au bon pain®
FROM GOOD BREAD

CAFÉ MENU
ALL DAY BREAKFAST

SIGNATURE FARMHOUSE OMELET | 520 CAL
on sprouted grain roll - parsley, chives, roasted onions & smoked paprika omelet, hardwood-smoked bacon & cheddar cheese

THE GOOD EGG | 540 CAL
on rustic baguette - two eggs, cheddar cheese, tomatoes, avocado, spinach & lemon aioli

EGG WHITES & CHEDDAR | 210 CAL
on skinny wheat bagel

EGG WHITES, CHEDDAR & AVOCADO | 360 CAL
on skinny wheat bagel with butter

2 EGG & CHEDDAR | 290–450 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 black forest ham | add 45 Cal
substitute egg whites subtract 70 Cal

SMOKED SALMON WASABI | 410 CAL
on onion dill bagel with cucumbers & herb cream cheese

HOT OATMEAL
170–340 CAL

MÜESLI
370 CAL

FRUIT CUP
70/140 CAL

TOASTED BAGEL & CREAM CHEESE | 180–520 CAL

YOGURT PARFAIT
340–410 CAL

ORANGE JUICE
110/220 CAL

BEVERAGES

COLD BEVERAGES
Coca-Cola® products
bottled water
Perrier®
coconut water
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
caffe milano
caramel
macchiato
caffe americano
espresso
chai latte
hot chocolate
hot tea

HOT BEVERAGES

COFFEE

espresso
caffe latte
cappuccino
mocha latte
vanilla latte
caffe milano
caramel
macchiato
caffe americano
espresso
chai latte
hot chocolate
hot tea
SPECIALTY SALADS

CHICKEN COBB AVOCADO | 630 CAL
chicken, romaine & field greens, fresh avocado, hardwood-smoked bacon, gorgonzola, egg, tomatoes, cucumbers & avocado greek yogurt dressing

VEGETARIAN DELUXE | 390 CAL
romaine & field greens, roasted peppers, kalamata olives, feta, tomatoes, cucumbers, carrots, chickpeas, red onions & balsamic vinaigrette

CHICKEN CAESAR ASIAGO | 540 CAL
chicken, romaine, housemade croutons, asiago cheese & caesar dressing

CAESAR WITHOUT CHICKEN | 440 CAL

THAI PEANUT CHICKEN | 410 CAL
chicken, romaine & field greens, tomatoes, cucumbers, carrots, crispy wontons & thai dressing

HARVEST TURKEY | 510 CAL
roast turkey, romaine & spinach, cranberries, grapes, granny smith apples, goat cheese, walnuts & balsamic vinaigrette

SOUTHWEST CHICKEN | 510 CAL
marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, tomatoes, crispy wontons & lite citrus lime vinaigrette

SOUPS

tuscan white bean chicken noodle
12 veggie chicken & vegetable stew
corn & green chili bisque beef & vegetable stew
curried rice & lentil clam chowder
tomato basil bisque italian wedding
roasted eggplant corn chowder
black bean turkey chili
barley & creamy lentil macaroni & cheese
wild mushroom bisque broccoli cheddar
french moroccan tomato lentil lemon orzo chicken
turkey kale wild rice
turkey and many 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

WARM CHICKEN & AVOCADO | 600 CAL
on toasted rustic baguette—with fresh avocado, hardwood-smoked bacon, tomatoes, field greens & basil aioli

CHIPOTLE TURKEY & AVOCADO | 680 CAL
on ciabatta—with fresh avocado, cheddar, roasted tomatoes, arugula & chipotle mayo

TWO TOMATO CAPRESE | 550 CAL
on ciabatta—with fresh mozzarella, tomatoes, arugula & basil pesto

CHICKEN CAPRESE | 650 CAL

TURKEY CLUB | 600 CAL
on toasted country white—with cheddar, hardwood-smoked bacon, tomatoes, field greens & mayo

CHIPOTLE BLACK BEAN BURGER WITH AVOCADO | 690 CAL
on ciabatta—with chipotle cheddar, fresh avocado, caramelized onions, tomatoes & chipotle mayo

NEWPORT TURKEY | 730 CAL
on country white—with fresh avocado, cheddar & a touch of zesty honey mustard

CHICKEN MARGHERITA | 600 CAL
on ciabatta—with fresh mozzarella, tomato bruschetta & fresh basil

COUNTRY GRILLED CHEESE | 580 CAL
on country white—with four-cheese blend, hardwood-smoked bacon & tomatoes

