

CATERING BY
au bon pain®



fresh. delicious. delivered.

1-800-765-4227

www.aubonpain.com

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)
- non-fat greek vanilla yogurt with fresh strawberries \$(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), chili lime vinaigrette (110 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)

fresh bread sticks and baguettes **serves 5**

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)
- harvest pumpkin - 64 fl oz (1240 Cal) **NEW!**

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) and cranberry almond macaroon (290 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)
- iced carrot cake (430 Cal)

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)
- peach tea - 1 qt (350 Cal)
- sweet tea - 1 qt (340 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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