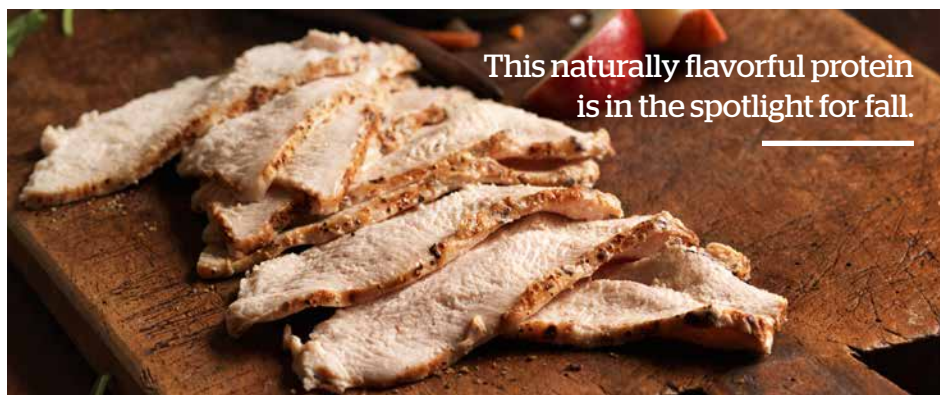


Fall



Menu '15

Real Roasted Turkey. Real Flavor.



This naturally flavorful protein is in the spotlight for fall.

What is it about turkey that makes it the absolute perfect addition to just about any meal? Done just right, it's flavorful, tender, moist and packed with high-quality protein. At Panera, we've hit on the secret to perfect turkey, and we're serving it up in sandwiches like our seasonal **Roasted Turkey Cranberry Flatbread** and the new **Roasted Turkey, Apple & Cheddar Sandwich**.

Looking to up your turkey game? Start with birds that have been fed a vegetarian diet and are raised without antibiotics—that's what we do. "You don't want something that's been pumped full of flavor enhancers or injected with water," says Dan Kish, Panera's head chef. "You want turkey as it's meant to be: clean, simple and naturally juicy," says Kish.

That top-notch turkey deserves to be cooked in a way that makes the most of its natural flavor. The way we do that is a method called *sous vide*, French for "under vacuum." Sure, it sounds fancy (it's used in many fine restaurants), but

it's actually pretty simple. First, our all-natural turkey breast is seared to bring out a deep, caramelized flavor. Then it's sliced, seasoned and placed in a special bag, vacuum-sealed, and submerged in a temperature-controlled water bath to cook slowly—locking in flavor and juiciness.

The result: perfect turkey. Every. Single. Time.

Inside this issue

The New Rules for Sandwich Making.....	2	Drinks	9
Sandwiches & Panini.....	3	Breakfast.....	10
Flatbreads.....	5	Bagels.....	10
Freshly Baked Bread.....	5	On the Path to Good Clean Food.....	11
Salads.....	6	Eating Well, Your Way... ..	12
Broth Bowls.....	7	Power Up Your Salad.....	14
Pasta.....	7	Rapid Pick-Up.....	15
Soups.....	7	Catering.....	15
Panera Kids.....	8	Our Commitment.....	16
Pastries & Sweets.....	8		



The (New) Rules for Sandwich Making

Want to build a truly great sandwich?
We've got six ways to make it happen.

There's no wrong way to eat a sandwich. But if we've learned one thing from creating all your favorites, it's this: There sure is a right way to make one. Dan Kish, Panera's head chef, follows these six basic rules when creating delicious sandwiches—and now you can too.

Get great bread. Far from being a humble holder, bread is where all awesome sandwiches start. First, you want to find the best bread partner for your ingredients (sliced roasted turkey on Whole Grain Cranberry Walnut bread, anyone?). Also, give some thought to thickness. Dense and hearty breads, like our Whole Grain, are best cut thinly, while more tender types, like Tomato Basil, should get a thicker cut. You can even build on a bun. Our Sprouted Grain Roll is a hearty and wholesome choice.

