0	450	59	2	3	10
Sesame	4.25 oz	310	3	0	0	0	450	59	2	3	10
French Toast	4 oz	350	5	2	0	0	610	67	2	15	9
Whole Grain	4.5 oz	370	3.5	0	0	0	420	70	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
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	30	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 Sun-Dried Tomato	1 oz	70	6	3.5	0	20	115	2	1	1	3
Reduced Fat Sun-Dried Tomato	2 oz	130	11	7	0.5	35	220	4	1	2	5
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	3.75 oz	400	23	14	1	70	340	41	1	13	8
Cherry	5 oz	450	22	13	0.5	70	340	55	2	24	8
Chocolate	3.5 oz	350	20	12	0	50	220	38	2	14	7
Fresh Apple	4.5 oz	380	19	13	0	20	320	44	1	17	7
Pecan Braid	4.25 oz	440	25	11	0.5	55	270	46	2	20	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)
Macadamia Nut Blondie	3.5 oz	460	21	11	0	65	200	62	1	25	4
Chocolate Fudge Brownie	3.5 oz	410	14	8	0	85	260	64	2	33	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	3.25 oz	440	23	14	0	60	250	59	2	33	5
Bunny shaped Shortbread Cookie	2.50 oz	370	19	11	0.5	50	150	45	1	20	4
Valentine's Day Heart Shaped Cookie	2.75 oz	380	20	12	0.5	55	150	46	1	19	4
Chocolate Duet with Walnuts	3.25 oz	450	24	13	0	60	150	55	3	36	6
Oatmeal Raisin	3.25 oz	370	14	8	0	55	310	57	2	28	5
Toffee Nut	3.25 oz	460	19	13	0	80	330	59	1	29	5

Cookies (cont.)	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Petite - Oatmeal Raisin	0.75 oz	90	3.5	2	0	15	75	14	1	7	1
Petite - Shortbread	0.50 oz	90	5	3	0	15	40	9	0	3	1
Petite - Chocolate Chipper	0.75 oz	110	6	3.5	0	15	60	15	1	8	1
Petite - Chocolate Duet with Walnuts	0.75 oz	110	6	3	0	15	35	13	1	9	2
Shortbread	2.5 oz	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)
Lemon Poppyseed	4.5 oz	450	20	4	0	95	440	62	1	38	6
Cinnamon Coffee Crumb Cake	4.25 oz	470	25	9	0	105	310	54	1	30	6
Pineapple Upside-Down	6 oz	510	22	10	0	65	480	75	3	49	5
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	5 oz	440	19	3.5	0	55	500	62	3	33	7
Chocolate Chip Muffie	2.75 oz	280	12	3.5	0	35	180	40	1	24	4
Cranberry Orange Muffin	5.25 oz	480	19	3	0	70	360	71	3	40	7
Pumpkin Muffie	2.75 oz	270	10	2	0	15	220	42	1	24	3
Pumpkin Muffin	6 oz	530	20	3.5	0	30	430	81	2	47	6
Reduced Fat Wild Blueberry Muffin	4.5 oz	350	10	2.5	0	50	280	60	2	35	6
Wild Blueberry Muffin	4.5 oz	390	15	2.5	0	55	290	58	1	34	5
Scones	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	4.75 oz	530	26	16	0	100	300	66	2	29	8
Orange	5.25 oz	470	11	7	0	45	460	87	3	62	4
Wild Blueberry - Mini Scones	1 mini	130	5	3.5	0	20	260	19	1	8	2
Wild Blueberry	4 oz	390	16	11	0	65	780	56	2	23	6
Specialty Pastries	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	4.5 oz	460	24	13	0.5	70	400	54	2	17	8
Bogels - 6 or 12 pack	4 bogel	200	3.5	2.5	0	0	210	37	1	12	4
French Croissant	2.5 oz	310	18	11	0.5	60	260	30	1	4	7
Pastry Ring - Apple Cherry Cheese	2.5 oz	220	10	6	0	35	150	27	1	13	3
Sweet Rolls	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	6 oz	620	24	14	0.5	100	480	89	3	33	13
Cobblestone	7 oz	650	13	5	0	20	410	123	3	62	12
Pecan Roll	5 oz	720	38	11	0	60	310	88	2	48	11
Baked Egg Soufflés	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	5.75 oz	480	31	16	0.5	195	700	34	2	6	16
