

# CAFÉ SANDWICHES

- TURKEY CLUB | 600 CAL**  
*on toasted country white*—with NY cheddar, hardwood smoked bacon, tomatoes, fields greens and mayo
- EXTRA BACON BLT | 530 CAL**  
*on toasted rustic baguette*—6 slices of hardwood smoked bacon, tomatoes, field greens & mayo
- PRIME ROAST BEEF | 620 CAL**  
*on rustic baguette*—NY cheddar, pickled red onion, smoky bbq sauce & garlic spread
- HERB CHICKEN SALAD | 490 CAL**  
*on toasted semolina*—chicken mixed with ABP signature herb blend & avocado dressing, tomatoes, cucumbers, shredded carrots & field greens
- TUNA SALAD | 480 CAL**  
*on sprouted grain*—tuna and ABP signature herb blend with mayo, cucumbers, tomatoes & field greens

# WRAPS

- NAPA CHICKEN WITH AVOCADO | 550 CAL**  
with fresh avocado, tomatoes, cucumbers, romaine, basil aioli & lemon vinaigrette
- CHICKEN CAESAR | 560 CAL**  
with asiago, romaine & caesar dressing
- THAI PEANUT CHICKEN | 560 CAL**  
with tomatoes, cucumbers, carrots, crispy wontons, romaine, field greens & thai dressing
- SWEET TURKEY | 580 CAL**  
with NY cheddar, apple cabbage slaw, field greens & smoky bbq sauce in a whole wheat wrap
- VEGGIE & HUMMUS | 540 CAL**   
with hummus, cucumbers, tomato basil bruschetta, carrots, chickpeas, romaine, field greens, feta & balsamic vinaigrette in a whole wheat wrap

# BAKERY

- COOKIES**  
chocolate chip  
classic oatmeal raisin  
english toffee  
double chocolate mudslide  
chocolate dipped cranberry  
almond macaroon  
reese’s® peanut butter  
cup cookie
- CROISSANTS**  
plain  
chocolate  
almond  
sweet cheese  
apple & cinnamon  
raspberry cheese  
warm spinach & cheese  
warm ham & cheese
- MUFFINS**  
blueberry  
corn  
raisin bran  
double chocolate chunk
- BAGELS**  
plain  
sesame  
asiago cheese  
jalepeno cheddar  
everything  
honey sprouted grain  
cinnamon raisin
- OTHER**  
cinnamon swirl roll  
chocolate chip brownie  
brownie bites  
sweet cheese danish  
seasonal danish  
palmier  
french vanilla cupcake  
double chocolate cupcake  
lemon pound cake  
semolina baguette  
asiago breadstick
- GLUTEN FREE**  
brownie  
chewy marshmallow bar

# SNACKS

- BON TO GO BOXES**  
caprese chicken  
cheese & fruit  
fruit, eggs & nuts  
hummus  
smoked salmon
- FRESH FRUIT**  
bananas, apples  
seasonal fruit  
fruit cups
- SNACKS**  
kettle cooked potato chips  
multigrain chips  
baked lays® chips  
hard-boiled eggs  
mini-pretzels  
mixed nuts  
chocolate covered almonds  
KIND® bars  
Skinny Pop®

Grab one of our pre-made salads, sandwiches, wraps or delicious baked goods. Made fresh every day, throughout the day. Customize your made-to-order sandwich or salad. Just ask. Please visit [aubonpain.com](http://aubonpain.com) or nutrition kiosks in our cafés for all nutritional information. Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Before placing your order, please inform your server if a person in your party has a food allergy. All items are subject to change. Please check with the café to confirm item availability.  
Au Bon Pain • One Au Bon Pain Way • Boston, MA • 02210

au bon pain®



CAFÉ MENU

# ALL DAY BREAKFAST

**THE GOOD EGG | 540 CAL**  
on rustic baguette - two eggs, NY cheddar, tomatoes, avocado, spinach & lemon aioli

**EGG WHITES & CHEDDAR | 210 CAL**  
on skinny wheat bagel

**EGG WHITES, CHEDDAR & AVOCADO | 360 CAL**  
on skinny wheat bagel with butter

**2 EGG & CHEDDAR | 290-430 CAL**  
on plain bagel, skinny wheat bagel, or ciabatta  
with Niman Ranch® sausage | add 160 Cal  
with turkey sausage | add 80 Cal  
with hardwood-smoked bacon | add 50 Cal  
with carver ham | add 70 Cal

