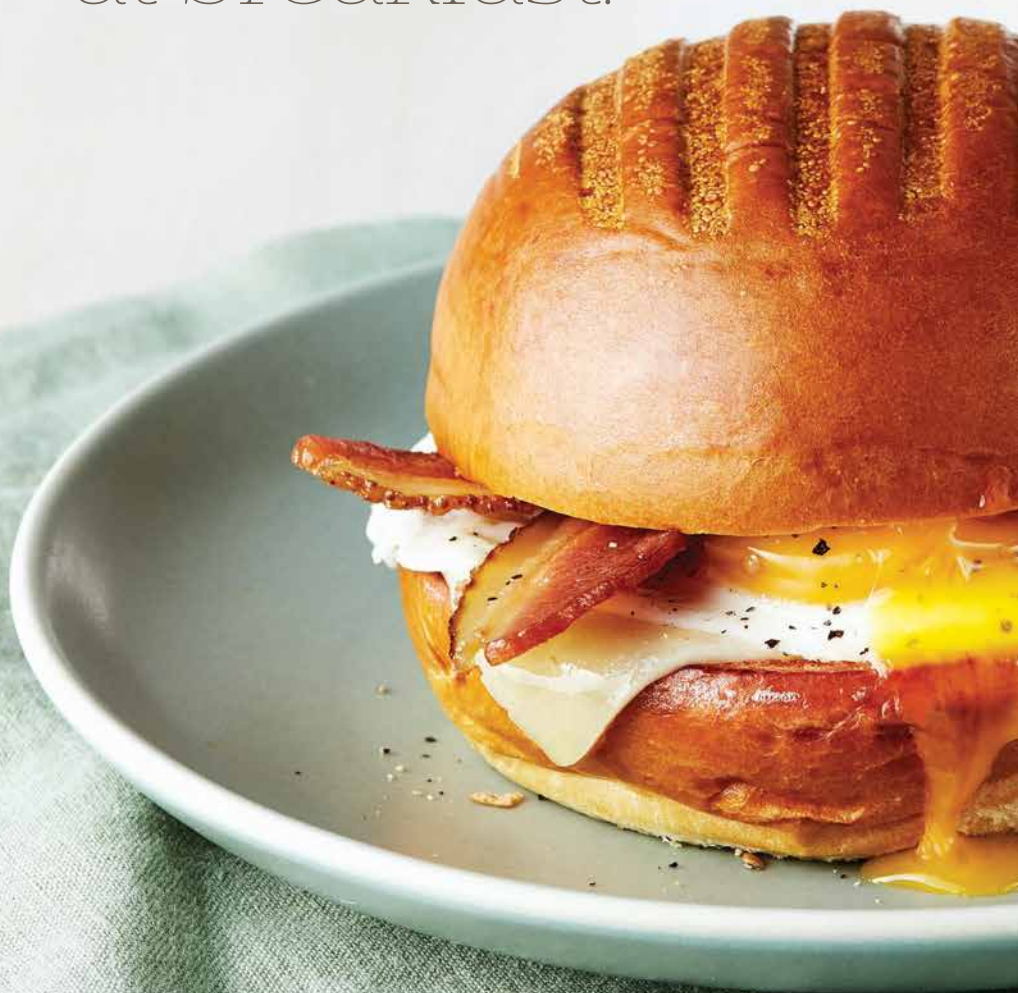


Winter



Menu '18

New choices  
at breakfast.



Start your day  
with a better  
breakfast.

**Freshly baked bread,  
over easy egg  
and sauces to taste.**



# Sandwiches

**New Recipe** Made with over easy egg.

## **Bacon, Egg & Cheese (460 Cal)**

Applewood-smoked bacon, over easy egg, Vermont white cheddar, salt and pepper on **New** Brioche.

## **Sausage, Egg & Cheese (550 Cal)**

Sausage, over easy egg, Vermont white cheddar, salt and pepper on **New** Brioche.

## **Ham, Egg & Cheese (350 Cal)**

Smoked, lean ham, over easy egg, Vermont white cheddar, salt and pepper on Whole Grain.