Keep it simple. Stuffed is good. Overstuffed? Not so much. Most of Panera's sandwiches contain about a half-dozen items—and that's by design. You want to get a taste of everything in your sandwich in each bite.

Pump up the protein. For a sandwich to be a complete meal, it needs a high-quality protein. Think roasted turkey raised without antibiotics, all-natural sirloin steak and hard-boiled cage-free eggs.

Get spread smart. Spreads might be a supporting player in your sandwich, but they're the glue that holds it all together. Plus, they provide a pop of flavor. Just be sure they don't overwhelm the main event. A thin coating of mayo, mustard, pesto or aioli on each slice of bread is all you need to make your sandwich sing.

Tuck in something fresh. Take a look at any Panera sandwich and you'll find a little something special. Slices of vine-ripened tomatoes. Crunchy apples. Crisp cabbage. Those elements elevate your sandwich. Get creative and try a sprinkle of fresh herbs, slices of seasonal fruit or leafy greens on your next creation.

Slice and serve. Use a sharp serrated knife so your sandwich doesn't get smashed. Then serve it ASAP for peak flavor and crunch.

– OUR SEASONAL SELECTION –

Fall Sandwiches & Panini

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

Roasted Turkey, Apple & Cheddar New

(half 360 Cal / whole 730 Cal)

Roasted turkey raised without antibiotics, Vermont white cheddar, fresh apple and cabbage slaw, arugula and special sauce on New Whole Grain Cranberry Walnut Bread.

Roasted Turkey & Avocado BLT

(half 270 Cal / whole 540 Cal)

Roasted turkey breast raised without antibiotics, applewood-smoked bacon, lettuce, vine-ripened tomatoes and avocado with pure mayo on Sourdough.

Steak & White Cheddar Panini

(half 530 Cal / whole 1060 Cal)

Seared steak, caramelized onions, Vermont white cheddar and horseradish sauce on French Baguette.

Asiago Steak

(half 400 Cal / whole 810 Cal)

Seared steak, smoked cheddar, lettuce, vine-ripened tomatoes, red onions and horseradish sauce on Asiago Cheese Demi.

Frontega Chicken Panini®

(half 370 Cal / whole 740 Cal)

Smoked, pulled chicken raised without antibiotics, mozzarella, vine-ripened tomatoes, red onions, chopped basil and chipotle mayo on Focaccia.

Classic Grilled Cheese

(half 290 Cal / whole 580 Cal)

Organic American cheese on All-Natural White.

Turkey Breast

(half 220 Cal / whole 430 Cal)

Smoked turkey breast, lettuce, vine-ripened tomatoes and red onions with salt and pepper on Country Bread.

(More sandwiches on next page)

All items served with choice of Baguette (180 Cal), Soft Dinner Roll (190 Cal), Sprouted Grain Roll (160 Cal), Chips (130/150 Cal) or Apple (80 Cal).



Try our favorite seasonal YOU PICK 2
Roasted Turkey, Apple & Cheddar Sandwich
Vegetarian Autumn Squash Soup



Food as it should be.

We're all about making food you can feel good about eating.

We believe that good food should be good for you. That's why we're taking steps to make our food even better. We have a long road ahead of us, but we're committed to using cleaner ingredients, more transparency for our customers and fresher, more responsibly sourced food.

That means we'll tell you what's in our food. It also means we're choosing better ingredients and working with suppliers to improve their practices, so we can have a positive impact on our entire food system.



Protein As It Should Be
What makes our ham so special? It's clean. Sure, that means no artificial colors, flavors or preservatives, but it doesn't end there. Our ham is raised responsibly, humanely and without antibiotics, and fed an all-vegetarian diet.

Make any sandwich or salad even better. Substitute any protein for our clean, hand-carved roasted turkey raised without antibiotics.*

*Upcharge applies.

Sandwiches & Panini (cont.)

Italian Combo

(half 500 Cal / whole 1000 Cal)

Seared steak, smoked turkey breast, smoked, lean ham, salami, Swiss, peperoncini, lettuce, vine-ripened tomatoes, red onions and special sauce on Ciabatta.