substitute egg whites subtract 70 Cal

**SMOKED SALMON WASABI | 370 CAL**  
on plain bagel with cucumbers & herb cream cheese

**TOASTED BAGEL & CREAM CHEESE | 180-400 CAL**

**HOT OATMEAL | 170-370 CAL**

**FRUIT CUP | 70/140 CAL**

**OVERNIGHT OATS | 410 CAL**

**YOGURT PARFAIT | 340-380 CAL**

# BEVERAGES

## COLD BEVERAGES


Pepsi® products  
Aquafina®  
Schweppes Sparkling Water®  
Ocean Spray® juices  
bottled water  
Sobe® Life Water  
Gatorade  
Lipton® iced teas  
strawberry lemonade  
lemonade  
iced coffee  
iced tea

## HOT BEVERAGES

<b>coffee</b>	<b>espresso</b>
french roast	caffe latte
morning blend	cappuccino
french roast	mocha latte
decaf	vanilla latte
hazelnut	caffe milano
	caramel
	macchiato
	caffe americano
	espresso
	chai latte
	hot chocolate
	hot tea

# SPECIALTY SALADS

**CHICKEN COBB AVOCADO | 600 CAL**  
chicken, romaine & field greens, fresh avocado, hardwood smoked bacon, gorgonzola, egg, tomatoes, cucumbers & avocado green goddess dressing

**VEGETARIAN DELUXE | 350 CAL**   
romaine & field greens, roasted peppers, kalamata olives, feta, tomatoes, cucumbers, carrots, chickpeas, red onions & balsamic vinaigrette

**CHICKEN CAESAR ASIAGO | 490 CAL**  
chicken, romaine, housemade croutons, asiago cheese & caesar dressing

**CAESAR WITHOUT CHICKEN | 360 CAL**

**THAI PEANUT CHICKEN | 390 CAL**  
chicken, romaine & field greens, tomatoes, cucumbers, carrots, crispy wontons & thai dressing

**HARVEST TURKEY | 470 CAL**  
roast turkey, romaine & spinach, cranberries, grapes, granny smith apples, goat cheese, walnuts & balsamic vinaigrette

**SOUTHWEST CHICKEN | 500 CAL**  
marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, tomatoes, crispy wontons & lite citrus vinaigrette

# SOUPS

tuscan white bean	beef & vegetable stew
12 veggie	clam chowder
corn & green chili bisque	turkey chili
tomato basil bisque	macaroni & cheese
roasted eggplant	broccoli cheddar
barley & creamy lentil	lemon orzo chicken
wild mushroom bisque	turkey kale wild rice
chicken noodle	and many more varieties

*Soup varieties vary by day - check our website or your local cafe for today's options.*

**Additional nutrition information available upon request.**

**2,000 calories a day is used for general nutrition advice, but calorie needs vary.**

# SIGNATURE SANDWICHES

SERVED HOT

**NEWPORT TURKEY | 730 CAL**  
*on country white*—with fresh avocado, NY cheddar & zesty honey mustard

**TOASTED CHICKEN & AVOCADO | 660 CAL**  
*on toasted semolina*—with hardwood smoked bacon, fresh avocado, tomatoes, field greens & basil aioli

**CHIPOTLE BLACK BEAN BURGER WITH AVOCADO | 690 CAL**   
*on ciabatta*—with NY cheddar, fresh avocado, pickled red onions, tomatoes, & chipotle mayo

SERVED HOT OR COLD

**CHIPOTLE TURKEY & AVOCADO | 700 CAL**  
*on ciabatta*—with fresh avocado, NY cheddar, tomato basil bruschetta, arugula & chipotle mayo

**TWO TOMATO CAPRESE | 560 CAL**   
*on ciabatta*—with fresh mozzarella, tomato basil bruschetta, tomatoes, arugula & balsamic vinaigrette

**HAM & TWO CHEESE | 590 CAL**  
*on sprouted grain*—with NY cheddar, swiss, tomatoes, arugula & dijonnaise