



# Panera Bread® Beverage Caffeine Content

Effective: 6/26/24 Version 1

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**Caffeine is an approximate value**

Beverage	Caffeine mg	Beverage	Caffeine mg
Additional Shot of Caramel Syrup	0	Caramel Latte - 16 fl oz	126
Additional Shot of Espresso	63	Caramel Latte - 20 fl oz	126
Additional Shot of Madagascar Vanilla Syrup	0	Chai Tea Latte - 20 fl oz	12
Agave Lemonade - 20 fl oz	0	Chai Tea Latte - 16 fl oz	9
Agave Lemonade - 30 fl oz	0	Citrus Punch - Naturally Flavored - 20 fl oz without ice	0
Agave Lemonade - Serves 4 - Group	0	Citrus Punch - Naturally Flavored - 30 fl oz without ice	0
Agave Lemonade - Serves 8 - Group	0	Citrus Punch - Naturally Flavored - Serves 4 - Group	0
AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can	0	Citrus Punch - Naturally Flavored - Serves 8 - Group	0
AHA Lime Watermelon Sparkling Water- 12 fl oz can	0	Blue Packet Sweetener	0
Americano - 16 fl oz	126	Half & Half - 1 fl oz	0
Unsweetened Iced Tea - Serves 4 - Group	384	Pink Packet Sweetener	0
Unsweetened Iced Tea - Serves 8 - Group	768	Sugar	0
Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz without ice	0	Turbinado Cane Sugar Packet	0
Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz without ice	0	Yellow Packet Sweetener	0
Blueberry Lavender Lemonade - Naturally Flavored - Serves 4 - Group	0	1 pump of Cane Sugar Syrup	0
Blueberry Lavender Lemonade - Naturally Flavored - Serves 8 - Group	0	Coke - 20 fl oz	63
Bottled Passionfruit Papaya Naturally Flavored Iced Green Tea	0	Coke - 30 fl oz	94
Bottled Water	0	Coke 20 fl oz Bottle	59
British Breakfast Tea - 16 fl oz	100	Coke Zero - 20 fl oz	59
Bubly Sparkling Water 12 fl oz Can- Lemon	0	Coke Zero - 20 fl oz bottle	59
Bubly Sparkling Water 12 fl oz - Lime	0	Coke Zero - 30 fl oz	89
Cafe Blend Dark Roast Coffee - 16 fl oz	189	Dasani Lemon - 12 fl oz can	0
Cafe Blend Dark Roast Coffee - 20 fl oz	237	Dasani Lime - 12 fl oz can	0
Cafe blend Dark Roast Coffee - Group	1421	Decaf Coffee - Group	36
Cafe Blend Light Roast Coffee - Group	1421	Decaf Coffee - 16 fl oz	5
Cafe Blend Light Roast Coffee - 16 fl oz	189	Decaf Coffee - 20 fl oz	6
Cafe Blend Light Roast Coffee - 20 fl oz	237	Diet Coke - 20 fl oz	76
Caffe Latte - 16 fl oz	126	Diet Coke - 30 fl oz	114
Caffe Latte - 20 fl oz	126	20 oz Diet Coke Bottle	76
Caffeine Free Diet Pepsi - 20 fl oz	0	Diet Dr. Pepper - 20 fl oz	68
Caffeine Free Diet Pepsi - 30 fl oz	0	Diet Dr. Pepper - 30 fl oz	102
Canada Dry Ginger Ale - 20 fl oz	0	Diet Mountain Dew - 20 fl oz	91
Canada Dry Ginger Ale - 30 fl oz	0	Diet Mountain Dew - 30 fl oz	137
Cappuccino - 16 fl oz	126	Diet Mountain Dew - 12 fl oz can	54
Cappuccino - 20 fl oz	126	Diet Pepsi - 12 fl oz can	38



