



Low Carbon Coolfood Meals at Panera Bread

August 2024

Low Carbon Coolfood meals are approved by the World Resources Institute (WRI) as having a low impact on the climate, making them a delicious way to help the planet.

Using a dish's ingredients list, WRI calculates the dish's carbon footprint by analyzing the greenhouse gas emissions (GHGs) created through the agricultural supply chain and land used to produce the meal. If the dish's carbon footprint meets an established per-meal GHG threshold and the dish is within nutritional safeguards, the dish is certified as a Coolfood meal.

WRI established the maximum recommended daily carbon footprint for a person's diet, which is 38% smaller than the current average. This is in line with what WRI research has found is needed by 2030 to help avoid the worst impacts of climate change. This carbon footprint is then split across meals in a day. A breakfast's carbon footprint must be no more than 20% of the recommended daily carbon footprint of a person's diet (measured in kilograms of carbon dioxide equivalent or CO₂e), and a lunch or dinner no more than 30%. The remaining 20% is an allowance for drinks and between-meal snacks. This means a breakfast entrée must be below 3.81 kg CO₂e/portion and a lunch or dinner entrée must be below 5.71 kg CO₂e/portion to be a Coolfood Meal.

The lists below reflect Panera's menu, including seasonal menu items. For a list of current offerings, view our menu in our app or at panerabread.com.

To learn more about Coolfood Meals, visit EatCoolFood.org.

Coolfood Meals

The items listed in the first table below are all low carbon Coolfood meals which have at least 38% lower carbon emissions than the average meal. The following entrees are all under an established per-meal emissions threshold and are within nutritional guardrails (see above).

Menu Category	Menu Item	GHG Emissions from Supply Chain (kg CO ₂ e/meal)	GHG Emissions from Carbon Opportunity Costs of Land Use (kg CO ₂ e/meal)	Total GHG Emissions (kg CO ₂ e/meal)
Breakfast	Chipotle Chicken, Scrambled Egg & Avocado on Ciabatta	0.71	1.95	2.66
Breakfast	Steel Cut Oatmeal with Strawberries & Pecans	0.74	1.09	1.83
Breakfast	Garden Avo & Egg White on Multigrain Bagel Flat	0.45	1.35	1.79
Breakfast	Scrambled Egg & Cheese on Ciabatta	0.42	1.33	1.74
Breakfast	Garden Avo Toast on Country Rustic Sourdough	0.13	0.25	0.38
Breakfast	Classic Avo Toast on Country Rustic Sourdough	0.06	0.08	0.14
Salad – Whole	Mediterranean Chicken & Grains Salad	1.36	3.94	5.30
Salad – Whole	Greek Salad with Chicken	1.24	3.73	4.97
Salad – Whole	Balsamic Bliss Chicken & Grains	1.32	3.59	4.90
Salad – Whole	Caesar Salad with Chicken	1.15	3.62	4.77
Salad – Whole	Fuji Apple Salad with Chicken	1.16	3.37	4.53
Salad – Whole	Southwest Chicken Ranch	1.20	3.17	4.37
Salad – Whole	Strawberry Poppyseed Salad with Chicken	1.13	2.92	4.04
Salad – Whole	Ranch Cobb Salad - Whole	1.12	2.65	3.77
Salad – Whole	Mediterranean & Grains Salad	0.60	1.51	2.11
Salad – Whole	Greek Salad	0.48	1.30	1.78
Salad – Whole	Balsamic Bliss & Grains	0.56	1.16	1.72
Salad – Whole	Caesar Salad	0.39	1.19	1.59
Salad – Whole	Strawberry Poppyseed Salad	0.37	0.49	0.85
Sandwich – Whole	Spicy Fiesta Chicken on Ciabatta - Whole	1.32	4.23	5.55
Sandwich – Whole	Chipotle Chicken Avocado Melt Sandwich	1.26	3.95	5.22
Sandwich – Whole	Toasted Frontega Chicken Sandwich	1.17	3.52	4.69
Sandwich – Whole	Toasted Garden Caprese Melt	0.74	2.32	3.05
Sandwich – Whole	Tuna Salad Sandwich	0.62	1.58	2.21
Sandwich – Whole	Mediterranean Veggie Sandwich	0.45	1.17	1.62
Soup – Bowl	Broccoli Cheddar Soup	0.78	2.64	3.42
Soup – Bowl	Summer Corn Chowder	0.66	2.31	2.97
Soup – Bowl	Creamy Tomato Soup	0.75	1.68	2.43
Soup – Bowl	Cream of Chicken & Wild Rice Soup	0.53	1.54	2.06
Soup – Bowl	Autumn Squash Soup	0.48	1.44	1.92
Soup – Bowl	Mexican Street Corn Chowder	0.39	1.43	1.82
Soup – Bowl	Homestyle Chicken Noodle Soup	0.39	1.21	1.60
Soup – Bowl	Bistro French Onion Soup	0.32	1.16	1.48

