GENERAL

panera bread take out menu

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Panera Bread Take Out Menu: Everything You Need to Know

When the craving for a wholesome, comforting meal hits, Panera Bread's take out options are a reliable choice for busy professionals, families on the go, and anyone seeking a quick yet nourishing bite. Whether you're looking for a light salad, a hearty soup, or a satisfying sandwich, Panera's take out menu offers a wide array of options that cater to diverse tastes and dietary preferences. This guide dives deep into the Panera Bread take out menu, highlighting popular items, seasonal specials, ordering tips, and how to make the most of your Panera experience whether you're picking up from a local store or ordering online.

Why Panera Bread Is a Go-To for Takeout

Panera Bread has built a reputation for clean, fresh ingredients and a menu that feels both comforting and healthful. For take out customers, the brand offers several advantages:

- Speed and Convenience – Panera's streamlined kitchen layout ensures orders are prepared quickly, making it ideal for lunch breaks or after work meals.
- Wide Variety – From soups to salads to sandwiches, the menu covers a spectrum of flavors and textures, appealing to a broad audience.
- Health Focused Options – Many items are low in calories, high in protein, or tailored for specific diets (gluten free, vegan, low carb).
- Consistency – Across all locations, you can expect the same quality and taste, giving you confidence in every take out experience.

These factors combine to make Panera Bread a top pick for anyone who values both convenience and quality in their take out meals.

Overview of the Panera Bread Take Out Menu

Panera's take out menu is organized into distinct sections: starters, soups & salads, sandwiches & wraps, entrees, baked goods, and kids' selections. Each category features a mix of signature dishes and rotating seasonal items. Below is a snapshot of what you'll typically find:

- Starters: Fresh fruit cups, Greek yogurt parfaits, and mini croissants.
- Soups: Creamy tomato basil, chicken noodle, and black bean soup.
- Salads: Classic Caesar, Mediterranean, and quinoa protein salads.
- Sandwiches & Wraps: Turkey club, Mediterranean veggie wrap, and avocado grilled cheese.
- Entrees: Roasted chicken sandwich, grilled salmon, and quinoa bowl.
- Baked Goods: Sourdough bread, cinnamon rolls, and cookie dough bars.
- Kids: Mac & cheese, turkey sub, and mini pizza.

While the core items remain consistent, Panera often introduces limited time offerings that reflect seasonal flavors and special occasions.

Starters & Snacks for Take Out

Starting your meal with a light appetizer can set the tone for a satisfying lunch. Panera's starter section offers a variety of options that are easy to grab and enjoy on the go.

- Fresh Fruit Cups – A vibrant mix of seasonal fruit, lightly sweetened with honey. Ideal for a quick, refreshing snack.
- Greek Yogurt Parfait – Layered with berries, granola, and a drizzle of honey, this parfait delivers protein and antioxidants.
- Mini Croissants – Flaky, buttery croissants that can be filled with ham, cheese, or almond butter.
- Edamame – Steamed soybeans tossed in sea salt, a protein rich snack that's both satisfying and healthy.
- Hummus & Veggie Platter – Creamy hummus served with sliced carrots, cucumbers, and bell peppers.

These starters are perfect for those who want to keep their meal light or simply need a quick bite before heading to work or a meeting.

Soups and Salads: Fresh & Convenient

Panera's soups and salads are a staple for health conscious diners. With a rotating menu that includes both classic and innovative flavors, you're sure to find something that fits your palate.

Soups

- Tomato Basil Soup – A creamy, tomato based soup infused with fresh basil, served with a side of crusty bread.
- Chicken Noodle Soup – Comforting chicken pieces, noodles, and vegetables in a savory broth.
- Black Bean & Sweet Potato Soup – A hearty, vegetarian option that's packed with fiber and flavor.
- Chicken & Wild Rice Soup – A protein rich soup featuring tender chicken and wholesome wild rice.
- Seasonal Soup of the Month – Panera often introduces limited time soups, such as pumpkin or cranberry butternut squash, to celebrate seasonal ingredients.