CLASSIC GRILLED CHEESE | 520 CAL

HAM & TWO CHEESE | 530 CAL
on rustic baguette—with cheddar, swiss, tomatoes, arugula & dijonaise

BLACK ANGUS STEAK & CHEESE | 690 CAL
on ciabatta—with horseradish aioli, pickled red onions, fire-roasted peppers & three-cheddar blend

OVEN-HOT SANDWICHES

NEWPORT TURKEY | 730 CAL
on country white—with fresh avocado, cheddar & a touch of zesty honey mustard

CHICKEN MARGHERITA | 600 CAL
on ciabatta—with fresh mozzarella, tomato bruschetta & fresh basil

COUNTRY GRILLED CHEESE | 580 CAL
on country white—with four-cheese blend, hardwood-smoked bacon & tomatoes

CLASSIC GRILLED CHEESE | 520 CAL

HAM & TWO CHEESE | 530 CAL
on rustic baguette—with cheddar, swiss, tomatoes, arugula & dijonaise

BLACK ANGUS STEAK & CHEESE | 690 CAL
on ciabatta—with horseradish aioli, pickled red onions, fire-roasted peppers & three-cheddar blend
CAFÉ SANDWICHES

HERB CHICKEN SALAD | 470 CAL
on toasted semolina – chicken mixed with abp signature herb blend & avocado dressing, tomatoes & field greens

TUNA SALAD | 460 CAL
on sprouted grain—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 | 570 CAL
on multigrain baguette—with cheddar, pickled red onions, tomatoes, field greens & dijonnaise

AVOCADO BLT | 520 CAL
on toasted country white—with fresh avocado, hardwood-smoked bacon, tomatoes, romaine & basil aioli

CLASSIC BLT | 470 CAL

WRAPS

NAPA CHICKEN WITH AVOCADO | 500 CAL
with fresh avocado, tomatoes, cucumbers, romaine, basil aioli & lite lemon shallot vinaigrette

THAI PEANUT CHICKEN | 540 CAL
with tomatoes, cucumbers, carrots, crispy wontons, romaine, field greens & thai dressing

GARDEN & AVOCADO | 370 CAL
with fresh avocado, tomatoes, cucumbers, carrots, arugula, romaine & lite lemon shallot vinaigrette in a whole wheat wrap

CHICKEN CAESAR | 560 CAL
with asiago, romaine & caesar dressing

HARVEST TURKEY | 630 CAL
with turkey, apples, cranberries & walnuts mixed with mayo, cheddar, romaine & balsamic glaze in a whole wheat wrap

VEGGIE & HUMMUS | 540 CAL
with hummus, cucumbers, roasted tomatoes, carrots, chickpeas, romaine, field greens, fresh basil, feta & balsamic vinaigrette in a whole wheat wrap
COOKIES/BROWNIES
- chocolate chip
- classic oatmeal raisin
- chunky peanut butter cookie
- english toffee
- white chocolate & macadamia energy cookie
- double chocolate mudslide cookie
- chocolate chip brownie
- brownie bites
- chocolate dipped cranberry almond macaroon

BREADS
- bagels
- baguettes
- country white sprouted grain roll
- breadsticks
- southwest jalapeño cornbread

OTHER
- strawberry bon tart
- cinnamon swirl roll
- pecan roll
- sweet cheese danish
- seasonal danish palmier
- red velvet cupcake
- double chocolate cupcake
- lemon pound cake
- marble pound cake
- bacon & cheddar kolache

GLUTEN FREE
- brownie
- chewy marshmallow bar

CROISSANTS
- plain
- chocolate
- almond
- sweet cheese
- apple & cinnamon
- raspberry cheese
- warm spinach & cheese
- warm ham & cheese
- sweet cheese Croisbun™

MUFFINS
- blueberry | corn | bran
- double chocolate chunk

BON TO GO BOXES
- caprese chicken
- cheese & fruit
- egg, veggie & cheese
- fruit, eggs & nuts
- hard-boiled eggs
- hummus
- hummus, veggie & taboule
- smoked salmon
- southwest chicken
- turkey & swiss

FRESH FRUIT
- bananas, apples
- seasonal fruit
- fruit cups

SNACKS
- chips
- multigrain chips
- baked lays® chips
- mini-pretzels
- mixed nuts
- chocolate covered almonds
- KIND® bars

SNACKS
- hard-boiled eggs chipshummus
- multigrain chipshummus, veggie & taboule
- baked lays® chips
- smoked salmon
- southwest chicken
- turkey & swiss

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.

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