Spinach & Artichoke	6.25 oz	540	35	20	0.5	170	920	36	2	6	19
Spinach & Bacon	6.5 oz	580	39	21	1	175	940	34	2	6	23
Turkey Sausage & Potato	5.75 oz	450	29	16	0.5	145	600	35	2	5	15
Grilled Breakfast Sandwiches	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	6.75 oz	510	24	10	0.5	215	1060	44	2	2	28
Egg & Cheese	5.75 oz	380	14	6	0	190	620	43	2	1	18
Sausage, Egg & Cheese	7.5 oz	550	30	12	0	220	800	44	2	2	25
Breakfast Power Sandwich	6 oz	360	14	6	0	200	860	36	4	3	23
Asiago Cheese Bagel Breakfast Sand with Bacon	7.5 oz	610	27	13	1	225	1240	56	3	4	33
Asiago Cheese Bagel Breakfast Sand with Egg and Cheese	6.5 oz	480	18	9	0.5	200	800	55	2	3	23
Asiago Cheese Bagel Breakfast Sand with Sausage	8.25 oz	650	33	15	0.5	230	980	56	2	4	30
Granola Parfait	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	8.25 oz	280	12	4	0	5	95	41	3	29	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 Chicken Bacon Dijon on Country	12.25 oz	850	35	13	1	140	1860	78	3	13	57
Full Frontega Chicken® on Focaccia	13 oz	860	39	9	0.5	100	2150	80	4	6	46
Full Smokehouse Turkey® on Three Cheese	11 oz	720	29	12	1	115	2460	66	4	6	51
Full Tomato & Mozzarella on Ciabatta	12 oz	770	29	10	0.5	35	1290	96	6	10	30
Full Turkey Artichoke on Focaccia	14 oz	750	27	7	0	85	2340	88	7	9	40
Half Chicken Bacon Dijon on Country	6 oz	420	17	7	0	70	930	39	1	7	28
Half Frontega Chicken® on Focaccia	6.5 oz	430	20	4.5	0	50	1080	40	2	3	23
Half Smokehouse Turkey® on Three Cheese	5.5 oz	360	14	6	0	60	1230	33	2	3	25
Half Tomato & Mozzarella on Ciabatta	6 oz	380	15	5	0	20	650	48	3	5	15
Half Turkey Artichoke on Focaccia	7oz	370	13	3.5	0	45	1170	44	3	5	20
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	13 oz	690	27	14	0.5	115	1270	64	3	3	48
Full Bacon Turkey Bravo® on Tomato Basil	14.25 oz	840	32	11	0	100	2930	87	4	9	51
Full Chicken Caesar on Three Cheese	13.25 oz	710	32	9	1	125	1470	66	4	5	43
Full Chipotle Chicken on Artisan French	13.25 oz	990	56	15	1	145	2370	69	4	6	52
Full Italian Combo on Ciabatta	17.75 oz	1040	45	17	1	165	3020	94	5	7	61
Half Asiago Roast Beef on Asiago Cheese	6.5 oz	350	13	7	0	55	630	32	1	2	24
Half Bacon Turkey Bravo® on Tomato Basil	7 oz	420	16	5	0	50	1460	43	2	4	25
Half Chicken Caesar on Three Cheese	6.5 oz	360	16	4.5	0	65	730	33	2	2	21
Half Chipotle Chicken on Artisan French	6.5 oz	500	28	8	0.5	70	1180	34	2	3	26
Half Italian Combo on Ciabatta	8.75 oz	520	23	9	0	85	1510	47	2	3	31
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 Napa Almond Chicken Salad on Sesame Semolina	12.25 oz	680	26	4.5	0	60	1330	87	5	12	29
Full Mediterranean Veggie on Tomato Basil	13.75	610	13	3.5	0	10	1450	100	10	6	22

Cafe Sandwiches (cont.)	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Full Sierra Turkey on Focaccia with Asiago Cheese	13.5 oz	970	54	12	1	85	1970	80	4	6	39
Full Smoked Ham & Swiss on Stone-Milled Rye	13.75 oz	700	28	10	0.5	105	2320	65	5	5	46
Full Smoked Turkey Breast on Country	12.25 oz	560	17	2.5	0	60	1960	68	4	5	32
Full Tuna Salad on Honey Wheat	11.75 oz	750	47	9	0	45	1130	64	6	13	20
Full Salmon Club Croissant	9.75 oz	770	52	19	1	145	1170	37	2	9	36
Half Salmon Club Croissant	5 oz	380	26	9	0	75	580	19	1	4	18
