

Panera Bread Low Carb Options

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SALADS	Size	Total Carbs	Protein
Southwest Chile Lime Ranch Salad with Chicken	Half	27	20
BBQ Chicken Salad	Half	22	17
Spicy Thai Salad with Chicken	Half	22	18
Fuji Apply Salad with Chicken	Half	19	16
Strawberry Poppypseed Salad with Chicken	Half	17	14
Green Goddess Cobb Salad with Chicken	Half	14	21
Asian Sesame Salad with Chicken	Half	14	16
Caesar Salad with Chicken	Half	11	17
Caesar Salad	Half	10	5
Greek Salad	Half	7	4
Southwest Chile Lime Ranch Salad with Chicken	Whole	54	39
BBQ Chicken Salad	Whole	44	33
Spicy Thai Salad with Chicken	Whole	43	37
Fuji Apply Salad with Chicken	Whole	38	32
Strawberry Poppypseed Salad with Chicken	Whole	34	28
Asian Sesame Salad with Chicken	Whole	29	31
Green Goddess Cobb Salad with Chicken	Whole	27	42
Caesar Salad with Chicken	Whole	21	34
Caesar Salad	Whole	19	10
Greek Salad	Whole	15	9

SOUPS	Size	Total Carbs	Protein
Bistro French Onion Soup	Bowl	36	13
Creamy Tomato Soup	Bowl	34	5
Summer Corn Chowder	Bowl	34	5
Cream of Chicken & Wild Rice Soup	Bowl	32	10
Southwest Chicken Tortilla Soup	Bowl	32	14
Broccoli Cheddar Soup	Bowl	30	14
Chicken Noodle Soup	Bowl	21	13
Ten Vegetable Soup	Bowl	16	5
Creamy Tomato Soup	Cup	24	4
Summer Corn Chowder	Cup	22	3
Bistro French Onion Soup	Cup	21	8
Cream of Chicken & Wild Rice Soup	Cup	21	6
Broccoli Cheddar Soup	Cup	19	9
Southwest Chicken Tortilla Soup	Cup	19	9
Chicken Noodle Soup	Cup	14	9
Ten Vegetable Soup	Cup	11	3

Kids and Cups are same size

DRINKS	Size	Total Carbs	Protein
Any cold or hot Unsweetened Coffee	N/A	2-4	0
Unsweetened Iced Tea	N/A	2	0
Hot Tea	N/A	1	0

Plum Ginger Hibiscus Tea	N/A	0	0
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MAC & CHEESE	Size	Total Carbs	Protein
Mac & Cheese	Small	33	17
Bacon Mac & Cheese	Small	34	22

SANDWICHES	Size	Total Carbs	Protein
Teriyaki Chicken Sandwich	Half	46	21
Toasted Steak & White Cheddar	Half	43	24
Modern Caprese Sandwich	Half	43	21
Smokehouse BBQ Chicken Sandwich	Half	41	21
Chipotle Chicken Avocado Melt	Half	40	21
Toasted Frontega Chicken	Half	39	19
Tuna Salad Sandwich	Half	39	16
Chipotle Bacon Melt	Half	34	21
Bacon Turkey Bravo Sandwich	Half	34	23
Classic Grilled Cheese	Half	33	16
Napa Almond Chicken Salad Sandwich	Half	31	14
Roasted Turkey & Avocado BLT	Half	27	21
Heritage Ham & Swiss	Half	24	21

GRAIN BOWLS	Size	Total Carbs	Protein
Order these with the rice separate and eat only 1/4th of the rice			
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Baja Grain Bowl with Chicken	N/A	82	30
Baja Grain Bowl	N/A	81	18
Mediterranean Grain Bowl with Chicken	N/A	76	32
Mediterranean Grain Bowl	N/A	75	20

BREAKFAST & SIDES	Size	Total Carbs	Protein
Bacon, Scrambled Egg & Tomato Wrap	N/A	32	28
Chipotle Chicken, Scrambled Egg & Avocado Wrap	N/A	32	27
Greek Yogurt with Mixed Berries Parfait	N/A	27	14
Summer Fruit Cup	N/A	15	1

VEGETARIAN	Size	Total Carbs	Protein
Baja Grain Bowl	N/A	81	18
Mediterranean Grain Bowl	N/A	75	20
Modern Caprese Sandwich	Half	43	21
Mac & Cheese	Small	33	17
Classic Grilled Cheese	Half	33	16
Greek Yogurt with Mixed Berries Parfait	N/A	27	14
Summer Fruit Cup	N/A	15	1
Creamy Tomato Soup	Bowl	34	5
Creamy Tomato Soup	Cup	24	4
Summer Corn Chowder	Bowl	34	5
Summer Corn Chowder	Cup	22	3

Broccoli Cheddar Soup	Bowl	30	14
Broccoli Cheddar Soup	Cup	19	9
Ten Vegetable Soup	Bowl	16	5
Ten Vegetable Soup	Cup	11	3
Caesar Salad	Whole	19	10
Caesar Salad	Half	10	5
Greek Salad	Whole	15	9
Greek Salad	Half	7	4