



Restaurant Guide to Panera Bread

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OVERVIEW

It's no secret that Panera Bread is a fan favorite. With “good food, and food you can feel good about”, there's no question you'll feel Healthi and happy eating here. With a variety of amazing soups, salads and sandwiches, you'll always find something you'll love.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT PANERA BREAD

- For the Endless Garden Bar, pick fresh greens and veggies while avoiding heavier toppings like fatty meats and cheeses
- Choose lean meat like fish, grilled chicken or steak
- Stick with lighter veggies sides

FRIENDLY MENU ITEM'S AT PANERA BREAD

PICK-TWO COMBOS

We know Panera is a welcomed choice when it comes to dining out. They have wonderful salad, soup and sandwich options. You'll want to avoid most of the whole size sandwiches as well as the bread bowls, since those add up quickly in calories and fat.

The You Pick Two is a great choice because you get two smaller sized portions of items you love.

If you love a great soup and sandwich combo, try out the You Pick Two combo of half Bacon Turkey Bravo sandwich (no sauce) with a cup of Chicken Noodle soup and an apple on the side. Yum!

Another great Pick Two combo is the cup of Bistro French Onion Soup with a half Deli Turkey Sandwich and apple on the side.

If you're in the mood for a soup and salad combo, try out the Pick Two Broccoli Cheddar Soup and Half Green Goddess Cobb Salad with Chicken. You can add a baguette for 180 calories, or an apple for only 80. Delicious!

Pick-Two Combos	Calories	Fat (g)	Carbs (g)	Protein (g)
Pick 2- Chicken Noodle soup & Bacon Turkey Bravo (no sauce) with apple	640	21.5g	82g	34g
Pick 2- Bistro French Onion soup & half Deli Turkey with apple	570	18g	79g	25g
Pick 2- Broccoli Cheddar soup & Green Goddess salad with Chicken, with apple	560	29g	52g	26g

There are so many combinations to choose from when it comes to the Pick Two menu. The soups in a Pick Two combo are a cup instead of bowl, the sandwiches are half, as well as the salads. Feel free to mix and match as you like to make them fit into your day!

Pick Two- Soups (cup)	Calories	Fat (g)	Carbs (g)	Protein (g)
Bistro French Onion Soup	190	8g	21g	8g
Broccoli Cheddar Soup	230	15g	16g	8g
Cream of Chicken & Wild Rice Soup	180	10g	18g	6g

Pick Two- Soups (cup)	Calories	Fat (g)	Carbs (g)	Protein (g)
Homestyle Chicken Noodle Soup	60	.5g	8g	6g
Ten Vegetable Soup	60	1g	10g	3g
Vegetarian Creamy Tomato Soup	240	14g	24g	4g

Pick Two- Sandwiches (½ sandwich)	Calories	Fat (g)	Carbs (g)	Protein (g)
Avocado Sandwich	280	12g	38g	7g
Bacon Turkey Bravo on Tomato Basil	500	21g	52g	28g
Chipotle Chicken Avocado Melt	470	25g	40g	23g
Classic Grilled Cheese	440	26g	34g	19g
Mediterranean Veggie on Tomato Basil	320	6g	54g	12g
Napa Almond Chicken Salad	320	13g	39g	13g

Pick Two- Sandwiches (½ sandwich)	Calories	Fat (g)	Carbs (g)	Protein (g)
Tuna Salad	370	16g	39g	17g
Deli Turkey	300	10g	36g	17g

Pick Two- Salads (½ salad)	Calories	Fat (g)	Carbs (g)	Protein (g)
Asian Sesame with chicken	200	11g	15g	13g
BBQ Chicken Salad	250	12g	23g	14g
Caesar Salad	170	13g	9g	5g
Caesar with Chicken	220	14g	11g	15g
Citrus Asian Crunch Salad	220	12g	22g	5g
Fuji Apple with Chicken	280	12g	22g	5g
Greek Salad	200	18g	7g	4g

Pick Two- Salads (½ salad)	Calories	Fat (g)	Carbs (g)	Protein (g)
Green Goddess Cobb with Chicken	250	14g	14g	18g
Strawberry Poppyseed	120	6g	17g	2g
Strawberry Poppyseed with Chicken	170	7g	19g	12g

SIDES

Panera has great side options to add on to any meal. Fresh fruit, including a seasonal Summer fruit cup, pickle or a cucumber salad are all great additions.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Apple	80	0	22g	0g
Banana	90	0g	23g	1g
Chips	150	9g	17g	2g
Pickle Spear	5	0	1g	0g
Summer Fruit Cup	60	0	15g	1g
Tomato Basil Cucumber Salad	90	6g	9g	1g