Bacon Turkey Bravo®

(half 400 Cal / whole 800 Cal)

Smoked turkey breast, applewood-smoked bacon, smoked Gouda, lettuce, vine-ripened tomatoes and signature sauce on Tomato Basil.

Napa Almond Chicken Salad

(half 350 Cal / whole 690 Cal)

Chicken raised without antibiotics, diced celery, seedless grapes, almonds and special dressing with lettuce and vine-ripened tomatoes on Sesame Semolina.

Sierra Turkey

(half 360 Cal / whole 730 Cal)

Smoked turkey breast, field greens, red onions and chipotle mayo on Asiago Cheese Focaccia.

Mediterranean Veggie

(half 280 Cal / whole 570 Cal)

Zesty sweet Peppadew™ piquant peppers, feta, cucumbers, lettuce, vine-ripened tomatoes, red onions and cilantro-jalapeño hummus on Tomato Basil.

Tuna Salad

(half 260 Cal / whole 510 Cal)

Special recipe tuna salad, lettuce, vine-ripened tomatoes and red onions with salt and pepper on Honey Wheat.

Ham & Swiss

(half 310 Cal / whole 620 Cal)

Smoked, lean ham, Swiss, lettuce, vine-ripened tomatoes and red onions with salt and pepper on Rye.

YOU PICK 2[®]

– COMBINE TWO ITEMS –

**1/2 SALAD – 1/2 SANDWICH
CUP OF SOUP – 1/2 MAC & CHEESE
1 FLATBREAD**

Whole Grain Flatbreads

– ALL 380 CALORIES OR LESS –



Chicken, Ham & Swiss **New**

(one 360 Cal / two 710 Cal)

Chicken raised without antibiotics, smoked, lean ham, Swiss, arugula, garlic and herb cream cheese spread and spicy brown mustard on whole grain flatbread.

Roasted Turkey Cranberry **It's Back**

(one 300 Cal / two 610 Cal)

Roasted turkey raised without antibiotics, cranberry mostarda and baby spinach with garlic and herb cream cheese spread on whole grain flatbread.

Southwestern **It's Back**

(one 380 Cal / two 760 Cal)

Chicken raised without antibiotics, black bean hummus, feta, southwest corn blend, napa cabbage blend and cilantro with BBQ ranch dressing on whole grain flatbread.

Tomato Mozzarella

(one 330 Cal / two 660 Cal)

Fresh mozzarella, fresh tomatoes and tomato soffrito, baby arugula and nut-free basil pesto sauce with freshly squeezed lemon on whole grain flatbread.

Freshly Baked Bread

We bake bread fresh in the bakery-cafe every day.

Artisan Breads

Country

Rye

Focaccia

Sea Salt, Asiago Cheese

Ciabatta

Whole Grain

Specialty Breads

Sourdough

Asiago Cheese

Cinnamon Raisin Swirl

All-Natural White

Tomato Basil

Honey Wheat



Salads

Ancient Grain, Arugula & Chicken New

(half 210 Cal / whole 420 Cal)

Chicken raised without antibiotics, arugula, our ancient grain blend, red grapes and fresh apple and cabbage slaw tossed with white balsamic vinaigrette dressing flavored with apple and topped with toasted pumpkin seeds.

Power Kale Caesar with Chicken

(half 300 Cal / whole 600 Cal)

Chicken raised without antibiotics, kale, romaine and parmesan tossed with Caesar dressing and topped with handmade parmesan crisps.

Mediterranean Chicken & Quinoa

(half 290 Cal / whole 580 Cal)

Chicken raised without antibiotics, kale, romaine, cucumbers, tomato soffrito, kalamata olives, quinoa and toasted almonds tossed with Greek dressing.

Thai Chicken (half 250 Cal / whole 490 Cal)

Chicken raised without antibiotics, romaine, Thai cashews, fire-roasted edamame, red pepper and carrot blend, cilantro and wonton strips tossed with low-fat Thai chili vinaigrette and drizzled with peanut sauce.

