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Curious about the nutrition facts of your favorite Panera Bread meals? Looking for detailed nutrition information to help you make healthy choices? You're in the right place! This guide gives you a complete look at the calories, fat, protein, carbs, and other important nutrition details for the entire Panera menu. We'll cover everything from sandwiches and salads to soups, sides, and bakery treats. Whether you're counting calories, tracking your macros, watching your sodium, or just want to know what's in your meal, we've got you covered. With this information, you can make smart food choices that fit your diet and lifestyle. Explore Panera Bread's nutrition facts and enjoy your meals with confidence! Panera Bread Nutrition Pdf Panera Bread Nutrition Facts ItemServing SizeCalories (kcal)Calories from Fat (kcal)Fat (g)Saturated Fat (g)Trans Fat (g)Cholesterol (mg)Sodium (mg)Carbs (g)Fiber (g)Sugar (g)Protein (g)Avocado, Egg White, Spinach & Cheese on Multigrain Bagel Flat1 Sandwich340130145020730366319Bacon, Egg & Cheese on Artisan Ciabatta1 Sandwich4401902190300900402224Bacon, Egg & Cheese on Brioche1 Sandwich45023026130345840332624Breakfast Portion – Artisan Ciabatta1/4 Loaf20015200036038217Chipotle Aioli Sauce for Breakfast Sandwiches1 Serving45404.5105550000Chipotle Chicken, Egg & Avocado on Artisan Ciabatta1 Sandwich55027030100.5315910434227Egg Whites1 Portion30500001001006Garlic Aioli Sauce for Breakfast Sandwiches1 Serving50505105300000Ham, Egg & Cheese on Cinnamon Crunch Bagel1 Sandwich640190221203008708423327Sausage, Egg & Cheese on Artisan Ciabatta1 Sandwich590320351503201010402127Sausage, Egg & Cheese on Asiago Bagel1 Sandwich82046051200.53451410572533Sausage, Egg & Cheese on Brioche1 Sandwich60036040190360960332628Scrambled Egg1 Egg9060730265901008Egg & Cheese on Artisan Ciabatta1 Sandwich3801401670285610402120Egg & Cheese on Brioche1 Sandwich39018020110330560322621Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping1 Bowl36013015200170527178Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping (No Pecans)1 Bowl260354100170506167 ItemServing SizeCalories (kcal)Calories from Fat (kcal)Fat (g)Saturated Fat (g)Trans Fat (g)Cholesterol (mg)Sodium (mg)Carbs (g)Fiber (g)Sugar (g)Protein (g)Apple Cider Vinegar BBQ Sauce1 Portion2000000904040Dressing – Asian Sesame Vinaigrette (Half)1 1/2 Tbsp453540.5001002020Dressing – Asian Sesame Vinaigrette (Whole)3 Tbsp907081002004040Buffalo Sauce1 Portion101010003201010 Panera Bread Nutrition FAQs Where can I find nutrition information for Panera Bread's menu? You can find detailed nutrition facts on Panera Bread's website. They offer a nutrition guide that you can view or download. Does Panera Bread have options for special diets? Yes, Panera provides allergen and nutrition details to help you choose food that fits your dietary needs. Are there healthy options on the Panera Bread menu? Yes, Panera offers many healthy choices, like salads and grain bowls, which can be part of a balanced diet. How can I check the calories of a Panera menu item? Panera lists calorie information for all menu items on their website. This makes it easy to track your calories. Does Panera Bread offer options for people with allergies? Yes, Panera provides allergen information so customers with food allergies can make safe choices. Always check the ingredients before ordering. Can I customize my order to make it healthier? Yes, you can adjust your meal by adding or removing ingredients. For example, you can choose lighter dressings or skip extra toppings. What information is in Panera Bread's nutrition guide? The guide includes details like serving size, calories, fat, sodium, carbs, fiber, sugar, and protein for each menu item. Are there low-fat options at Panera Bread? Yes, Panera offers low-fat choices like certain soups, salads with light dressing, and sandwiches with lean protein. Does Panera Bread have sugar-free or low-sugar drinks? Yes, they offer options like bottled water, unsweetened tea, and diet sodas with little or no sugar. How often does Panera update nutrition information? Panera updates its nutrition facts regularly to reflect any changes in ingredients or menu items. Where can I download a Panera Bread nutrition PDF? You can download the Panera Bread Nutrition Guide from their website. It includes all the nutritional details for their menu items. Keep in mind: The details provided are from publicly accessible sources and might not be entirely precise. For the most accurate nutritional information, it's recommended to visit the Panera Bread website or reach out to them directly. The price can vary based on your location. It's best to check the specific price through the Panera Bread website or app for delivery to your area. Filter by Calories = Voted a healthy and tasty option. Learn how healthy and tasty options determined. Panera Bread offers a variety of fresh and flavorful options for breakfast, lunch, and dinner. Known for its bakery-café style, the menu includes everything from warm soups and salads to freshly baked breads and sandwiches. Whether you need something gluten-free, dairy-free, vegetarian, diabetes-friendly or low-sodium, you will find plenty of options to meet your diet needs here. Panera Bakery is very transparent and honest when it comes to sharing