

# Panera

- The following items from Panera contain phosphorus additives:

Focaccia breads  
Cinnamon raisin bread  
Honey wheat bread  
Sunflower bread  
Tomato basil bread  
Low-carb breads  
Challah bread  
Cherry pastry  
Strawberries & cream pastry  
Bundt cakes  
Muffins & muffins  
Scones  
Bear claw  
Coffee cake  
Egg soufflés  
Grilled breakfast sandwiches  
Paninis  
Turkey  
Ham  
Beef tenders  
Chicken salad  
Chicken breasts  
I.C. beverages

- These foods add phosphorus to your diet.
- Avoid menu items that consist of these foods.