Chicken Cobb with Avocado

(half 330 Cal / whole 660 Cal)

Chicken raised without antibiotics, romaine, vine-ripened tomatoes, applewood-smoked bacon, Gorgonzola and cage-free egg tossed with herb vinaigrette and topped with avocado.

BBQ Chicken (half 220 Cal / whole 450 Cal)

Chicken raised without antibiotics, romaine, southwest corn blend and frizzled onions tossed with BBQ ranch dressing and drizzled with BBQ sauce.

Fuji Apple Chicken (half 280 Cal / whole 560 Cal)

Chicken raised without antibiotics, field greens, romaine, vine-ripened tomatoes, red onions, pecans, Gorgonzola and apple chips tossed with white balsamic vinaigrette dressing flavored with apple.

Classic with Chicken

(half 150 Cal / whole 300 Cal)

Chicken raised without antibiotics, field greens, romaine, vine-ripened tomatoes, cucumbers and red onions tossed with reduced-fat balsamic vinaigrette.

Chicken Caesar

(half 230 Cal / whole 460 Cal)

Chicken raised without antibiotics, romaine, asiago-parmesan and homemade asiago croutons tossed with Caesar dressing.

Asian Sesame Chicken

(half 200 Cal / whole 400 Cal)

Chicken raised without antibiotics, romaine, cilantro, sliced toasted almonds, sesame seeds and wonton strips tossed with Asian sesame vinaigrette.

Greek with Chicken

(half 250 Cal / whole 500 Cal)

Chicken raised without antibiotics, romaine, vine-ripened tomatoes, feta, peperoncini, red onions, kalamata olives and pepper tossed with Greek dressing.

Classic (half 80 Cal / whole 170 Cal)

Field greens, romaine, vine-ripened tomatoes, cucumbers and red onions tossed with reduced-fat balsamic vinaigrette.

Caesar (half 170 Cal / whole 330 Cal)

Romaine, asiago-parmesan and homemade asiago croutons tossed with Caesar dressing.

Greek (half 190 Cal / whole 370 Cal)

Romaine, vine-ripened tomatoes, feta, peperoncini, red onions, kalamata olives and pepper tossed with Greek dressing.

Salad As It Should Be

Whether it's peppery arugula or crisp kale, tender chicken or hearty grains, a good salad is so much more than a side, it's a meal in itself. Try our newest addition, our **Ancient Grain, Arugula & Chicken Salad**, made with a blend of freekeh, farro, barley and daikon radish seed.

Broth Bowls & Pasta

ADD ½ SALAD, ½ SANDWICH, CUP OF SOUP
OR 1 FLATBREAD TO ANY BOWL OR PASTA*

All Broth Bowls and Pasta served with a side option.

*Upcharge applies, see menu.

Broth Bowls – ALL 390 CALORIES OR LESS –

Soba Noodle Bowl

Chicken raised without antibiotics (390 Cal)
or Edamame Blend (370 Cal)

Soba noodles, fresh spinach, napa cabbage
blend, roasted mushroom and onion blend,
sesame seeds and cilantro in our umami
soy-miso broth.

Lentil Quinoa Bowl

Chicken raised without antibiotics (390 Cal)
or Cage-Free Egg (360 Cal)

Organic quinoa and brown rice, lentil blend,
tomato sofrito, fresh kale and spinach with a
lemon wheel in our umami soy-miso broth.

Pasta Entrées

Butternut Squash Ravioli **It's Back**
(690 Cal)

Sage & egg striped pasta filled with
butternut squash, butter, dark brown sugar
and amaretti cookies, tossed in a leek and
garlic cream sauce and topped with fresh
baby arugula and frizzled onions.

Chicken Tortellini Alfredo
(710 Cal)

Tortellini pasta filled with a three-cheese
blend, tossed in alfredo sauce and topped
with smoked, pulled chicken raised without
antibiotics and asiago-parmesan.

Pasta Primavera
(710 Cal)

Ribbon-shaped noodles tossed with a
blend of vegetables in a lemon garlic cream
sauce on a bed of spinach and topped with
asiago-parmesan and basil pesto.

