

# au bon pain®

THE BAKERY CAFÉ



## CAFÉ MENU

# ALL DAY BREAKFAST

## THE GOOD EGG | 490 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

## 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 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 AVOCADO | 470 CAL

**on ciabatta**—cucumbers, pickled red onions, arugula & lemon aioli

## TOASTED BAGEL & CREAM CHEESE | 180-420 CAL

## HOT OATMEAL 170-340 CAL

## YOGURT PARFAIT 320-370 CAL

## OVERNIGHT OATS 410 CAL

## ORANGE JUICE 110/220 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

french roast  
morning blend  
french roast  
decaf  
french vanilla  
hazelnut

### espresso

caffe latte  
cappuccino  
mocha latte  
vanilla latte  
caramel  
macchiato  
caffe americano  
espresso  
chai latte  
hot chocolate  
hot tea

# SPECIALTY SALADS

## **CHICKEN COBB AVOCADO | 640 CAL**

chicken, romaine & field greens, fresh avocado, hardwood smoked bacon, gorgonzola, hard boiled egg, grape tomatoes, cucumbers & green goddess dressing

## **CHEF | 480 CAL**

fresh diced turkey & ham, romaine & field greens, hardwood smoked bacon, asiago cheese, grape tomatoes & ranch dressing

## **SOUTHWEST CHICKEN | 500 CAL**

marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, grape tomatoes & ranch dressing

## **CHICKEN CAESAR ASIAGO | 480 CAL**

chicken, romaine, housemade croutons, asiago cheese & caesar dressing

## **CAESAR WITHOUT CHICKEN | 380 CAL**

## **MEDITERRANEAN | 450 CAL**

romaine & field greens, hummus, fresh avocado, kalamata olives, feta, grape tomatoes, red bell peppers, cucumbers & balsamic vinaigrette

# SOUPS

italian wedding

12 veggie

tomato basil bisque

chicken noodle

baked stuffed potato

clam chowder

turkey chili

macaroni & cheese

broccoli cheddar

lemon orzo chicken

southwest tortilla

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 | 630 CAL**

**on country white**—with fresh avocado, NY cheddar & zesty honey mustard

## **TOASTED CHICKEN & AVOCADO | 640 CAL**

**on toasted semolina**—with hardwood smoked bacon, fresh avocado, tomatoes, field greens & basil aioli

## **EXTRA BACON BLT | 600 CAL**

**on toasted rustic baguette**—6 slices of hardwood smoked bacon, tomatoes, field greens & mayo

## **CHIPOTLE BLACK BEAN BURGER WITH AVOCADO | 740 CAL**

**on ciabatta**—with NY cheddar, fresh avocado, pickled red onions, tomatoes & chipotle mayo

## **COUNTRY GRILLED CHEESE | 570 CAL**

**on country white**—with four cheese blend, hardwood smoked bacon & tomatoes

## **SMOKY BBQ CHICKEN MELT | 650 CAL**

**on rustic baguette**—with NY cheddar, zesty spread & vidalia coleslaw

SERVED HOT OR COLD

## **CHIPOTLE TURKEY & AVOCADO | 770 CAL**

**on ciabatta**—with fresh avocado, NY cheddar, tomato basil bruschetta, arugula & chipotle mayo

## **CAPRESE | 620 CAL**

**on ciabatta**—with fresh mozzarella, tomatoes, arugula & pesto

## **WITH CHICKEN | 710 CAL**

## **CORDON BLEU | 620 CAL**

**on toasted semolina**—with fresh sliced ham & chicken, swiss, dijonaise, pickled red onions, spinach & lemon vinaigrette

## **SPICY TUNA MELT | 550 CAL**

**on country white**—with tuna and ABP signature herb blend mixed with mayo, NY cheddar, tomatoes, red onions, sliced jalapenos & dijon mustard

# CAFÉ SANDWICHES

## **TURKEY CLUB | 590 CAL**

***on toasted country white***—with NY cheddar, hardwood smoked bacon, tomatoes, field greens & mayo

## **ABP'S ORIGINAL CHICKEN SALAD | 490 CAL**

***on toasted croissant***—with chicken, cranberries and toasted almonds mixed with mayo, tomatoes & field greens

## **CLASSIC TUNA SALAD | 480 CAL**

***on toasted croissant***—with tuna and ABP signature herb blend mixed with mayo, tomatoes, field greens & red onions

# WRAPS

## **NAPA CHICKEN WITH AVOCADO | 580 CAL**

with fresh avocado, tomatoes, cucumbers, romaine, basil aioli & lemon vinaigrette

## **CHICKEN CAESAR | 610 CAL**

with asiago cheese, romaine & caesar dressing

## **TURKEY COBB | 680 CAL**

with fresh avocado, gorgonzola, hard boiled egg, hardwood smoked bacon, cucumbers, tomatoes, field greens & caesar dressing in a whole wheat wrap

## **MEDITERRANEAN | 660 CAL**

with hummus, fresh avocado, kalamata olives, feta, tomatoes, red bell peppers, cucumbers, romaine, field greens & lemon vinaigrette in a whole wheat wrap



# BAKERY

## COOKIES

chocolate chip  
classic oatmeal raisin  
double chocolate mudslide  
candy cookie  
Reese's® Peanut Butter Cup  
palmier

## CROISSANTS

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

## MUFFINS

blueberry  
corn  
chocolate chip  
triple berry

## SCONES

cinnamon chip

## BAGELS

plain  
sesame  
asiago cheese  
jalepeno cheddar  
everything  
cinnamon raisin  
skinny wheat

## OTHER

cinnamon swirl roll  
double chocolate brownie  
brownie bites  
sweet cheese danish  
seasonal danish  
lemon pound cake  
rustic baguette  
semolina baguette  
asiago breadstick  
ancient grain  
everything artisan  
farmhouse roll

## GLUTEN FREE

chewy marshmallow bar



# SNACKS

## BON TO GO BOXES

cheese & fruit  
fruit, eggs & nuts  
hummus

## FRESH FRUIT

bananas, apples  
seasonal fruit  
fruit cups

## SNACKS

chips  
multigrain chips  
hard boiled eggs  
assorted nuts  
chocolate covered almonds  
KIND® bars

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.

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