

Panera SMARTPOINTS

All things Breakfast

- **Asiago cheese bagel**, 10 SmartPoints value
- **Avocado, egg white, and spinach on sprouted grain bagel flat**, 12 SmartPoints value
- **Everything bagel**, 9 SmartPoints value
- **Ham, egg, and cheese on whole grain farm-style bread**, 7 SmartPoints value
- **Wild blueberry mini scone**, 6 SmartPoints value
- **Fresh Fruit Cup**, 3 SmartPoints value
- **Mediterranean egg white wrap**, 6 SmartPoints value
- **Steel cut oatmeal with almonds quinoa, and honey**, 10 SmartPoints value

Hidden Menu Items

- **Power breakfast bowl with roasted turkey**, 4 SmartPoints value
- **Power breakfast bowl with steak**, 7 SmartPoints value
- **Power chicken hummus bowl**, 5 SmartPoints value
- **Power Mediterranean chicken**, 7 SmartPoints value
- **Power Mediterranean roasted turkey**, 9 SmartPoints value
- **Power steak lettuce wraps**, 7 SmartPoints value

Soups, Soups, Soups

- **Broccoli cheddar soup (cup)**, 9 SmartPoints value
- **Low-fat chicken noodle soup (cup)**, 2 SmartPoints value
- **Low-fat vegetarian black bean soup (cup)**, 0 SmartPoints value
- **Ten vegetable soup (cup)**, 1 SmartPoints value
- **(bowl) 2 SmartPoints value**
- **Turkey chili (cup)**, 5 SmartPoints value
- **Vegetarian creamy tomato soup (cup)**, 8 SmartPoints value

The salads

- **Asian sesame chicken salad with dressing (half portion)**, 4 SmartPoints value
- **Fuji apple salad with chicken and dressing (half portion)**, 8 SmartPoints value
- **Greek salad with chicken and dressing (half portion)**, 6 SmartPoints value
- **Green goddess cobb salad with chicken and dressing (half portion)**, 6 SmartPoints value
- **Strawberry poppyseed salad with chicken and fat-free dressing (half portion)**, 2 SmartPoints value
- **Caesar salad with chicken (half portion)**, 5 SmartPoints value
- **Modern Greek salad with quinoa (half portion)**, 8 SmartPoints value
- **Thai chopped chicken salad (half portion)**, 4 SmartPoints value
- **(full portion) 8 SmartPoints value**

Sandwiches (Yes you can!)

- **Frontega chicken panini on focaccia (half portion)**, 10 SmartPoints value
- **Mediterranean veggie sandwich on tomato basil (half portion)**, 6 SmartPoints value
- **Roasted turkey and avocado BLT sandwich on country rustic (half portion)**, 9 SmartPoints value
- **Tuna salad sandwich on honey wheat (half portion)**, 7 SmartPoints value
- **Turkey sandwich on whole grain bread (half portion)**, 6 SmartPoints value
- **Napa almond chicken sandwich**, 9 SmartPoints value

Snacks & stuff

- **Cocoa and Crème cookie**, 9 SmartPoints value
- **Coconut macaroon**, 7 SmartPoints value
- **Seasonal fruit cup**, 0 SmartPoints value
- **Panera Kettle Chips**, 4 SmartPoints value
- **Sprouted grain roll**, 5 SmartPoints value