Tortellini Alfredo
(680 Cal)

Tortellini pasta filled with a three-cheese
blend, tossed in alfredo sauce and topped
with asiago-parmesan.

Pesto Sacchettini
(760 Cal)

Purse-shaped pasta filled with a six-cheese
blend, tossed in nut-free basil pesto and
topped with asiago-parmesan.

Soups & Mac

Daily selections are subject to change.

Soup in a Bread Bowl

Choice of soup in a
freshly baked Sourdough
bread bowl.

Bowl or Cup of Soup

Choice of soup with our
freshly baked bread.

AN = All-Natural

LF = Low-Fat

V = Vegetarian

EVERYDAY SOUPS

AN **Turkey Chili** **It's Back**
(210 – 870 Cal)

AN **LF** **Chicken Noodle**
(110 – 770 Cal)

V **Autumn Squash Soup** **It's Back**
(220 – 880 Cal)

V **Creamy Tomato**
(330 – 990 Cal)

Broccoli Cheddar
(220 – 880 Cal)

SUN/TUES/THUR/SAT

LF **V** **Black Bean**
(150 – 820 Cal)

Cream of Chicken & Wild Rice
(210 – 870 Cal)

MON/WED

Baked Potato
(230 Cal – 890 Cal)

LF **V** **Garden Vegetable w/ Pesto**
(90 – 760 Cal)

FRIDAY

LF **V** **Garden Vegetable w/ Pesto**
(90 – 760 Cal)

New England Clam Chowder
(480 – 1140 Cal)

Mac & Cheese

(half 490 Cal / whole 980 Cal)

Shell pasta in a blend of creamy
cheese sauce and tangy Vermont
white cheddar cheese.



Information As It Should Be

We provide easy-to-find nutrition and allergen information on our menus, our website and mobile apps.

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.

Panera Kids™

Served with choice of Squeezable Organic Yogurt (60 Cal), Apple (80 Cal) or Baguette (180 Cal).

Add your choice of Organic White (120 Cal) or Chocolate Milk (150 Cal) or Apple Juice (120 Cal) as a kid-friendly alternative for an additional charge.

Half Salad

Choice of Classic (80 Cal), Caesar (170 Cal) or Greek Salad (190 Cal).

Mac & Cheese (490 Cal)

Shell pasta in a blend of creamy cheese sauce and tangy Vermont white cheddar cheese.

Cup of Soup (90-480 Cal)

Check soup schedule for daily availability.

Turkey Chili (210 Cal) **It's Back**

Peanut Butter & Jelly (400 Cal)

Creamy peanut butter and grape jelly on All-Natural White.

Grilled Cheese (410 Cal)

Organic American cheese grilled on All-Natural White.

Turkey (290 Cal) or Ham Sandwich (310 Cal)

Organic American cheese and a choice of smoked turkey breast or smoked, lean ham on All-Natural White.

Buttered Ribbon Noodles (350 Cal)

Ribbon-shaped noodles with creamy butter and sea salt.

Pastries & Sweets

Cinnamon Crumb Coffee Cake

Brownies

Sweet Rolls

Scones

Artisan Pastries

Cookies

Muffins & Muffies

Low-Fat Fruit Smoothies

Made with Stonyfield Farm® organic, low-fat vanilla yogurt.

Mango (270 Cal)

Strawberry with Ginseng (280 Cal)

Wild Berry (340 Cal)

Strawberry Banana with Ginseng (260 Cal)

Power Smoothies

Green Passion Power (200 Cal)

Peach and mango puree and white grape and passionfruit juice concentrates blended with fresh spinach and ice.

Superfruit Power with Ginseng (210 Cal)

A mixture of fruit and berry purees and juice concentrates blended with organic, non-fat plain Greek yogurt and ice and boosted with ginseng.

