au bon pain

CAFÉ MENU
SIGNATURE FARMHOUSE OMELET | 520 CAL
on sprouted grain roll - parsley, chives, roasted onions & smoked paprika omelet, hardwood-smoked bacon & cheddar cheese

THE GOOD EGG | 540 CAL
on rustic baguette - two eggs, cheddar cheese, 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 | 180–440 CAL

HOT OATMEAL
170–360 CAL

OVERNIGHT OATS
410 CAL

FRUIT CUP
70/140 CAL

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

coffee
caffeine-free
French roast
morning blend
French roast
deaq
French vanilla
hazelnut
espresso
caffe latte
cappuccino
mocha latte
vanilla latte
caffeine-free
latte
caramel
caffe americano
espresso
chai latte
hot chocolate
hot tea
SPECIALTY SALADS

CHICKEN COBB AVOCADO | 570 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 | 470 CAL
chicken, romaine, housemade croutons, asiago cheese & caesar dressing

CAESAR WITHOUT CHICKEN | 380 CAL

THAI PEANUT CHICKEN | 360 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 | 460 CAL
marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, tomatoes, crispy wontons & lite citrus vinaigrette

SOUPS

- tuscan white bean
- 12 veggie
- corn & green chili bisque
- curried rice & lentil
- tomato basil bisque
- roasted eggplant
- barley & creamy lentil
- wild mushroom bisque
- french moroccan tomato lentil
- chicken noodle
- chicken & vegetable stew
- beef & vegetable stew
- clam chowder
- italian wedding
- corn chowder
- turkey chili
- macaroni & cheese
- broccoli cheddar
- lemon orzo chicken
- turkey kale wild rice
- 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

WARM CHICKEN & AVOCADO | 600 CAL
on toasted rustic baguette—with fresh avocado, hardwood-smoked bacon, tomatoes, field greens & basil aioli

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

TWO TOMATO CAPRESE | 500 CAL
on ciabatta—with fresh mozzarella, fresh tomatoes, tomato bruschetta, arugula, fresh basil & balsamic glaze

CHICKEN CAPRESE | 600 CAL

TURKEY CLUB | 600 CAL
on toasted country white—with cheddar, hardwood-smoked bacon, tomatoes, field greens & mayo

CHIPOTLE BLACK BEAN BURGER WITH AVOCADO | 680 CAL
on ciabatta—with chipotle cheddar, fresh avocado, caramelized onions, tomatoes & chipotle mayo

NEWPORT TURKEY | 730 CAL
on country white—with fresh avocado, cheddar & a touch of zesty honey mustard

CHICKEN MARGHERITA | 500 CAL
on ciabatta—with fresh mozzarella, tomato bruschetta & fresh basil

COUNTRY GRILLED CHEESE | 580 CAL
on country white—with four-cheese blend, hardwood-smoked bacon & tomatoes

CLASSIC GRILLED CHEESE | 520 CAL

HAM & TWO CHEESE | 590 CAL
on rustic baguette—with cheddar, swiss, tomatoes, arugula & dijonnaise

BLACK ANGUS STEAK & CHEESE | 700 CAL
on ciabatta—with horseradish aioli, pickled red onions, fire-roasted peppers & three-cheddar blend

OVEN-HOT SANDWICHES

NEXT TIME SKIP THE LINE

abp PICKUP
**CAFÉ SANDWICHES**

**HERB CHICKEN SALAD | 470 CAL**
on toasted semolina – chicken mixed with abp signature herb blend & avocado dressing, tomatoes, shredded carrots & field greens

**TUNA SALAD | 480 CAL**
on sprouted grain—tuna and abp signature herb blend mixed with mayo, cucumbers, tomatoes & field greens

**TURKEY & SWISS | 670 CAL**
on multigrain baguette—with swiss, tomatoes & honey pecan spread

**BLACK ANGUS ROAST BEEF & CHEDDAR | 580 CAL**
on multigrain baguette—with cheddar, pickled red onions, tomatoes, field greens & dijonaise

**AVOCADO BLT | 520 CAL**
on toasted country white—with fresh avocado, hardwood-smoked bacon, tomatoes, romaine & basil aioli

**CLASSIC BLT | 470 CAL**

**WRAPS**

**NAPA CHICKEN WITH AVOCADO | 530 CAL**
with fresh avocado, tomatoes, cucumbers, romaine, basil aioli & lemon vinaigrette

**THAI PEANUT CHICKEN | 540 CAL**
with tomatoes, cucumbers, carrots, crispy wontons, romaine, field greens & thai dressing

**CHICKEN CAESAR | 560 CAL**
with asiago, romaine & caesar dressing

**HARVEST TURKEY | 630 CAL**
with turkey, apples, cranberries & walnuts mixed with mayo, cheddar, romaine & balsamic glaze in a whole wheat wrap

**VEGGIE & HUMMUS | 540 CAL**
with hummus, cucumbers, tomato bruschetta, carrots, chickpeas, romaine, field greens, fresh basil, feta & balsamic vinaigrette in a whole wheat wrap
COOKIES
chocolate chip
classic oatmeal raisin
chunky peanut butter
english toffee
energy
double chocolate mudslide
chocolate dipped cranberry
almond macaroon

BAGELS
plain
sesame
asiago cheese
jalepeno cheddar
everything
honey sprouted grain
cinnamon raisin

CROISSANTS
plain
chocolate
almond
sweet cheese
apple & cinnamon
raspberry cheese
warm spinach & cheese
warm ham & cheese

MUFFINS
blueberry
corn
raisin bran
double chocolate chunk

OTHER
cinnamon swirl roll
pecan roll
chocolate chip brownie
brownie bites
sweet cheese danish
seasonal danish
palmier
vanilla cupcake
chocolate cupcake
lemon pound cake
rustic baguette
semolina baguette
asiago breadstick

GLUTEN FREE
brownie
chewy marshmallow bar

SNACKS
chips
multigrain chips
baked lays® chips
hard-boiled eggs
mini-pretzels
mixed nuts
chocolate covered almonds
KIND® bars

BON TO GO BOXES
caprese chicken
cheese & fruit
fruit, eggs & nuts
hummus
turkey & cheddar picnic
smoked salmon

FRESH FRUIT
bananas, apples
seasonal fruit
fruit cups

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 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