100% of our food is
100% clean.
of our food is

Food as it should be. That’s food we think tastes better, feels better, does better. It’s clean food. Food without artificial preservatives, sweeteners, flavors or colors from artificial sources.

In June of 2014, we announced our plans to remove these artificial additives from our food.
We achieved our goal, but of course, this is only the beginning...
After two years of hard work (and 60 versions of Broccoli Cheddar), our soups were deemed 100% clean in January 2016. That’s every single spoonful.

**SUN/TUES/THUR/SAT**

**Cream of Chicken & Wild Rice** (180–840 Cal)
Diced chicken, long grain and wild rice, celery, onions and carrots simmered in chicken broth with cream and select herbs.

**MON/WED/FRI**

**Garden Vegetable with Pesto** 🌶️ 🌽️
Diced tomatoes, sliced zucchini, yellow beans, fresh Swiss chard, cauliflower, bell peppers and pearled barley in a tomato broth with a dollop of nut-free basil pesto.

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**Everyday Soups**

**Chicken Noodle** 🍜 (110–780 Cal)
Fresh vegetables and all-white meat chicken breast simmered 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** 🍅 (200–860 Cal)
Pureed, vine-ripened pear tomatoes and fresh cream with hints of red pepper and oregano and topped with housemade black pepper focaccia croutons.

**Bistro French Onion** (200–870 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.
bowlS
ADD ½ SALAD, ½ SANDWICH, CUP OF SOUP
OR 1 FLATBREAD FOR AN ADDITIONAL CHARGE

Southwest Chicken Tortilla (New) (480 Cal)
Smoked pulled chicken, quinoa tomato sofrito blend, brown rice, spinach, napa cabbage blend, fresh lime, pickled red onions, roasted red peppers, adobo corn and chili lime rojo vinaigrette topped with fresh cilantro and masa crisps in hen broth.

Thai Garden Chicken Wonton (290 Cal)
Ginger-chicken wontons, fresh broccoli, spinach, napa cabbage blend, roasted mushroom and onion blend and low-fat Thai chili vinaigrette topped with fresh cilantro and sesame seeds in hen broth.

pasta & mac

Chicken Tortellini Alfredo (750 Cal)
ADD ½ SALAD, ½ SANDWICH, CUP OF SOUP
OR 1 FLATBREAD FOR AN ADDITIONAL CHARGE
Tortellini pasta filled with a three-cheese blend, 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.
salads

Roasted Beet, Quinoa & Citrus (half 250 Cal / whole 500 Cal)
Arugula, romaine, kale and radicchio blend and pickled red onions tossed in apple cider vinaigrette and topped with quinoa, Gorgonzola, roasted beets, mandarin oranges and toasted pecan pieces.

Chinese Citrus Cashew with Chicken (half 270 Cal / whole 540 Cal)
Chicken raised without antibiotics, romaine, napa cabbage blend, diced cucumbers, fresh pineapple and fresh cilantro tossed in soy-miso lime dressing and topped with mandarin oranges, roasted cashew pieces and hoisin sauce.

Green Goddess Cobb with Chicken (half 260 Cal / whole 520 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.

Romaine & Kale Caesar with Chicken (half 260 Cal / whole 530 Cal)
Chicken raised without antibiotics, kale, romaine and parmesan tossed in Caesar dressing and topped with handmade parmesan crisps.

Modern Greek with Quinoa (half 250 Cal / whole 510 Cal)
Quinoa tomato sofrito blend, romaine, kale, diced 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.

Caesar with Chicken (half 230 Cal / whole 450 Cal)
Chicken raised without antibiotics, romaine, parmesan and housemade black pepper focaccia croutons tossed in Caesar dressing.

Caesar
(half 160 Cal / whole 330 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 diced cucumbers tossed in reduced-fat balsamic vinaigrette.

Greek
(half 200 Cal / whole 400 Cal)
Romaine, vine-ripened tomatoes, feta, pickled red onions, kalamata olives, salt and pepper tossed in Greek dressing.

YOU PICK 2®

Have this & that.

COMBINE ANY TWO OF THE FOLLOWING:

- Half Salad
- Half Sandwich
- Cup of Soup
- Small Mac & Cheese
- One Flatbread

Contains peanuts and/or tree nuts
Summer of 2016 brought more than just salad season. It was a time to celebrate fresh ingredients and, for the first time, 100% clean salads. From crisp greens to croutons, tender proteins to flavorful dressings, every choice is free of “No Nos”—the artificial ingredients on our No No List found at PaneraBread.com/CleanFood.
sandwiches

Fall of 2016 marked some big moments in clean food at Panera. The star of the season? Our deli turkey. Made with just four simple ingredients—turkey breast, water, sea salt and potato starch—it’s now 100% clean, has 50% less sodium than our old deli turkey, and comes from turkeys fed a vegetarian diet and raised without antibiotics.

