



Panera Bread



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Avocado, Egg White & Spinach on Bagel Flat	350	6	700	40	5	19
Egg Whites	30	0	100	1	0	6
Fruit Cup	60	0	15	17	1	1
Steel Cut Oatmeal w/ Strawberries, Pecans, and Cinnamon Crunch Topping	360	2	150	52	9	8
Bagels & Cream Cheese Spreads						
Cinnamon Swirl & Raisin Bagel	310	1	410	65	3	10
Plain Bagel	280	0	410	57	2	10
Sprouted Grain Bagel Flat	180	0	410	34	3	7
Poppyseed Bagel	290	0	410	58	2	10
Sesame Bagel	290	0	410	57	2	11
Cream Cheese Spreads (2 Tbsp)						
Strawberry Fruit Spread	90	0	0	23	1	0
Reduced-Fat Honey Walnut Cream Cheese	80	3.5	105	5	0	2
Reduced-Fat Chive & Onion Cream Cheese	80	4	115	1	0	3
Soups (cup)						
Chicken Noodle Soup	120	0.5	990	14	2	9
Turkey Chili with beans	200	3	460	20	9	14
Ten Vegetable Soup	60	0	730	10	3	3



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Sandwiches (half portion)						
Mediterranean Veggie on Tomato Basil	270	1.5	630	44	4	10
Roasted Turkey & Avocado BLT on Country Rustic	340	3.5	670	27	3	21
Tuna Salad on Black Pepper Focaccia	370	2.5	840	39	2	16
Turkey on Country Rustic Sourdough	240	1.5	610	27	2	16
Napa Almond Chicken Salad on Country Rustic	320	2.5	400	31	2	14
Entrees						
Baja Bowl	680	7	1260	81	13	18
Baja Bowl with Chicken	750	7	1430	82	13	30
Mediterranean Bowl	630	6	1270	75	9	20
Mediterranean Bowl with Chicken	700	7	1450	76	9	32
Salads (half portion)						
Asian Sesame Salad with Chicken	220	1.5	360	14	3	16
Caesar Salad	170	3	310	9	2	5
Caesar Salad with Chicken	230	3.5	480	11	2	17
Fuji Apple Salad with Chicken	290	4	370	18	3	16
Greek Goddess Cobb Chicken	260	3.5	460	13	4	21
Southwest Chili Lime Ranch with Chicken	340	3.5	640	27	7	20



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Dressing (half – 1.5 TBSP)						
Thai Chili Vinaigrette	25	0	95	5	0	0
Balsamic Vinaigrette flavored with Apple	80	1	85	5	0	0
Chili Lime Rojo Ranch	45	1	85	2	0	1
Side						
Banana	90	0	0	23	3	1
Apple	80	0	0	22	5	0
Panera Potato Chips	150	1	75	17	1	2
Pickle Spear	5	0	290	1	0	0

