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## How to get free food at panera

Gone are the days of taking your laptop to a coffee shop and getting your caffeine fix in public while getting work done at the same time. But while those shared, sticky tables aren't an option at the moment, that doesn't mean the coffee has gone anywhere.And as wonderful as it would be if everyone had their own local independent coffee shop to support, that's not the case for a lot of people, making chains like Panera their only option. So whether that's the case for you, or you're just a fan of their bread-heavy menu, you may want to consider buying (or gifting) an unlimited coffee subscription, which currently comes with three months of free coffee. Here's how to take advantage of the offer.If you're always popping into the same coffee shop for a quick cup—and that coffee shop just...Read moreHow to get 3 months of free coffeeIf you're not familiar with Panera's popular unlimited coffee subscription, here's what to know. Typically it costs \$8.99 per month (which itself isn't a bad deal), and includes any size, any flavor of hot drip coffee, iced coffee and hot tea once every two hours with unlimited refills in the bakery-café. But through the end of 2020, you have the option of purchasing a subscription for yourself or as a gift for someone else for \$20 that comes with free months of free coffee/tea. You can also get a subscription with two months of free coffee for \$15 (some gift exchanges have price limits!). Freshly-ground spices simply taste better than their powdered counterparts, but in order to use...Read moreThere is a limit to the unlimited coffee: you're permitted to purchase up to 10 MyPanera+ coffee subscription gifts for each subscription gift increment per transaction for a total of 20 maximum gift subscriptions per transaction.The bread and coffee chain is also currently offering a bonus \$10 gift card for every \$50 you spend on gift cards there. There's probably some mathematical way to combine the two offers and get the biggest bang for your coffee buck, but we'll leave that fun to you. 1 / 10Shutterstock / Jonathan WeissNope. In fact, it was originally named St. Louis Bread Co., and it's still called that in St. Louis, or just "Bread Co." by regulars. Part of the new name, Panera, is a word that has roots meaning "bread basket" in Latin.If you love bread bowls as much as we do, here's how to make a copycat Panera bread bowl at home. 2 / 10Shutterstock / QualityHDWhat started out as just 20 shops in the St. Louis area is now a company with more than 2,000 bakery-cafes and 100,000 associates. Sadly, you won't find Panera Bread in Utah, Idaho, Montana or Wyoming. 3 / 10Shutterstock / Oksana KuzminaPanera Bread wanted kids to be able to enjoy delicious and wholesome meals as opposed to nutritionally empty options typically found on kids menus (like pizza, fries and chicken nuggets), so children can pick almost any item on the menu as a smaller sized entree.Looking for kid-friendly dinners that aren't chicken nuggets? Check out these 50 recipes. 4 / 10Shutterstock / Brent HofackerEvery night, fresh dough is delivered to all Panera Bread locations from Fresh Dough Facilities across the country. To ensure fresh dough is always delivered, these facilities operate 24 hours a day, seven days a week, 364 days per year. We have to say we appreciate that commitment for their tasty bagels!Try making your own bagels at home with these easy tips. 5 / 10Jeff Roberson / AP / REX / Shutterstock Fresh-baked goods only sit on shelves for a one day. Any remaining bakery items that don't get sold are boxed up and delivered to local hunger relief organizations as part of the company's Day-End Dough-Nation program. 6 / 10Shutterstock / Casimiro PTLIf you're like us, you love the food but hate to wait. Rapid Pick-up (where you can schedule your order online), Fast Lane Kiosks where you can place your order via a touch-screen tablet without approaching the counter, and delivery service (now nationwide!) are all designed to help you skip the line. 7 / 10Shutterstock / gowithstockPanera Bread has always been at the forefront of the healthy eating options. It was the first to start listing calorie counts on menus. It also eliminated all artificial colors, flavors, sweeteners and preservatives from its foods in 2017.Looking to eat clean? Stock up on these foods. 