

CATERING BY  
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# breakfast

## platters

### ABP MORNING PASTRY PLATTER

assortment of fresh baked goods and spreads

- bagels: plain (230 Cal), asiago cheese (300 Cal), cinnamon raisin (240 Cal), everything (250 Cal), honey sprouted grain (260 Cal) and sesame (250 Cal)
- muffins: blueberry (480 Cal), corn (470 Cal), double chocolate (580 Cal), pumpkin (570 Cal) **NEW!**
- croissants: plain (280 Cal), chocolate (470 Cal), apple cinnamon (220 Cal), sweet cheese (410 Cal), almond (500 Cal) and pumpkin (380 Cal) **NEW!**
- other pastries: sweet cheese danish (410 Cal) and cinnamon roll (550 Cal)
- spreads: butter (60 Cal), jam (35 Cal) & cream cheeses (90 - 150 Cal)

### ABP CLASSIC BREAKFAST

- ABP morning pastry platter PLUS
- 96 oz french roast hot coffee
- 1 qt. 100% orange juice

### ABP DELUXE BREAKFAST

- ABP classic breakfast PLUS
- fresh fruit platter

### BAGELS & SPREADS

- bagels: plain (230 Cal), asiago cheese (290 Cal), cinnamon raisin (240 Cal), everything (250 Cal), honey sprouted grain (260 Cal), and sesame (250 Cal)
- spreads: butter (60 Cal), jam (35 Cal) & cream cheeses (90 - 150 Cal)

### SMOKED SALMON AND BAGEL BREAKFAST SERVICE

serves 5

assortment of freshly baked bagels, smoked salmon, spreads and accompaniments

- bagels: plain (230 Cal), asiago cheese (290 Cal), everything (250 Cal), honey sprouted grain, (260 Cal) and sesame (250 Cal)

accompaniments: smoked salmon, red onions, cucumbers, tomatoes, cream cheese, lemon slices & wasabi sauce (1080 Cal)

### ABP SIGNATURE MINI PASTRIES

Assortment of mini sized freshly baked pastries and bagels

**mini bagels:** plain (120 Cal), asiago cheese (150 Cal), cinnamon raisin (120 Cal) and sesame (130 Cal)

**mini croissants:** chocolate (230 Cal), apple cinnamon (110 Cal), sweet cheese (190 Cal), raspberry cheese (160 Cal)

*Additional nutrition information available upon request.*

*2000 calories a day is used for general nutrition advice, but calorie needs vary.*

### BREAKFAST SANDWICHES

assorted sandwiches on freshly baked ciabatta (200 Cal) or bagel

- egg, applewood-smoked bacon & cheddar (450-570 Cal)
- egg, niman ranch sausage & cheddar (560-660 Cal)
- signature farmhouse omelet (520 Cal) – ABP herb blend omelet, hardwood-smoked bacon & cheddar cheese on sprouted grain roll
- the good egg (540 Cal) – two eggs, cheddar cheese, tomatoes, avocado, spinach & lemon aioli on rustic baguette

substitute egg whites (excludes signature farmhouse omelet), (subtract 70 Cal)

### SAVORY WARM CROISSANTS

- ham & cheese croissant (410 Cal)
- spinach & cheese croissant (320 Cal)

### FRESH FRUIT PLATTER (620 Cal per platter)

a selection of seasonal fresh fruit

serves 5-8

### INDIVIDUAL YOGURT & FRUIT PARFAITS

layered with yogurt, berries, and housemade granola

- low-fat blueberry yogurt with wild blueberries (380 Cal)
- non-fat greek vanilla yogurt with blueberries (340 Cal)

### OATMEAL BAR (3670 Cal per bar)

serves 8

includes toppings: brown sugar (430 Cal), raisins (340), sliced almonds (650 Cal), sweetened dried cranberries (390) & chocolate chips (610 Cal)

## beverage service

### FRESHLY BREWED (25 Cal per box)

(10 cups)

Pick one:

- signature french roast (96 oz, regular or decaf)
- tea (96 oz, hot water with assorted herbal teas)

### HOT CHOCOLATE 84 oz; (270 Cal per cup)

(10 cups)

### 100% ORANGE JUICE 1 qt; (440 Cal per quart)

serves 5



# lunch

## ABP BOARDROOM LUNCH

assorted signature sandwiches and wraps, salad, veggie platter, crackers & baguettes accompanied by dessert