nutritional information of its menu items. The company offers detailed breakdowns of calories, nutrients, and other important dietary factors so customers can make informed decisions about their meals. In this article, we have provided a complete Panera menu nutrition guide so you know what is in every Panera bite that you consume. We also provide food options for people with varying dietary needs. All these nutrition information is about the main Panera Menu 2025. Panera provides detailed nutritional information about the nutrients of each item. They tell you about their: Calories Carbs content Fats (saturated and trans) Cholesterol Protein Dietary fibers Sugar Allergens Sodium All this data is shared with customers to tell them what they have in each meal. It helps them customize their food or buy items that best suit their dietary preferences. Panera has a well-detailed nutrition file that is more than 20 pages long. It is revised every few months to update information about changes in ingredients, recipes, or portion sizes. This file informs customers about the accurate concentrations of nutrients like carbohydrates, proteins, and fats according to each item's serving size. ItemCaloriesFats (g)Carbohydrates (g)Protein (g)Cholesterol (mg)Sodium (mg)Total Sugar (g)Asiago Cheese Bagel32055514155404Blueberry Bagel29016110039010Chocolate Chip Bagel33056010537012Cinnamon Crunch Bagel4307829038032Cinnamon Swirl & Raisin Bagel3201.56510041012Everything Bagel2901.5581005604 Check the complete Panera Salad Menu 2025. ItemCaloriesFats (g)Carbohydrates (g)Protein (g)Cholesterol (mg)Sodium (mg)Total Sugar (g)Caesar Salad330271610306002Caesar Salad with Chicken470311834958903Greek Salad400351692511305Fuji Apple Salad with Chicken5803043429098026 ItemCaloriesFats (g)Carbohydrates (g)Protein (g)Cholesterol (mg)Sodium (mg)Total Sugar (g)Bacon Turkey Bravo84034844295223010Chipotle Chicken Avocado Melt7403460479517403Napa Almond Chicken Salad Sandwich6403063326574013Smokehouse BBQ Chicken Sandwich74030774480146023 Check the complete Panera Soup Menu Summer 2025. ItemCaloriesFats (g)Carbohydrates (g)Protein (g)Cholesterol (mg)Sodium (mg)Total Sugar (g)Broccoli Cheddar Soup (Bowl)3602130146013306Chicken Noodle Soup (Bowl)1602.519142513303Creamy Tomato Soup (Bowl)350213556591024 Check the complete Panera Breakfast Menu. ItemCaloriesFats (g)Carbohydrates (g)Protein (g)Cholesterol (mg)Sodium (mg)Total Sugar (g)Avocado, Egg White, Spinach & Cheese Sandwich340143619207303Bacon, Egg & Cheese on Artisan Ciabatta4402140243009002Ham, Egg & Cheese on Cinnamon Crunch Bagel64022842730087033Sausage, Egg & Cheese on Asiago Bagel82051573334514105 ItemCaloriesFats (g)Carbohydrates (g)Protein (g)Cholesterol (mg)Sodium (mg)Total Sugar (g)Toasted Frontega Chicken Sandwich7503276459517404Turkey & Avocado BLT7704267419018206Mediterranean Veggie Sandwich55012931710131014 ItemCaloriesFats (g)Carbohydrates (g)Protein (g)Cholesterol (mg)Sodium (mg)Total Sugar (g)Agave Lemonade (20 fl oz)210052001548Cafe Blend Dark Roast Coffee (16 fl oz)150310100Chai Tea Latte (20 fl oz)370763123015062Iced Caramel Latte (20 fl oz)4401563135032045 ItemCaloriesFats (g)Carbohydrates (g)Protein (g)Cholesterol (mg)Sodium (mg)Total Sugar (g)Assorted Sandwich Platter (per serving)7003466348515807Classic Salad Bowl15010146154004Mac & Cheese (Large Group Portion)86045873411524409 Panera's gluten free menu menu provides delicious food options for people with gluten sensitivity. It allows them to enjoy tasty meals without compromising on taste or their dietary needs. Panera's gluten-conscious options include: Autumn Squash Soup Creamy Tomato Soup Creamy Chicken and Wild Rice Soup Fuji Apple with Chicken Salad New England Calm Chowder Turkey Sausage, Kale and Quinoa Soup Mexican Style Street Corn Chowder Soup Greek Style Lemon Chicken Soup Hearty Beef Chilli with Beans Soup Their gluten-free dips and dressings include: Ranch Dressing French Onion Dip Chipotle Ranch Dressing Caesar Dressing Blue Cheese Dressing Balsamic Vinaigrette Asian Sesame Vinaigrette Greek Dressing Honey Mustard Dressing Roasted Veggie Dip Buffalo Ranch Dip Panera's allergen menu states which potential food allergen is present in each food item. This helps customers with food allergies avoid food that may not be the right choice for them. Panera allergen menu highlights 9 major FDA-identified allergens, which are: Wheat Tree nuts Peanuts Milk Soy Egg Sesame Fish Shellfish The most commonly found allergens in their menu are wheat, milk and egg. Check out this Panera bread food allergy to make informed choices based on your dietary restrictions. Disclaimer: Panera's allergen-containing and allergen-free foods are prepared in the same kitchen. It means that cross-contact with allergens is possible. Panera menu has a few plant-based options for people who follow vegan diet. According to the restaurant, vegan is "a food with no animal sources: no meat, fish, shellfish, milk, egg or honey products, and no enzymes and rennet from animal sources." Panera's vegan menu offers: Mac & Cheese Broccoli Cheddar Mac & Cheese Mexican Style Street Corn Chowder Creamy Tomato Soup Black Bean Soup Autumn Squash Soup Asiago Mac & Cheese with Roasted Tomatoes Also, check the Best Baked Potato Soup at Panera. Panera provides a few low-carb options for customers who need to manage their blood