

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	5	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	160	2	0	0	0	330	29	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	0.5	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	410	27	2	0	5
Three Cheese Demi	2 oz	140	2	1	0	5	300	26	1	1	6
Three Cheese Loaf	2 oz	140	2	1	0	5	300	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	320	28	3	2	6
Whole Grain Loaf	2 oz	130	1	0	0	0	240	26	3	1	6
Whole Grain Miche	2 oz	130	1	0	0	0	240	25	3	2	5
Specialty Breads											
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	22	1	0	7
Challah Bread	2 oz	180	2.5	1	0	10	290	34	1	6	6
Cinnamon Raisin Loaf	2 oz	180	3	1.5	0	10	135	34	1	11	5
French Baguette	2 oz	160	2	0	0	5	330	31	1	1	6
French Loaf	2 oz	150	2	0	0	5	310	29	1	1	5
French Roll	2.25 oz	180	2	0	0	5	370	35	1	1	6
French XL Loaf	2 oz	150	2	0	0	5	300	29	1	1	5
Honey Wheat loaf	2 oz	160	3	1.5	0	0	240	30	2	4	5
Sourdough Baguette	2 oz	160	0.5	0	0	0	320	31	1	0	6
Sourdough Loaf	2 oz	140	0.5	0	0	0	290	28	1	0	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	117	4	1	22
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	27	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
Cinnamon Swirl	3.75 oz	320	2.5	1	0	0	460	65	3	11	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
Plain	3.75 oz	290	1.5	0	0	0	450	59	2	3	10
Salt Bagel	4 oz	290	1.5	0	0	0	2790	59	2	3	10
Sesame	4 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	190	7	1	5	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	30	200	3	1	2	4
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	340	20	12	0	10	230	37	2	13	6
Fresh Apple	4.5 oz	380	19	13	0	20	320	44	1	17	7
Goosey Butter	3.75 oz	350	19	12	0.5	55	250	39	1	11	7
Pecan Braid	4.25 oz	440	25	11	0.5	55	270	46	2	20	8
Brownies											
	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caramel Pecan	4 oz	490	25	6	0	80	170	64	2	51	5
Very Chocolate	4 oz	460	22	5	0	80	180	61	2	48	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	320	59	2	33	5
Chocolate Duet with Walnuts	3.25 oz	450	24	13	0	60	330	55	3	36	6
Nutty Chocolate Chipper	3.25 oz	460	27	13	0	55	300	54	3	31	5
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	80	15	1	8	1
Petite - Chocolate Duet with Walnuts	0.75 oz	110	6	3	0	15	80	14	1	9	2
Shortbread	2.5 oz	350	21	12	1	55	160	36	1	11	3
Mini Bundt 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	460	20	4	0	95	440	63	0	33	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	430	19	4	0	55	380	61	2	33	8
Chocolate Chip Muffie	2.75 oz	270	12	3	0	35	140	40	1	23	4
Pumpkin Muffie	2.75 oz	250	10	2	0	15	200	39	1	22	3
Pumpkin Muffin	6 oz	530	20	3.5	0	30	430	81	2	47	6
Reduced Fat Wild Blueberry Muffin	4.5 oz	360	10	2	0	55	220	61	1	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	27	16	0	110	310	67	2	32	8
Orange	4.5 oz	460	20	11	0	110	290	65	1	28	8
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	18	9
French Croissant	2.5 oz	290	17	11	0	45	220	31	1	3	6
