

specialty salads

Chicken Cobb with Avocado
all natural chicken, mesclun, applewood smoked bacon, gorgonzola, egg, tomatoes, cucumbers & sesame ginger dressing (660 cal)

Vegetarian Deluxe 
romaine, fire-roasted red & yellow bell peppers, Kalamata olives, feta, tomatoes, cucumbers, carrots, chickpeas, red onions & balsamic vinaigrette (400 cal)

Chicken Caesar Asiago
all natural chicken, romaine, asiago, croutons & Caesar dressing (530 cal) available without chicken (450 cal)

Thai Peanut Chicken
all natural chicken, mesclun, tomatoes, cucumbers, carrots, crispy wontons & Thai peanut dressing (380 cal)

Turkey Apple Brie
all natural turkey, fresh spinach, Brie, Granny Smith apples, dried cranberries, walnuts & maple walnut vinaigrette (630 cal)

Tuna Garden
mesclun, cucumbers, carrots, tomatoes, croutons & balsamic vinaigrette (390 cal) available without tuna (210 cal)

Southwest Chicken
marinated chicken, romaine, black beans, roasted corn, avocado, cucumbers, tomatoes, wontons & southwest vinaigrette (520 cal)

soups

- Chicken Noodle

Chicken & Vegetable Stew

Beef & Vegetable Stew

Clam Chowder

Italian Wedding

Corn Chowder

Turkey Chili

Macaroni & Cheese

Broccoli Cheddar
- Tuscan White Bean 

12 Veggie 

Corn & Green Chili Bisque 

Curried Rice & Lentil 

Harvest Pumpkin 

Tomato Basil Bisque 

Roasted Eggplant 

Black Bean 

Barley & Creamy Lentil 

Harvest Mushroom & Wheatberries 

French Moroccan Tomato Lentil 

other offerings

Hot Beverages
Coffee
-French Roast
-Morning Blend
-French Roast Decaf
-French Vanilla
-Hazlenut
Espresso
-Caffé Americano
-Cappuccino
-Caramel Macchiato
-Caffé Latte
-Mocha Latte
-Vanilla Latte
Chai Latte
Hot Chocolate
Hot Tea

Cold Beverages
Coca-Cola® products
Pepsi® products
Bottled Water
Perrier®
Coconut Water
Vitamin Water®
Gatorade®
Nantucket Nectars®
Snapple®
Honest Tea®
Lemonade
Iced Coffee
Iced Tea

Portions
Cheddar, Fruit & Crackers
Hummus & Cucumbers
Brie, Fruit & Crackers
Herb Cream Cheese,
Fruit & Crackers

Fresh Fruit
Bananas
Granny Smith Apples
Red Delicious Apples
Fruit Cups

Snacks
Potato Chips
Multigrain Chips
Baked Chips
Kettlecorn
Mini-pretzels
Mixed Nuts
Chocolate Covered Almonds

Grab one of our pre-made salads, sandwiches, wraps or delicious baked goods. Made everyday, 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.

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

Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

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®
café bakery

menu offerings



breakfast

Egg Whites & Cheddar

on buttered skinny wheat bagel (230 cal)

Egg Whites, Cheddar & Avocado

on skinny wheat bagel, fresh cooked egg whites, cheddar, avocado & lemon aioli (310 cal)

2 Egg & Cheddar Sandwich

on plain bagel, skinny wheat bagel or ciabatta (290 – 480 cal)

- Niman Ranch® sausage, applewood smoked bacon or black forest ham (330 – 650 cal)

2 Egg Sandwich

on plain bagel, skinny wheat bagel or ciabatta (230 – 430 cal)

- Niman Ranch® sausage, applewood smoked bacon or black forest ham (280 – 590 cal)

Smoked Salmon Wasabi

on onion dill bagel with herb cream cheese (410 cal)

Toasted Bagel & Cream Cheese (210 – 610 cal)

Hot Oatmeal

(170 – 370 cal)

Muesli

(370 cal)

Fruit Cup

(70, 140 cal)

Yogurt Parfait

(340 – 410 cal)

Orange Juice

(110, 220 cal)

signature sandwiches

Turkey Club

on toasted country white - all natural turkey, cheddar, applewood smoked bacon, tomatoes, mesclun & mayo (600 cal)

