

au bon pain®



CAFÉ MENU

ALL DAY BREAKFAST

THE GOOD EGG | 540 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

SOUTHWEST EGG WRAP | 670 CAL

two eggs, tomatoes, black beans, roasted corn, three cheddar blend & chipotle sauce 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 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 | 400 CAL

on plain bagel with cucumbers & herb cream cheese

TOASTED BAGEL & CREAM CHEESE | 180-420 CAL

HOT OATMEAL

170-360 CAL

YOGURT PARFAIT

340-380 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 | 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 | 380 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, walnuts & 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

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 | 730 CAL

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

CHIPOTLE BLACK BEAN BURGER WITH AVOCADO | 740 CAL

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

COUNTRY GRILLED CHEESE | 550 CAL

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

SERVED HOT OR COLD

CHIPOTLE TURKEY & AVOCADO | 770 CAL

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

TWO TOMATO CAPRESE | 570 CAL

on ciabatta—with fresh mozzarella, tomato basil bruschetta, tomatoes, arugula & balsamic vinaigrette

HAM & TWO CHEESE | 570 CAL

on sprouted grain—with NY cheddar, swiss, tomatoes, arugula & dijonaise

CAFÉ SANDWICHES

TURKEY CLUB | 580 CAL

on toasted country white—with NY cheddar, hardwood smoked bacon, tomatoes, fields greens and mayo

EXTRA BACON BLT | 500 CAL

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

PRIME ROAST BEEF | 630 CAL

on rustic baguette—NY cheddar, pickled red onions, smoky bbq sauce & garlic spread

HERB CHICKEN SALAD | 510 CAL

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

TUNA SALAD | 460 CAL

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

WRAPS

NAPA CHICKEN WITH AVOCADO | 610 CAL

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

CHICKEN CAESAR | 590 CAL

with asiago, romaine & caesar dressing

THAI PEANUT CHICKEN | 590 CAL

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

SWEET TURKEY | 620 CAL

with NY cheddar, apple cabbage slaw, field greens & smoky bbq sauce in a whole wheat wrap

VEGGIE & HUMMUS | 580 CAL

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

BAKERY

COOKIES

chocolate chip
classic oatmeal raisin
english toffee
double chocolate mudslide
chocolate dipped cranberry
almond macaroon
Reeses® peanut butter cup

CROISSANTS

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

MUFFINS

blueberry
corn
raisin bran
chocolate chip

SCONES

blueberry
cinnamon chip

BAGELS

plain
sesame
asiago cheese
jalepeno cheddar
everything
ancient grain
cinnamon raisin
skinny wheat

OTHER

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

GLUTEN FREE

chewy marshmallow bar

SNACKS

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

SNACKS

chips
multigrain chips
baked lays® chips
hard boiled eggs
mini pretzels
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 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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