Pastry Ring - 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	500	32	18	1	180	830	35	2	6	19
Spinach & Bacon	6.5 oz	570	37	20	1	190	990	36	2	6	21
Turkey Sausage & Potato	5.75 oz	460	28	15	0.5	160	600	35	2	6	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
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	310	12	3.5	0	5	100	41	4	29	3

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	13.5 oz	940	36	13	2	140	2020	96	4	15	59
Full Chicken Bacon Dijon on French	11 oz	780	36	14	1	155	1540	63	2	16	53
Full Frontega Chicken® on Focaccia	13 oz	860	39	9	0.5	100	2150	80	4	6	46
Full Smokehouse Turkey® on Focaccia	12 oz	860	36	12	0.5	105	2620	82	4	7	52
Full Smokehouse Turkey® on Three Cheese	12.25 oz	810	30	13	1	120	2660	83	5	7	54
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	89	7	9	40
Half Chicken Bacon Dijon on Country	6.75 oz	470	18	7	1	70	1010	48	2	7	29
Half Chicken Bacon Dijon on French	5.5 oz	390	18	7	0	75	770	32	1	8	27
Half Frontega Chicken® on Focaccia	6.5 oz	430	20	4.5	0	50	1080	40	2	3	23
Half Smokehouse Turkey® on Focaccia	6 oz	430	18	6	0	55	1310	41	2	4	26
Half Smokehouse Turkey® on Three Cheese	6 oz	410	15	7	0	60	1330	41	2	3	27
Half Tomato & Mozzarella on Ciabatta	6 oz	390	15	5	0	20	650	50	4	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	710	32	13	1	120	1280	57	3	3	47
Full Bacon Turkey Bravo® on Tomato Basil	14.25 oz	840	32	11	0	100	2930	87	4	9	51
Full Chicken Caesar on Focaccia	14.25 oz	860	39	8	0.5	125	1640	82	4	5	43
Full Chicken Caesar on Three Cheese	14.5 oz	800	33	10	1	130	1650	83	4	6	45
Full Chipotle Chicken on Artisan French	14.5 oz	1070	55	15	1	145	2570	87	4	6	54
Full Chipotle Chicken on French	12 oz	900	56	13	1	155	2090	53	3	8	49
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	360	16	6	0	60	640	29	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 Focaccia	7 oz	430	19	4	0	60	820	41	2	3	22
Half Chicken Caesar on Three Cheese	7.25 oz	400	16	5	0	65	820	42	2	3	23
Half Chipotle Chicken on Artisan French	7.25 oz	530	28	7	0.5	75	1280	43	2	3	27
Half Chipotle Chicken on French	6 oz	450	28	7	0	75	1050	26	2	4	25
Half Italian Combo on Ciabatta	8.75 oz	520	23	9	0	85	1530	47	2	3	30
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 Chicken Salad on Sesame Semolina	14 oz	710	25	4.5	0	20	1950	101	13	10	31
Full Chicken Salad on Whole Grain	12.75 oz	620	26	4.5	0	20	1490	77	16	11	31
Full Mediterranean Veggie on Tomato Basil	14 oz	610	13	3	0	10	1450	102	9	7	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 Rye	13 oz	700	35	13	0	110	1890	55	4	8	40
Full Smoked Ham & Swiss on Stone-Milled Rye	15 oz	780	29	10	0.5	105	2580	82	7	5	49
Full Smoked Turkey Breast on Country	13.5	730	23	3	0	60	2480	92	7	8	36
Full Smoked Turkey Breast on Sourdough	11 oz	470	17	2.5	0	60	1680	49	3	5	30
Full Tuna Salad on Honey Wheat	11.75 oz	750	47	9	0	45	1130	65	6	13	20
Half Chicken Salad on Sesame Semolina	7 oz	360	13	2.5	0	10	970	50	7	5	15
Half Chicken Salad on Whole Grain	6.25 oz	320	13	2.5	0	10	770	40	9	5	16