## **Avocado, Egg White & Spinach (410 Cal)**

Egg whites, Vermont white cheddar, avocado, spinach, vine-ripened tomato, salt and pepper on a Sprouted Grain Bagel Flat.

## **Steak & Egg (550 Cal)**

Seared steak, over easy egg, Vermont white cheddar, salt and pepper on an Everything Bagel.

## **Egg & Cheese (390 Cal)**

Over easy egg, Vermont white cheddar, salt and pepper on **New** Brioche.

# Craft your own Sandwich

## Swap Your Egg:

**Over Easy Egg (80 Cal)**

**Egg White (30 Cal)**

**Scrambled Egg (100 Cal)**

## Swap Your Bread:

**Whole Grain (140 Cal)**

**Any Bagel (240-430 Cal)**

**Ciabatta (230 Cal)**

## Flavor with Sauces:

**Basil Pesto (adds 30 Cal)**

**Sweet Maple (adds 60 Cal)**

**Chipotle Aioli (adds 70 Cal)**

## Add Extras:\*

**Bacon (70 Cal)**

**Sausage (160 Cal)**

**Avocado (45 Cal)**

Breakfast Sandwiches are available until 10:30am weekdays / 11am weekends.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

\*Upcharge applies.





# Breakfast

## Oatmeal, Yogurt & Fruit

**Steel Cut Oatmeal** with choice of:

Strawberries, pecans & cinnamon crunch topping  
(340 Cal) 

Apple chips, pecans & cinnamon crunch topping  
(370 Cal) 

Almonds, quinoa & honey  
(300 Cal) 

**Greek Yogurt with Mixed Berries** (300 Cal) 

**Seasonal Fruit Cup** (60 Cal)

**Apple** (80 Cal)

**Banana** (90 Cal)

## Soufflés

Savory ingredients and egg baked in our French inspired pastry.

**Four Cheese** (410 Cal)

**Spinach & Artichoke** (520 Cal)

**Ham & Swiss** (450 Cal)

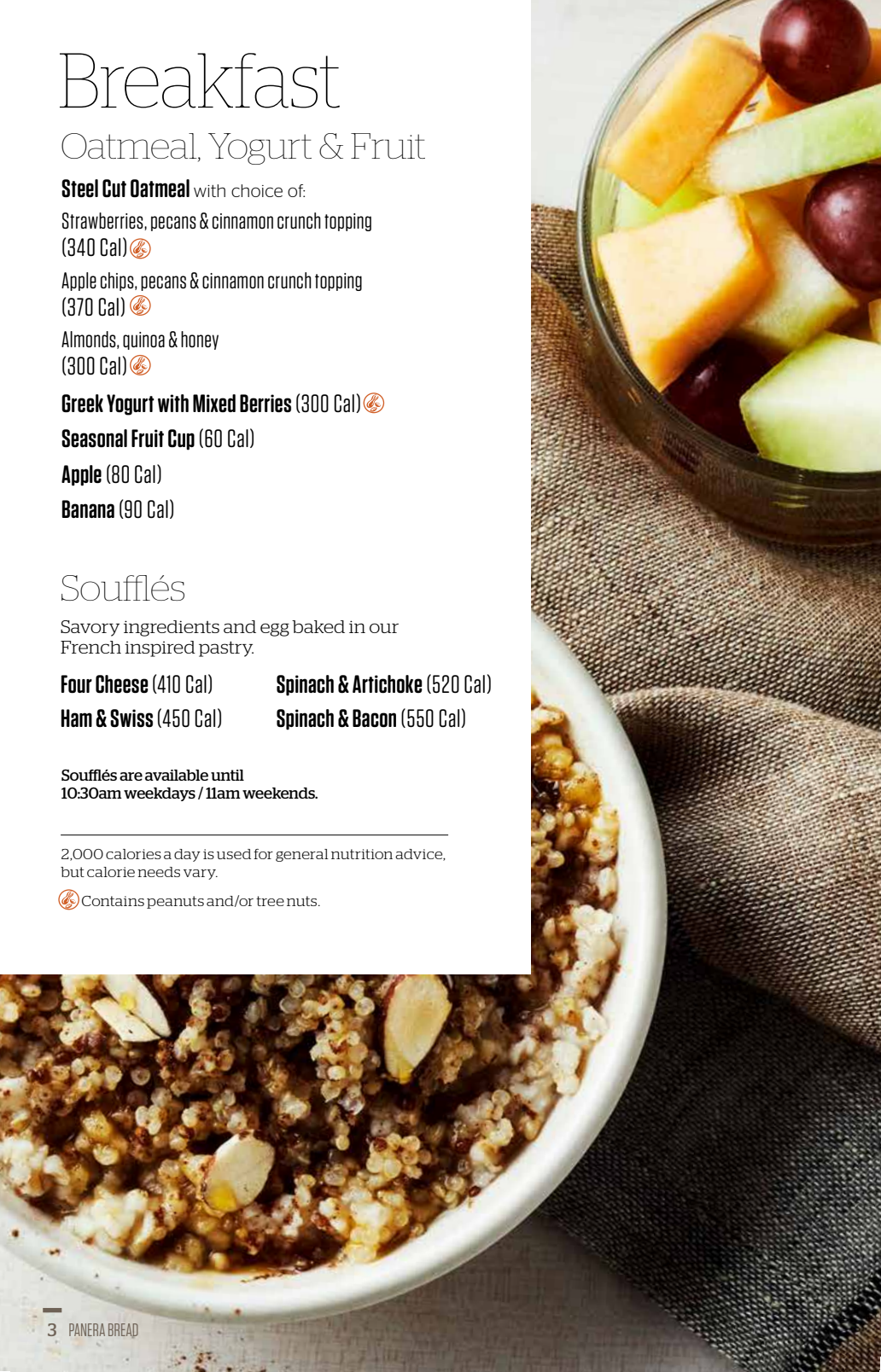
**Spinach & Bacon** (550 Cal)

