

ALL DAY BREAKFAST

THE GOOD EGG | 490 CAL
on rustic baguette with two eggs, cheddar, avocado, spinach & lemon aioli
PROTEIN POWER WRAP | 730 CAL
two eggs, turkey sausage, cheddar, avocado, spinach, tomatoes, & lemon aioli in a flour tortilla
EGG WHITES, CHEDDAR & AVOCADO | 360 CAL
on skinny wheat bagel
EGG WHITES & CHEDDAR | 210 CAL
on skinny wheat bagel
***SMOKED SALMON BAGEL | 390 CAL**
on everything bagel with smoked salmon, tomatoes, capers, red onion & cream cheese

2 EGGS & CHEDDAR | 290-460 CAL
on your choice of bread or bagel with turkey sausage | + 80 CAL
with hardwood smoked bacon | + 80 CAL
with carver ham | + 70 CAL
substitute egg whites | - 70 CAL
TOASTED BAGEL & CREAM CHEESE | 180-420 CAL
plain | 260 CAL | asiago | 310 CAL
jalapeno cheddar | 320 CAL | sesame | 280 CAL
cinnamon raisin | 270 CAL | everything | 270 CAL

***consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.**

TOASTS

EVERYTHING AVOCADO TOAST | 300 CAL
country white, avocado, lemon & everything seasoning
FETA & ARUGULA AVOCDO TOAST | 330 CAL
country white, avocado, lemon, feta & arugula
CAPRI AVOCADO TOAST | 470 CAL
country white, avocado, lemon, arugula, asiago, bruschetta, & balsamic vinaigrette
***SALMON AVOCADO TOAST | 389 CAL**
country white, avocado, lemon, smoked salmon, arugula, red onion, capers, red pepper flakes & lemon vinaigrette

SIGNATURE SANDWICHES

CHIPOTLE TURKEY & AVOCADO | 770 CAL
on ciabatta with avocado, cheddar, tomato basil bruschetta, arugula & chipotle mayo
CAPRESE | 670 CAL
on ciabatta with fresh mozzarella, tomatoes, arugula & pesto
HAM & TWO CHEESE | 610 CAL
on baguette with cheddar & swiss cheeses, arugula, tomatoes & dijon
TURKEY CLUB | 590 CAL
on country white with cheddar, hardwood smoked bacon, tomatoes, field greens & mayo
TOASTED CHICKEN & AVOCADO | 600 CAL
on rustic baguette with chicken, hardwood smoked bacon, avocado, tomatoes, field greens & lemon vinaigrette
CUBANO | 580 CAL
on rustic baguette with pulled pork, carver ham, swiss, dijon and pickles

BBQ PULLED PORK | 685 CAL
on ciabatta with bbq marinated pork, three cheese blend & vidalia coleslaw
SMOKY BBQ CHICKEN MELT | 650 CAL
on rustic baguette with bbq marinated chicken, zesty spread, cheddar and vidalia coleslaw
COUNTRY GRILLED CHEESE | 570 CAL
one country white with four cheese blend, hardwood smoked bacon & tomatoes
EXTRA BACON BLT | 600 CAL
on rustic baguette with hardwood smoked bacon, field greens, tomatoes and mayo
CHIPOTLE BLACK BEAN BURGER & AVOCADO | 740 CAL
on ciabatta with a vegetarian black bean burger patty, cheddar, avocado, red onions, tomatoes & chipotle mayo
CHEESY CHICKEN BACON RANCH | 775 CAL
on country white with chicken, hardwood smoked bacon, three cheese blend & ranch dressing

CAFÉ SANDWICHES

ABP’S ORIGINAL CHICKEN SALAD | 490 CAL
on toasted croissant with chicken, almonds, cranberries, mayo, field greens & tomatoes
CLASSIC TUNA SALAD | 480 CAL
on toasted croissant with tuna and ABP signature herb blend mixed with mayo, tomatoes, field greens & red onions
***SMOKED SALMON AVOCADO | 470 CAL**
on ciabatta with smoked salmon, cucumbers, red onions, arugula & lemon aioli

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WRAPS

NAPA CHICKEN WITH AVOCADO | 580 CAL
chicken, avocado, tomatoes, cucumbers, romaine, lemon aioli & lemon vinaigrette
CHICKEN CAESAR | 610 CAL
chicken, asiago, romaine & caesar dressing
ZESTY HONEY TURKEY | 585 CAL
with swiss, romaine, field greens, roasted red peppers & zesty honey mustard

before placing your order, please inform us if a person in your party has any food allergies. additional nutrition information is available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs may vary.

SMOOTHIES

DAIRY

STRAWBERRY APEEL | strawberry, banana & yogurt
MAJORING IN MANGO | mango, banana, & yogurt
PINEAPPLE SUNRISE | pineapple, banana, pineapple juice & yogurt
THE NUTTY PROFESSOR | peanut butter, chocolate, banana, & ice cream
THE PEANUT BUTTER CRUNCH THEORY | peanut butter, caramel, granola & ice cream
***SCOTTY’S BERRY TREAT |** mixed berry, banana & ice cream

***for every scotty’s berry treat sold, au bon pain will donate \$.25 to CMU Pantry.**

NON DAIRY

THE DEAN’S LIST | mango, banana, spinach & cucumber
CAMPUS BERRY BLISS | mixed berry, banana & cranberry juice
MATCHA MINDSET | organic matcha, bananas & oat milk
TARTANS TUTTI FRUTTI | mixed berry, peach, pineapple, banana & cranberry juice

choose almond, oat, or soy milk to make your beverage vegan!

SPECIALTY DRINKS

ESPRESSO

AMERICANO
CAFÉ LATTE
CAPPUCCINO
MOCHA LATTE
WHITE CHOCOLATE MOCHA
CARAMEL MACHIATO
ESPRESSO
CORTADITO
all espresso drinks are available hot or iced
choose almond, oat or soy milk to make you beverage vegan at no additional charge

SPECIALITIES

CHAI LATTE | hot or iced
MATCHA LATTE | hot or iced
HOT CHOCOLATE | with or without whipped cream

COFFEE BLAST | served frozen
VANILLA BLAST | served frozen
CARAMEL BLAST | served frozen
MOCHA BLAST | served frozen
WHITE CHOCOLATE BLAST | served frozen