Half Mediterranean Veggie on Tomato Basil	7 oz	310	7	1.5	0	5	730	51	5	4	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 Rye	6.5 oz	350	18	7	0	55	940	28	2	4	20
Half Smoked Ham & Swiss on Stone-Milled Rye	7.5 oz	390	14	5	0	50	1290	41	3	3	24
Half Smoked Turkey Breast on Country	6.75 oz	310	9	1.5	0	30	1040	40	2	2	17
Half Smoked Turkey Breast on Sourdough	5.5 oz	240	9	1.5	0	30	840	25	1	2	15
Half Tuna Salad on Honey Wheat	6 oz	380	23	4.5	0	20	570	32	3	6	10
Soups	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Potato - You Pick Two®	8 oz	230	14	9	0	45	720	21	2	3	5
Baked Potato	12 oz	370	22	14	0	70	1140	33	3	5	8
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	30	1540	24	7	0	12
Cream of Chicken & Wild Rice - You Pick Two®	8 oz	200	12	6	0	35	970	19	1	2	5
Cream of Chicken & Wild Rice	12 oz	300	17	9	0.5	55	1450	29	1	4	7
Creamy Tomato Soup - You Pick Two®	8 oz	210	15	8	0	40	770	20	3	10	3
Creamy Tomato Soup	12 oz	290	20	11	0	55	1040	28	3	13	4
Creamy Tomato Soup (w/ croutons) - You Pick Two®	8.75 oz	300	18	9	0.5	10	580	31	4	10	4
Creamy Tomato Soup (w/ croutons)	12.75 oz	370	23	12	1	15	740	39	5	13	4
French Onion (with cheese & croutons) - You Pick Two®	9.25 oz	210	9	4.5	0	15	1670	23	2	4	8
French Onion (with cheese & croutons)	13.25 oz	250	11	5	0	15	2370	30	3	6	10
French Onion (without cheese & croutons) - You Pick Two®	8 oz	90	3	1.5	0	10	1560	13	1	4	2
French Onion (without cheese & croutons)	12 oz	130	4.5	2.5	0	15	2340	20	2	6	3
Forest Mushroom - You Pick Two®	8 oz	170	12	6	0	30	770	14	1	2	3
Forest Mushroom	12 oz	250	18	8	0	45	1150	21	2	3	4
Low-Fat Chicken Noodle - You Pick Two®	8 oz	100	2	0	0	15	1110	16	1	1	6
Low-Fat Chicken Noodle	12 oz	140	2.5	0.5	0	25	1350	20	1	1	9
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
Low-Fat Vegetarian Garden Vegetable - You Pick Two®	8 oz	70	0.5	0	0	0	1200	15	4	1	3
Low-Fat Vegetarian Garden Vegetable	12 oz	120	1	0	0	0	1970	24	7	2	4
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
Summer Corn Chowder	12 oz	260	14	8	0.5	30	730	28	6	7	5
Summer Corn Chowder - You Pick Two®	8 oz	170	9	6	0.5	20	490	19	4	4	3

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	11.5 oz	410	19	3.5	0	65	900	31	5	7	32
Full Caesar	9.75 oz	390	27	8	0.5	50	610	25	3	2	12
Full Classic Cafe	10 oz	170	11	1.5	0	0	270	19	4	12	3
Full Fresh Fruit Cup - Large	10 oz	150	0	0	0	0	30	37	2	19	2
Full Fresh Fruit Cup - Small	5 oz	70	0	0	0	0	15	19	1	9	1
Full Fuji Apple	10.25 oz	410	29	6	0	20	620	33	5	21	8
Full Fuji Apple with Chicken	14 oz	520	30	6	0	85	900	34	6	22	32
Full Greek	13.75 oz	440	39	8	0.5	20	1370	15	6	4	10

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 Grilled Chicken Caesar	13.25 oz	500	28	8	0.5	110	1000	26	3	2	35
Full Chopped Chicken Cobb	15.5 oz	490	35	8	0.5	135	1300	9	3	3	36
Full Strawberry Poppyseed	13 oz	170	6	0	0	0	200	27	5	17	3
Full Strawberry Poppyseed with Chicken	16.5 oz	290	9	1	1	60	470	29	5	19	26
Full Tomato & Mozzarella Salad	18.75 oz	890	47	19	1.5	75	1660	83	6	19	36
Half Asian Sesame Chicken	5.75 oz	210	10	1.5	0	35	450	16	2	3	16