Beverages

Iced Chai Tea Latte (190 Cal)

Iced Green Tea (160 / 230 Cal)

Seasonal Iced Tea (0 Cal)

Lemonade (170 / 240 Cal)

San Pellegrino® Sparkling Water (0 Cal)

San Pellegrino® Sparkling Fruit Beverage

Orange (140 Cal)

Strawberry Paradise Juice (260 Cal)

Bottled Water (0 Cal)

Premium Orange Juice (160 Cal)

Soft Drinks (0 - 440 Cal)

Organic White (120 Cal) or **Chocolate Milk** (150 Cal)

Organic Apple Juice (120 Cal)

Hot Drinks

Add shots of espresso (5 Cal) or flavored syrups (45–60 Cal) for an additional charge.

Available in decaf, iced, with almond milk or skim milk.

Freshly Brewed Coffee

Light Roast (15-25 Cal), Dark Roast (15-25 Cal), Hazelnut (15-25 Cal), Decaf (10-20 Cal)

Pumpkin Spice Latte (450 Cal) **It's Back**

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

Caramel Latte (390 Cal)

Espresso, foamed milk and caramel topped with whipped cream and caramel sauce.

Chai Tea Latte (240 Cal)

Brewed black tea, honey, vanilla, cardamom, cinnamon, ginger and foamed milk.

Caffe Mocha (370 Cal)

Espresso, foamed milk and chocolate topped with whipped cream and chocolate sauce.

Caffe Latte (130 Cal)

Espresso and foamed milk.

Cappuccino (130 Cal)

Espresso and foamed milk with a cap of foam.

Signature Hot Chocolate (530 Cal)

with Chocolate Chip Marshmallows

Bittersweet chocolate flavored syrup mixed with foamed milk and topped with whipped cream and salted caramel sauce.

Hot "The Republic of Tea" Teas (0 Cal)

Espresso (5 Cal)

Frozen Drinks

Frozen Caramel (570 Cal)

Caramel and icy coffee blend topped with whipped cream and caramel sauce.

Frozen Mocha (540 Cal)

Chocolate and icy coffee blend topped with whipped cream and chocolate sauce.

Breakfast Sandwiches

Steak & Egg (550 Cal)

All-natural egg, Vermont white cheddar and seared steak on an Everything Bagel.

Sausage, Egg & Cheese (550 Cal)

All-natural egg, Vermont white cheddar and all-natural sausage on Ciabatta.

Mediterranean Egg White (410 Cal)

Egg whites, Vermont white cheddar, tomato sofrito, fresh spinach and basil pesto on Ciabatta.

Bacon, Egg & Cheese (520 Cal)

All-natural egg, Vermont white cheddar and applewood-smoked bacon on Ciabatta

Asiago Bacon, Egg & Cheese (610 Cal)

All-natural egg, Vermont white cheddar and applewood-smoked bacon on an Asiago Cheese Bagel.

Egg & Cheese (390 Cal)

All-natural egg and Vermont white cheddar on Ciabatta.

Breakfast Sandwiches and Soufflés are available until 10:30am weekdays/11:00am weekends.

Breakfast Power Sandwiches

Ham, Egg & Cheese (350 Cal)

All-natural egg, Vermont white cheddar and smoked, lean ham on Whole Grain.

Avocado, Egg White & Spinach (400 Cal)

Egg whites, Vermont white cheddar, avocado, fresh spinach and tomato on a Sprouted Grain Bagel Flat.

Turkey Sausage, Egg White & Spinach (390 Cal)

Turkey sausage cooked into egg whites, Vermont white cheddar, fresh spinach and tomato on a Sprouted Grain Bagel Flat.

Soufflés

Savory ingredients and egg baked in our sweet French pastry.

Four Cheese (480 Cal)

Ham & Swiss (500 Cal)

Spinach & Artichoke (540 Cal)

Spinach & Bacon (570 Cal)

Morning Add-ons

Steel Cut Oatmeal & Cinnamon Crunch

Topping with choice of:

Strawberries and Pecans (340 Cal)

Apple Chips and Pecans (370 Cal) **It's Back**

Power Almond Quinoa Oatmeal (290 Cal)

Organic steel cut oats with organic quinoa, sliced toasted almonds, ground cinnamon and honey.

Strawberry Granola Parfait (310 Cal)

Stonyfield Farm® organic, low-fat vanilla yogurt and maple butter pecan granola with whole grain oats and fresh strawberries.