sugar levels. You can also create a carb-conscious meal by using their food customization option. Panera's diabetes-friendly foods include: Caesar Salad with Chicken (half) Chicken Noodle Soup (cup) Green Goddess Salad Panera's menu is full of surprises and interesting nutrition facts, such as: Panera's menu offers many vegan options. Also, their customization option lets you turn a non-vegan option into a vegan one with a few changes. It uses only fresh ingredients to provide quality breakfast, lunch, and dinner options. Panera menu gives many whole grain options that are full of dietary fibers. They make a healthier alternative to refined grain options that are excessively available in the market. Unlike many popular restaurants that offer fries as a side dish, Panera offers fresh fruit slices as a healthier alternative. Although Panera has many healthy options, you should keep in mind that many of its items are high in sodium. Panera Bread's menu is full of healthy food options, such as nutritious salads, freshly baked whole-grain breads, warm soups, and flavorful sandwiches. The best thing about this menu is that it comes with a complete nutrition guide detailing the nutrients in each item and their respective amounts. This guide helps customers make informed decisions about their meals. Whether you need gluten-free, vegan, low-carb, or whole-grain food, Panera has several satisfying options for you. So next time you want something healthy yet delicious, give Panera a try! Panera Bread is a bakery, cafe, and quick service restaurant. Order from a long list of breakfast and lunch food items, including breakfast sandwiches, bagels, soups, salads, and hearty deli sandwiches. Review this guide for a complete list of Panera Bread menu prices and summary nutrition facts. All nutritional information and prices are sourced directly from Panera Bread quick service restaurant. Founded in 1987 as St. Louis Bread Company, this quick service restaurant launched with a mission to offer fresh baked bread daily. Now operating as Panera Bread®, it also serves a full menu of sandwiches, soups, salads, and a variety of bagels and other bakery items. Panera Bread is a privately-held company owned by JAB Holding Company. Their other restaurant brands include Caribou Coffee® and Einstein Bros.® Bagels. The Panera Breakfast menu is available before 10:30am. Here are the prices, calories, and summary nutrition facts for breakfast menu items at Panera. Updated June 2025PriceCaloriesFatCarbsProteinSodium Bacon Double Take$6.9951029g37g27g1360mg Steak & Wake$6.9947019g41g33g920mg Sausage, Egg & Cheese on Asiago Bagel$6.9981050g58g32g1460mg Ciabatta Bacon, Egg & Cheese Sandwich$6.9943020g40g22g760mg Croissant Bacon, Egg & Cheese Sandwich$6.5950032g33g20g650mg Garden Avo & Egg White Sandwich$6.5934014g36g19g720mg Chipotle Chicken, Egg & Avo Sandwich$6.5955030g44g27g1010mg Ciabatta Ham, Egg & Cheese Sandwich$6.5941017g40g25g930mg Ciabatta Sausage, Egg & Cheese Sandwich$6.5959035g40g27g1010mg Croissant Sausage, Egg & Cheese Sandwich$6.5966047g34g25g900mg Ciabatta Egg & Cheese Sandwich$6.5938016g40g20g610mg Croissant Egg & Cheese Sandwich$5.8945027g33g18g500mg Spinach & Bacon Souffle$5.4955037g36g19g940mg Four Cheese Souffle$5.4947030g36g14g830mg Greek Yogurt & Mixed Berries Parfait$6.592509g29g16g80mg Steel Cut Oatmeal with Strawberries & Pecans$6.5937014g52g8g170mg Fruit Cup$5.19600g14g1g20mg Classic Avo Avocado Toast$5.4923011g27g5g250mg Garden Avo Avocado Toast$3.9935024g29g6g330mg The following table provides a quick reference guide to menu prices and nutrition facts for the wide variety of bagels offered at Panera Bread. Nutrition facts vary depending on the selected flavor. My favorite bagel is a toasted cinnamon swirl bagel with cream cheese. Updated June 2025PriceCaloriesFatCarbsProteinSodium Cinnamon Crunch Bagel$1.894307g82g9g380mg Asiago Bagel$1.893205g55g14g540mg Everything Bagel$1.892901.5g58g10g560mg Plain Bagel$1.892801g57g10g410mg Blueberry Bagel$1.892901g61g10g390mg Chocolate Chip Bagel$1.891803g32g7g460mg Cinnamon Swirl Bagel$1.893201.5g65g10g410mg Sesame Bagel$1.893003g57g11g410mg Multigrain Bagel Flat$1.891803g32g7g460mg Cinnamon Crunch Bagel Updated June 2025PriceCaloriesFatCarbsProteinSugars Cinnamon Roll$3.5952018g84g7g48g Almond Pastry$3.5948028g50g9g21g Cherry Pastry$3.5934014g48g6g22g Cranberry Orange (1 Slice)$4.1936013g53g5g32g Pecan Braid$3.5945024g53g6g25g Chocolate Croissant$3.5939019g46g7g15g Orange Scone$3.5955021g77g8g39g Blueberry Muffin$3.5951018g79g7g35g Chocolate Chip Muffie$2.7934013g51g5g22g Select sandwiches may be available only a limited basis or at select Panera Bread locations. Updated June 2025PriceCaloriesFatCarbsProteinSodium French Ciabatta Dipper$12.19113056g88g69g2820mg Spicy Chicken Ciabatta Dipper$9.9991036g93g55g2350mg Chicken Bacon Rancher$12.1990043g74g53g2450mg Ciabatta Cheesesteak$13.39104052g91g535g1880mg Chipotle Chicken Avocado Melt$12.1992049g76g48g2480mg Toasted Frontega Chicken$12.1979036g73g45g2360mg Toasted Italiano$13.39128064g116g61g3880mg Spicy Fiesta Chicken$12.1984032g88g51g1900mg Toasted Garden Caprese$9.9989047g85g32g1300mg Smokehouse BBQ Chicken$9.9973020g90g49g2250mg Kickin' Grilled Cheese$9.2984049g70g31g1920mg Grilled Cheese$9.2989051g73g35g2800mg Grilled Chicken & Avo BLT$13.3990055g55g49g1820mg Bacon Turkey Bravo