

Panera Bread Product Nutrition Information



From Our Bakery

Artisan Breads	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ciabatta 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	130	0.5	0	0	0	300	26	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	0.5	0	0	0	370	29	1	0	5
French Miche	2 oz	130	0.5	0	0	0	330	26	1	0	5
Sesame Semolina Loaf	2 oz	140	0.5	0	0	0	350	29	1	1	4
Sesame Semolina Miche	2 oz	130	0.5	0	0	0	330	27	1	1	4
Stone-Milled Rye Loaf	2 oz	140	0.5	0	0	0	380	28	2	0	5
Stone-Milled Rye Miche	2 oz	120	0.5	0	0	0	340	25	2	0	4
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	140	2	1	0	5	290	25	1	1	5
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	150	1.5	0	0	0	310	29	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	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	140	34	1	11	5
Cranberry Walnut Panettone	2 oz	210	10	4.5	0	30	230	27	1	10	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
Holiday Bread	2 oz	150	2	1	0	5	190	29	1	12	3
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
Sunflower Loaf	2 oz	190	7	2	0	0	210	27	2	4	6

Specialty Breads (cont.)	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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

Freshly Baked Bagels	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
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
Cranberry Walnut	4 oz	330	5	0.5	0	0	510	63	3	9	10
Gingerbread	4 oz	350	4	2	0	0	300	70	2	18	9
Plain 3.75		290	1.5	0	0	0	450	59	2	3	10
Sesame 4	oz	310	3	0	0	0	450	59	2	3	10
Whole Grain	4.5 oz	350	3	0.5	0	0	410	67	5	6	12

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	380	22	13	1	65	330	39	1	13	7
Cherry	5 oz	420	21	13	1	10	330	51	1	20	8
Chocolate	3.5 oz	340	20	12	0	10	230	37	2	13	6
Fresh Apple	4.5 oz	440	24	15	1	15	350	49	2	13	9
Pecan Braid	4 oz	410	22	8	0	5	230	48	2	27	6

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
Nutty Oatmeal Raisin	3.25 oz	390	16	8	0	50	300	58	2	31	6

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 - Nutty Oatmeal Raisin	0.75 oz	100	4	2	0	15	75	14	1	8	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	520	25	10	0	80	570	74	2	42	6

Muffins & Muffies	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Carrot Walnut Muffin	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	4	0	30	430	82	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	400	16	3	0	60	240	59	1	34	6

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	4.25 oz	410	15	10	0	60	360	63	2	29	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	480	26	14	0.5	70	370	55	2	8	9
French Croissant	2.5 oz	290	17	11	0	45	220	31	1	3	6
Pastry Ring - Cherry Cheese	2.3 oz	210	11	6	0	40	120	26	1	12	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	25	15	0.5	100	480	89	3	33	13
Cobblestone 7	oz	650	13	5	0	20	410	123	3	62	12
Pecan Roll	5.25 oz	620	35	8	1	45	270	72	2	40	9

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	540	27	11	0	220	980	44	2	1	26