Soufflés are available until  
10:30am weekdays / 11am weekends.

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but calorie needs vary.

 Contains peanuts and/or tree nuts.





# Pastries & Sweets

Artisan Pastries  
Brownies  
Cinnamon Crumb Coffee Cake  
Cookies  
Muffins  
Muffins  
Scones  
Sweet Rolls

# Bakery

Freshly Baked Bread

Asiago Cheese Focaccia  
Asiago Cheese  
Brioche Rolls **New**  
Ciabatta  
Cinnamon Raisin Swirl  
Classic White  
Country  
French Baguette  
Hoagie Roll

Honey Wheat  
Rye  
Sea Salt Focaccia  
Sesame Semolina  
Sourdough  
Sourdough Bread Bowls  
Sprouted Grain Rolls  
Whole Grain  
Tomato Basil

# Bagels & Cream Cheese

**Bagel Pack**  
13 bagels & 2 tubs of  
cream cheese spread  
**Dozen & a Half**  
18 bagels

**Baker's Dozen**  
13 bagels  
**Half Dozen Bagels**  
6 bagels

**Bagels**  
Plain (290 Cal), Sprouted Grain Flat (240 Cal), Whole Grain (330 Cal),  
Everything (300 Cal), Sesame (300 Cal)

**Specialty Bagels**  
Cranberry Walnut **In Season** (350 Cal) 🌰, Chocolate Chip (380 Cal),  
French Toast (350 Cal), Blueberry (340 Cal), Cinnamon Swirl & Raisin (320 Cal),  
Cinnamon Crunch (430 Cal), Asiago Cheese (330 Cal)

**Cream Cheese Spreads**  
Calories for 8 oz tubs are for 1 oz serving size.  
Calories for individual cups are for 2 oz serving size.

Plain (100 / 190 Cal)  
**Reduced-Fat:** Plain (70 / 130 Cal), Chive & Onion (70 / 130 Cal),  
Wild Blueberry (80 / 150 Cal), Honey Walnut (80 / 150 Cal) 🌰,  
Roasted Vegetable Medley (60 / 110 Cal)

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# Global flavors are back by the bowlful.