## Panera Bread® Caffeine Content Guide

Diet Pepsi - 20 fl oz	58	Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	0
Diet Pepsi - 20 fl oz bottle	59	Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	0
Diet Pepsi - 30 fl oz	84	Drive Thru - Pepsi - 20 fl oz	39
Dr Pepper - 20 fl oz bottle	68	Drive Thru - Pepsi - 30 fl oz	59
Dr. Pepper - 20 fl oz	68	Drive Thru - Pepsi Zero - 20 fl oz	37
Dr. Pepper - 30 fl oz	102	Drive Thru - Pibb Xtra - 20 fl oz	43
Drive Thru - Agave Lemonade - 20 fl oz	0	Drive Thru - Pibb Xtra - 30 fl oz	74
Drive Thru - Agave Lemonade - 30 fl oz	0	Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz	0
Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz	0	Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz	0
Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz	0	Drive Thru - Powerade Mountain Blast - 20 fl oz	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	0	Drive Thru - Powerade Mountain Blast - 30 Fl oz	0
Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz	0	Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz	0
Drive Thru - Canada Dry Ginger Ale - 20 fl oz	0	Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz	0
Drive Thru - Canada Dry Ginger Ale - 30 fl oz	0	Drive Thru - Sprite - 20 fl oz	0
Drive Thru - Citrus Punch - Naturally Flavored - 20 fl oz with ice	0	Drive Thru - Sprite - 30 fl oz	0
Drive Thru - Citrus Punch - Naturally Flavored - 30 fl oz with ice	0	Drive Thru - Starry Lemon Lime - 20 fl oz	0
Drive Thru - Coke - 20 fl oz	37	Drive Thru - Starry Lemon Lime - 30 fl oz	0
Drive Thru - Coke - 30 fl oz	56	Drive Thru - Tropicana Fruit Punch - 20 fl oz	0
Drive Thru - Coke Zero - 20 fl oz	37	Drive Thru - Tropicana Fruit Punch - 30 fl oz	0
Drive Thru - Coke Zero - 30 fl oz	56	Drive Thru - Tropicana Lemonade - 20 fl oz	0
Drive Thru - Diet Coke - 20 fl oz	50	Drive Thru - Tropicana Lemonade - 30 fl oz	0
Drive Thru - Diet Coke - 30 fl oz	74	Drive Thru - Tropicana Light Lemonade - 20 fl oz	0
Drive Thru - Diet Dr. Pepper - 20 fl oz	43	Drive Thru - Tropicana Light Lemonade - 30 fl oz	0
Drive Thru - Diet Dr. Pepper - 30 fl oz	64	Drive Thru - Unsweetened Iced Tea - 20 fl oz	75
Drive Thru - Diet Mountain Dew - 20 fl oz	57	Drive Thru - Unsweetened Iced Tea - 30 fl oz	109
Drive Thru - Diet Mountain Dew - 30 fl oz	85	Drive Thru - Wild Cherry Pepsi 20 fl oz	39
Drive Thru - Diet Pepsi - 20 fl oz	37	Drive Thru - Wild Cherry Pepsi 30 fl oz	59
Drive Thru - Diet Pepsi - 30 fl oz	53	Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz	0
Drive Thru - Dr. Pepper - 20 fl oz	43	Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz	0
Drive Thru - Dr. Pepper - 30 fl oz	64	Espresso	126
Drive Thru - Fanta Orange - 20 fl oz	0	Fanta Orange - 20 fl oz	0
Drive Thru - Fanta Orange - 30 fl oz	0	Fanta Orange - 30 fl oz	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz	7	Frozen Strawberry Lemonade with Fresh Strawberries - 16 fl oz	0
Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz	11	Gold Peak Unsweetened Iced Tea - 18.5 fl oz	47
Drive Thru - Mountain Dew - 20 fl oz	54	Hazelnut Coffee - Group	1421
Drive Thru - Mountain Dew - 30 fl oz	80	Hazelnut Flavored Coffee - 16 fl oz	189
Drive Thru - Mug Root Beer - 20 fl oz	0	Hazelnut Flavored Coffee - 20 fl oz	237
Drive Thru - Mug Root Beer - 30 fl oz	0	Honest Berry Hibiscus Iced Tea - 16.9 fl oz bottle	0



