Panera Bread Sides and Spreads Menu: Prices & Calories



Fruit Cup

Price: $4.29

Calories: 60



Apple

Price: $1.49

Calories: 80



Banana

Price: $1.49

Calories: 90



Chips

Price: About $1.39

Calories: 150



French Baguette

Price: $1.19

Calories: 190



Asiago Croissant Twists (2-Pack)

Price: $1.99

210 Cal per 2-Pack



Greek Yogurt with Berries Parfait

Price: $5.99

Calories: 250

Panera Spreads Menu – Prices & Calories



Plain Cream Cheese Spread – Individual 1.5 oz

Price: $1.80

110 Cal per 1.5 oz Container



Honey Walnut Cream Cheese Spread – Individual 1.5 oz

Price: $ $1.80

130 Cal per 1.5 oz Container



Plain Cream Cheese Spread – Tub 8 oz

Price: $3.69

80 Cal per 1 oz, Serves 8



Honey Walnut Cream Cheese Spread – Tub 8 oz

Price: $3.69

90 Cal per 1 oz, Serves 8