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	910	35	13	1	150	1900	91	4	14	58
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	790	29	11	1	115	2640	80	5	7	54
Full Tomato & Mozzarella on Ciabatta	12 oz	780	30	10	0.5	35	1290	99	7	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	460	17	7	0	75	950	45	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	390	14	5	0	55	1320	40	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	770	32	9	0.5	135	1600	77	4	5	45
Full Chipotle Chicken on Artisan French	14.5 oz	1030	55	13	1	150	2540	79	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	1070	50	19	0.5	175	3010	93	5	6	59
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	380	16	4.5	0	70	800	39	2	2	22
Half Chipotle Chicken on Artisan French	7.25 oz	520	27	6	0	75	1270	40	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	530	25	10	0	85	1500	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	680	25	4.5	0	20	1870	94	13	9	29
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	14 oz	1000	55	12	1	85	2030	86	4	6	40
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	770	32	12	0	110	2400	76	6	4	44
Full Smoked Turkey Breast on Country	13.5	620	18	2.5	0	60	2080	81	4	5	35
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	340	12	2	0	10	930	44	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	7 oz	500	27	6	0	45	1010	43	2	3	20
Half Smoked Ham & Swiss on Rye	6.5 oz	350	18	7	0	55	940	28	2	4	20
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	16	6	0	55	1200	38	3	2	22
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	230	16	9	0	45	970	14	1	4	8
Broccoli Cheddar	12 oz	350	24	13	0	70	1450	21	2	5	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	290	18	9	0	40	920	29	3	10	5
Creamy Tomato Soup (w/ croutons)	12.75 oz	360	23	12	0	55	1180	36	4	13	6
French Onion (with cheese & croutons) - You Pick Two®	9.25 oz	200	10	5	0	20	1780	23	2	4	8
French Onion (with cheese & croutons)	13.25 oz	250	11	6	0	25	2560	29	2	7	8
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
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	160	3	0.5	0	20	1670	23	2	2	9
Low-Fat Chicken Tortilla (w/o tortilla strips) - You Pick Two®	8 oz	110	1	0	0	15	730	19	3	4	7
Low-Fat Chicken Tortilla (w/o tortilla strips)	12 oz	170	4	0.5	0	20	1130	35	5	6	12
Low-Fat Chicken Tortilla (w/ tortilla strips) - You Pick Two®	8.25 oz	160	2.5	0	0	10	700	22	3	3	7
Low-Fat Chicken Tortilla (w/ tortilla strips)	12.25 oz	220	4	0.5	0	20	1130	35	5	6	12
Low-Fat Vegetarian Black Bean - You Pick Two®	8 oz	150	1	0	0.5	0	920	28	6	2	8
Low-Fat Vegetarian Black Bean	12 oz	250	2	0	1	0	1490	45	9	3	13
Low-Fat Vegetarian Garden Vegetable - You Pick Two®	8 oz	90	1	0	0	0	1030	17	3	5	4
Low-Fat Vegetarian Garden Vegetable	12 oz	150	1.5	0	0	0	1690	29	4	8	6
New England Clam Chowder - You Pick Two®	8 oz	320	28	18	0.5	100	740	11	1	2	6
New England Clam Chowder	12 oz	480	42	28	1	150	1110	17	2	3	9

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	400	27	8	0.5	50	620	26	4	2	13
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	510	28	8	0.5	120	1040	27	4	2	37
Full Orchard Harvest Salad	9.25 oz	430	32	7	0.5	30	720	30	5	20	10
Full Orchard Harvest Salad with Chicken	12.75 oz	540	33	8	0.5	95	1140	31	5	21	34
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	60	520	13	2	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

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	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 Meyer Lemon Vinaigrette	1.5 oz	60	2	0	0	0	270	9	0	7	0
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	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 Meyer Lemon Vinaigrette	0.75 oz	30	1	0	0	0	135	5	0	4	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
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	110	0	0	0	0	10	23	0	23	0
Iced Green Tea - Largo	20 fl oz	130	0	0	0	0	10	28	0	28	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	190	0	0	0	0	0	44	1	44	3
Orange Juice - Small	8 oz	110	0	0	0	0	0	25	0	25	2

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	310	9	4.5	0	50	770	36	3	3	22
Panera Kids Deli Sandwich - Smoked Ham	5 oz	300	10	4.5	0	45	1230	34	3	3	20
Panera Kids Deli Sandwich - Smoked Turkey	5 oz	300	8	3.5	0	40	1150	36	3	3	20
Panera Kids Grilled Cheese Sandwich	3.75 oz	310	12	7	0	30	900	35	3	4	15
Panera Kids Peanut Butter & Jelly Sandwich	4.5 oz	400	16	2	0	0	400	57	6	19	13

based on federal rounding and other applicable regulations. Nutritional information is calculated based on Panera's standardized recipes. Because 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 may affect the nutrition values for each product. 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. 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. For the most up-to-date information, please call or visit your nearest bakery-cafe to speak with a manager.