**With fresh greens, savory umami broth, and plenty of choices so you can eat the way you want, from chicken to vegetarian to vegan.**



## Broth Bowls

Add Half Salad, Half Sandwich, Cup of Soup or One Flatbread for an additional charge.

### **Soba Noodle with Chicken (390 Cal)**

Chicken raised without antibiotics, soba noodles, fresh spinach, napa cabbage blend, roasted mushroom and onion blend, sesame seeds and cilantro in our umami soy-miso broth.

### **Soba Noodle with Edamame Blend (380 Cal)**

Edamame blend, soba noodles, fresh spinach, napa cabbage blend, roasted mushroom and onion blend, sesame seeds and cilantro in our umami soy-miso broth.

### **Lentil Quinoa with Chicken (390 Cal)**

Chicken raised without antibiotics, organic quinoa and brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.

### **Lentil Quinoa with Cage-Free Egg (360 Cal)**

Cage-free hard-boiled egg, organic quinoa and brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.

### **Vegan Lentil Quinoa New (280 Cal)**

Organic quinoa and brown rice, lentil blend, tomato sofrito, fresh kale and spinach with a lemon wheel in our umami soy-miso broth.

### **All items served with choice of:**

**Baguette (180 Cal)**

**Sprouted Grain Roll (170 Cal)**

**Chips (150 Cal)**

**Apple (80 Cal)**

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# Soups

Available in a Cup, Bowl  
or freshly baked Sourdough Bread Bowl.

LF = Low-Fat V = Vegetarian

## EVERYDAY SOUPS

### **Black Bean** LF V **It's Back** (90–760 Cal)

Black beans simmered in a spicy vegetarian broth with onions, red bell pepper, garlic and cumin.

### **Chicken Noodle** V (110–780 Cal)

Fresh carrots, onion and celery simmered with all-white meat chicken breast in seasoned chicken broth with traditional egg noodles.

### **Broccoli Cheddar** (230–900 Cal)

Chopped broccoli, shredded carrots and select seasonings simmered in a velvety smooth cheese sauce.

### **Creamy Tomato** V (200–860 Cal)

Pureed, vine-ripened pear tomatoes and fresh cream with hints of red pepper and oregano, topped with housemade Black Pepper Focaccia croutons.

### **Bistro French Onion** (190–860 Cal)

Sweet onions in a savory broth with a sherry wine vinegar gastrique and sea salts, topped with gruyere and housemade Black Pepper Focaccia croutons.

### **Turkey Chili** (170–840 Cal)

Hearty blend of dark meat turkey raised without antibiotics and tender beans, slow cooked with veggies and spices.

## SUN/TUES/THUR/SAT

### **Cream of Chicken & Wild Rice**

(180–840 Cal)

Diced chicken, long grain and wild rice, celery, onion and carrots simmered in chicken broth with cream and select herbs.

## MON/WED

### **Baked Potato** (220–890 Cal)

Russet potatoes simmered with smoked bacon in seasoned cream sauce with spring onion and chives.

## FRIDAY

### **New England Clam Chowder**

(370–1040 Cal)

Chopped sea clams, potato, celery and onion simmered in seasoned, creamy broth.

# Pasta & Mac

### **Chicken Tortellini Alfredo** (750 Cal)

Add Half Salad, Half Sandwich, Cup of Soup or One Flatbread for an additional charge.

Tortellini pasta filled with three-cheeses, tossed in alfredo sauce and topped with smoked, pulled chicken raised without antibiotics and parmesan.

### **Mac & Cheese**

(small 470 Cal / large 950 Cal)

Shell pasta in a blend of creamy cheese sauce and tangy Vermont white cheddar cheese.

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# Salads

## **Southwest Chile Lime Ranch with Chicken** (half 320 Cal / whole 650 Cal)

Smoked, pulled chicken raised without antibiotics, romaine, arugula, adobo corn blend, quinoa tomato sofrito blend, fresh cilantro and masa crisps tossed in freshly made chile lime rojo ranch and topped with feta and avocado.

## **Ancient Grain & Arugula with Chicken** (half 200 Cal / whole 400 Cal)

Chicken raised without antibiotics, our ancient grain blend, arugula, red grapes and fresh apple and cabbage slaw tossed in sweet white balsamic vinaigrette and topped with roasted and salted pumpkin seeds.