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

Roasted Turkey, Apple & Cheddar on Whole Grain Cranberry Walnut Bread
(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.

Steak & White Cheddar Panini
(half 420 Cal / whole 850 Cal)
Seared steak, Vermont white cheddar, pickled onions and horseradish sauce on a Hoagie Roll.

Roasted Turkey & Avocado BLT
(half 340 Cal / whole 690 Cal)
Roasted turkey raised without antibiotics, applewood-smoked bacon, lettuce, vine ripened tomatoes, avocado, mayo, salt and pepper on Sourdough.

Chipotle Chicken Avocado Melt
(half 400 Cal / whole 800 Cal)
Smoked, pulled chicken raised without antibiotics, smoked Gouda, avocado, fresh cilantro, zesty sweet Peppadew™ piquant peppers and chipotle mayo on Black Pepper Focaccia.

The Italian
(half 400 Cal / whole 800 Cal)
Smoked, lean ham, Chianti wine salami, spicy sopressa, provolone, arugula, spicy giardiniera and basil mayo on a Hoagie Roll.

Frontega Chicken Panini®
(half 380 Cal / whole 750 Cal)
Smoked, pulled chicken raised without antibiotics, mozzarella, vine-ripened tomatoes, red onions, fresh chopped basil and chipotle mayo on Focaccia.

Bacon Turkey Bravo®
(half 360 Cal / whole 720 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.

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, served with lettuce, vine-ripened tomatoes, salt and pepper on Sesame Semolina.

Classic Grilled Cheese
(half 320 Cal / whole 640 Cal)
American cheese on Classic White.

Mediterranean Veggie
(half 230 Cal / whole 460 Cal)
Zesty sweet Peppadew™ piquant peppers, feta, cucumbers, lettuce, vine-ripened tomatoes, red onions, cilantro-jalapeño hummus, salt and pepper on Tomato Basil.

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.

Tuna Salad
(half 340 Cal / whole 690 Cal)
Special recipe tuna salad, lettuce, vine-ripened tomatoes, red onions, salt and pepper on Black Pepper Focaccia.

Contains peanuts and/or tree nuts
### Whole Grain Flatbreads

#### 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.

**All items served with choice of:**
- **Baguette** (180 Cal)
- **Chips** (150 Cal)
- **Apple** (80 Cal)

#### Tomato Mozzarella
(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.
pastries & sweets

With the new year comes a sweet treat: a new clean cookie lineup.

Brownies
Sweet Rolls
Scones
Artisan Pastries
Cookies

| Calories reflect Classic White Bread. Substitute Whole Grain Bread. |

**Half Salad**
Choice of Seasonal Greens (90 Cal), Caesar (160 Cal) or Greek (200 Cal).

**Mac & Cheese (470 Cal)**
Shell pasta in a blend of creamy cheese sauce and tangy Vermont white cheddar cheese.

**Cup of Soup (80–370 Cal)**
Check soup schedule for daily availability.

**Peanut Butter & Jelly (400 Cal)**
Creamy peanut butter and grape jelly on Classic White.

**Grilled Cheese (450 Cal)**
American cheese grilled on Classic White.

**Turkey (310 Cal) or Ham Sandwich (320 Cal)**
American cheese and a choice of oven-roasted turkey breast or smoked, lean ham, both raised without antibiotics, on Classic White.

**Turkey Chili (170 Cal)**
Hearty blend of dark meat turkey raised without antibiotics and tender beans, slow cooked with veggies and spices.

**With choice of organic Yogurt (60 Cal), Apple (80 Cal) or Baguette (180 Cal)**
freshly baked bread

We bake breads in the bakery-cafe every day. Pick one up to take home.