Salads

- Classic Caesar Salad – Crisp romaine, parmesan, and croutons tossed in a creamy Caesar dressing.
- Grilled Chicken Salad – Tender grilled chicken, mixed greens, cherry tomatoes, and a light vinaigrette.
- Quinoa Protein Bowl – Quinoa, black beans, corn, avocado, and a cilantro lime dressing.
- Greek Salad – Fresh cucumbers, tomatoes, olives, feta, and a lemon olive oil dressing.
- Winter Warm Salad – A seasonal mix of roasted sweet potatoes, kale, cranberries, and pecans.

All soups come with a side of Panera's signature bread or a small side salad, while salads can be upgraded with protein add ons for an extra boost.

Sandwiches and Wraps: Classic Choices

Panera's sandwich and wrap lineup offers familiar flavors with a fresh twist. Whether you prefer a classic turkey club or a vegetarian wrap, there's something for everyone.

- Turkey Club Sandwich – Sliced turkey, bacon, lettuce, tomato, and mayo on toasted sourdough.
- Chicken & Avocado Sandwich – Grilled chicken, ripe avocado, lettuce, and a light chipotle mayo on multigrain bread.
- Mediterranean Veggie Wrap – Hummus, cucumbers, tomatoes, spinach, and feta in a spinach tortilla.
- Avocado Grilled Cheese – Creamy avocado, cheddar, and mozzarella on sourdough, grilled to perfection.
- Roasted Veggie & Goat Cheese Sandwich – Roasted seasonal vegetables, goat cheese, and arugula on a toasted baguette.

Each sandwich is available in a variety of bread options, including gluten free and whole grain, allowing you to customize your order to fit dietary needs.

Entrees & Baked Goods: Warm & Filling

For those craving a heartier meal, Panera's entrees and baked goods offer both comfort and nutrition. These items

are ideal for a filling lunch or a quick dinner.

- Roasted Chicken Sandwich – Juicy roasted chicken, avocado, and mayo on a multigrain roll.
- Grilled Salmon Sandwich – Flaky salmon, mixed greens, and a dill yogurt sauce.
- Quinoa Bowl – Quinoa, black beans, corn, roasted peppers, and a cilantro lime dressing.
- Turkey & Swiss Sandwich – Thinly sliced turkey, Swiss cheese, lettuce, and tomato on a toasted rye.
- Chicken & Mushroom Alfredo – Creamy Alfredo sauce, chicken, mushrooms, and fettuccine.
- Chicken & Bacon Pesto Sandwich – Grilled chicken, bacon, pesto, and mozzarella on a ciabatta roll.

Baked goods, such as Panera's renowned sourdough bread, cinnamon rolls, and cookie dough bars, complement any meal and are perfect for a sweet treat or a quick snack.

Kids & Family Options

Panera Bread offers a dedicated kids' menu that includes familiar favorites and wholesome options. These meals are portion controlled and designed to appeal to younger tastes.

- Mac & Cheese – Classic macaroni with a creamy cheese sauce.
- Turkey Sub – Turkey, lettuce, and tomato on a whole grain roll.
- Mini Pizza – Bite size pizza with marinara sauce and mozzarella.
- Chicken Tenders – Breaded chicken tenders served with a side of honey mustard.
- Fruit Cups – Fresh fruit, a kid friendly way to add fruit to the meal.

Parents can also customize portions or request gluten free or dairy free options if needed.

Seasonal & Limited Time Items

Panera Bread frequently introduces seasonal specials that reflect the harvest and holidays. These limited time items often feature unique flavor combinations that can't be found on the regular menu.

- Pumpkin Soup of the Month – A creamy pumpkin soup with a hint of nutmeg.
- Thanksgiving Turkey Sandwich – Roasted turkey, cranberry sauce, and stuffing on a toasted roll.

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