- sandwiches (470-700 Cal) and wraps (530-630 Cal)
- garden salad (390 Cal)
- roasted veggie & hummus platter (1170 Cal)
- sweet bites platter (2420 Cal)
- crackers & baguettes (1430 Cal)

## DELUXE LUNCH

assorted signature sandwiches, wraps and salad, served with chips, pickles and cookies

- sandwiches (470-700 Cal) and wraps (530-630 Cal)
- garden or caesar salad (390/730 Cal)
- potato chips (130-210 Cal)
- dill pickles (5 Cal)
- freshly baked cookies (290-400 Cal)

## CLASSIC LUNCH

assorted signature sandwiches and wraps served with chips, pickles, and cookies

- sandwiches (470-700 Cal)
- wraps (530-630 Cal)
- potato chips (130-210 Cal)
- dill pickles (5 Cal)
- freshly baked cookies (290-400 Cal)

## ABP SIGNATURE SANDWICH TRAY

assorted signature sandwiches & wraps

- sandwiches (470-700 Cal)
- wraps (530-630 Cal)

## boxed lunches

### SANDWICH LUNCH BOX

signature sandwich or wrap, served with potato chips & a freshly baked cookie or whole fruit

- sandwiches (470-700 Cal)
- wraps (530-630 Cal)
- potato chips (130-210 Cal)
- whole fruit (120 Cal)
- freshly baked cookies (290-400 Cal)

### SALAD LUNCH BOX

entrée salad served with bread and a freshly baked cookie or whole fruit

- salad (90-300 Cal)
- semolina bread (200 Cal)
- whole fruit (120 Cal)
- freshly baked cookies (290-400 Cal)

add a side to your lunch box!

- mediterranean pasta salad (add 190 Cal)
- fruit salad (add 50 Cal)
- KIND® bar (190/200 Cal)

# entrée salads

## HARVEST TURKEY (1580 Cal per bowl) serves 5-8

roast turkey with romaine & spinach, cranberries, grapes, granny smith apples, walnuts & goat cheese

## CHEF'S SALAD (1110 Cal per bowl) serves 5-8

romaine & field greens, all natural turkey, carver ham, applewood-smoked bacon, asiago & tomatoes

## **V** GARDEN SALAD (390 Cal per bowl) serves 5-8

field greens, tomatoes, carrots, cucumbers & croutons

## CAESAR ASIAGO (650 Cal per bowl) serves 5-8

- V** · vegetarian
- chicken (1110 Cal)

## **V** VEGETARIAN DELUXE SALAD (1070 Cal per bowl) serves 5-8

romaine & field greens, roasted peppers, kalamata olives, feta, tomatoes, cucumbers, carrots, chickpeas & red onions

with chicken (1530 Cal per bowl)

## CHICKEN COBB WITH serves 5-8

### AVOCADO SALAD (1840 Cal per bowl)

chicken, romaine & field greens, fresh avocado, hardwood-smoked bacon, gorgonzola, egg, tomatoes and cucumbers

### THAI PEANUT CHICKEN SALAD (950 Cal per bowl)

chicken, romaine & field greens, cucumbers, tomatoes, carrots & crispy wontons serves 5-8

### SOUTHWEST CHICKEN SALAD (1480 Cal per bowl)

marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, tomatoes & crispy wontons serves 5-8

*All salads served with assorted dressings: avocado green goddess (140 Cal), balsamic vinaigrette (80 Cal), caesar (190 Cal), lite citrus lime (110 Cal), ranch (180 Cal), thai (120 Cal)*

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# signature sandwiches

## HERB CHICKEN SALAD SANDWICH (470 Cal)

chicken mixed with ABP signature herb blend & avocado dressing, tomatoes, cucumbers, shredded carrots & field greens on semolina bread

## TURKEY CLUB (600 Cal)

turkey with cheddar, hardwood-smoked bacon, tomatoes, field greens & mayo on country white

## V TWO TOMATO CAPRESE (500 Cal)

fresh mozzarella, fresh tomatoes, tomato bruschetta, arugula, fresh basil & balsamic glaze on ciabatta

## TWO TOMATO CAPRESE WITH CHICKEN (600 Cal)

## V CHIPOTLE BLACK BEAN BURGER WITH AVOCADO (690 Cal)

cheddar, fresh avocado, pickled red onions, tomatoes & chipotle mayo on ciabatta

## CHIPOTLE TURKEY & AVOCADO (700 Cal)

turkey, fresh avocado, cheddar, tomato bruschetta, arugula & chipotle mayo on ciabatta