## **Green Goddess Cobb with Chicken** (half 280 Cal / whole 550 Cal)

Chicken raised without antibiotics, arugula, romaine, kale and radicchio blend, vine-ripened tomatoes and pickled red onions tossed in freshly made Green Goddess dressing and topped with avocado, bacon and cage-free hard-boiled egg.

## **Modern Greek with Quinoa** (half 260 Cal / whole 530 Cal) 🌱

Quinoa tomato sofrito blend, romaine, kale, cucumbers and kalamata olives tossed in Greek dressing and topped with feta and toasted almonds.

## **Fuji Apple with Chicken** (half 280 Cal / whole 570 Cal) 🌱

Chicken raised without antibiotics, arugula, romaine, kale and radicchio blend, vine-ripened tomatoes, red onions, toasted pecan pieces, Gorgonzola and apple chips tossed in sweet white balsamic vinaigrette.

## **Spicy Thai with Chicken** (half 260 Cal / whole 510 Cal) 🌱

Chicken raised without antibiotics, romaine, fire-roasted edamame, red pepper and carrot blend, fresh cilantro, roasted cashew pieces and wonton strips tossed in low-fat Thai chili vinaigrette and drizzled with peanut sauce.

## **Caesar with Chicken** (half 220 Cal / whole 450 Cal)

Chicken raised without antibiotics, romaine, parmesan and housemade Black Pepper Focaccia croutons tossed in Caesar dressing.

## **Asian Sesame with Chicken** (half 200 Cal / whole 410 Cal) 🌱

Chicken raised without antibiotics, romaine, cilantro, toasted almonds, sesame seeds and wonton strips tossed in Asian sesame vinaigrette.

## **Caesar** (half 160 Cal / whole 320 Cal)

Romaine, parmesan and housemade Black Pepper Focaccia croutons tossed in Caesar dressing.

## **Seasonal Greens** (half 90 Cal / whole 180 Cal)

Arugula, romaine, kale and radicchio blend, vine-ripened tomatoes, red onions and cucumbers tossed in reduced-fat balsamic vinaigrette.

## **Greek** New Recipe (half 200 Cal / whole 390 Cal)

Romaine, vine-ripened tomatoes, feta, red onions, kalamata olives, pepperoncini, salt and pepper tossed in Greek dressing.

