au bon pain

CAFÉ MENU

BAGELS
- plain
- sesame
- asiago cheese
- jalapeño cheddar
- everything
- ancient grain
- cinnamon raisin
- skinny wheat

OTHER
- cinnamon swirl roll
- double chocolate brownie
- brownie bites
- sweet cheese danish
- seasonal danish
- palmier
- lemon pound cake
- rustic baguette
- semolina baguette
- asiago breadstick
- ancient grain breadstick

GLUTEN FREE
- chewy marshmallow bar
### ALL DAY BREAKFAST

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

**POWER PROTEIN WRAP | 820 CAL**  
two eggs, turkey sausage, NY cheddar & avocado with spinach, tomatoes & ABP’s own herb aioli in a flour tortilla

**SOUTHWEST EGG WRAP | 670 CAL**  
two eggs, tomatoes, black beans, roasted corn, three cheddar blend & chipotle sauce in a flour tortilla

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

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

**2 EGG & CHEDDAR | 290–460 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 | 400 CAL**  
on plain bagel with cucumbers & herb cream cheese

**TOASTED BAGEL & CREAM CHEESE | 180–420 CAL**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>HOT OATMEAL</td>
<td>170–360</td>
</tr>
<tr>
<td>OVERNIGHT OATS</td>
<td>410</td>
</tr>
<tr>
<td>FRUIT CUP</td>
<td>70/140</td>
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<tr>
<td>YOGURT PARFAIT</td>
<td>340–380</td>
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<tr>
<td>ORANGE JUICE</td>
<td>110/220</td>
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### BEVERAGES

#### COLD BEVERAGES
- Coca-Cola® products
- bottled water
- Perrier®
- Vitamin Water®
- Nantucket Nectars®
- Snapple®
- Poland Spring Sparkling Water®
- lemonade
- iced coffee
- iced tea

#### HOT BEVERAGES
- **espresso**
  - caffe latte
  - cappuccino
  - mocha latte
  - vanilla latte
  - caramel macchiato
  - caffe americano
  - espresso
  - chai latte
  - hot chocolate
  - hot tea
- **coffee**
  - french roast
  - morning blend
  - french roast decaf
  - french vanilla hazelnut
  - cafe americano espresso
  - french vanilla hazelnut
SPECIALTY SALADS

CHICKEN COBB AVOCADO | 600 CAL
cr

VEGETARIAN DELUXE | 350 CAL

CHICKEN CAESAR ASIAGO | 490 CAL
cr

CAESAR WITHOUT CHICKEN | 380 CAL
cr

THAI PEANUT CHICKEN | 390 CAL
cr

HARVEST TURKEY | 470 CAL
cr

SOUTHWEST CHICKEN | 500 CAL
cr

SOUPS

tuscan white bean
beef & vegetable stew
corn & green chili bisque
clam chowder
tomato basil bisque
turkey chili
roasted eggplant
macaroni & cheese
barley & creamy lentil
broccoli cheddar
wild mushroom bisque
lemon orzo chicken
chicken noodle
turkey kale wild rice
and 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 | 730 CAL
on toasted semolina—with hardwood smoked bacon, fresh avocado, tomatoes, field greens & basil aioli

CHIPOTLE BLACK BEAN BURGER WITH AVOCADO | 740 CAL
on ciabatta—with NY cheddar, fresh avocado, pickled red onions, tomatoes, & chipotle mayo

COUNTRY GRILLED CHEESE | 550 CAL
on country white—with four cheese blend, hardwood smoked bacon & tomatoes

CHIPOTLE TURKEY & AVOCADO | 770 CAL
on ciabatta—with fresh avocado, NY cheddar, tomato basil bruschetta, arugula & chipotle mayo

TWO TOMATO CAPRESE | 570 CAL
on ciabatta—with fresh mozzarella, tomato basil bruschetta, tomatoes, arugula & balsamic vinaigrette

HAM & TWO CHEESE | 570 CAL
on sprouted grain—with NY cheddar, swiss, tomatoes, arugula & dijonaise

SERVED HOT OR COLD
CAFÉ SANDWICHES

TURKEY CLUB | 580 CAL
on toasted country white—with NY cheddar, hardwood smoked bacon, tomatoes, fields greens and mayo

EXTRA BACON BLT | 500 CAL
on toasted rustic baguette—6 slices of hardwood smoked bacon, tomatoes, field greens & mayo

PRIME ROAST BEEF | 630 CAL
on rustic baguette—NY cheddar, pickled red onions, smoky bbq sauce & garlic spread

HERB CHICKEN SALAD | 510 CAL
on toasted semolina—chicken mixed with ABP signature herb blend & avocado dressing, tomatoes, cucumbers, shredded carrots & field greens

TUNA SALAD | 460 CAL
on sprouted grain—tuna and ABP signature herb blend with mayo, cucumbers, tomatoes & field greens

WRAPS

NAPA CHICKEN WITH AVOCADO | 610 CAL
with fresh avocado, tomatoes, cucumbers, romaine, basil aioli & lemon vinaigrette

CHICKEN CAESAR | 590 CAL
with asiago, romaine & caesar dressing

THAI PEANUT CHICKEN | 590 CAL
with tomatoes, cucumbers, carrots, crispy wontons, romaine, field greens & thai dressing

SWEET TURKEY | 620 CAL
with NY cheddar, apple cabbage slaw, field greens & smoky bbq sauce in a whole wheat wrap

VEGGIE & HUMMUS | 580 CAL
with hummus, cucumbers, tomato basil bruschetta, carrots, chickpeas, romaine, field greens, feta & balsamic vinaigrette in a whole wheat wrap
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 visitaubonpain.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