## CHICKEN & AVOCADO (600 Cal)

chicken with fresh avocado, hardwood-smoked bacon, tomatoes, field greens & basil aioli on rustic baguette

## TURKEY & SWISS (670 Cal)

turkey with swiss, tomatoes & honey pecan spread on multigrain baguette

## TUNA SALAD (480 Cal)

tuna, ABP signature herb blend with mayo, cucumbers, tomatoes & field greens on sprouted grain

## HAM & TWO CHEESE (590 Cal)

ham with cheddar, swiss, tomatoes, arugula & dijonaise on rustic baguette

## BLACK ANGUS ROAST BEEF & CHEDDAR (580 Cal)

roast beef with cheddar, pickled red onions, tomatoes, field greens & dijonaise on multigrain baguette



# wraps

## THAI PEANUT CHICKEN (540 Cal)

chicken with tomatoes, cucumbers, carrots, crispy wontons, romaine, field greens & thai dressing

## HARVEST TURKEY (630 Cal)

turkey with apples, cranberries & walnuts mixed with mayo, cheddar, romaine & balsamic glaze in a whole wheat wrap

## CHICKEN CAESAR (540 Cal)

chicken with asiago, romaine & caesar dressing

## V VEGGIE & HUMMUS (540 Cal)

hummus, cucumbers, tomato bruschetta, carrots, chickpeas, romaine, field greens, fresh basil, feta & balsamic vinaigrette in a whole wheat wrap

## NAPA CHICKEN WITH AVOCADO (530 Cal)

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

## INDIVIDUAL BAGS OF CHIPS

- ABP Original Potato Chips (210 Cal)
- ABP Original Barbeque Chips (200 Cal)
- ABP Original Salt & Vinegar Chips (200 Cal)
- Baked Lays (130 Cal)
- Skinny Pop Popcorn (100 Cal)
- Mini-Pretzels (110 Cal)
- Food Should Taste Good Multigrain (210 Cal)

*Selections may vary from café to café.*

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turkey and chicken.  
no antibiotics. ever.

# side salads

## MEDITERRANEAN PASTA SALAD (320 Cal per serving)

roasted red peppers, kalamata olives, feta, **serves 5**  
fresh basil, tomato bruschetta and balsamic vinaigrette

## CAPRESE (270 Cal per serving) **serves 5**

red ripe roma tomatoes & fresh mozzarella, sprinkled with salt & pepper, drizzled with light vinaigrette dressing

## CUCUMBER & TOMATO (40 Cal per serving) **serves 5**

red ripe roma tomatoes, cucumbers, carrots, **serves 5**  
red onions and a splash of lemon juice

## ROASTED ASPARAGUS (70 Cal per serving)

roasted asparagus with almonds & feta **serves 5**

## FRESH FRUIT PLATTER (620 Cal per platter)

a selection of seasonal fresh fruit **serves 5-8**

## BREAD BASKET (1580 Cal per basket) **serves 5**

fresh bread sticks and baguettes

# soup

## SPECIALTY SOUP **serves 8**

accompanied by basket of freshly baked breadsticks and baguettes (1580 Cal per basket)

- beef & vegetable stew - 64 fl oz (1840 Cal)
- chicken & vegetable stew - 64 fl oz (1760 Cal)
- ✓ macaroni & cheese - 64 fl oz (4720 Cal)
- turkey chili - 64 fl oz (1760 Cal)

## SOUP **serves 8**

accompanied by basket of freshly baked breadsticks and baguettes (1580 Cal per basket)

- broccoli cheddar - 64 fl oz (1760 Cal)
- chicken noodle - 64 fl oz (640 Cal)
- clam chowder - 64 fl oz (1840 Cal)
- baked stuffed potato - 64 fl oz (2080 Cal)

*Many more to choose from. Ask about our weekly options.*

# party platters

## ABP SIGNATURE ROASTED VEGGIE & HUMMUS PLATTER (2600 Cal per platter) **serves 5-8**

sprinkled with feta, served with crackers & baguettes

## ASSORTED FINGER SANDWICHES (2360 Cal per platter) **serves 8**

bite-sized sandwiches on freshly baked rustic and multigrain baguettes

- turkey & swiss (670 Cal)
- ham & two cheese (590 Cal)
- ✓ two tomato caprese (530 Cal)
- black angus roast beef & cheddar (580 Cal)