### **All items served with choice of:**

**Baguette** (180 Cal)

**Sprouted Grain Roll** (170 Cal)

**Chips** (150 Cal)

**Apple** (80 Cal)

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## YOU PICK 2<sup>®</sup>



Half Salad



Half Sandwich



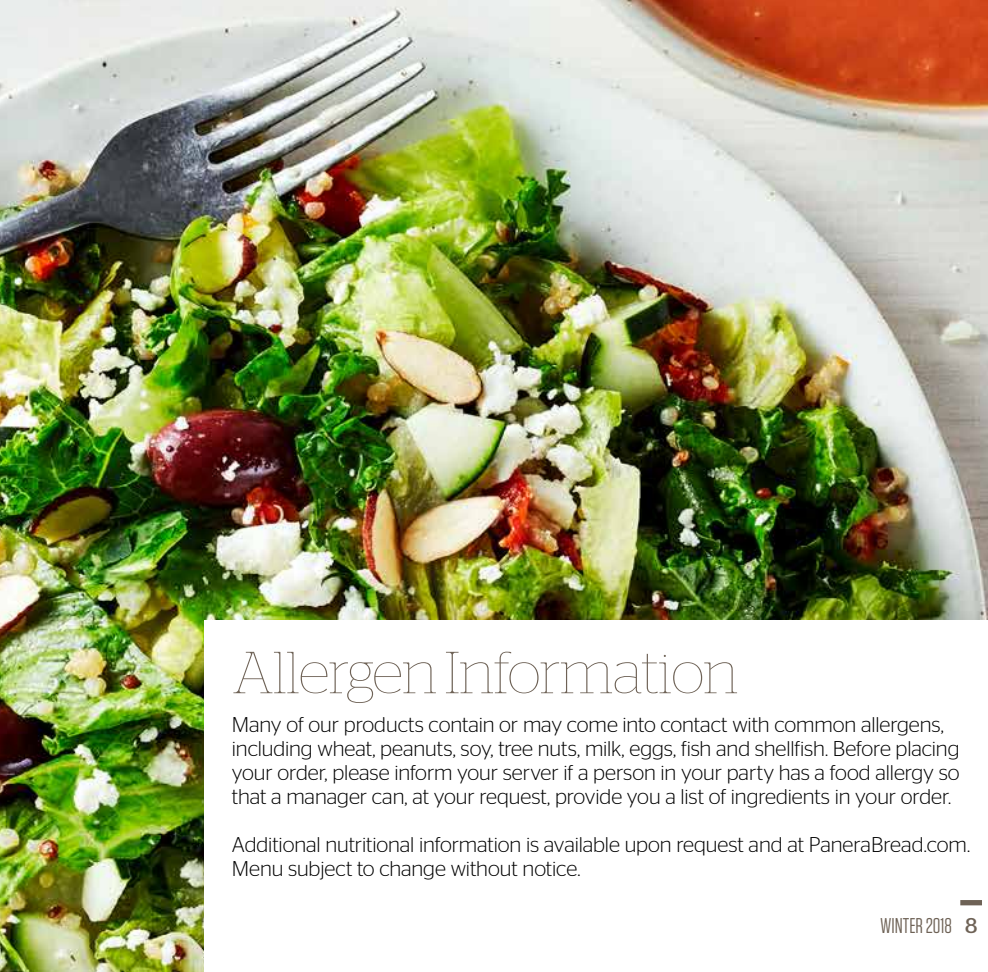
Cup of Soup



Small Mac & Cheese



One Flatbread



## Allergen Information

Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish. Before placing your order, please inform your server if a person in your party has a food allergy so that a manager can, at your request, provide you a list of ingredients in your order.

Additional nutritional information is available upon request and at [PaneraBread.com](http://PaneraBread.com). Menu subject to change without notice.



# Sandwiches

Individual half and whole cold sandwiches served with a pickle (5 Cal).

## **Roasted Turkey, Apple & Cheddar** (half 360 Cal / whole 710 Cal)

Roasted turkey raised without antibiotics, Vermont white cheddar, freshly made apple and cabbage slaw, arugula and mustard horseradish sauce on Whole Grain Cranberry Walnut bread.

## **Steak & Arugula** (half 250 Cal / whole 500 Cal)

Seared steak, arugula, vine-ripened tomatoes, pickled onions, garlic and herb cream cheese spread, mustard horseradish sauce, salt and pepper on Sourdough bread.

## **Steak & White Cheddar Panini** (half 470 Cal / whole 940 Cal)

Seared steak, Vermont white cheddar, pickled red onions and horseradish sauce on a Hoagie Roll.

## **Roasted Turkey & Avocado BLT** (half 320 Cal / whole 640 Cal)

Roasted turkey raised without antibiotics, applewood-smoked bacon, lettuce, vine-ripened tomatoes, avocado, mayo, salt and pepper on Sourdough bread.

## **The Italian**

(half 440 Cal / whole 880 Cal)

Smoked, lean ham, Chianti wine salami, spicy sopressa, provolone, arugula, spicy giardiniera and basil mayo on a Hoagie Roll.

## **Chipotle Chicken Avocado Melt** (half 390 Cal / whole 770 Cal)

Smoked, pulled chicken raised without antibiotics, smoked Gouda, avocado, fresh cilantro, zesty sweet Peppadew™ piquant peppers and chipotle mayo on Black Pepper Focaccia bread.

## **Tomato Mozzarella Flatbread** (one 350 Cal / two 690 Cal)

Fresh mozzarella, vine-ripened tomatoes, arugula, tomato sofrito, nut-free basil pesto and freshly squeezed lemon juice on Whole Grain Flatbread.

