

CATERING BY
au bon pain[®]
THE BAKERY CAFÉ



fresh. delicious. delivered.

1-800-765-4227

www.aubonpain.com

breakfast

breakfast for the group

ABP MORNING PASTRY PLATTER

assortment of freshly baked goods and spreads. create your own assortment or have us choose for you.

- bagels: plain (260 Cal), asiago cheese (310 Cal), cinnamon raisin (270 Cal), everything (270 Cal), sesame (280 Cal) and jalapeno cheddar (320 Cal)
- muffins: **NEW!** pumpkin (570 Cal), chocolate chip (580 Cal), blueberry (480 Cal), corn (470 Cal)
- croissants: **NEW!** pumpkin (380 Cal), plain (280 Cal), chocolate (470 Cal), apple & cinnamon (220 Cal), almond (500 Cal)
- other pastries: cinnamon chip scone (460 Cal), sweet cheese danish (410 Cal) and cinnamon roll (530 Cal)
- spreads: butter (60 Cal), jam (35 Cal) & cream cheeses (90 - 100 Cal)

BAGELS & SPREADS

- bagels: plain (260 Cal), asiago cheese (310 Cal), cinnamon raisin (270 Cal), everything (270 Cal), sesame (280 Cal) and jalapeno cheddar (320 Cal)

SMOKED SALMON AVOCADO & BAGEL BREAKFAST SERVICE

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

- bagels: plain (260 Cal), asiago cheese (310 Cal), cinnamon raisin (270 Cal), everything (270 Cal), sesame (280 Cal) and jalapeno cheddar (320 Cal)

accompaniments: smoked salmon, fresh avocado, pickled red onions, cucumbers, arugula & lemon aioli (1100 Cal)

BREAKFAST SANDWICHES

warm bagels or ciabatta (260-320 Cal) filled with farm fresh eggs and your choice of NY cheddar cheese, hardwood smoked bacon & NY cheddar or niman ranch sausage & NY cheddar. a breakfast classic.

- egg & cheddar (460-520 Cal)
- egg, hardwood smoked bacon & cheddar (510-570 Cal)
- egg, niman ranch sausage & cheddar (620-680 Cal)

substitute egg whites, add \$1.00 (subtract 70 Cal)

PREMIUM BREAKFAST SANDWICHES

- the good egg (480 Cal) - two eggs, NY cheddar, avocado, spinach, tomatoes & lemon aioli on rustic baguette
- **NEW!** power protein wrap (820 Cal) - two eggs, turkey sausage, NY cheddar & avocado with spinach, tomatoes & ABP's own herb aioli in a flour tortilla

SAVORY WARM CROISSANTS

warm from the oven, flaky croissants stuffed with ham & cheese or spinach & cheese. an Au Bon Pain specialty.

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

INDIVIDUAL YOGURT & FRUIT PARFAITS

layered with yogurt, berries, and signature granola

- low fat blueberry yogurt with wild blueberries (370 Cal)
- nonfat greek vanilla yogurt with wild blueberries (320 Cal)
- nonfat greek vanilla yogurt with strawberries (330 Cal)

OATMEAL BAR (3670 Cal per bar)

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

FRESHLY BREWED (25 Cal per box)

- **signature french roast** (96 oz) - our freshly brewed signature french roast coffee. served with cups, a variety of sweeteners, creamers and coffee stirrers.
- **signature decaf french roast** (96 oz) - our freshly brewed signature decaf french roast coffee. served with cups, a variety of sweeteners, creamers and coffee stirrers.
- **tea** (96 oz) - an assortment of teas served with hot water, cups, lemon, a variety of sweeteners, creamers and stirrers.

FLORIDA ORANGE JUICE (880 Cal)

a half gallon of refreshing orange juice served with beverage cups

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)

BOTTLED WATER (20 OZ)

- Dasani Water (0 Cal)
- Aquafina Water (0 Cal)
- Poland Spring Water (0 Cal)
- Ice Mountain Water (0 Cal)

Additional nutrition information available upon request.