## FRESH FRUIT & CHEESE TRAY (2270 Cal per tray) **serves 5-8**

seasonal fruit & assorted cheeses, accompanied by crackers & baguettes

## CREATE YOUR OWN SANDWICH PLATTER (3310 Cal per platter) **serves 5-8**

our lineup of fresh meats and cheeses served with an assortment of fresh baked breads, lettuce, tomatoes, kalamata olives & pickles



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# Bon To Go — snack and meal boxes

## **CHEESE & FRUIT (390 Cal)**

brie, cheddar cheese, apple, grapes, crackers

## **FRUIT, EGG & NUTS (500 Cal)**

hardboiled egg, apple, grapes, cheddar cheese, mixed nuts

## **HUMMUS & PRETZEL CRACKERS (300 Cal)**

hummus, cucumber, pretzel crackers

## **SMOKED SALMON (200 Cal)**

smoked salmon, herb cream cheese, cucumber, tomatoes, pickled onions, greens, sprouted grain roll

## **CAPRESE CHICKEN (310 Cal)**

chicken, fresh mozzarella, tomatoes, chickpea salad, greens, balsamic vinaigrette

## **TUNA WRAP PACK (710 Cal)**

tuna salad and field greens on whole wheat wrap, pretzel crackers and brownie bites.



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# sweets

## ABP SWEET BITES (2420 Cal per tray) serves 10

assorted mini cookies and brownies & garnished with fresh berries

### COOKIE COLLECTION

selection: chocolate chip (370 Cal), oatmeal raisin (290 Cal), mudslide (370 Cal), chunky peanut butter (400 Cal), english toffee (320 Cal) cranberry almond macaroon (290 Cal), raspberry filled shortbread cookie **NEW!** (230 Cal), gingerbread cookie **NEW!** (170 Cal)

### MINI COOKIE ASSORTMENT (2940 Cal per tray)

serves 8-12

an assortment of mini chocolate chip (90 Cal), oatmeal raisin (70 Cal), and english toffee (80 Cal) cookies

### ABP SIGNATURE MINI CROISSANT TRAY

delicious assortment: apple (110 Cal), chocolate (230 Cal), sweet cheese (190 Cal) and raspberry cheese (160 Cal)

### CREATE YOUR OWN DESSERT ASSORTMENT

- brownies (420/440 Cal)
- lemon pound cake (470 Cal)
- palmier (380 Cal)
- gingerbread pound cake **NEW!** (440 Cal)

### **NEW!** HOLIDAY COOKIE PLATTER (2400 Cal per platter)

serves 10-12

6 raspberry shortbread cookies and 6 gingerbread cookies

*Ask about other options.*

### CUPCAKE PLATTER

chocolate (400 Cal) & vanilla (410 Cal)

**6 cupcakes (3 of each flavor)**

**12 cupcakes (6 of each flavor)**

### FRESH FRUIT PLATTER (620 Cal per platter)

a selection of seasonal fresh fruit

serves 5-8

### FRESH FRUIT & CHEESE TRAY (2270 Cal per tray)

seasonal fresh fruit & assorted cheeses, accompanied by crackers & baguettes

serves 5-8

### GLUTEN FREE DESSERTS

- GF chocolate chip brownie (420 Cal)
- GF marshmallow bar (250 Cal)



# drinks

### CHILLED BEVERAGES

Nantucket Nectars: Apple (220 Cal), Orange Mango (240 Cal), Ocean Spray: Cranberry (200 Cal), Apple (210 Cal), Orange Juice (210 Cal), Snapple: Diet Peach Tea (10 Cal), Lemon Tea (150 Cal), Perrier (0 Cal) (ask for available flavors)

### ICED BEVERAGE BY THE QUART

serves 3-4

- lemonade - 1 qt (390 Cal)
- strawberry lemonade - 1 qt (390 Cal)
- iced coffee - 1 qt (20 Cal)
- unsweetened tea - 1 qt (10 Cal)

### SOFT DRINKS (20 OZ)

- Dasani Water (0 Cal)
- Aquafina Water (0 Cal)
- Pepsi (250 Cal)
- Diet Pepsi (0 Cal)
- Coke (240 Cal)
- Diet Coke (0 Cal)
- Sprite Zero (0 Cal)

### POLAND SPRING/ICE MOUNTAIN WATER (20 OZ) (0 Cal)

*Not all items available in all markets.*

*Before placing your order, please inform an Au Bon Pain representative if a person in your party has a food allergy.*

*Our catering cancellation policy:*

*24 hours notice required for cancellation on all orders.*

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