Sandwich$12.1987042g76g48g2830mg Turkey & Cheddar$9.9977045g52g41g2090mg Tuna Salad$9.9955028g49g24g1060mg Tomato Basil BLT$9.4975043g67g25g2070mg Mediterranean Veggie Sandwich$9.2949014g77g18g1300mg Chicken Roma Asiago Bagel Stack$7.9958024g58g32g1020mg Spicy Steak Asiago Bagel Stack$7.9959023g59g39g1340mg Zesty Tuscan Asiago Bagel Stack$7.9966031g58g38g1510mg Updated June 2025PriceCaloriesFatCarbsProteinSodium Fuji Apple Salad with Chicken$12.6956032g36g30g960mg Asian Sesame Chicken Salad$12.6945025g26g32g1030mg Green Goddess Cobb Salad with Chicken$12.9951029g23g42g1350mg Southwest Chicken Ranch Salad$12.9967045g34g31g1040mg Mediterranean Chicken Greens with Grains$12.9967041g43g32g1400mg Mediterranean Greens with Grains$9.9954039g41g8g830mg Caesar Salad with Chicken$12.6955032g26g36g1440mg Caesar Salad$9.4941030g24g12g870mg Greek Salad with Chicken$12.6955038g19g32g1700mg Greek Salad$9.4942036g17g8g1130mg Ranch Cobb Salad$9.9946037g18g17g1120mg Balsamic Chicken Greens with Grains$12.9959030g47g34g1320mg Balsamic Greens with Grains$9.9946028g45g9g750mg Updated June 2025PriceCaloriesFatCarbsProteinSodium Autumn Squash (Cup)$6.9921011g27g5g800mg Autumn Squash (Bowl)$8.7933016g41g8g1210mg Autumn Squash (Bread Bowl)$9.2888015g158g32g1960mg Hearty Fireside Chili (Cup)$6.992709g29g18g1020mg Hearty Fireside Chili (Bowl)$8.7941015g49g19g1730mg Hearty Fireside Chili (Bread Bowl)$9.2894014g159g45g2180mg Rustic Baked Potato (Cup)$6.9925017g17g8g1210mg Rustic Baked Potato (Bowl)$8.7934025g19g12g1330mg Rustic Baked Potato (Bread Bowl)$9.2891021g148g34g2370mg Bacon Mac & Cheese (Cup)$7.7953036g34g19g1390mg Bacon Mac & Cheese (Bowl)$11.99106071g69g38g2790mg Bacon Mac & Cheese (Bread Bowl)$10.08120040g165g46g2560mg Mac & Cheese (Cup)$7.3948032g34g16g1150mg Mac & Cheese (Bowl)$11.5996064g67g32g2300mg Mac & Cheese (Bread Bowl)$9.68115036g164g43g2310mg Broccoli Cheddar (Cup)$6.9924016g17g8g1010mg Broccoli Cheddar (Bowl)$8.7936024g25g13g1520mg Broccoli Cheddar (Bread Bowl)$9.2891020g147g35g2170mg Homestyle Chicken Noodle Soup$6.991203g13g10g1040mg Homestyle Chicken Noodle Soup$8.791804.5g19g14g1560mg Homestyle Chicken Noodle Soup$9.287907g143g36g2200mg Cream of Chicken & Wild Rice (Cup)$6.9919010g18g5g940mg Cream of Chicken & Wild Rice (Bowl)$8.7928016g27g8g1410mg Cream of Chicken & Wild Rice (Bread Bowl)$9.2886015g149g32g2100mg Creamy Tomato (Cup)$6.9926016g25g4g770mg Creamy Tomato (Bowl)$8.7937023g35g6g1120mg Creamy Tomato (Bread Bowl)$9.2893020g155g31g1930mg Bistro French Onion (Cup)$6.991908g22g7g1330mg Bistro French Onion (Bowl)$8.7928012g33g9g1980mg Bistro French Onion (Bread Bowl)$9.2886013g153g34g2490mg Broccoli Cheddar Soup ingredients. Updated June 2025PriceCaloriesFatCarbsProteinSodium Kids Turkey & Cheese$7.2967025g68g42g2480mg Kids Ham & Cheese$7.2965025g68g39g2520mg Kids Grilled Cheese$6.2981044g72g33g2570mg Kids Signature Mac & Cheese$7.3948032g34g16g1150mg Kids Broccoli Cheddar Soup$6.7924016g17g8g1010mg You can easily save money at Panera Bread. Sign up for the MyPanera program and receive the most up-to-date offers and promotions. It's free to sign up. Include the date of your birthday when registering and receive a free treat each year. If you enjoy the variety of coffees, teas, lemonades, and other drinks offered at Panera Bread, check out Sip Club. The Sip Club is a subscription service. You can elect to pay the fee monthly or receive a discount if you pay annually. The currently monthly fee is $11.99, plus applicable taxes. In exchange, you receive unlimited drinks at Panera Bread. Before joining the Sip Club, you must first register to become a member of the MyPanera rewards program. If you want to cancel your Sip Club subscription, go to your MyPanera account, click MyPanera Subscriptions, then click Cancel Subscription. Alternatively, call 1-855-3-PANERA. Nutrition facts, prices, and ingredients are based on available information as of the date of publication. Restaurants and food manufacturers may change their recipes without notice. Check directly with the food provider for the most up-to-date information. NutritionandIngredients.com does not provide health or wellness advice or dietary recommendations. All reports and reviews published on this site are for informational purposes only. Unless otherwise stated, %DV is based on a 2,000 calorie diet. Always consult your physician for any healthcare or dietary advice. Prices, nutrition, and allergens source: Panera Bread Updated 2021. Menus will scroll horizontally and vertically to fit your phone.Panera's menu offers healthy options from protein-packed sandwiches to power smoothies. Though most sandwiches and salads are signature creations, guests are also able to add or subtract ingredients. This flexibility allows customers to make smarter options, like switching to whole grain bread instead of asiago.back to topback to topback to topback to topback to topback to topback to topback to topback to topback to topback to topback to topback to topback to topWith a slogan promising food as it should be, Panera takes pride in baking fresh bread daily and providing guests will high-quality ingredients. On a mission to provide good dishes that are good for you, the bakery-cafe's menu is 100 percent clean, meaning every item is free of artificial preservatives, trans fats, sweeteners, and flavors or colors from artificial