Seasonal Fruit Cup (60 Cal)

We buy cage-free eggs, because we think they just taste better.

Bagels & Cream Cheese

Bagels Plain (290 Cal), Sprouted Grain Flat (290 Cal), Whole Grain (340 Cal), Everything (300 Cal), Sesame (310 Cal), Chocolate Chip (380 Cal), French Toast (350 Cal), Blueberry (340 Cal), Cinnamon Swirl & Raisin (320 Cal), Pumpkin Pie (380 Cal) **It's Back**, Cinnamon Crunch (420 Cal), Asiago Cheese (330 Cal) **Cherry Vanilla** (360 Cal) **It's Back**

Cream Cheese Flavors Plain (100 / 190 Cal) and **Reduced-Fat: Plain** (70 / 130 Cal), Hazelnut (80 / 140 Cal), Roasted Vegetable Medley (60 / 110 Cal), Chive & Onion (70 / 130 Cal), Wild Blueberry (80 / 150 Cal), Honey Walnut (80 / 150 Cal)

Bagel Pack

13 bagels, 2 tubs of spreads

Dozen & a Half

18 bagels

Baker's Dozen

13 bagels

Half Dozen Bagels

6 bagels

On the Path to Good Clean Food

These are the projects reshaping how we eat and live across America, powered by people like you.



BARNRAISER

We are proud to introduce you to Barnraiser, a passionate community for the millions of us who want good clean food, healthy farming, nutrition for all and a balanced planet for generations to come. Together, we hold the power to change the way we eat and grow good food by connecting with modern-day heroes and sharing their inspirational stories.

From healthy and artisanal foods to community kitchens, butchers and beekeepers to edible educators, community gardens and family farms, to heirloom heroes and heritage breeds, when we put our collective support behind these people we ALL get better food.

Panera believes in good food, powered by people like you. As a Founding Member of the growing Barnraiser community, Panera supports Barnraiser's mission to help shape a more healthful food future.

Let's celebrate these stories of innovation, the growing tapestry of the front lines of America's exciting food renaissance. We are all in this together and when we celebrate these people, we can achieve more.

Visit Barnraiser at www.barnraiser.us to discover people changing the way we farm and eat.

Panera Bread supports Barnraiser's mission, but does not financially sponsor or endorse Barnraiser or any specific projects.



Photo credit courtesy of Eatwell Farm

Meet Nigel Walker - Eatwell Farm, Dixon CA

A beloved organic CSA farmer from Northern California, Nigel and his team have a passionate following. So when he turned to Barnraiser to help pioneer a new line of heritage breed chickens, his customers and fans showed up in numbers! His crowd funding campaign far exceeded his goals, and within months, top restaurants in the SF Bay area were anxiously awaiting his new responsibly raised chickens!

Good food, powered by people like you.

Eating Well, Your Way

What does eating well mean to you? Whether it's going meatless (even just on Mondays), avoiding gluten or keeping an eye on calories, we've pulled out some of our favorite menu items to help make those good-for-you choices easier. Check them out here, and visit PaneraBread.com to explore even more.

Vegetarian

Whether you're going meat-free for health, environmental or animal-welfare reasons, being a vegetarian doesn't mean you're stuck with salads. Our menu is filled with tasty choices you (and your taste buds) can really get excited about.



Organic steel cut oats, cooked to perfection. Sweet cinnamon crunch topping. Apple chips and toasted pecans. Our **Steel Cut Oatmeal with Apple Chips & Toasted Pecans** is all the tastes of fall in one satisfying and sweet breakfast.

More to try:

Butternut Squash Ravioli
Tomato Mozzarella Flatbread
Pumpkin Pie Bagel

Gluten Conscious

Avoiding gluten? As long as you don't have celiac disease or a wheat allergy (in which case you should check with your doctor), we've got some great options on our menu that could be just what you're looking for.



Our **All-Natural Turkey Chili** is a hearty blend of dark meat turkey raised without antibiotics and tender beans, slow cooked with veggies and spices. It's the perfect complement to your favorite salad or sandwich.