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

breakfast for 1

ABP CONTINENTAL BREAKFAST COMBO

individually bagged breakfast choice of a bagel (260-320 Cal), muffin (470-580 Cal), pastry (410-530 Cal) or croissant (280-500 Cal) with whole fruit (120 Cal)

ABP CONTINENTAL BREAKFAST COMBO BOX

choice of a bagel (260-320 Cal), muffin (470-580 Cal), pastry (410-530 Cal) or croissant (280-500 Cal) with whole fruit (120 Cal) and a bottled water

ABP DELUXE CONTINENTAL BREAKFAST COMBO

individually bagged breakfast choice of a bagel (260-320 Cal), muffin (470-580 Cal), pastry (410-530 Cal) or croissant (280-500 Cal) with medium fruit cup (70 Cal) or medium blueberry yogurt parfait with blueberries (270 Cal)

ABP DELUXE CONTINENTAL BREAKFAST COMBO BOX

bagel (260-320 Cal), muffin (470-580 Cal), pastry (410-530 Cal) or croissant (280-500 Cal) with medium fruit cup (70 Cal) or medium blueberry yogurt parfait with blueberries (270 Cal) and a bottled water

SMOKED SALMON AVOCADO SANDWICH

smoked salmon, fresh avocado, cucumbers, pickled red onions, arugula & lemon aioli on ciabatta (470 Cal)

SMOKED SALMON AVOCADO COMBO

individually bagged smoked salmon avocado sandwich (470 Cal) with whole fruit (120 Cal)

DELUXE SMOKED SALMON AVOCADO COMBO

individually bagged smoked salmon avocado sandwich (470 Cal) with medium fruit cup (70 Cal) or medium blueberry yogurt parfait with blueberries (270 Cal)

DELUXE SMOKED SALMON AVOCADO COMBO BOX

smoked salmon avocado sandwich (470 Cal) with medium fruit cup (70 Cal) or medium blueberry yogurt parfait with blueberries (270 Cal) and a bottled water

BREAKFAST SANDWICH COMBO

choice of individually bagged breakfast sandwich (460-680 Cal) with whole fruit (120 Cal)

SAVORY WARM CROISSANT COMBO

choice of individually bagged savory warm croissant (320-420 Cal) with whole fruit (120 Cal)

bon to go

CHEESE & FRUIT (390 Cal)

brie, NY cheddar, apple, grapes & crackers

FRUIT, EGG & NUTS (500 Cal)

hard boiled egg, apple, grapes, NY cheddar & mixed nuts

HUMMUS & PRETZEL CRACKERS (300 Cal)

hummus, cucumber & pretzel crisps

ADD INDIVIDUAL MEDIUM OATMEAL (480 Cal)

served with sides of brown sugar, dried cranberries & toasted almonds

ADD FRESH FRUIT CUP

medium (70 Cal)/large (140 Cal)

ADD WHOLE FRUIT (120 Cal)

apple or banana

ADD HARD BOILED EGGS (140 Cal)

ADD KIND® BAR (190/220 Cal)



lunch boxes

SANDWICH LUNCH BOX

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

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-560 Cal)
- whole fruit (120 Cal)

DELUXE SANDWICH LUNCH BOX

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

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)
- side garden or caesar salad (30/110 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-560 Cal)
- whole fruit (120 Cal)

DELI SANDWICH LUNCH BOX

your choice of turkey, ham, chicken salad or tuna salad sandwich on county white bread with lettuce & tomato or a mediterranean wrap served with potato chips & a freshly baked chocolate chip cookie or whole fruit

- sandwiches (330-440 Cal)
- wrap (660 Cal)
- potato chips (180-220 Cal)
- chocolate chip cookie (370 Cal)
- whole fruit (120 Cal)