## **BBQ Chicken Flatbread** (one 380 Cal / two 760 Cal)

Smoked, pulled chicken raised without antibiotics, mozzarella, smoked Gouda, spinach, fresh cilantro, frizzled onions and BBQ sauce on Whole Grain Flatbread.

## **Frontega Chicken Panini®** (half 380 Cal / whole 750 Cal)

Smoked, pulled chicken raised without antibiotics, mozzarella, vine-ripened tomatoes, red onions, fresh basil and chipotle mayo on Focaccia bread.

## **Bacon Turkey Bravo®** (half 310 Cal / whole 630 Cal)

Oven-roasted turkey breast raised without antibiotics, applewood-smoked bacon, smoked Gouda, lettuce, vine-ripened tomatoes, signature sauce, salt and pepper on Tomato Basil bread.

## **Napa Almond Chicken Salad** (half 350 Cal / whole 700 Cal)

Chicken raised without antibiotics tossed with diced celery, seedless grapes, toasted almonds and special dressing, and served with lettuce, vine-ripened tomatoes, salt and pepper on Sesame Semolina bread.

## **Classic Grilled Cheese** (half 320 Cal / whole 640 Cal)

American cheese on Classic White bread.

## **Mediterranean Veggie** (half 220 Cal / whole 440 Cal)

Zesty sweet Peppadew™ piquant peppers, feta, cucumbers, lettuce, vine-ripened tomatoes, red onions, cilantro-jalapeño hummus, salt and pepper on Tomato Basil bread.

## **Turkey** (half 280 Cal / whole 560 Cal)

Oven-roasted turkey breast raised without antibiotics, lettuce, vine-ripened tomatoes, red onions, mayo, spicy mustard, salt and pepper on Whole Grain bread.

## **Tuna Salad** (half 330 Cal / whole 660 Cal)

Special recipe tuna salad, lettuce, vine-ripened tomatoes, red onions, salt and pepper on Black Pepper Focaccia bread.

## **Ham & Swiss** (half 370 Cal / whole 730 Cal)

Smoked, lean ham raised without antibiotics, Swiss, lettuce, vine-ripened tomatoes, red onions, mayo, spicy mustard, salt and pepper on Whole Grain bread.

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### **All items served with choice of:**

**Baguette** (180 Cal)

**Sprouted Grain Roll** (170 Cal)

**Chips** (150 Cal)

**Apple** (80 Cal)

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Contains peanuts and/or tree nuts.



# Panera Kids™

## Mac & Cheese (470 Cal)

Shell pasta in a blend of creamy cheese sauce and tangy Vermont white cheddar cheese.

## Cup of Soup (90–370 Cal)

Check soup schedule for daily availability.

## Cup of Turkey Chili (170 Cal)

Hearty blend of dark meat turkey raised without antibiotics and tender beans, slow cooked with veggies and spices.

## Half Salad

Choice of Seasonal Greens (90 Cal), Caesar (160 Cal) or Greek [New Recipe](#) (200 Cal).

## Peanut Butter & Jelly (370 Cal)

Creamy peanut butter and grape jelly on Whole Grain bread.

## Grilled Cheese (450 Cal)

American cheese on Classic White bread.

## Turkey Sandwich (280 Cal)

American cheese and oven-roasted turkey breast raised without antibiotics on Whole Grain bread.

## Ham Sandwich (290 Cal)

American cheese and smoked, lean ham raised without antibiotics on Whole Grain bread.

\*Sandwiches also available on Classic White Bread.

## All items served with choice of:

**Organic Yogurt** (50 Cal)

**Apple** (80 Cal)

**Baguette** (180 Cal)

**Sprouted Grain Roll** (170 Cal)

Need more options? Order a half portion of any salad or sandwich from our regular menu.

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# Brunch at home.

From this Citrus Avocado Salad made with our Poppyseed Dressing, to Maple Coffee Glazed Bacon made with our Dark Roast Coffee, Panera at Home makes it easy to pull together a menu everyone will love.

**Explore delicious meal ideas and find our 100% clean products where you shop for groceries at [PaneraAtHome.com](https://PaneraAtHome.com).**





# Drinks

## Hot Drinks

Also available in decaf, iced or with skim milk.