Totals may not sum due to rounding.

Carbon Footprint of Non-Coolfood Meal Menu Items

Menu Category	Menu Item	GHG Emissions from Supply Chain (kg CO ₂ e/meal)	GHG Emissions from Carbon Opportunity Costs of Land Use (kg CO ₂ e/meal)	Total GHG Emissions (kg CO ₂ e/meal)
Breakfast	Steak, Scrambled Egg & Cheese on Ciabatta	3.06	14.05	17.11
Breakfast	Cinnamon roll, Sausage, Scrambled Egg and Cheese	1.62	4.66	6.28
Breakfast	Bacon, Scrambled Egg & Cheese on Black Pepper Focaccia	1.48	3.89	5.38
Breakfast	Cinnamon Roll, Scrambled Egg and Cheese	1.00	3.31	4.31
Breakfast	Sausage, Scrambled Egg & Cheese on Croissant	1.08	2.85	3.93
Breakfast	Spinach & Bacon Souffle	0.93	2.92	3.85
Breakfast	Sausage, Scrambled Egg & Cheese on Ciabatta	1.06	2.68	3.73
Breakfast	Bacon, Scrambled Egg & Cheese on Croissant	0.92	2.47	3.39
Breakfast	Bacon, Scrambled Egg & Cheese on Ciabatta	0.87	2.29	3.16
Breakfast	Ham, Egg & Cheese on Ciabatta	0.78	2.08	2.86
Breakfast	Four Cheese Souffle	0.59	2.05	2.64
Breakfast	Scrambled Egg & Cheese on Croissant	0.46	1.50	1.96
Mac & Cheese – Large	Bacon Mac & Cheese	2.02	5.79	7.81
Mac & Cheese - Large	Mac & Cheese	1.41	4.51	5.92
Salad - Whole	Green Goddess Cobb Salad with Chicken	1.82	4.73	6.55
Sandwich – Whole	Ciabatta Cheesesteak	5.84	27.22	33.06
Sandwich – Whole	Toasted Italiano on Baguette	3.09	8.57	11.66
Sandwich – Whole	Chicken & Pepperoni Mozzarella Melt on Baguette	2.14	7.34	9.48
Sandwich – Whole	Chicken Cordon Bleu Melt on Baguette	2.56	6.70	9.25
Sandwich - Whole	Grilled Chicken & Avocado BLT on Country Rustic	1.97	5.55	7.51
Sandwich - Whole	Tomato Basil BLT on Tomato Basil Miche	2.12	4.39	6.51
Sandwich - Whole	Chicken Bacon Rancher on Black Pepper Focaccia Round	1.64	4.65	6.29
Sandwich - Whole	Grilled Cheese	1.20	4.48	5.69
Sandwich – Whole	Turkey Sandwich	1.28	4.07	5.35
Sandwich - Whole	Smokehouse BBQ Chicken Sandwich	1.20	3.81	5.00
Sandwich - Whole	Kickin' Grilled Cheese on Classic White Miche - Whole	0.97	3.51	4.48

Totals may not sum due to rounding.