Caprese

on ciabatta - fresh mozzarella, tomatoes, arugula & basil pesto (550 cal) with all natural chicken (680 cal)

Chipotle Black Bean Burger with Avocado

on ciabatta - chipotle cheddar, caramelized onions, tomatoes & chipotle mayo (690 cal)

Black Angus Roast Beef & Herb Cheese

on multigrain baguette with arugula & tomatoes (520 cal)

Chipotle Turkey & Avocado

on ciabatta - all natural turkey, chipotle cheddar, fresh avocado, roasted tomatoes, arugula & chipotle mayo (670 cal)

Grilled Chicken Avocado

on toasted baguette - all natural chicken, fresh avocado, applewood smoked bacon, tomatoes, mesclun, Dijon & bleu cheese dressing (680 cal)

café sandwiches

Classic Chicken Salad

on country white – cranberries, almonds, tomatoes & mesclun (450 cal)

Turkey & Swiss

on multigrain baguette - all natural turkey, Swiss, tomatoes & honey pecan spread (740 cal)

Tuna Salad

on sliced multigrain with tomatoes & mesclun (470 cal)

Black Forest Ham & Cheddar

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

Black Angus Roast Beef & Cheddar

on ciabatta with tomatoes, mesclun, mayo & Dijon (510 cal)

Grilled Chicken

on ciabatta with tomatoes, mesclun & lemon aioli (480 cal)

BLT

on country white – applewood smoked bacon, mesclun, tomatoes & mayo (420 cal)

bakery

Cookies/Brownies

Chocolate Dipped Shortbread
Double Chocolate Chunk
Rainbow Chip
Classic Oatmeal Raisin
English Toffee
White Chocolate & Macadamia Nut
Chocolate Dipped Cranberry Almond Macaroon
Mini Double Chocolate Chunk
Chocolate Cheesecake Brownie
Chocolate Chip Brownie

Croissants

Plain
Chocolate
Almond
Apple & Cinnamon
Raspberry Cheese
Sweet Cheese
Warm Spinach & Cheese
Warm Ham & Cheese

Muffins

Blueberry
Carrot Walnut
Corn
Cranberry Walnut
Double Chocolate Chunk
Lowfat Triple Berry
Raisin Bran

Cupcakes/Cakes

Red Velvet Cupcake
Double Chocolate Cupcake
Lemon Drop Cupcake
Lemon Pound Cake
Marble Pound Cake

Breads

Bagels
Baguettes
Breadsticks
Southwest Jalapeño Cornbread

Other

Raisin Scone
Cinnamon Scone
Chocolate & Crème Torsade
Cinnamon Swirl Roll
Pecan Roll
Apple Strudel
Cherry Strudel
Sweet Cheese Danish
Cherry Danish
Palmier

Gluten Free

Gluten Free Fudge Chunk Brownie
Gluten Free Congo Bar

oven hot sandwiches

Black Angus Steak & Cheese

on ancient grain ciabatta - sliced black angus steak, horseradish aioli, caramelized onions, fire-roasted red and yellow bell peppers, three cheddar blend & roasted tomatoes (840 cal)

Turkey Cubano

on ciabatta - all natural turkey, black forest ham, Swiss, sweet pickle relish & Dijon (580 cal)

Newport Turkey

on country white - all natural turkey, fresh avocado, cheddar & a touch of zesty honey mustard (770 cal)

Tuscan Grilled Cheese

on country white - three cheddar blend & tomato spread (620 cal)

Chicken Pomodoro

on ciabatta - all natural chicken, fresh mozzarella, asiago cheese, tomato spread & roasted tomatoes (680 cal)

wraps

Thai Peanut Chicken

all natural chicken, mesclun, tomatoes, cucumbers, carrots, crispy wontons & Thai peanut dressing (550 cal)

Southwest Tuna

with chipotle cheddar, romaine, tomatoes & chipotle mayo (710 cal)

Chicken Caesar

all natural chicken, asiago, romaine & Caesar dressing (610 cal)

Mediterranean

hummus, feta, mesclun, tomatoes, Kalamata olives, cucumbers & sun-dried tomato spread (610 cal)

Napa Chicken with Avocado

all natural chicken, fresh avocado, romaine, tomatoes, cucumbers, lemon aioli & lemon shallot vinaigrette (510 cal)



Vegetarian

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