au bon pain

CAFÉ MENU
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 170–360 CAL
OVERNIGHT OATS 410 CAL
FRUIT CUP 70/140 CAL

YOUGURT PARFAIT 340–380 CAL
ORANGE JUICE 110/220 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
espresso
caffè latte
cappuccino
mocha latte
vanilla latte
caffe milano
caramel macchiato
caffè americano
espresso
chai latte
hot 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, pecans & 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
12 veggie
corn & green chili bisque
tomato basil bisque
roasted eggplant
barley & creamy lentil
wild mushroom bisque
chicken noodle

beef & vegetable stew
clam chowder
corn chowder
turkey chili
macaroni & cheese
broccoli cheddar
lemon orzo chicken
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 | 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

CHIPOTLE TURKEY & AVOCADO | 700 CAL
on ciabatta—with fresh avocado, NY cheddar, tomato 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 & dijonaise

SERVED HOT OR COLD

CHIPOTLE TURKEY & AVOCADO | 700 CAL
on ciabatta—with fresh avocado, NY cheddar, tomato 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 & dijonaise
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 bruschetta, carrots, chickpeas, romaine, field greens, feta & balsamic vinaigrette in a whole wheat wrap
COOKIES
chocolate chip
classic oatmeal raisin
english toffee
double chocolate mudslide
Reese’s® peanut butter cup
chocolate dipped cranberry
almond macaroon

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

MUFFINS
blueberry
corn
raisin bran
double chocolate chunk

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

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

GLUTEN FREE
chewy marshmallow bar

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

BON TO GO BOXES
caprese chicken
cheese & fruit
fruit, egg & nuts
hummus
smoked salmon
sweet turkey wrap pack

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