### Freshly Brewed Coffee

Light Roast (15–25 Cal), Dark Roast (15–25 Cal),  
Hazelnut (15–25 Cal), Decaf (10–20 Cal)

Coffee calorie info based on:

12 fl oz (Small) / 16 fl oz (Medium) / 20 fl oz (Large).

### Caffe Latte (130 Cal)

Espresso and foamed milk.

### Chai Tea Latte (240 Cal)

Brewed black tea, honey, vanilla, cardamom,  
cinnamon, ginger and foamed milk.

### Caramel Latte (390 Cal)

Espresso, foamed milk and caramel topped with  
whipped cream and caramel syrup.

### Cappuccino (130 Cal)

Espresso and foamed milk with a cap of foam.

### Caffe Mocha (370 Cal)

Espresso, foamed milk and chocolate topped  
with whipped cream and chocolate syrup.

### Signature Hot Chocolate (510 Cal)

with chocolate chip marshmallows

Bittersweet chocolate flavored syrup mixed with  
foamed milk and topped with whipped cream  
and salted caramel syrup.

### Hot “The Republic of Tea” Teas (0 Cal/8 fl oz)

### Espresso (5 Cal/shot)

**For an additional charge:**

**Add a shot of espresso** (5 Cal/ea.)

**Add a shot of flavored syrup** (50–60 Cal/ea.)

**Substitute almond milk** (40 Cal/8 fl oz) 

## Frozen Drinks

### Caramel (560 Cal)

### Mocha (530 Cal)

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but calorie needs vary.

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## Cold Drinks

### Passion Papaya Green Tea

(130 / 200 Cal without ice, 90 / 130 Cal with ice)\*

### Agave Lemonade

(140 / 220 Cal without ice, 90 / 150 Cal with ice)\*

### Blood Orange Lemonade

(160 / 260 Cal without ice, 110 / 180 Cal with ice)\*

### Prickly Pear Hibiscus Fresca

(100 / 150 Cal without ice, 70 / 110 Cal with ice)\*

### Unsweetened Black Tea (0 / 0 Cal)

### Plum Ginger Hibiscus Tea (0 / 0 Cal)

### Soft Drinks (0–440 Cal without ice, 0–280 Cal with ice)\*

\*Calorie info based on 20 fl oz (Regular) / 32 fl oz (Large).

### Bottled Water (0 Cal)

### Joia® Grapefruit Soda (90 Cal)

### San Pellegrino®

Sparkling Water (0 Cal)

Sparkling Fruit Beverage-Orange (140 Cal)

### Spindrift® Seltzer

Lemon (0 Cal)

Raspberry Lime (10 Cal)

### Premium Orange Juice (160 Cal)

### Strawberry Paradise Juice (260 Cal)

### Organic Apple Juice (120 Cal)

### Organic White Milk (110 Cal)

### Organic Chocolate Milk (150 Cal)

## Fruit Smoothies

With Greek Yogurt

### Mango (290 Cal), Strawberry Banana (250 Cal),

### Strawberry (280 Cal), Superfruit (230 Cal)

## Non-Dairy Smoothies

### Green Passion (200 Cal)

Peach and mango puree and white grape and  
passionfruit juice concentrates blended with fresh  
spinach and ice.

### Peach & Blueberry with almond milk (180 Cal)

Peach and mango purees and white grape and  
passionfruit juice concentrates blended with fresh  
blueberries and almond milk.

# Order Online.

PANERABREAD.COM OR GET THE APP



## Rapid Pick-Up

Avoid the line.



## Delivery\*

To home or office.



## Catering\*\*

From office meetings to special events.



\*Minimum order of \$5 required for delivery, exclusive of taxes and delivery charges that may apply. Our delivery charge is not a tip or gratuity provided to the driver. Participating bakery-cafes only. Gift card purchases and catering orders excluded. Order must be placed online with credit card. Other restrictions may apply. Delivery hours may vary. Limited delivery area. Visit [www.panerabread.com](http://www.panerabread.com) to determine if you're in a delivery area or for more information.

\*\*App ordering not available



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**PaneraBread.com**

Menu subject to change without notice.