Half Napa Almond Chicken Salad on Sesame Semolina	6 oz	340	13	2	0	30	660	44	2	6	15
Half Mediterranean Veggie on Tomato Basil	7 oz	300	7	1.5	0	5	730	50	5	3	11
Half Sierra Turkey on Focaccia with Asiago Cheese	6.75 oz	480	27	6	0	45	990	40	2	3	19
Half Smoked Ham & Swiss on Stone-Milled Rye	6.75 oz	350	14	5	0	50	1180	33	3	2	23
Half Smoked Turkey Breast on Country	6.75 oz	280	9	1.5	0	30	980	34	2	2	16
Half Tuna Salad on Honey Wheat	6 oz	380	23	4.5	0	20	570	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	15.5 oz	980	61	26	1	110	2030	75	3	14	33
Signature Mac & Cheese - Small	7.75 oz	490	30	13	0.5	55	1020	37	1	7	17
Baked Potato - You Pick Two®	8 oz	210	14	7	0.5	30	760	18	0	1	5
Baked Potato	12 oz	340	22	11	1	45	1210	29	0	2	7
Broccoli Cheddar - You Pick Two®	8 oz	190	10	6	0	20	1020	16	5	0	8
Broccoli Cheddar	12 oz	290	16	9	0.5	30	1540	24	7	0	12
Cream of Chicken & Wild Rice - You Pick Two®	8 oz	210	11	4.5	0	25	830	21	0	2	6
Cream of Chicken & Wild Rice	12 oz	320	17	7	0	35	1270	33	0	3	10
Vegetarian Creamy Tomato Soup - You Pick Two®	8 oz	220	14	8	0.5	10	440	22	4	10	1
Vegetarian Creamy Tomato Soup	12 oz	300	19	11	1	10	590	29	5	13	1
Vegetarian Creamy Tomato Soup (w/ croutons) - You Pick Two®	8.75 oz	300	18	9	0.5	10	580	31	4	10	4
Vegetarian Creamy Tomato Soup (w/ croutons)	12.75 oz	370	23	12	1	15	740	39	5	13	4
Low Fat Garden Vegetable with Pesto	12 oz	160	3.5	0	0	0	1240	28	6	8	5
Low Fat Garden Vegetable with Pesto	8 oz	110	2	0	0	0	830	19	4	5	4
French Onion (with cheese & croutons) - You Pick Two®	9.25 oz	200	10	4.5	0	15	1560	19	1	5	8
French Onion (with cheese & croutons)	13.25 oz	240	12	5	0	20	2210	24	1	7	9
French Onion (without cheese & croutons) - You Pick Two®	8 oz	80	3.5	1.5	0	5	1340	10	0	4	3
French Onion (without cheese & croutons)	12 oz	120	5	2	0	5	1990	15	0	7	4
Low-Fat Chicken Noodle - You Pick Two®	8 oz	80	3	1	0	5	1020	7	0	2	6
Low-Fat Chicken Noodle	12 oz	110	4	1.5	0	10	1360	10	0	2	8
Low-Fat Vegetarian Black Bean - You Pick Two®	8 oz	110	2.5	1	0	0	980	18	3	3	6
Low-Fat Vegetarian Black Bean	12 oz	170	4	1.5	0	0	1590	29	5	4	10
New England Clam Chowder - You Pick Two®	8 oz	300	23	13	1	35	790	19	2	0	5
New England Clam Chowder	12 oz	450	34	20	2	50	1190	29	3	0	8

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	11.25 oz	410	20	3.5	0	60	920	30	3	5	30
Full BBQ Chopped Chicken	14.5 oz	500	22	3	0	70	970	47	6	15	31
Full Caesar	9.75 oz	390	27	8	0.5	50	610	25	3	2	12
Full Classic Cafe	9.75 oz	170	11	1.5	0	0	270	18	4	12	2
Full Fresh Fruit Cup - Small	5 oz	60	0	0	0	0	15	16	1	12	1
Full Fuji Apple	10.25 oz	400	29	6	0	20	620	32	5	21	7
Full Fuji Apple with Chicken	13.75 oz	520	31	6	0	80	930	33	5	21	31
Full Greek	13.5 oz	380	34	8	0.5	20	1670	14	5	4	8

Hand-Tossed Salads (cont.)	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
	Full Salmon Caesar Salad	12 oz	480	34	9	0.5	105	760	15	2	1
Full Mediterranean Salmon Salad	14 oz	480	30	7	0	75	1310	27	5	19	27
Full Chopped Chicken Cobb	15.5 oz	500	36	9	0.5	135	1320	8	3	2	37
Half Asian Sesame Chicken	5.75 oz	200	10	2	0	30	460	15	2	3	15
Half Salmon Caesar Salad	6 oz	240	17	4.5	0	50	380	8	1	1	14
