

au bon pain[®]

THE BAKERY CAFÉ



CAFÉ MENU

ALL DAY BREAKFAST

THE GOOD EGG | 480 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

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 AVOCADO | 470 CAL

on ciabatta—cucumbers, pickled red onions, arugula & lemon aioli

TOASTED BAGEL & CREAM CHEESE | 180-420 CAL

HOT OATMEAL 170-340 CAL

OVERNIGHT OATS 410 CAL

FRUIT CUP 70/140 CAL

YOGURT PARFAIT 320-370 CAL

ORANGE JUICE 110/220 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 | 650 CAL

chicken, romaine & field greens, fresh avocado, hardwood smoked bacon, gorgonzola, hard boiled egg, grape tomatoes, cucumbers & green goddess dressing

CHEF | 480 CAL

fresh diced turkey & ham, romaine & field greens, hardwood smoked bacon, asiago cheese, grape tomatoes & ranch dressing

SOUTHWEST CHICKEN | 500 CAL

marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, grape tomatoes & ranch dressing

CHICKEN CAESAR ASIAGO | 490 CAL

chicken, romaine, housemade croutons, asiago cheese & caesar dressing

CAESAR WITHOUT CHICKEN | 380 CAL

MEDITERRANEAN | 450 CAL

romaine & field greens, hummus, fresh avocado, kalamata olives, feta, grape tomatoes, red bell peppers, cucumbers & balsamic 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 | 620 CAL

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

EXTRA BACON BLT | 510 CAL

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

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

SMOKY BBQ CHICKEN MELT | 640 CAL

on rustic baguette—with NY cheddar, zesty spread & vidalia coleslaw

SERVED HOT OR COLD

CHIPOTLE TURKEY & AVOCADO | 770 CAL

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

CAPRESE | 540 CAL

on ciabatta—with fresh mozzarella, tomatoes, arugula & pesto

WITH CHICKEN | 640 CAL

CORDON BLEU | 630 CAL

on toasted semolina—with fresh sliced ham & chicken, swiss, dijonaise, pickled red onions, spinach & lemon vinaigrette

SPICY TUNA MELT | 560 CAL

on country white—with tuna and ABP signature herb blend mixed with mayo, NY cheddar, tomatoes, red onions, sliced jalapenos & dijon mustard

CAFÉ SANDWICHES

TURKEY CLUB | 580 CAL

on toasted country white—with NY cheddar, hardwood smoked bacon, tomatoes, field greens & mayo

ABP'S ORIGINAL CHICKEN SALAD | 500 CAL

on croissant—with chicken, cranberries and toasted almonds mixed with mayo, tomatoes & field greens

CLASSIC TUNA SALAD | 480 CAL

on toasted croissant—with tuna and ABP signature herb blend mixed with mayo, tomatoes, field greens & red onions

WRAPS

NAPA CHICKEN WITH AVOCADO | 590 CAL

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

CHICKEN CAESAR | 620 CAL

with asiago cheese, romaine & caesar dressing

TURKEY COBB | 680 CAL

with fresh avocado, gorgonzola, hard boiled egg, hardwood smoked bacon, cucumbers, tomatoes, field greens & caesar dressing in a whole wheat wrap

MEDITERRANEAN | 660 CAL

with hummus, fresh avocado, kalamata olives, feta, tomatoes, red bell peppers, cucumbers, romaine, field greens & lemon vinaigrette in a whole wheat wrap

BAKERY

COOKIES

chocolate chip
classic oatmeal raisin
double chocolate mudslide
chocolate dipped cranberry
almond macaroon

CROISSANTS

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

MUFFINS

blueberry
corn
chocolate chip

SCONES

cinnamon chip

BAGELS

plain
sesame
asiago cheese
jalepeno cheddar
everything
cinnamon raisin
skinny wheat

OTHER

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

GLUTEN FREE

chewy marshmallow bar

SNACKS

BON TO GO BOXES

cheese & fruit
fruit, eggs & nuts
hummus

FRESH FRUIT

bananas, apples
seasonal fruit
fruit cups

SNACKS

chips
multigrain chips
hard boiled eggs
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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