More to try:

Classic Salad with Chicken
Vegetarian Autumn Squash Soup
Pumpkin Spice Latte

Protein Rich

It's the powerhouse of any meal and gives your body the lasting energy to get you through even the roughest days. Check out these options, all providing at least 20% of the recommended daily value of protein, making each one an excellent source of this important nutrient.



New this season, our **Roasted Turkey, Apple & Cheddar Sandwich** marries turkey raised without antibiotics, Vermont white cheddar, fresh apple and cabbage slaw and arugula on our new Whole Grain Cranberry Walnut bread.

More to try:

Chicken, Ham & Swiss Flatbread (order 2)
Roasted Turkey Cranberry Flatbread
Power Kale Caesar Salad with Chicken

Calorie Conscious

Counting calories? Of course, you can always find the calorie information for your Panera favorites right there on the menu (and online at PaneraBread.com), but here we've picked out some of our favorite fall choices all 500 calories or less (not including the side).



Our new **Ancient Grain, Arugula & Chicken Salad** piles high the hearty flavor with chicken raised without antibiotics, fresh fruit and veggies, pumpkin seeds and our ancient grain blend of freekeh, farro, barley and daikon radish seed, all for 420 calories for a whole salad.

More to try:

Southwestern Chicken Flatbread (380 calories for 1)
Lentil Quinoa Bowl with Chicken (390 calories)
Ham, Egg & Cheese Breakfast Power Sandwich (350 calories)



Roasted Turkey Cranberry Flatbread & Ancient Grain, Arugula & Chicken Salad
510 calories

Roasted Turkey, Apple & Cheddar Sandwich & Autumn Squash Soup
580 calories

Chicken, Ham & Swiss Flatbread & All-Natural, Low-Fat Chicken Noodle Soup
470 calories

YOU
PICK 2®

A Perfect Pair for 600 Calories or Less

With so many delicious choices, we understand it can be hard to settle on just one. So don't. Choose two instead! These seasonal You Pick 'Two® pairings not only feature some of our newest choices, but deliver all their great flavor in under 600 calories, side not included.

Power Up Your Salad

Make your next bowl of greens heartier with whole grains.



You already know that salads are a nutritious choice. But adding whole grains to your bowl gives you even more goodness. Why? Whole grains provide an added dose of fiber, which can keep you feeling fuller longer.

Dig a fork into our new **Ancient Grain, Arugula & Chicken Salad**, which combines peppery arugula with chicken raised without antibiotics,

red grapes, fresh apple and cabbage slaw and our ancient grain blend of freekeh, farro, barley and daikon radish seed.

Ready to try adding grains to your next salad at home? Read on for some of our favorite, flavorful grains that are just perfect for transforming any ordinary salad into a hearty, delicious meal.

Get to Know Your Grains

Barley

If all the whole grains had a highest-fiber contest, barley would be right at the top. Toss a 1 cup serving of cooked barley atop your favorite salad and you'll add 6 or more grams of fiber, depending on which variety you choose, not to mention vitamins and minerals and a type of fiber called beta-glucan, which can help lower cholesterol and keep blood sugar in check.

Quinoa

This superfood stands out for being a complete protein, which means it has all the essential amino acids you need—and that's something you just don't find in plant-based foods very often. Don't tell the other grains, but quinoa is actually a seed. Because it's cooked and eaten like a grain, quinoa is classified as a pseudo-cereal, so it's fine to call it a grain.

Farro

A staple in ancient Egypt, farro made its way to Italy, where it's used today in risottos and for pasta. It has a subtle, nutty flavor and a delicately chewy texture that stands up well whether it's added to soups or tossed in salads. If you're looking to mix things up, farro is easily swapped into recipes that call for quinoa or couscous.

Freekeh

Pronounced "free-kah," the Arabic name actually translates as "to rub," which is how freekeh is produced. An ancient grain, freekeh is wheat that's been harvested while it's still green, roasted, then rubbed to reveal its kernels. Also known for its nutty flavor and chewy texture, it's a perfect addition to stews, rice and, of course, your favorite salad.

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