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Honey Ginseng Green Tea - 16 fl oz	50	Pibb Xtra - 30 fl oz	98
Iced Cafe Blend Dark Roast Coffee - 20 fl oz	102	Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz without ice	0
Iced Cafe Blend Dark Roast Coffee - 20 fl oz - no ice	186	Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz without ice	0
Iced Cafe Blend Dark Roast Coffee - 30 fl oz	166	Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 4 - Group	0
Iced Cafe Blend Dark Roast Coffee - 30 fl oz - no ice	279	Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 8 - Group	0
Iced Caffe Latte - 20 fl oz	126	Powerade Mountain Blast - 20 fl oz	0
Iced Caramel Latte - 20 fl oz	126	Powerade Mountain Blast - 30 Fl oz	0
Iced Chai Tea Latte - 20 fl oz	9	Premium Orange Juice - Serves 4 - Group	0
Iced Madagascar Vanilla Latte - 20 fl oz	126	Premium Orange Juice - Serves 8- Group	0
Kids Organic Apple juice	0	Premium OJ 11.5 fl oz	0
Kids Organic Chocolate Milk	0	SoBe Life Water Yumberry Pomegranate - 20 fl oz	0
Kids Organic White Milk	0	SoBe Life Water Yumberry Pomegranate - 30 fl oz	0
Lime Bubly Sparkling Water - 20 fl oz	0	Sprite - 20 fl oz	0
Lime Bubly Sparkling Water - 30 fl oz	0	Sprite - 30 fl oz	0
Lipton Brisk Raspberry Tea - 20 fl oz	12	Sprite 20 fl oz Bottle	0
Lipton Brisk Raspberry Tea - 30 fl oz	18	Sprite Zero - 20 fl oz bottle	0
Madagascar Vanilla Latte - 16 fl oz	126	Starry Lemon Lime - 20 fl oz	0
Madagascar Vanilla Latte - 20 fl oz	126	Starry Lemon Lime - 30 fl oz	0
Mango Smoothie with Greek Yogurt - 16 fl oz	0	Starry Lemon Lime 12 fl oz Can	0
Minute Maid Orange Juice - 12 fl oz bottle	0	Starry Lemon Lime 20 fl oz bottle	0
Mountain Dew - 12 fl oz can	54	Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	0
Mountain Dew - 20 fl oz	86	Strawberry Smoothie with Greek Yogurt - 16 fl oz	0
Mountain Dew- 20 fl oz bottle	91	Sweet Iced Tea 20 fl oz	74
Mountain Dew - 30 fl oz	129	Sweet Iced Tea 30 fl oz	98
Mug Root Beer - 20 fl oz	0	Sweet Tea - Serves 4 - Group	346
Mug Root Beer - 30 fl oz	0	Sweet Tea - Serves 8 - Group	692
Orange Ginger Mint Tea - 16 fl oz	0	Tropical Green Smoothie - 16 fl oz	0
Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	0	Tropicana Fruit Punch - 20 fl oz	0
Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	0	Tropicana Fruit Punch - 30 fl oz	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 4 - Group	0	Tropicana Lemonade - 20 fl oz	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 8 - Group	0	Tropicana Lemonade - 30 fl oz	0
Pepsi - 20 fl oz	63	Tropicana Light Lemonade - 20 fl oz	0
Pepsi - 20 fl oz bottle	63	Tropicana Light Lemonade - 30 fl oz	0
Pepsi - 30 fl oz	94	Unsweetened Iced Tea - 20 fl oz	120
Pepsi 12 fl oz can	40	Unsweetened Iced Tea - 30 fl oz	180
Pepsi Zero - 20 fl oz	63	Wild Cherry Pepsi 20 fl oz	63
Pepsi Zero - 20 fl oz bottle	63	Wild Cherry Pepsi 30 fl oz	94
Pibb Xtra - 20 fl oz	65		