Ciabatta
Classic White
French Baguette
Hoagie Roll
Sea Salt Focaccia
XL Tomato Basil Loaf

bagels & cream cheese

Bagels
Plain (290 Cal)
Sprouted Grain Flat (240 Cal)
Everything (300 Cal)

Specialty Bagels
Cinnamon Crunch (430 Cal)
Asiago Cheese (330 Cal)

Baker’s Dozen
13 bagels

Half Dozen Bagels
6 bagels

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) and Reduced-Fat: Plain (70 / 130 Cal), Honey Walnut (80 / 150 Cal)

Contains peanuts and/or tree nuts
breakfast

Bacon. This beloved breakfast staple overcame its artificial shortcomings to become a star of our 100% clean food menu—complete with a better bite and smokier taste—in late 2016.

Sandwiches

**Bacon, Egg & Cheese** (590 Cal)
Applewood-smoked bacon, egg, Vermont white cheddar, salt and pepper on Ciabatta.

**Asiago Bacon, Egg & Cheese** (680 Cal)
Applewood-smoked bacon, egg, Vermont white cheddar, salt and pepper on an Asiago Cheese Bagel.

**Egg & Cheese** (400 Cal)
Egg, Vermont white cheddar, salt and pepper on Ciabatta.

Power Sandwiches

**Ham, Egg & Cheese** (340 Cal)
Smoked, lean ham, 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.

Breakfast Sandwiches are available until 10:30am weekdays / 11am weekends.
Oatmeal, Yogurt & Fruit

**Steel Cut Oatmeal** with choice of:
- Apple chips, pecans & cinnamon crunch topping (370 Cal)
- Strawberries, pecans & cinnamon crunch topping (340 Cal)
- Almonds, quinoa & honey (300 Cal)

**Strawberry Granola Parfait** (330 Cal)

**Seasonal Fruit Cup** (60 Cal)

**Apple** (80 Cal)

**Banana** (90 Cal)

Contains peanuts and/or tree nuts
drinks

Beverages

Iced Green Tea (160 / 230 Cal)
Seasonal Iced Tea (0 Cal)
Lemonade (170 / 240 Cal)
Soft Drinks (0–440 Cal)
Bottled Water (0 Cal)
Joia® Grapefruit Soda (110 Cal)
San Pellegrino®
  Sparkling Water (0 Cal)
  Sparkling Fruit Beverage (140 Cal)
Strawberry Paradise Juice (260 Cal)
Premium Orange Juice (160 Cal)
Spindrift® Seltzer
  Lemon (0 Cal)
  Raspberry Lime (10 Cal)
Organic Apple Juice (120 Cal)
Organic White Milk (120 Cal)
Organic Chocolate Milk (150 Cal)

Hot Drinks

Freshly Brewed Coffee
Light Roast (15–25 Cal), Dark Roast (15–25 Cal), Hazelnut (15–25 Cal), Decaf (10–20 Cal)
Chai Tea Latte (240 Cal)
Brewed black tea, honey, vanilla, cardamom, cinnamon, ginger and foamed milk.
Cappuccino (130 Cal)
Espresso and foamed milk with a cap of foam.
Hot “The Republic of Tea” Teas (0 Cal)
Caffe Latte (130 Cal)
Espresso and foamed milk.

Add shots of espresso (5 Cal), flavored syrups (50–60 Cal) or substitute almond milk (60 Cal) for an additional charge. Also available in decaf, iced or with skim milk.

Caramel Latte (400 Cal)
Espresso, foamed milk and caramel topped with whipped cream and caramel syrup.
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.
Espresso (5 Cal)

Smoothies

Green Passion (200 Cal)
Peach and mango puree and white grape and passionfruit juice concentrates blended with spinach and ice.
Superfruit with Greek yogurt (120 Cal)
A mixture of fruit and berry purees and juice concentrates blended with non-fat plain Greek yogurt and ice.
Mango with yogurt (300 Cal)
Strawberry Banana with yogurt (260 Cal)
Strawberry with yogurt (290 Cal)

Iced Specialty Drinks

Caffe Latte (170 Cal)
Caffeina® Latte (190 Cal)
Caramel Latte (430 Cal)
Caffe Mocha (410 Cal)

Frozen Drinks

Caramel (560 Cal)
Mocha (530 Cal)

Contains peanuts and/or tree nuts
Panera at Home

Our commitment to clean doesn’t end at our door. Now all of our Panera at Home grocery products are clean too. From refrigerated soups and salad dressings to coffee and sliced and frozen breads, it’s easy to make meals you can feel good about for your family.

Find Panera at Home near you, and explore fast, easy-to-make meal ideas and more at PaneraAtHome.com.
Avoid the line. Order online.

PANERABREAD.COM
or get the App

Download on the App Store
Get it on Google Play

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www.PaneraBread.com
Menu subject to change without notice.