

egg whites & cheddar
on skinny wheat bagel (210 cal)

cf **egg whites, cheddar & avocado**
on skinny wheat bagel with lemon aioli (310 cal)

2 egg sandwich & cheddar
on plain bagel, skinny wheat bagel, or ciabatta (290-480 cal)

with Niman Ranch® sausage, turkey sausage, applewood-smoked bacon, or black forest ham (45-160 cal)

smoked salmon wasabi
on onion dill bagel with cucumbers & herb cream cheese (400 cal)

toasted bagel & cream cheese (180-560 cal)
hot oatmeal (170-370 cal) **fruit cup** (70/140 cal) **orange juice** (110/220 cal)

müesli (370 cal) **yogurt parfait** (340-380 cal)

baked fresh every day

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
pain au chocolat
almond
sweet cheese
apple & cinnamon
raspberry cheese
warm spinach & cheese
warm ham & cheese
cf sweet cheese Croisbun™
seasonal CroisBun™ flavor

cupcakes/cakes
red velvet cupcake
double chocolate cupcake
lemon pound cake
marble pound cake

muffins
blueberry
carrot walnut
corn
cranberry walnut
raisin bran
double chocolate chunk
lowfat mixed berry with whole grains

breads
bagels
baguettes
 traditional
 multigrain
breadsticks
southwest jalapeño cornbread
9-grain cranberry ciabatta

other
cinnamon scone
seasonal scone
raspberry torsade
cinnamon swirl roll
pecan roll
sweet cheese danish
cherry danish
palmier

gluten free
fudge chunk brownie
chewy marshmallow bar

snacks

beverages

petit plates
V brie, cheddar & fruit with crackers
chicken, chickpea & tomato salad
V mediterranean power pack
V sesame noodle salad

fresh fruit
bananas, apples
seasonal fruit
fruit cups

cold beverages
Coca-Cola® products
bottled water
Perrier®
coconut water
Vitamin Water®
Nantucket Nectars®
Snapple®
Poland Spring Sparkling Water®
lemonade
iced coffee
iced tea

snacks
Tyrrell's™ chips
multigrain chips
baked lays® chips
mini-pretzels
mixed nuts
chocolate covered almonds
KIND® bars

hot beverages
coffee
 french roast
 morning blend
 french roast decaf
 french vanilla
 hazelnut
espresso
 caffe latte
 cappuccino
 mocha latte
 vanilla latte
 caffe viennese
 caffe milano
 caramel macchiato
 caffe americano
 espresso
chai latte
hot chocolate
hot tea

V vegetarian **cf** customer favorite

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.

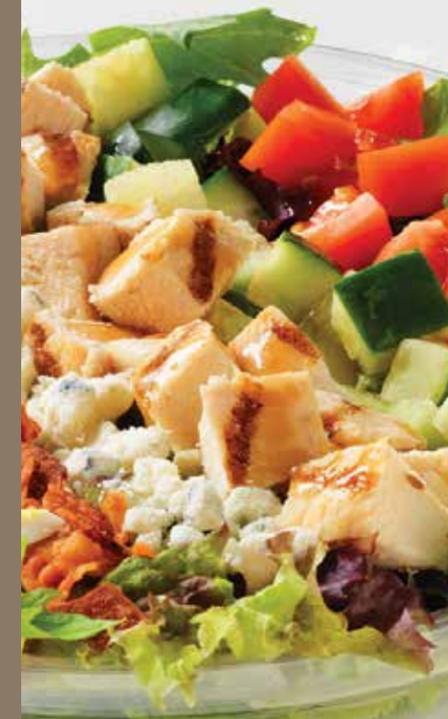
Please visit aubonpain.com or nutrition kiosks in our cafés for all nutritional information. Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

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

SKU-100-099-2015

menu



made-to-order salads



sandwich & soup pairings



freshly baked goodness & great coffee



breakfast served all day

au bon pain
the bakery café

specialty salads

chicken cobb avocado

sliced chicken with romaine & field greens, applewood-smoked bacon, gorgonzola, egg, tomatoes, cucumbers & avocado greek yogurt dressing **(650 cal)**