sources. Offering drive thru, online ordering, catering, and delivery services, the restaurant is able to provide customers with delicious food that offers plenty of nutritional value. Want to know exactly what's in your Panera meal Use Panera Nutritional Calculator lets you instantly check calories, protein, fats, and more with just a click! Whether you're tracking macros, eating clean, or making mindful choices, this tool helps you customize your meal while staying on top of your goals. From hearty sandwiches and fresh salads to delicious soups and baked treats, explore detailed nutrition facts effortlessly. Try it now and scroll down for full nutritional information tables to plan your perfect meal! Panera Nutritional Calculator Tool ItemCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Sugars (g)Protein (g)Bacon Avocado Melt on Country Rustic Sourdough7304915751,28052323Bacon Turkey Bravo® on Tomato Basil88043151552,840761149Chicken Bacon Rancher on Black Pepper Focaccia87042141602,26073351Chipotle Chicken Avocado Melt on Black Pepper Focaccia92049151102,48077445Classic Grilled Cheese on White Miche7003319851,57068531Frontega Chicken on Black Pepper Focaccia7302911851,78077545Napa Almond Chicken Salad on Country Rustic Sourdough640304.5651,16070928Roasted Turkey & Avocado BLT on Country Rustic Sourdough860397952,00077549Smokehouse BBQ Chicken on Classic White Miche680184.5851,530922942Spicy Take Chicken Sandwich570274.5801,39048936Toasted Frontega Chicken on Focaccia7602911851,78077545Toasted Steak & White Cheddar on Hoagie Roll98043201402,29096754Tuna Salad on Black Pepper Focaccia710344.5551,19070432Turkey Sandwich on Whole Grain630203.5601,30080538Veggie Sandwich on Tomato Basil590258401,20075924 SaladCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Sugars (g)Protein (g)Asian Sesame Salad with Chicken410223.545650321727BBQ Chicken Salad520247701,080421437Caesar Salad3302764062017410Caesar Salad with Chicken4702879570022435Fuji Apple Salad with Chicken560308651,080422634Greek Salad400369301,1401349Greek Salad with Chicken520379851,22018434Green Goddess Cobb Salad with Chicken5002761751,12025839Southwest Chile Lime Ranch Salad with Chicken6704391151,19042842Spicy Thai Salad with Chicken510244.5651,310421538 ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Broccoli Cheddar Soup1 cup2301594596017169Broccoli Cheddar Soup1 bowl3602415651,5403021014Creamy Tomato Soup (Vegetarian)1 cup24013840910233164Creamy Tomato Soup (Vegetarian)1 bowl3502012601,370344246Homestyle Chicken Noodle Soup1 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sandwich5503010315910434227CinnaScramble1 sandwich58031173258405822118Sausage CinnaScramble1 sandwich79051253601,2405822125Garden Avocado & Egg White on Multigrain Bagel Flat1 sandwich34014520720365319Ham, Egg & Cheese on Artisan Ciabatta1 sandwich410178300870402125Asiago Sausage & Egg on Asiago Bagel1 sandwich82051203451,410572533Sausage, Egg & Cheese on Artisan Ciabatta1 sandwich59035153201,010402127Sausage, Egg & Cheese on Brioche1 sandwich6004019360960332628Egg & Cheese on Artisan Ciabatta1 sandwich380167285610402120Egg & Cheese on Brioche1 sandwich3902011330560322621Four Cheese Soufflé1 soufflé4703016185830361814Spinach & Bacon Soufflé1 soufflé5503719195970361819Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping1 bowl3701420170527178Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping (without pecans)1 bowl260410170506167 ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Blueberry Muffin1 muffin510183.565390798357Chocolate Chipper Cookie1 cookie390181140330522314Chocolate Croissant1 croissant410211345300492167Bear Claw1 pastry5002310603506533010Kitchen Sink Cookie1 cookie820442995760992568Orange Scone1 scone550211380860772398Pecan Braid1 pastry45024830180533256Cinnamon Roll1 roll520181040400842487Petite Chocolate Chipper Cookie1 cookie1004.52.5108513081Candy Cookie1 cookie480221380310681374Chocolate Chip Muffie1 muffie340134.535200513225Lemon Drop Cookie1 cookie440201375260601345Mini Scone – Orange1 mini scone18074.525290261133Oatmeal Raisin with Berries Cookie1 cookie35013755170552334 ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Artisan Ciabatta2 oz (57g)1501.50028030106Black Pepper Focaccia2 oz (57g)1401.50035026105Brioche Roll1 roll210744031031258Classic White Miche2 oz (57g)160421026027146Country Rustic Sourdough2 oz (57g)13000024028105French Baguette2 oz (57g)15000037030115New England Roll1 roll2504.51.51044044159Sourdough Bread Bowl1 bread bowl6704.5001,1601304227Tomato Basil Miche2 oz (57g)13000033027115Whole Grain Lahvash1 lahvash17040.50310259312 ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Apple1 apple800000225160Banana1 banana900000233121French Baguette2.4 oz (69g)1800.50045036117 ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Sugars (g)Protein (g)Espresso2 fl oz (59 mL)50000100Additional Shot of Espresso1 fl oz (30 mL)50000000Cafe Blend Dark Roast Coffee16 fl oz (473 mL)150000301Decaf Coffee16 fl oz (473 mL)200000401Hazelnut Flavored Coffee16 fl oz (473 mL)200000301Iced Cafe Blend Dark Roast Coffee20 fl oz (591 mL)100000201Cold Brew Coffee20 fl oz (591 mL)250000501Iced Caffe Latte20 fl oz (591 mL)1606425130161411Madagascar Vanilla Latte16 fl oz (473 mL)2609635115333110Frozen Mocha Cold Brew16 fl oz (473 mL)4501484010574566 Tea VarietyServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Sugars (g)Protein (g)Caffeine (mg)British Breakfast16 fl oz (473 mL)00000000100Honey Ginseng16 fl oz (473 mL)0000000050Orange Ginger Mint16 fl oz (473 mL)000000000 Chai Tea Latte BeverageServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Sugars (g)Protein (g)Chai Tea Latte20 fl oz (591 mL)37074.53015063—— ItemServing SizeCaloriesTotal Fat (g)Carbohydrates (g)Sugars (g)Protein (g)Tropical Green Smoothie16 fl oz (473 mL)3701.089—2Strawberry Banana Smoothie16 fl oz (473 mL)2502.551—7Mango Smoothie16 fl oz (473 mL)3005.051—13Strawberry Smoothie16 fl oz (473 mL)2604.543—12 ItemServing SizeCaloriesTotal Fat (g)Carbohydrates (g)Sugars (g)Protein (g)Agave Lemonade20 fl oz (591 mL)2100.052480Iced Cafe Blend Dark Roast Coffee20 fl oz (591 mL)50.0001Unsweetened Iced Tea20 fl oz (591 mL)50.0000Wild Cherry Pepsi20 fl oz (591 mL)1600.044440 ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Kids Turkey & Cheese Sandwich1 sandwich670————————Kids Ham & Cheese Sandwich1 sandwich650————————Kids Grilled Cheese1 sandwich810———————— ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Kids Mac & Cheese1 serving480———————— ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Sugars (g)Protein (g)Kids Organic Apple Juice6.75 fl oz (200 mL)1000000102423Kids Organic Chocolate Milk8 fl oz (237 mL)1502.51.50151802322Kids Organic White Milk8 fl oz (237 mL)1102.51.50101301312 ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Mediterranean Grain Bowl with Chicken1 bowl650307551340667629Mediterranean Grain Bowl (Vegetarian)1 bowl59029———657—16Baja Bowl with Chicken1 bowl740————————Baja Bowl (Vegetarian)1 bowl———————— ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Sugars (g)Protein (g)Margherita Flatbread Pizza1 pizza93040———94—40Pepperoni Flatbread Pizza1 pizza95047———87—44Cheese Flatbread Pizza1 pizza820———————— Toasted Baguette Sandwiches ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Toasted Italiano on BaguetteWhole Sandwich1,25061181253,6601144559Toasted Italiano on BaguetteHalf Sandwich620319601,830572230Green Goddess Caprese Melt on BaguetteWhole Sandwich1,14054201002,2301195945Green Goddess Caprese Melt on BaguetteHalf Sandwich5702710501,120603423Spicy Buffalo Chicken Melt on BaguetteWhole Sandwich8402091153,7701164652Spicy Buffalo Chicken Melt on BaguetteHalf Sandwich420104.5601,880582326 Family Feast Value Meal Each Family Feast includes four half sandwiches. Here are the nutritional details for some popular options: SandwichServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Bacon Turkey Bravo® on Tomato BasilHalf Sandwich350143.535940372520Napa Almond Chicken Salad on Country RusticHalf Sandwich340182.535620333514Smokehouse BBQ Chicken on Classic WhiteHalf Sandwich380112.5459604821624Mediterranean Veggie on Tomato BasilHalf Sandwich2907210590485711 Each Family Feast includes one whole salad. Nutritional information for some options: SaladServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Caesar SaladWhole Salad33027630620173210Greek SaladWhole Salad4003682594016549Fuji Apple Salad with ChickenWhole Salad560296659604262742 Each Family Feast includes a group-sized soup, typically serving four. Nutritional information per cup (8 oz) serving: SoupServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)Creamy Tomato Soup1 cup340211360910343226Broccoli Cheddar Soup1 cup360271875840194614Homestyle Chicken Noodle Soup1 cup1002.50.51593014117 ItemServing SizeCaloriesTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Dietary Fiber (g)Sugars (g)Protein (g)French BaguetteWhole Baguette67040.501,3401344022 Key Features of Panera Nutritional Calculator The Panera Nutritional Calculator offers unique features to help you make informed meal choices. Here's what you can do using this tool: Calculate calories, protein, carbs, and fat for every Panera Bread menu item. Customize your meal by adding or removing ingredients, including bread, toppings, and dressings. Get instant nutrition facts to make healthier dining choices on the go. Track carbohydrates and other nutrients if you're following a specific diet like keto, low-carb, or vegetarian. Start Tracking with Panera Nutritional Calculator Making informed food choices at Panera has never been easier! Use the Panera Nutritional Calculator to customize your meal today. For a complete menu, check out: Panera Menu | Panera Breakfast Menu Make Smarter Choices with the Panera Nutrition Calculator With the Panera Nutrition Calculator, you can easily track your meal's calories and nutrients. Explore Panera menu nutrition facts to make informed choices, or use the Panera calorie calculator to customize your order. Whether you're looking for detailed Panera Bread nutrition info or a quick Panera meal nutrition guide, this tool helps you enjoy your favorites while staying on track with your dietary goals. Photos: Facebook. Design: Eat This, Not That For a bakery breakfast, comforting hot beverage, cozy soup, or fresh salad, Panera is a go-to spot—but at the end of the day (or rather, the middle of the day), it's best known as a sandwich joint. Panera's sandwiches are the mainstay of its menu, with options to satisfy all sorts of cravings. From New York-style cured meats to the spicy flavors of the Southwest, these sandwiches span a culinary spectrum. If you're looking for a quick lunch, a sandwich at Panera