Half Caesar	4.75 oz	200	14	4	0	25	310	13	2	1	6
Half Classic Cafe	5 oz	90	5	1	0	0	135	9	2	6	1
Half Fuji Apple	5.25 oz	200	14	3	0	10	310	16	3	10	4
Half Fuji Apple with Chicken	7 oz	260	15	3	0	45	450	17	3	11	16
Half Greek	6.75 oz	220	20	4	0	10	690	7	3	2	5
Half Grilled Chicken Caesar	6.5 oz	250	14	4	0	55	500	13	1	1	18
Half Chopped Chicken Cobb	7.75 oz	250	18	4	0	70	650	4	1	1	18
Half Orchard Harvest	4.75 oz	210	16	3.5	0	15	360	15	3	10	5
Half Orchard Harvest with Chicken	6.5 oz	270	16	4	0	50	570	16	3	10	17
Half Strawberry Poppyseed	6.5 oz	80	3	0	0	0	100	13	2	9	2
Half Strawberry Poppyseed with Chicken	8.25 oz	140	4.5	0	0	30	230	14	2	9	13
Half Tomato & Mozzarella Salad	9.25 oz	440	24	10	0.5	35	830	42	3	9	18
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	0
Full Caesar Dressing	1.5 oz	150	16	2.5	0	35	190	2	0	1	1
Full Cherry Balsamic Vinaigrette	1.5 oz	130	12	2	0	0	270	7	0	5	0
Full Fat-Free Raspberry Dressing	1.5 oz	30	0	0	0	0	90	8	0	6	0
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 Caesar Dressing	0.75 oz	80	8	1.5	0	15	95	1	0	0	0
Half Cherry Balsamic Vinaigrette	0.75 oz	70	6	1	0	0	135	3	0	3	0
Half Fat-Free Raspberry Dressing	0.75 oz	15	0	0	0	0	45	4	0	3	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
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 - Grande	16 fl oz	580	25	17	1	70	170	83	1	70	6
Caramel - Largo	20 fl oz	710	30	19	1	85	220	105	1	89	7
Frozen Lemonade - Grande	16 fl oz	90	0	0	0	0	10	21	0	21	0
Frozen Lemonade - Largo	20 fl oz	120	0	0	0	0	15	29	0	29	1
Mango Smoothie - Grande	18 fl oz	330	10	7	0	20	30	61	3	54	2
Mango Smoothie - Largo	21.5 fl oz	370	10	7	0	20	35	71	3	63	2
Mocha - Grande	16 fl oz	550	25	16	1	60	140	78	2	63	7
Mocha - Largo	20.5 fl oz	670	28	19	1	75	180	98	3	79	9
Strawberry Smoothie - Grande	18 fl oz	240	1.5	0.5	0	5	190	51	3	39	5
Strawberry Smoothie - Largo	21.5 fl oz	290	1.5	0.5	0	5	230	62	5	48	6

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	150	3.5	2	0	15	75	25	0	23	6
Iced Green Tea - Grande	16 fl oz	90	0	0	0	0	10	23	0	23	0
Iced Green Tea - Largo	20 fl oz	110	0	0	0	0	10	28	0	27	0
Lemonade - Grande	16 fl oz	90	0	0	0	0	10	22	0	22	0
Lemonade - Largo	20 fl oz	130	0	0	0	0	10	31	0	31	1
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	110	4.5	3	0	20	95	11	0	11	7
Caffe Mocha	11.5 fl oz	380	17	11	0	40	160	48	2	41	11
Cappuccino	8.5 fl oz	110	4.5	3	0	20	95	11	0	11	7
Caramel Latte	11.5 fl oz	410	18	12	0.5	50	190	54	0	49	9
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	190	4	2.5	0	15	85	31	0	29	7
Hot Chocolate	11.5 fl oz	390	17	12	0.5	40	170	49	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	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	120	12	0	12	8
Organic Chocolate Milk	8 oz	180	5	3	0	20	160	27	0	27	8
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	5	0	50	790	35	3	3	23
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	17	3	0	0	410	56	5	22	13
Panera Kids Organic Yogurt (blueberry, strawberry, orange)	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.