V vegetarian deluxe

romaine & field greens, fire-roasted peppers, kalamata olives, feta, tomatoes, cucumbers, carrots, chickpeas, red onions & balsamic vinaigrette **(400 cal)**

chicken caesar asiago

sliced chicken with romaine, housemade croutons, asiago cheese & caesar dressing **(660 cal)**

with steak **(710 cal)**

asian chicken & noodle

new

ginger teriyaki chicken with romaine & field greens, udon noodles, edamame, carrots, cucumbers, scallions, sesame seeds, sliced almonds & sesame ginger dressing **(680 cal)**

harvest turkey

new

roast turkey with romaine & spinach, cranberries, grapes, granny smith apples, goat cheese, walnuts & maple walnut vinaigrette **(640 cal)**

cf southwest chicken

marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, tomatoes, crispy wontons & southwest vinaigrette **(590 cal)**

farm stand steak

new

sirloin steak drizzled with balsamic glaze, romaine & field greens, grilled asparagus, tomatoes, cucumbers, caramelized onions, gorgonzola & red wine peppercorn vinaigrette **(580 cal)**

now with more protein & more veggies

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

V vegetarian **cf** customer favorite

signature sandwiches

cf turkey club

on toasted country white—with cheddar, applewood-smoked bacon, tomatoes, field greens & mayo **(620 cal)**

V caprese

on ciabatta—with fresh mozzarella, tomatoes, arugula & basil pesto **(550 cal)**

with chicken **(660 cal)**

V chipotle black bean burger with avocado

on ciabatta—with chipotle cheddar, caramelized onions, tomatoes & chipotle mayo **(700 cal)**

black angus roast beef & herb cheese

on multigrain baguette—with arugula & tomatoes **(510 cal)**

chipotle turkey & avocado

on ciabatta—with chipotle cheddar, roasted tomatoes, arugula & chipotle mayo **(690 cal)**

grilled chicken avocado

on toasted baguette—with applewood-smoked bacon, tomatoes, field greens, dijon mustard & bleu cheese dressing **(650 cal)**

new sirloin & asiago

new

on asiago ciabatta—with romaine, fresh tomatoes & dijon **(630 cal)**

turkey cubano

on ciabatta—with black forest ham, swiss, sweet pickle relish & dijon mustard **(590 cal)**

tuscan grilled cheese

V on country white—with three-cheddar blend & tomato spread **(620 cal)**

chicken pomodoro

on ciabatta—with fresh mozzarella, asiago, roasted tomatoes & tomato spread **(660 cal)**

newport turkey

cf on country white—with fresh avocado, cheddar & a touch of zesty honey mustard **(790 cal)**

Before placing your order, please inform your server if a person in your party has a food allergy.

café sandwiches

classic chicken salad

on country white—with cranberries, almonds, tomatoes & field greens **(440 cal)**

turkey & swiss

on multigrain baguette—with swiss, tomatoes & honey-pecan spread **(750 cal)**

tuna salad

new

on multigrain croissant—tuna salad with celery & onions, tomatoes, cucumbers & field greens **(520 cal)**

black forest ham & cheddar

on multigrain baguette—with tomatoes & honey mustard **(640 cal)**

cf black angus roast beef & cheddar

on ciabatta—with tomatoes, field greens, mayo & dijon mustard **(510 cal)**

grilled chicken

on ciabatta—with tomatoes, field greens & lemon aioli **(470 cal)**

blt

on toasted country white—with applewood-smoked bacon, field greens, tomatoes & mayo **(420 cal)**

all chicken & turkey with no antibiotics. ever.

thai peanut chicken

with tomatoes, cucumbers, carrots, crispy wontons, romaine, field greens & thai dressing **(530 cal)**

chicken caesar

with asiago, romaine & caesar dressing **(600 cal)**

waldorf turkey

with apples, cranberries, and walnuts mixed with mayo, cheddar, and romaine & maple walnut dressing in a whole-wheat wrap **(670 cal)**

V veggie & hummus

hummus, cucumbers, roasted tomatoes, carrots, chickpeas, romaine, field greens, basil pesto, feta & a touch of balsamic vinaigrette in a whole-wheat wrap **(660 cal)**

cf napa chicken with avocado

with fresh avocado, tomatoes, cucumbers, romaine, lemon aioli & lite lemon shallot vinaigrette **(490 cal)**

V vegetarian **cf** customer favorite

soups

wraps