SALAD LUNCH BOX

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

- salad (30-300 Cal)
- rustic bread (170 Cal)
- whole fruit (120 Cal)
- freshly baked cookies (290-560 Cal)

Going gluten-free? Substitute potato chips (180-220 Cal) for the rustic bread for just \$1.00 more.

bon to go

HUMMUS & PRETZEL CRACKERS (300 Cal)

hummus, cucumber & pretzel crisps

CHEESE & FRUIT (390 Cal)

brie, NY cheddar, apple, grapes & crackers

FRUIT, EGG & NUTS (500 Cal)

hard boiled egg, apple, grapes, NY cheddar & mixed nuts

lunch for the group

DELUXE LUNCH

a selection of our signature sandwiches and wraps paired with a fresh salad, potato chips and freshly baked cookies

- sandwiches (480-770 Cal) and wraps (590-680 Cal)
- garden or caesar salad (250/650 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-560 Cal)

CLASSIC LUNCH

a variety of our signature sandwiches and wraps served with potato chips & freshly baked cookies

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-560 Cal)

ABP SIGNATURE SANDWICH TRAY

select from our extensive list of signature sandwiches served on freshly baked breads (country white, ciabatta, rustic baguette, multigrain baguette) & wraps

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)

add a side to your lunch box!

- medium fruit cup (70 Cal)
- KIND® bar (190/220 Cal)
- small soup (80-590 Cal)
- large soup (150-1170 Cal)



entrée salads

individual salads

CHEF SALAD (210 Cal)

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

V GARDEN SALAD (30 Cal)

romaine & field greens, grape tomatoes, shredded carrots, cucumbers & red onions

· with chicken (90 Cal)

V CAESAR ASIAGO (110 Cal)

romaine, housemade croutons & asiago cheese

· with chicken (170 Cal)

V MEDITERRANEAN SALAD (300 Cal)

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

· with chicken (350 Cal)

CHICKEN COBB AVOCADO (300 Cal)

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

SOUTHWEST CHICKEN (150 Cal)

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

salads for the group

CHEF SALAD (1120 Cal per bowl)

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

V GARDEN SALAD (250 Cal per bowl)

romaine & field greens, grape tomatoes, shredded carrots, cucumbers & red onions

· with chicken (680 Cal per bowl)

V CAESAR ASIAGO (650 Cal per bowl)

romaine, housemade croutons & asiago cheese

· with chicken (1080 Cal per bowl)

V MEDITERRANEAN SALAD (1400 Cal per bowl)

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

· with chicken (1820 Cal per bowl)

CHICKEN COBB AVOCADO (1790 Cal per bowl)

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

SOUTHWEST CHICKEN (1210 Cal per bowl)

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

All salads served with assorted dressings: green goddess (200 Cal), balsamic vinaigrette (100 Cal), caesar (220 Cal), ranch (190 Cal)



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signature sandwiches

NEW! ABP ORIGINAL CHICKEN SALAD (500 Cal)

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

TURKEY CLUB (580 Cal)

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

V NEW! CAPRESE (540 Cal)

on ciabatta - with fresh mozzarella, tomatoes, arugula & pesto
· with chicken (640 Cal)

V CHIPOTLE BLACK BEAN BURGER WITH AVOCADO (740 Cal)

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

CHIPOTLE TURKEY & AVOCADO (770 Cal)

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

CHICKEN & AVOCADO (620 Cal)

on semolina - with fresh avocado, hardwood smoked bacon, tomatoes, field greens & basil aioli

CLASSIC TUNA SALAD (480 Cal)

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

CORDON BLEU (630 Cal)

on semolina - with fresh sliced ham & chicken, swiss, dijonnaise, pickled red onions, spinach & lemon vinaigrette



wraps

TURKEY COBB WRAP (680 Cal)

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

CHICKEN CAESAR (620 Cal)

with asiago cheese, romaine & caesar dressing

V MEDITERRANEAN WRAP (660 Cal)

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

NAPA CHICKEN WITH AVOCADO (590 Cal)

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

INDIVIDUAL BAGS OF CHIPS

- Cape Cod Original Potato Chips (220 Cal)
- Cape Cod Barbeque Chips (180 Cal)
- Cape Cod Salt & Vinegar Chips (220 Cal)
- Original Sun Chips (210 Cal)

Selections may vary by location.

