

fall '17



menu

**Cravings
welcome.
All 100% clean.**



sandwiches

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



Why do we fight our cravings?

Because they're cheesy. Or sweet. Or salty. Because we've been taught that anything that tastes that good must be bad. But there's nothing to feel guilty about here. When food is good and clean and real, there's no reason to deny your cravings.

Roasted Turkey Cranberry Flatbread In Season

(one 310 Cal / two 630 Cal)

Roasted turkey raised without antibiotics, baby spinach, cranberry mostarda and garlic and herb cream cheese spread on Whole Grain Flatbread.

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 650 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 320 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.

All items served with choice of:

Baguette (180 Cal)


Soft Dinner Roll (190 Cal)

Sprouted Grain Roll (170 Cal)

Chips (150 Cal)

Apple (80 Cal)

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

 Contains peanuts and/or tree nuts

soups

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

 = Low-Fat  = Vegetarian

EVERYDAY SOUPS

Autumn Squash **In Season** (230–890 Cal)

A rich blend of butternut squash and pumpkin simmered in vegetable broth with select ingredients including: honey, apple juice, cinnamon and a hint of curry, then finished with sweet cream and topped with roasted and salted pumpkin seeds.

Turkey Chili **In Season** (170–840 Cal)

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

Chicken Noodle (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 (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.

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.

bowls

Southwest Chicken Tortilla (480 Cal)

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

Smoked, pulled chicken raised without antibiotics, 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 chicken 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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YOU
PICK 2[®]



Half Salad



Half Sandwich



Cup of Soup



One Flatbread



Small Mac & Cheese



Eat well, your way.

Whether you're upping the veggies, packing in the protein, or just aiming for a well-balanced meal, our new curated paths make it easier to eat the way you want at Panera. Learn more about our categories and selections at PaneraBread.com.



Plant Based

Vegetarian Autumn Squash Soup

Steel Cut Oatmeal
with Apple Chips & Pecans 🌿

Modern Greek Salad
with Quinoa 🌿



Protein Rich

Turkey Chili

Roasted Turkey, Apple
& Cheddar Sandwich 🍗

Asian Sesame Salad
with Chicken 🍗



Nutrient Packed

Ancient Grain & Arugula
Salad with Chicken

Roasted Turkey
Cranberry Flatbread

Superfruit Smoothie

salads

Ancient Grain & Arugula with Chicken **In Season**

(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.

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.

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

(half 200 Cal / whole 400 Cal)

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

All items served with choice of:

Baguette (180 Cal)


Soft Dinner Roll (190 Cal)

Sprouted Grain Roll (170 Cal)

Chips (150 Cal)

Apple (80 Cal)

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panera kids™

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 (110-370 Cal)

Check soup schedule for daily availability.

Cup of Turkey Chili **In Season** (170 Cal)

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

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) or Sprouted Grain Roll (170 Cal).

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

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](https://panerabread.com).

Menu subject to change without notice.

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🥜 Contains peanuts and/or tree nuts

bakery

freshly baked bread

Asiago Cheese
Focaccia

Asiago Cheese Loaf

Ciabatta

Cinnamon Raisin
Swirl Loaf

Classic White

Country

French Baguette

Hoagie Roll

Honey Wheat

Rye Loaf

Sea Salt Focaccia

Sesame Semolina

Soft Dinner Rolls

Sourdough

Sprouted Grain Rolls

Whole Grain Loaf

XL Tomato Basil Loaf

pastries & sweets

Artisan Pastries

Brownies

Cinnamon Crumb

Coffee Cake

Cookies

Muffins

Muffins

Scones

Sweet Rolls





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

- Chocolate Chip (380 Cal)
- French Toast (350 Cal)
- Blueberry (340 Cal)
- Cinnamon Swirl & Raisin (320 Cal)
- Cherry Vanilla **In Season** (360 Cal)
- Pumpkin Pie **In Season** (390 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)
- Roasted Vegetable Medley (60 / 110 Cal)
- Chive & Onion (70 / 130 Cal)
- Wild Blueberry (80 / 150 Cal)
- Honey Walnut (80 / 150 Cal) 🌱



Get together with Panera® Catering.
The season for gathering is almost here.
Let us help make it more delicious.
Start planning at **PaneraBread.com**.

breakfast

sandwiches

Steak & Egg (540 Cal)

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

Ham, Egg & Cheese (340 Cal)

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

Sausage, Egg & Cheese (550 Cal)

Sausage, egg, Vermont white cheddar, salt and pepper on Ciabatta.