8 / 10Shutterstock / P Maxwell PhotographyJust because it's clean, doesn't mean it's healthy. The mac and cheese is outrageously tasty (a great sometimes treat), but a large bowl comes with almost 1,000 calories, 15 grams of sugar and a whopping 61 grams of fat! You can download the Panera Bread app to review the nutritional info before you order. Learn how to make Panera's Greek lemon chicken soup, which is on the lighter side. 9 / 10Shutterstock / Alexander SafonovSelect locations offer this two-hour culinary experience for kids ages 5-12. Participants get their own baking hat and apron, watch a baking demonstration, take a behind-the-scenes tour, sample the kids' menu and decorate their own cookie.Got aspiring chefs at home? Try these super simple recipes. Originally Published: July 16, 2018 Recipes from real home cooks, tested in our kitchens and delivered right to your inbox! Anyone who knows me will tell you that i'm a HUGE fan of Panera Bread. Their plethora of breakfast goodies are extremely tasty, and prices for the most part decent. There is one bone, however, i need to pick with them, and that's the price of their cream cheese. It is sinfully price gouging, and plain and simply - a rip off. Although i've known for a while that it was a bit more to order a bagel w/ cream cheese, than w/out, i had no idea HOW MUCH of a difference it was. Next time you roll into one, check out their prices for bagels. You will notice the price of one w/out any spread (cream cheese, butter, etc) costs \$0.79. not bad. Now, look for the price with the spread: \$2.19!!!! You're telling me that a teaspoon of cream cheese costs \$1.40? No siree bob, that's crazy talk. There's no way in hell this white goodness is worth almost DOUBLE the price of the plump and beautiful bagel. This is where my genius idea comes in, and i change the world. Since complaining won't change anything (although it does feel good) i have decided to put my money where my mouth is. This morning I paid my 79 cents (83 cents w/ tax), brought my toasted blueberry bagel home, and lathered it up w/ my own cream cheese. BAM, take that! THEN, and this is a very important "then", I walked down the street and used this \$1 from the savings to purchase a mega-millions lottery ticket. I will then do the following - Win the \$135 million tomorrow- Take the lump sum of \$80 cash- Call up my brokerage firm- And spend every last penny on PNRA (Panera stock). Panera is in a crowded category called "quick service" that has suddenly found digital religion: Competing players like Starbucks and Pizza Hut, say, are rolling out ordering technology. But Panera leads them all with a full reboot called Panera 2.0, which includes far-reaching revisions to how customers dine in and out, how food is prepared, and how it's delivered. The change began last year, and is currently being rolled out across all its 1,800 U.S. restaurants—and boosts sales and traffic so much that Panera has to invest 35 more hours a week in labor for each upgraded cafe.It's a process Panera began planning for in 2011. "From security to our network bandwidth to our processing speeds to our resiliency and recoverability, we've made huge investments in the back end," says Blaine Hurst, EVP of Technology and Transformation. The core of Panera 2.0 happens in one of two places: either on the Panera app on a customer's own mobile device, or at a kiosk of tablets in the restaurant. On the app, to-go users can place a mobile order up to five days in advance and pick up food from a separate shelf in the restaurant, thereby skipping the line. Or dine-in users can order on their phone from their table (or at the kiosk), and food will be delivered to them. Order in advance: Place an order via app up to five days in advance, then grab the food from a designated shelf. Food finds you: An RFID system identifies where diners are seated, so employees can easily deliver food to them. Make a meal: Order at kiosks (or Panera's app), where food is customizable and preferences are stored. Illustration: Chris PhilpotCustomers can customize dishes as they order, and the system will remember users' favorites—so long as they're enrolled in the restaurant's digital loyalty program, MyPanera. Response is strong: Already, about 50% of all transactions happen through the program. And all this increased customization has meant changes in the kitchen. New checkpoints were built into the food-making process—moments when chefs have to check that they're fulfilling the order properly, so that the actual food is made as seamlessly as it's ordered.