

# Allergen Guide for National Menu Items



**VALID FOR: Fall/Winter C1 - 2024 Effective 1/10/2024**

**VERSION 1**

**Below is a list of our national menu items with allergens identified. There are 9 major FDA identified allergens, which may be of concern to our customers: Wheat (and Gluten also included though not an allergen), Tree Nuts, Peanuts, Milk, Soy, Egg, Fish, Crustacean Shellfish and Sesame.**

**To access cafe specific detailed ingredient statements:**

- Navigate to [Panerabread.com](http://Panerabread.com) on the manager workslate
- Set locations for your current cafe
- access specific menu item by category

See All Ingredients

•Scroll down page to "See All Ingredients" button, click to show detailed ingredient statement

**NOTE: Menu items that do "NOT" contain any major allergens will reflect "No Major Allergens Present" under the allergen categories.**

**NOTE: Many of our products may come into contact with common allergens during production and preparation.**

**NOTE: \* Highly refined oil from allergenic sources are not considered an allergenic ingredient according to FDA and are not reflected below.**

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
<b>Bagels</b>								
Asiago Cheese	Yes			Yes				
Blueberry	Yes							
Chocolate Chip	Yes			Yes				
Cinnamon Crunch	Yes			Yes				
Cinnamon Swirl & Raisin	Yes			Yes				
Everything	Yes							Yes
Multigrain Bagel Flat	Yes							
Plain	Yes							
Sesame	Yes							Yes
<b>Breads</b>								
Artisan Ciabatta- Loaf	Yes							
Asiago Cheese Focaccia - Loaf	Yes			Yes				
Black Pepper Focaccia - Round Loaf	Yes							
Brioche Roll	Yes			Yes		Yes		May Contain
Classic Sourdough - Loaf & Bread Bowl	Yes							
Classic White - Miche	Yes			Yes				
Country Rustic Sourdough - XL Loaf	Yes							
French Baguette	Yes							
Tomato Basil - Miche	Yes							
White Whole Grain - Loaf	Yes							
Whole Grain Lahvash Wrap	Yes				Yes			Yes
<b>Cream Cheese Spreads</b>								
Plain				Yes				
Reduced Fat Chive & Onion				Yes				
Reduced Fat Honey Walnut		Yes		Yes				
<b>Breakfast Favorites</b>								
Seasonal Fruit Cups - Small & Large					No Major Allergens Present			
Hard Boiled Eggs						Yes		
Mixed Berries with Greek Yogurt		Yes		Yes				
Steel Cut Oatmeal with Strawberries & Pecans	May Contain	Yes			May Contain			
<b>Baked Goods</b>								
Brownie (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie - Lemon Drop (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie- Candy (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie- Chocolate Chipper (Large & Petites)	Yes			Yes	Yes	Yes		
Cookie- Iced Shaped Shortbread	Yes			Yes				
Cookie- Kitchen Sink	Yes			Yes	Yes	Yes		
Cookie- Oatmeal Raisin with Berries (Large & Mini)	Yes			Yes	Yes	Yes		
Muffin- Blueberry with Fresh Blueberries (Large & Mini)	Yes			Yes		Yes		
Muffin- Cranberry Orange (Large & Mini)	Yes			Yes		Yes		
Muffin- Pumpkin	Yes			Yes		Yes		
Muffin/Muffie- Chocolate Chip	Yes			Yes	Yes	Yes		
Pastry- Bear Claw- (Large & Mini)	Yes	Yes		Yes	Yes	Yes		

