

# ALL DAY BREAKFAST

## EGG WHITES & CHEDDAR (210 Cal)

on skinny wheat bagel

## EGG WHITES, CHEDDAR & AVOCADO (360 Cal)

on skinny wheat bagel with butter

## 2 EGG SANDWICH & CHEDDAR (290-450 Cal)

on plain bagel, skinny wheat bagel, or ciabatta

with Niman Ranch® sausage (add 160 Cal)

with turkey sausage (add 110 Cal)

with applewood-smoked bacon (add 80 Cal)

with black forest ham (add 45 Cal)

## SMOKED SALMON WASABI (380 Cal)

on onion dill bagel with cucumbers & herb cream cheese

## TOASTED BAGEL & CREAM CHEESE (180-520 Cal)

## HOT OATMEAL

(170-370 Cal)

## MÜESLI

(370 Cal)

## FRUIT CUP

(70/140 Cal)

## COLD BEVERAGES

Coca-Cola® products

bottled water

Perrier®

coconut water

Vitamin Water®

Nantucket Nectars®

Snapple®

Poland Spring Sparkling Water®

lemonade

iced coffee

iced tea

## YOGURT PARFAIT

(340-380 Cal)

## ORANGE JUICE

(110/220 Cal)

## HOT BEVERAGES

### coffee

french roast

morning blend

french roast decaf

french vanilla

hazelnut

### espresso

caffè latte

cappuccino

mocha latte

vanilla latte

caffè milano

caramel macchiato

caffè americano

espresso

chai latte

hot chocolate

hot tea

# BAKERY

## COOKIES/BROWNIES

chocolate dipped shortbread

chocolate chip

classic oatmeal raisin

english toffee

white chocolate & macadamia

harvest cookie

mudslide cookie

mini chocolate chip

chocolate chip brownie

brownie bites

chocolate dipped cranberry

almond macaroon

## CROISSANTS

plain

chocolate

almond

sweet cheese

apple & cinnamon

raspberry cheese

warm spinach & cheese

warm ham & cheese

sweet cheese Croisbun™

cinnamon kouign-amann

red velvet cupcake

double chocolate cupcake

lemon pound cake

marble pound cake

## PETIT PLATES

brie, cheddar & fruit with crackers **V**

chicken, chickpea & tomato salad **V**

mediterranean power pack

## FRESH FRUIT

bananas, apples

seasonal fruit

fruit cups

## MUFFINS

blueberry

carrot walnut

corn

cranberry walnut

raisin bran

double chocolate chunk

lowfat mixed berry with whole grains

## BREADS

bagels

baguettes

country white

whole grain wheat

breadsticks

southwest jalapeño cornbread

## OTHER

cinnamon scone

blueberry scone

raspberry torsade

cinnamon swirl roll

pecan roll

sweet cheese danish

cherry danish

palmier

## GLUTEN FREE

brownie

chewy marshmallow bar

## SNACKS

Tyrrell's™ chips

multigrain chips

baked lays® chips

mini-pretzels

mixed nuts

chocolate covered almonds

KIND® bars

# CAFÉ MENU



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.

Au Bon Pain · One Au Bon Pain Way · Boston, MA · 02210

**au bon pain**  
the bakery café

# BEVERAGES

# SPECIALTY SALADS

## CHICKEN COBB AVOCADO (630 Cal)

chicken, romaine & field greens, fresh avocado, applewood-smoked bacon, gorgonzola, egg, tomatoes, cucumbers & avocado greek yogurt dressing

## VEGETARIAN DELUXE (390 Cal) **V**

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

## CHICKEN CAESAR ASIAGO (530 Cal)

chicken, romaine, housemade croutons, asiago cheese & caesar dressing  
without chicken (440 Cal)

## THAI PEANUT CHICKEN (410 Cal)

chicken, romaine & field greens, tomatoes, cucumbers, carrots, crispy wontons & thai dressing **IT'S BACK**

## HARVEST TURKEY (590 Cal)

roast turkey, romaine & spinach, cranberries, grapes, granny smith apples, goat cheese, walnuts & maple walnut vinaigrette