[Photo: courtesy of Panera Bread] Fast casual dining is taking over, and it makes a lot of sense: When you don't have time to go to a sit-down restaurant but want to avoid fast food, restaurants like Panera Bread are the perfect solution. But the perception that the cuisine at fast casual establishments is healthier than fast food may or may not be accurate. It all comes down to the ingredients and the nutrition facts. Below, a handful of menu items at Panera Bread that earn higher marks for their clean-ish recipes, macronutrient balance, and portion sizes—plus, a few orders that pack more calories than you might expect. Strawberry Popsyseed Salad with Chicken This salad consists of a base of greens topped with chicken (raised without antibiotics), fresh strawberries, blueberries, pineapple, mandarin oranges, and toasted pecan pieces. Because it's tossed in fat-free poppyseed dressing, you might want to bump up the good fat a bit by adding avocado. The addition of a quarter of an avocado to a full portion would bring this meal to 397 calories, 18 grams of fat, 34 grams of carb with 8 as fiber, and 30 grams of protein. That's a nice macro balance, and gets you about a third of the way to the recommended daily fiber goal. This plant-based, fiber-packed bowl is my pick for the best soup option. I wish that Panera used olive oil instead of corn oil, and skipped add-ins like modified corn starch, but the soup is packed with lots of good stuff: black beans, onions, celery, tomato paste, and potato flour. Because it's low in fat, I recommend adding avocado. With a quarter of an avocado, the nutrition facts would come to 199 calories, 7 grams of fat, 43 grams of carb with 19 as fiber, and 8 grams of protein. Peach & Blueberry Smoothie with Almond Milk This 180-calorie blend is the lowest calorie smoothie at Panera Bread. It combines mango and peach purees with white grape and passionfruit juices, and unsweetened almond milk. While there is no added sugar, one serving packs 43 grams of carb, along with a gram of fat and a few grams of protein. It's a good choice for fueling a longer hike, tennis match, soccer game, or any other similar workout. Because it's low in protein and fat, I would not recommend this smoothie as a solo breakfast or meal replacement, and the calories and carbs are too high to pair it with a meal as a beverage. Steel Cut Oatmeal with Almonds, Quinoa & Honey One of the cleanest and lower-sugar breakfast options at Panera Bread, this bowl is made with steel cut oats, golden and red quinoa, honey, toasted almonds, and cinnamon. It is high-carb at 51 grams, but 8 of those are from fiber, balanced a bit with 7 grams of fat and 8 grams of protein (300 calories total). This would be a good on-the-go breakfast choice en route to an a.m. workout. RELATED: 24 Fast Food Breakfasts That Aren't Terrible for You Now, here are some comfort foods that probably aren't the right choice when you need a meal that leaves you energized. A portion of this shell pasta, swimming in cheddar cheese sauce, clocks in at 950 calories (about 60% of a day's needs for most women), 61 grams of fat, 83 grams of carb with just 2 as fiber, and 33 grams of protein. Despite the high protein content, this heavy dish, which is also lacking in veggies, may leave you feeling sleepy and sluggish. Steak & White Cheddar Panini This hoagie roll filled with beef sirloin tip, white cheddar cheese, and horseradish sauce contains 940 calories, 48 grams of fat, 79 grams of carb with 5 as fiber, and 46 grams of protein. It's also provides a whopping 1520 mg of sodium, over 65% of the max recommended intake for healthy adults. Aptly named, this treat includes both semi-sweet and milk chocolate, caramel, and pretzel pieces, baked into a salty dough. One cookie contains 800 calories, 44 grams of fat, 97 grams of carb with just 3 as fiber, 8 grams of protein, and 770 mg of sodium. That's more than twice the calories in Panera Bread's Chocolate Chipper Cookie, and nearly six times the calorie count of the Coconut Macaroon. RELATED: 24 Things You Should Never Order at a Restaurant When you dine at any fast casual restaurant, be sure to hop online to check both the ingredients and nutrition facts for the menu items. A few minutes of sleuthing can help you make a more informed choice that will impact your energy level and mood all day, and even into the next day! Cynthia Sass, MPH, RD, is Health's contributing nutrition editor, a New York Times best-selling author, and a consultant for the New York Yankees and Brooklyn Nets.





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