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
<b>Baked Goods continued</b>								
Pastry- Chocolate Croissant (Large & Mini)	Yes			Yes	Yes	Yes		
Pastry- Cinnamon Roll	Yes	May Contain		Yes	May Contain	Yes		May Contain
Pastry- Croissant	Yes			Yes	May Contain	Yes		
Pastry- Pecan Braid	Yes	Yes		Yes	May Contain	Yes		May Contain
Pastry Ring- Cherry & Cheese	Yes			Yes		Yes		
Scone- Blueberry (Large & Mini)	Yes			Yes				
Scone- Orange (Large & Mini)	Yes			Yes				
<b>Breakfast Sandwiches</b>								
Avocado, Egg White & Spinach on Multigrain Bagel Flat	Yes			Yes		Yes		
Bacon, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Bacon, Egg & Cheese on Brioche	Yes			Yes		Yes		May Contain
Chipotle Chicken, Egg & Avocado on Artisan Ciabatta	Yes			Yes		Yes		
Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Egg & Cheese on Brioche	Yes			Yes		Yes		May Contain
Egg Styles Scrambled Egg or Egg White						Yes		
Ham, Egg & Cheese on Cinnamon Crunch Bagel	Yes			Yes		Yes		
Sauce: Chipotle Aioli						Yes		
Sauce: Garlic Aioli						Yes		
Sausage, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		
Sausage, Egg & Cheese on Asiago Bagel	Yes			Yes		Yes		
Sausage, Egg & Cheese on Brioche	Yes			Yes		Yes		May Contain
<b>Souffles</b>								
Four Cheese	Yes			Yes	Yes	Yes		
Spinach & Artichoke	Yes			Yes	Yes	Yes		
Spinach & Bacon	Yes			Yes	Yes	Yes		
<b>Salads</b>								
Asian Sesame with & without Chicken	Yes	Yes						Yes
Caesar with & without Chicken	Yes			Yes		Yes	Yes	
Green Goddess Cobb with Chicken				Yes		Yes		
Fuji Apple with & without Chicken		Yes		Yes				
Greek with & without Chicken				Yes				
Southwest Caesar with & without Chicken				Yes		Yes	Yes	
Catering Seasonal Greens with & without Chicken					No Major Allergens Present			
<b>Sandwiches- Information is provided with suggested bread choice. If bread choice is changed, it may contain an allergen.</b>								
Bacon Avocado Melt on Country Rustic Sourdough	Yes			Yes		Yes		Yes
Bacon Turkey Bravo on Tomato Basil Miche	Yes			Yes		Yes		
Black Forest Ham & Gouda Melt on Baguette	Yes			Yes		Yes		
Chipotle Chicken Avocado Melt on Round Black Pepper Focaccia	Yes			Yes		Yes		
Classic Grilled Cheese on Classic White Miche	Yes			Yes				
Deli Ham on Country Rustic Sourdough	Yes					Yes		
Deli Turkey on Country Rustic Sourdough	Yes					Yes		
Green Goddess Caprese Melt on Baguette	Yes			Yes		Yes		
Mediterranean Veggie on Tomato Basil Miche	Yes			Yes				Yes
Napa Almond Chicken Salad on Country Rustic Sourdough	Yes	Yes				Yes		
Pepperoni Mozzarella Melt on Baguette	Yes			Yes				
Catering Sierra Turkey on Asiago Cheese Focaccia	Yes			Yes		Yes		
Catering Steak on Country Rustic Sourdough	Yes					Yes		
Chicken & Pepperoni Mozzarella Melt on Baguette	Yes			Yes				
Chicken Cordon Bleu Melt on Baguette	Yes			Yes		Yes		
Chicken Green Goddess Caprese Melt on Baguette	Yes			Yes		Yes		
Pickle Spear for cold sandwiches					No Major Allergens Present			
Roasted Turkey & Avocado BLT on Country Rustic Sourdough	Yes					Yes		
Smoky Buffalo Chicken Melt on Baguette	Yes			Yes				
Southwest Chicken Melt on Country Rustic Sourdough	Yes			Yes		Yes		
Toasted Frontega Chicken on Black Pepper Focaccia	Yes			Yes		Yes		
Toasted Smokehouse BBQ Chicken on Classic White Miche	Yes			Yes				
Toasted Steak & White Cheddar on Artisan Ciabatta	Yes			Yes		Yes		
Tuna Salad on Round Black Pepper Focaccia	Yes					Yes	Yes	