Half Caesar	4.75 oz	200	14	4	0	25	310	13	1	1	6
Half Classic Cafe	5 oz	80	5	1	0	0	135	9	2	6	1
Half Fuji Apple	5.25 oz	200	14	3	0	10	310	16	2	10	4
Half Fuji Appie with Chicken	7 oz	260	15	3	0	40	460	17	2	10	15
Half Greek	6.75 oz	190	17	4	0	10	840	7	2	2	4
Half Grilled Chicken Caesar	6.5 oz	250	15	4.5	0	55	510	13	1	1	18
Half Chopped Chicken Cobb	7.75 oz	250	18	4.5	0	70	660	4	1	1	19
Half Mediterranean Salmon Salad	7 oz	240	15	3.5	0	35	660	14	2	9	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	1.5 oz	130	10	1.5	0	0	240	9	0	8
Full BBQ Ranch Dressing	1.5 oz	140	12	2	0	10	350	8	0	7	1
Full Caesar Dressing	1.5 oz	150	16	2.5	0	35	190	2	0	1	1
Full FF Reduced-Sugar Poppyseed Dressing	1.5 oz	15	0	0	0	0	160	4	1	1	0
Full Greek Dressing/Herb Vinaigrette	1.5 oz	220	24	3.5	0	0	380	1	0	0	0
Full Light Buttermilk Ranch	1.5 oz	80	4	0.5	0	0	350	9	1	3	1
Full Reduced-Sugar Asian Sesame Vinaigrette	1.5 oz	90	8	1	0	0	390	6	0	4	0
Full White Balsamic Apple Vinaigrette	1.5 oz	150	12	2	0	0	310	11	0	10	0
Half Reduced Fat Balsamic Vinaigrette	0.75 oz	60	5	1	0	0	120	4	0	4	0
Half BBQ Ranch Dressing	0.75 oz	70	6	1	0	5	180	4	0	3	0
Half Caesar Dressing	0.75 oz	80	8	1.5	0	15	95	1	0	0	0
Half FF Reduced-Sugar Poppyseed Dressing	0.75 oz	5	0	0	0	0	80	2	1	0	0
Half Greek Dressing/Herb Vinaigrette	0.75 oz	110	12	2	0	0	190	1	0	0	0
Half Light Buttermilk Ranch	0.75 oz	40	2	0	0	0	170	4	0	1	0
Half Reduced-Sugar Asian Sesame Vinaigrette	0.75 oz	45	4	0.5	0	0	190	3	0	2	0
Half White Balsamic Apple Vinaigrette	0.75 oz	80	6	1	0	0	160	6	0	5	0
Tangerine Honey Vinaigrette	1.5 oz	100	7	1	0	0	45	10	0	9	9
Half Tangerine Honey Vinaigrette	0.75 oz	50	3.5	0.5	0	0	20	5	0	4	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	170	97	0	85
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
Mango	18 fl oz	330	10	7	0	20	20	61	2	56	2
Mocha	16 fl oz	570	21	14	0.5	50	140	92	2	77	7

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	25	6
Iced Green Tea - Grande	16 fl oz	90	0	0	0	0	10	23	0	23	0
Lemonade - Grande	16 fl oz	90	0	0	0	0	10	22	0	22	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	17	11	0	40	160	49	2	41	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	190	53	0	49	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	4.5	2.5	0	15	85	32	0	32	7
Hot Chocolate	11 fl oz	380	17	11	0	40	160	48	2	41	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	14 oz	200	0	0	0	0	0	46	1	46	4
Orange Juice - Small	8 oz	110	0	0	0	0	0	26	1	26	2
Organic Milk	8 oz	120	4.5	3	0	20	115	12	0	12	8
Organic Chocolate Milk	8 oz	170	5	3	0	20	150	25	0	25	7
Apple Juice	8 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	5 oz	320	10	6	0	50	790	35	3	3	23
Panera Kids Mac & Cheese	7.75 oz	490	30	13	0.5	55	1020	37	1	7	17
Panera Kids Deli Sandwich - Smoked Ham	5 oz	300	9	6	0	40	1210	34	3	3	21
Panera Kids Deli Sandwich - Smoked Turkey	5 oz	300	10	5	0	40	1160	35	3	4	21
Panera Kids Grilled Cheese Sandwich	3.75 oz	300	12	9	0	30	890	35	3	4	15
Panera Kids Peanut Butter & Jelly Sandwich	4.5 oz	410	18	3.5	0	0	550	56	4	21	12
Panera Kids Organic Yogurt (blueberry, strawberry)	2 oz	70	1	0.5	0	5	40	12	0	11	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.