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.

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**turkey and chicken.
no antibiotics. ever.**

SPECIALTY SOUP

accompanied by a basket of freshly baked breadsticks and baguettes (1540 Cal per basket)

- **beef & vegetable stew** - 64 fl oz **(1840 Cal)**
chunks of tender beef simmered in a burgundy laced gravy with pearl onions, celery, tomatoes, petite carrots and russet potatoes
- **macaroni & cheese** - 64 fl oz **(4720 Cal)**
small shells in a creamy cheese sauce with cheddar and parmesan cheeses
- **turkey chili** - 64 fl oz **(1760 Cal)**
a hearty medley of ground turkey, black beans, corn and a variety of peppers with just a touch of spice

SOUP

accompanied by a basket of freshly baked breadsticks and baguettes (1540 Cal per basket)

- **broccoli cheddar** - 64 fl oz **(1760 Cal)**
chopped broccoli and broccoli florets simmered in a velvety chicken broth seasoned with grated cheddar cheese, herbs and sweet onions
- **chicken noodle** - 64 fl oz **(640 Cal)**
chicken breast simmered in a chicken broth with tender egg noodles, carrots, onions, celery and select herbs
- **clam chowder** - 64 fl oz **(1840 Cal)**
chopped sea clams and diced russet potatoes blended with celery, onions, clam nectar, light cream and select seasonings
- **baked stuffed potato** - 64 fl oz **(2080 Cal)**
russet potatoes with smoked bacon in a rich cream sauce with spring onions and chive
- **harvest pumpkin** - 64 fl oz **(1230 Cal)**
simmered with onion, celery and carrots and lightly seasoned with fresh ginger and cinnamon
- **turkey kale & wild rice** - 64 fl oz **(1670 Cal)**
pulled turkey, wild rice and kale simmered with carrots, onions, and celery in a creamy turkey stock

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

BREAD BASKET (1540 Cal per basket)

an assortment of our freshly baked breadsticks and baguettes



sweets

MINI CHOCOLATE CHIP COOKIE SLEEVE (560 Cal)

6 count mini chocolate chip cookies

MINI OATMEAL RAISIN COOKIE SLEEVE (440 Cal)

6 count mini oatmeal raisin cookies

BROWNIE BITES (640 Cal)

ABP MINI BITES (2270 Cal)

an assortment of freshly baked mini chocolate chip and oatmeal raisin cookies served along with our brownie bites

COOKIE COLLECTION

a selection from our abundant list of freshly baked cookies: lemon blueberry (550 cal), candy (560 cal), chocolate chip (370 Cal), oatmeal raisin (290 Cal), double chocolate mudslide (370 Cal), cranberry almond macaroon (290 Cal). make your own selections or allow us to send a variety of options



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)

HALF GALLON ICED BEVERAGES

- lemonade (780 Cal)
- strawberry lemonade (780 Cal)
- unsweetened tea (20 Cal)
- iced coffee (40 Cal)

SOFT DRINKS (20 OZ)

- Dasani Water (0 Cal)
- Aquafina Water (0 Cal)
- Poland Spring Water (0 Cal)
- Ice Mountain Water (0 Cal)
- Pepsi (250 Cal)
- Diet Pepsi (0 Cal)
- Coke (240 Cal)
- Diet Coke (0 Cal)
- Sprite Zero (0 Cal)

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Our catering cancellation policy:

*24 hours notice required for cancellation on all orders.
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