Bacon, Egg & Cheese (490 Cal)

Applewood-smoked bacon, egg, Vermont white cheddar, salt and pepper on Ciabatta.

Asiago Bacon, Egg & Cheese (580 Cal)

Applewood-smoked bacon, egg, Vermont white cheddar, salt and pepper on an Asiago Cheese Bagel.

Egg & Cheese (390 Cal)

Egg, Vermont white cheddar, salt and pepper on Ciabatta.

egg white sandwiches

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.

Mediterranean Egg White (410 Cal)

Egg whites, Vermont white cheddar, spinach, tomato sofrito, nut-free basil pesto, salt and pepper on Ciabatta.


Turkey Sausage, Egg White & Spinach (410 Cal)


Turkey sausage cooked into egg whites, Vermont white cheddar, spinach, vine-ripened tomato, salt and pepper on a Sprouted Grain Bagel Flat.


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

oatmeal, yogurt & fruit

Steel Cut Oatmeal with choice of:

Apple chips, pecans & cinnamon crunch topping **In Season!** (370 Cal) 

Strawberries, pecans & cinnamon crunch topping (340 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)

Ham & Swiss (450 Cal)

Spinach & Artichoke (520 Cal)

Spinach & Bacon (550 Cal)

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drinks

hot drinks

Also available in decaf, iced or with skim milk.

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) ☞

Pumpkin Spice Latte In Season (450 Cal)

with salted caramel syrup

Espresso, foamed milk and pumpkin spice with whipped cream and salted caramel syrup.

Freshly Brewed Coffee

Light Roast (15–25 Cal), Dark Roast (15–25 Cal),

Hazelnut (15–25 Cal), Decaf (10–20 Cal)

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 (400 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 (380 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)

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.

frozen drinks

Caramel (560 Cal)

Mocha (530 Cal)

beverages

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)*

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)

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

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Join MyPanera®

And start earning rewards and surprises just for being you.

Sign up today at

PaneraBread.com.





Your fall cravings.

From crisp apples to warm soups, Panera at Home can help bring the tastes of the season to your table, even on your busiest nights.

Explore more meal ideas, and find our products near you at PaneraAtHome.com.

at HOME

Apple Cranberry Slaw Serves 8

Made with our signature Fuji Apple Vinaigrette Dressing, this quick slaw is amazing alongside our Autumn Squash or Chicken Noodle Soup, or adds a pop of crisp fall flavor to your favorite turkey sandwich.



Find it in the refrigerated produce section.

What you'll need:

- 5 cups cabbage, shredded (about $\frac{1}{4}$ head)
- 1 cup carrots, cut into matchsticks
- $1\frac{1}{2}$ cups apple, cut into matchsticks
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{3}$ cup sliced almonds
- $\frac{1}{3}$ cup Panera Fuji Apple Vinaigrette
- salt and pepper

Steps:

1. In a large bowl, combine cabbage, carrots, apple, cranberries and almonds.
2. Add dressing and toss until evenly coated. Season with salt and pepper to taste.



Autumn Squash & Chicken Casserole Serves 4

Featuring our seasonal favorite Autumn Squash Soup, this easy casserole makes a great weeknight meal. Try it with a side of Apple Cranberry Slaw.



Find it in the refrigerated deli section.

What you'll need:

- 2 cups cooked brown rice
- 16 oz. Panera Autumn Squash Soup
- 8 oz. shredded rotisserie chicken
- 1 Fuji apple, diced into ½-¾ in. cubes
- ½ cup any dried fruit & nut blend
- 1-2 tbsp. green onions, sliced
- 2 tbsp. parmesan cheese, grated

Steps:

1. Preheat oven to 450°F. In a large bowl, mix together all ingredients. Spread in a lightly greased 8 in. x 8 in. baking dish or pie pan.
2. Bake for 15-20 minutes or until heated through.



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