can be a healthy choice, but not every option is brimming with nutritional value. Despite the restaurant's reputation for healthy, freshly made meals and wholesome ingredients, some of its sandwiches are surprisingly heavy on calories, saturated fat, sodium, and more. As a nutritionist, I'm sharing every single sandwich on the menu, ranked by nutrition, in descending order from worst to best. Read on, and for more, check out the 20 Best & Worst Panera Breakfast Orders, According to Dietitians. Chicken & Pepperoni Mozzarella Melt Panera Per sandwich: 1,110 calories, 41 g fat (20 g saturated fat), 3,120 mg sodium, 115 g carbs (4 g fiber, 6 g sugar), 69 g protein What happens when you layer chicken, pepperoni, mozzarella, and fontina cheese on a French baguette and top the whole thing with tomato sauce? A hulking, pizza-like order that falls to the bottom of the list of Panera's healthiest sandwiches. If there's one sandwich to skip at Panera, it's this one. 10 Unhealthiest Panera Menu Items Chicken Cordon Bleu Melt Panera Per sandwich: 1,040 calories, 30 g fat (13 g saturated fat), 3,500 mg sodium, 120 g carbs (5 g fiber, 6 g sugar), 73 g protein Seventy-three grams of protein are a selling point for the Chicken Cordon Bleu Melt—but that's about the only element in this sandwich's favor. The sodium count alone (150% of the recommended daily limit) is worth turning this one down. Chicken Green Goddess Caprese Melt Panera Per sandwich: 1,070 calories, 42 g fat (13 g saturated fat), 2,410 mg sodium, 117 g carbs (5 g fiber, 7 g sugar), 56 g protein Another baguette sandwich, the Chicken Green Goddess Caprese Melt is a calorie torpedo of a lunch. It's similar to the regular Green Goddess Caprese but with chicken, and if you choose this one, make it the biggest meal of the day. I Tried 6 Salads At Panera Bread & The Best Was Crisp & Tangy Pepperoni Mozzarella Melt Panera Per sandwich: 1,000 calories, 39 g fat (20 g saturated fat), 2,600 mg sodium, 115 g carbs (4 g fiber, 6 g sugar), 48 g protein The Pepperoni Mozzarella Melt is another pizza sandwich—so it's no surprise this one isn't terribly nutritious. When you want pizza at Panera, the Margherita Flatbread Pizza is a better choice with fewer calories and significantly less fat. Grilled Cheese Panera Per sandwich: 880 calories, 51 g fat (31 g saturated fat), 2,370 mg sodium, 69 g carbs (2 g fiber, 10 g sugar), 37 g protein Don't be fooled by the low-ish calories in the Grilled Cheese. This sandwich is loaded with saturated fat and sodium, with little to redeem it aside from calcium and protein from the cheese. 8 Healthiest Fast-Food Sandwiches Bacon Turkey Bravo Panera Bread Per sandwich: 1,000 calories, 44 g fat (15 g saturated fat), 2,660 mg sodium, 104 g carbs (4 g fiber, 11 g sugar), 54 g protein I can't say "bravo" to this heavy option, which packs more than the recommended sodium target for an entire day. Try ordering the Bacon Turkey Bravo on a different bread than the tomato basil (such as sourdough or whole wheat) to lower sugar and salt. Toasted Steak and White Cheddar Panera Bread Per sandwich: 950 calories, 47 g fat (15 g saturated fat), 1,550 mg sodium, 87 g carbs (4 g fiber, 7 g sugar), 44 g protein Marinated sirloin, aged white cheddar, and artisan ciabatta—what could go wrong? This combo pushes 1,000 calories and contains no vegetables aside from some red onion slices. The #1 Unhealthiest Chicken Sandwich at 11 Major Restaurant Chains Chipotle Chicken Avocado Melt Panera Bread Per sandwich: 930 calories, 48 g fat (15 g saturated fat), 2,020 mg sodium, 80 g carbs (7 g fiber, 5 g sugar), 46 g protein Avocados are full of healthy fats and fiber—which may be why the Chipotle Chicken Avocado Melt contains more fiber than most of Panera's sandwiches. On the other hand, this option racks up sodium and fat to achieve its spicy, cheesy flavor. Panera Per sandwich: 970 calories, 40 g fat (13 g saturated fat), 1,890 mg sodium, 117 g carbs (5 g fiber, 7 g sugar), 35 g protein With a name like Green Goddess Caprese, this melt gives off light and breezy vibes. Unfortunately, it doesn't quite live up to its healthy-sounding title. Served on a large baguette, it's high in just about every undesirable nutrition category. Roasted Turkey and Avocado BLT Panera Bread Per sandwich: 920 calories, 52 g fat (10 g saturated fat), 1,780 mg sodium, 72 g carbs (7 g fiber, 5 g sugar), 44 g protein You usually can't go wrong with ingredients like roasted turkey, lettuce, tomato, and avocado. But if you're craving this combo, you're better off making it at home so you don't incur the 52 grams of fat and over 900 calories in Panera's Turkey and Avocado BLT. On the plus side, though, this sandwich does come with a sizable 7 grams of fiber. 10 Best High-Fiber Breads, According to Dietitians Black Forest Ham and Gouda Melt Panera Per sandwich: 940 calories, 28 g fat (12 g saturated fat), 2,980 mg sodium, 120 g carbs (5 g fiber, 6 g sugar), 52 g protein As appealing as the European flavors of Black Forest ham and gouda cheese might be, they also add an eyebrow-raising jolt of sodium and saturated fat to this sandwich. And since processed meats like ham have been linked to increased risk of some cancers, you may want to choose this one infrequently. Smoky Buffalo Chicken Melt Panera Bread Per sandwich: 830 calories, 19 g fat (10 g saturated fat), 3,010 mg sodium, 114 g carbs (4 g fiber, 4 g sugar), 50 g protein The beauty of most of Panera's sandwiches is that you can order them as a full or half size. I advise choosing half of the Smoky Buffalo Chicken Melt. This way, you'll cut its tremendous sodium back to around 1,500 milligrams—still high, but nothing close to the 131% of the recommended daily limit you'd get from the whole sandwich. 