## SOUTHWEST CHICKEN (510 Cal)

marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, tomatoes, crispy wontons & lite citrus lime vinaigrette

tuscan white bean **V**

12 veggie **V**

corn & green chili bisque **V**

curried rice & lentil **V**

tomato basil bisque **V**

roasted eggplant **V**

black bean **V**

barley & creamy lentil **V**

harvest mushroom & wheatberries **V**

french moroccan tomato lentil **V**

chicken noodle

chicken & vegetable stew

beef & vegetable stew

clam chowder

italian wedding

corn chowder

turkey chili

macaroni & cheese

broccoli cheddar

lemon chicken orzo

turkey kale wild rice

and many more varieties

# OVEN-HOT SANDWICHES SIGNATURE SANDWICHES

## WARM CHICKEN AVOCADO (630 Cal)

on toasted baguette—with fresh avocado, applewood-smoked bacon, tomatoes, field greens & basil aioli **NEW**

## CHIPOTLE TURKEY & AVOCADO (670 Cal)

on ciabatta—with fresh avocado, chipotle cheddar, roasted tomatoes, arugula & chipotle mayo

## CAPRESE (560 Cal) **V**

on ciabatta—with fresh mozzarella, tomatoes, arugula & basil pesto  
Chicken Caprese (670 cal)

## TURKEY CLUB (610 Cal)

on toasted country white—with cheddar, applewood-smoked bacon, tomatoes, field greens & mayo

## CHIPOTLE BLACK BEAN BURGER WITH AVOCADO (640 Cal) **V**

on ciabatta—with chipotle cheddar, fresh avocado, caramelized onions, tomatoes & chipotle mayo

## NEWPORT TURKEY (720 Cal)

on country white—with fresh avocado, cheddar & a touch of zesty honey mustard

## CHICKEN MARGHERITA (700 Cal) **NEW**

on ciabatta—with fresh mozzarella, tomato bruschetta & fresh basil

## COUNTRY GRILLED CHEESE (600 Cal) **NEW**

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

**Classic Grilled Cheese (520 cal) **V****

## TWO HAM & CHEESE (540 Cal) **NEW**

on country white— with cheddar, swiss, tomatoes, arugula & dijonnaise

## BLACK ANGUS STEAK & CHEESE (700 Cal) **NEW RECIPE**

on ciabatta— with horseradish aioli, pickled red onions, fire-roasted peppers & three-cheddar blend

**ALL BREAD BAKED FRESH. EVERYDAY.**

# WRAPS CAFÉ SANDWICHES

## CLASSIC CHICKEN SALAD (440 Cal)

on country white - with cranberries, almonds, tomatoes & field greens

## TUNA SALAD (450 Cal) **NEW BREAD**

on whole grain wheat - tuna, celery & onions mixed with mayo, cucumbers, tomatoes & field greens

## TURKEY & SWISS (660 Cal)

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

## BLACK ANGUS ROAST BEEF

## & CHEDDAR (560 Cal) **NEW RECIPE**

on multigrain baguette - with cheddar, pickled red onions, tomatoes, field greens & dijonnaise

## AVOCADO BLT (550 Cal) **NEW**

on toasted country white - with fresh avocado, applewood-smoked bacon, tomatoes, romaine & basil aioli

CLASSIC BLT (500 cal)

## NAPA CHICKEN WITH AVOCADO (480 Cal) **NEW RECIPE**

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

## THAI PEANUT CHICKEN (530 Cal)

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

## GARDEN & AVOCADO (370 Cal) **V NEW**

with fresh avocado, tomatoes, cucumbers, carrots, arugula, romaine & lite lemon shallot vinaigrette in a whole wheat wrap

## CHICKEN CAESAR (580 Cal)

wih asiago, romaine & caesar dressing

## WALDORF TURKEY (660 Cal) **NEW**

with turkey, apples, cranberries & walnuts mixed with mayo, cheddar, romaine & maple walnut dressing in a whole wheat wrap

## VEGGIE & HUMMUS (540 Cal) **V NEW RECIPE**

with hummus, cucumbers, roasted tomatoes, carrots, chickpeas, romaine, field greens, fresh basil, feta & balsamic vinaigrette in a whole wheat wrap