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
<b>Panera Kids</b>								
Panera Kids- Deli Turkey and Cheese on White Whole Grain Loaf	Yes			Yes				
Panera Kids-Grilled Cheese on White Whole Grain Loaf	Yes			Yes				
<b>Dressings &amp; Sauces</b>								
Apple Cider BBQ Sauce					No Major Allergens Present			
Asian Sesame								Yes
Buffalo Sauce				Yes				
Caesar						Yes	Yes	
Chipotle Sauce				Yes		Yes		
Country Mustard						Yes		
Garlic Aioli						Yes		
Greek					No Major Allergens Present			
Green Goddess				Yes				
Horseradish Sauce						Yes		
Hummus								Yes
Lemon Tahini Dressing								Yes
Mayonnaise						Yes		
Salsa Verde					No Major Allergens Present			
Signature Sauce						Yes		
Teriyaki Sauce	Yes				Yes			Yes
White Balsamic Apple Flavored					No Major Allergens Present			
<b>Drinks</b>								
Additional Shot of Bittersweet Chocolate Syrup				Yes	May Contain			
Additional Shot of Caramel Syrup				Yes				
Additional Shot of Madagascar Vanilla Syrup or Cane Sugar Syrup					No Major Allergens Present			
Agave Lemonade					No Major Allergens Present			
Americano					No Major Allergens Present			
Blood Orange Naturally Flavored Charged Splash - Caffeinated					No Major Allergens Present			
Caffe Latte (espresso - Hot or Iced)				Yes				
Cappuccino (espresso)				Yes				
Caramel Latte (espresso - Hot or Iced)				Yes				
Chai Tea Latte (Hot or Iced)				Yes				
Chocolate Latte (espresso - Hot or Iced)				Yes	May Contain			
Cinnamon Crunch Latte (espresso - Hot or Iced)				Yes				
Coffee/Decaf Coffee (Hot or Iced)					No Major Allergens Present			
Cold Brew - Regular					No Major Allergens Present			
Frozen Caramel Cold Brew				Yes				
Frozen Chocolate Cold Brew				Yes	May Contain			
Fuji Apple Cranberry Naturally Flavored Charged Lemonade - Caffeinated					No Major Allergens Present			
Green Passion Smoothie (Frozen)					No Major Allergens Present			
Hot Chocolate				Yes	May Contain			
Hot Tea Bags					No Major Allergens Present			
Iced Teas - Unsweetened / Sweetened / Passion Papaya Naturally Flavored Green Tea					No Major Allergens Present			
Madagascar Vanilla Almond Cold Brew		Yes						
Madagascar Vanilla Cream Cold Brew				Yes				
Madagascar Vanilla Latte (espresso - Hot or Iced)				Yes				
Mango Smoothie with Greek Yogurt (Frozen)				Yes				
Mango Yuzu Citrus Naturally Flavored Charged Lemonade - Caffeinated					No Major Allergens Present			
Peach & Blueberry Smoothie with Almond Milk (Frozen)		Yes						
Strawberry Banana Smoothie with Greek Yogurt (Frozen)				Yes				
Strawberry Lemon Mint Naturally Flavored Charged Lemonade - Caffeinated					No Major Allergens Present			
Strawberry Smoothie with Greek Yogurt (Frozen)				Yes				

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
<b>Soups</b>								
Bistro French Onion with Cheese & Croutons	Yes			Yes	Yes			
Broccoli Cheddar	Yes			Yes				
Chicken Tikka Masala with Brown Rice & Quinoa		Yes		Yes	Yes			
Cream of Chicken & Wild Rice	Yes			Yes				
Homestyle Chicken Noodle	Yes					Yes		
Turkey Chili					Yes			
Vegetarian Autumn Squash				Yes				
Vegetarian Creamy Tomato with Croutons	Yes			Yes				
Vegetarian Ten Vegetable Soup	Yes				Yes			
<b>Mac &amp; Cheese</b>								
Broccoli Cheddar Mac & Cheese	Yes			Yes		Yes		
Mac & Cheese	Yes			Yes		Yes		
<b>Warm Bowls</b>								
Baja Bowl with & without Chicken				Yes				
Mediterranean Bowl with & without Chicken				Yes				Yes
Teriyaki Chicken & Broccoli	Yes				Yes			Yes
<b>Flatbread Pizzas</b>								
Cheese Flatbread Pizza	Yes			Yes				
Margherita Flatbread Pizza	Yes			Yes				
Pepperoni Flatbread Pizza	Yes			Yes				
<b>Non-traditional Grab N Go</b>								
Chicken Caesar Wrap	Yes			Yes	Yes	Yes	Yes	Yes
Deli Turkey Wrap	Yes				Yes	Yes		Yes
Frontega Chicken Wrap	Yes			Yes	Yes	Yes		Yes
Grape Cup					No Major Allergens Present			
Green Goddess Chicken Wrap	Yes			Yes	Yes			Yes
Hard Boiled Eggs						Yes		
<b>Paradise Bakery Offerings</b>								
Black and White Chipper	Yes			Yes	Yes	Yes		
Chicken Walnut Salad on Molasses Bread	Yes	Yes				Yes		
Chocolate Chip Cookie	Yes			Yes	Yes	Yes		
Dark Wheat Molasses Bread	Yes							
Ginger Molasses Cookie	Yes					Yes		
Oatmeal Chocolate Chip Chipper	Yes	Yes		Yes	Yes	Yes		
Oatmeal Raisin Cookie	Yes	Yes		Yes		Yes		
Snickerdoodle Cookie	Yes					Yes		
Sugar Cookie	Yes					Yes		
Zucchini Nut Muffin	Yes	Yes				Yes		