



Calories and Fat Content in Fast Food Restaurant Foods

Panera Bread

	Calories	Fat (Grams)
Blueberry Bagel	330	1
Dutch Apple & Raisin Bagel	370	3
Everything Bagel	300	1.5
Plain Bagel	290	1
Sesame Bagel	310	4
Whole Grain Bagel	340	2.5
Reduced Fat Honey Walnut Cream Cheese (2 oz.)	160	11
Reduced Fat Plain Cream Cheese (2 oz.)	140	13
Banana Nut Muffie	230	11
Chocolate Chip Muffie	240	10
Low Fat Tripleberry Muffin	270	2.5
Pumpkin Muffie	310	7
Half Chicken Bacon Dijon on Country Bread	410	14
Half Smokehouse Turkey on Three Cheese Bread	350	11
Half Bacon Turkey Bravo	370	13
Half Chicken Tomesto on French Bread	240	7
Half Chicken Tomesto on Three Cheese Bread	310	8
Half Mediterranean Veggie	300	6
Whole Mediterranean Veggie	590	13
Chicken Salad Sandwich on Sesame Semolina Bread – half portion	340	12
Smoked Turkey Breast Sandwich on Country Bread – half portion	300	9
Smoked Turkey Breast Sandwich on Sourdough Bread – half portion	230	8
Boston Clam Chowder (8 oz.)	299	11
French Onion Soup (with cheese & croutons) (8 oz.)	220	10
French Onion Soup (without cheese & croutons) (8 oz.)	80	3
Low-Fat Chicken Noodle Soup (8 oz.)	100	2
Low-Fat Vegetarian Black Bean Soup (8 oz.)	160	1
Low-Fat Vegetarian Garden Vegetable Soup (8 oz.)	90	0.5
Tomato & Fresh Basil Crispani	320	13
Asian Sesame Chicken Salad – half portion	220	11
Grilled Salmon Salad – half portion	170	7
Fresh Fruit Cup – large	150	0
Fresh Fruit Cup – small	70	0
Grilled Salmon Salad – whole portion	340	14

Fat-Free Poppyseed Dressing (2 oz.)	30	0
Fat-Free Raspberry Dressing (2 oz.)	50	0
Meyer Lemon Vinaigrette (2 oz.)	70	3
Panera Kids Deli Sandwich – Roast Beef	370	13
Panera Kids Deli Sandwich – Smoked Turkey	350	12
Panera Kids Grilled Cheese Sandwich	290	11

Nutrition information for Panera Bread is © 2007 Panera Bread. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View more nutrition information at <http://www.panerabread.com/menu/>.