7 Best High-Protein Fast-Food Sandwiches Bacon Avocado Melt Panera Bread Per sandwich: 840 calories, 51 g fat (16 g saturated fat), 1,480 mg sodium, 71 g carbs (7 g fiber, 3 g sugar), 27 g protein Don't get me wrong, I love bacon as much as the next person. But when it's the centerpiece of a sandwich, it doesn't have a lot to offer nutritionally. It's no wonder the Bacon Avocado Melt is relatively low in protein and high in fat. Toasted Frontega Chicken Panera Bread Per sandwich: 800 calories, 36 g fat (10 g saturated fat), 1,890 mg sodium, 78 g carbs (4 g fiber, 5 g sugar), 43 g protein The Toasted Frontega Chicken's sliced tomatoes and red onions add vitamins and antioxidants to your lunch, increasing its healthiness. Still, high fat and sodium keep this one from climbing higher in rank. Panera Bread Per sandwich: 750 calories, 29 g fat (14 g saturated fat), 1,640 mg sodium, 80 g carbs (3 g fiber, 17 g sugar), 45 g protein Nutrition-wise, the Smokehouse BBQ Chicken Sandwich falls somewhere in the middle of Panera's offerings. It's fairly low in calories, but packs plenty of sugar from its sweet barbecue sauce, not to mention ample saturated fat and sodium from white cheddar and fried onions. Southwest Chicken Melt Photo: Courtesy of Panera Bread Per sandwich: 790 calories, 40 g fat (14 g saturated fat), 1,640 mg sodium, 67 g carbs (3 g fiber, 2 g sugar), 43 g protein Smoked pulled chicken is an excellent source of protein, and you'll get 43 total grams from the Southwest Chicken Melt. Then again, this spicy sandwich leaves a lot to be desired with its 40 grams of fat and low fiber content. Tuna Salad Panera Bread Per sandwich: 720 calories, 33 g fat (5 g saturated fat), 1,670 mg sodium, 76 g carbs (5 g fiber, 5 g sugar), 29 g protein 6254a4d1642c605c54bf1cab17d50f1e The full Tuna Salad Sandwich may be high in sodium (and, no lie, it's pretty high-calorie, too), but at least it's a vehicle for getting more seafood in your diet. Fatty fish like tuna contain healthful omega-3 fats, which support heart health. 11 Best Canned Tunas on the Market, and 3 to Stay Away From The Spicy Take Chicken Sandwich Panera Bread Per sandwich: 570 calories, 29 g fat (8 g saturated fat), 1,410 mg sodium, 45 g carbs (2 g fiber, 8 g sugar), 33 g protein Just about everybody's got a spicy chicken sandwich these days, and Panera is no exception. As hot chicken sandwiches go, you could do a lot worse. Though Panera's version is heavy on salt, its calorie count is far lower than some fast food spicy chicken sandwiches (like Popeyes). Increase its health factor by requesting mixed greens on top. The Signature Take Chicken Sandwich Panera Bread Per sandwich: 560 calories, 29 g fat (10 g saturated fat), 1,140 mg sodium, 41 g carbs (2 g fiber, 7 g sugar), 36 g protein Although the Signature Take Chicken is fried, this option ties with the Deli Turkey as the lowest-calorie full sandwich on Panera's menu. Go easy on the crispy parmesan chips to scale back on total fat and saturated fat. Deli Ham Panera Bread Per sandwich: 570 calories, 14 g fat (3 g saturated fat), 1,960 mg sodium, 78 g carbs (5 g fiber, 8 g sugar), 34 g protein Not far behind the deli turkey is Panera's Deli Ham Sandwich. It's served on sourdough, which some research suggests could be a good choice for gastrointestinal comfort, increased sensation of fullness, and better blood sugar response. Just note that, like most ham sandwiches, the sodium here is quite high. 9 Healthy Dunkin' Breakfasts That Dietitians Order Deli Turkey Panera Bread Per sandwich: 560 calories, 12 g fat (2 g saturated fat), 1,690 mg sodium, 79 g carbs (5 g fiber, 7 g sugar), 35 g protein A simple, tasty deli turkey sandwich? Yes, please! Panera's version keeps things reasonable in the calorie department and contains a mere 2 grams of saturated fat. It's also loaded with lean protein from antibiotic-free turkey breast. Panera Bread/ Facebook Per sandwich: 630 calories, 14 g fat (4 g saturated fat), 1,650 mg sodium, 105 g carbs (7 g fiber, 11 g sugar), 23 g protein Sometimes you have to look not only at individual nutrients but at the ingredients as well. Though the Mediterranean Veggie contains more calories, sodium, and carbs than some other sandwiches further down the list, I place it near the top for its mountain of fresh vegetables. Here, you'll get a heaping helping of cucumbers, tomatoes, peppers, and greens. 25 Easy Ways to Eat More Fruits & Veggies at Every Meal The Healthiest Panera Sandwich: Napa Almond Chicken Salad Panera Bread Per sandwich: 630 calories, 25 g fat (4.5 g saturated fat), 970 mg sodium, 77 g carbs (4 g fiber, 12 g sugar), 27 g protein I personally love the Napa Chicken Salad, not only for its relatively low calorie count, but for its tasty mix of crunchy almonds, creamy dressing, and meaty chicken pieces. This one tops the list with a nice blend of plant and animal protein, plus built-in fruit from fresh grapes. Sign up for our newsletter!