CATERING BY

au bon pain®

THE BAKERY CAFÉ









fresh. delicious. delivered.

1-800-765-4227

www.aubonpain.com

breakfast

breakfast for the group

ABP MORNING PASTRY PLATTER

assortment of freshly baked goods and spreads. create your own assortment or have us choose for you.

- bagels: plain (260 Cal), asiago cheese (310 Cal), cinnamon raisin (270 Cal), everything (270 Cal), sesame (280 Cal) and jalapeno cheddar (320 Cal)
- muffins: chocolate chip (490 Cal), blueberry (420 Cal), corn (470 Cal)
- croissants: plain (280 Cal), chocolate (470 Cal), apple (280 Cal), almond (490 Cal)
- other pastries: cinnamon chip scone (460 Cal), sweet cheese danish (500 Cal), cherry danish (460 Cal) and cinnamon roll (490 Cal)
  spreads: butter (60 Cal), jam (35 Cal) & cream cheeses (90 - 100 Cal)

BAGELS & SPREADS

- bagels: plain (260 Cal), asiago cheese (310 Cal), cinnamon raisin (270 Cal), everything (270 Cal), sesame (280 Cal) and jalapeno cheddar (320 Cal)

SMOKED SALMON AVOCADO & BAGEL BREAKFAST SERVICE

assortment of freshly baked bagels, smoked salmon, spreads and accompaniments

- bagels: plain (260 Cal), asiago cheese (310 Cal), cinnamon raisin (270 Cal), everything (270 Cal), sesame (280 Cal) and jalapeno cheddar (320 Cal)

accompaniments: smoked salmon, fresh avocado, pickled red onions, cucumbers, arugula & lemon aioli (1100 Cal)

BREAKFAST SANDWICHES

warm bagels or ciabatta (260-320 Cal) filled with farm fresh eggs and your choice of NY cheddar cheese, hardwood smoked bacon & NY cheddar or Niman Ranch sausage & NY cheddar. a breakfast classic.

- egg & cheddar (460-520 Cal)
- egg, hardwood smoked bacon & cheddar (510-590 Cal)
- egg, Niman Ranch sausage & cheddar (620-680 Cal)

substitute egg whites, add $1.00 (subtract 70 Cal)

PREMIUM BREAKFAST SANDWICHES

- the good egg (480 Cal) - two eggs, NY cheddar, avocado, spinach, tomatoes & lemon aioli on rustic baguette
- power protein wrap (820 Cal) - two eggs, turkey sausage, NY cheddar & avocado with spinach, tomatoes & ABP's own herb aioli in a flour tortilla

SAVORY WARM CROISSANTS

warm from the oven, flaky croissants stuffed with ham & cheese or spinach & cheese. an Au Bon Pain specialty.

- ham & cheese croissant (410 Cal)
- spinach & cheese croissant (320 Cal) V

STUFFED CROISSANTS

buttery croissants filled with cheesy scrambled eggs or cheesy scrambled eggs with bacon and herbs.

- 3 cheese stuffed croissant (540 Cal) V
- bacon & cheese stuffed croissant (550 Cal)

INDIVIDUAL YOGURT & FRUIT PARFAITS

layered with yogurt, berries, and signature granola

- low fat blueberry yogurt with wild blueberries (370 Cal)
- nonfat greek vanilla yogurt with wild blueberries (320 Cal)

OATMEAL BAR (3670 Cal per bar)

includes toppings: brown sugar (430 Cal), sliced almonds (650 Cal), sweetened dried cranberries (390 Cal) & chocolate chips (610 Cal)

FRESHLY BREWED (25 Cal per box)

- **signature french roast** (96 oz) - our freshly brewed signature french roast coffee. served with cups, a variety of sweeteners, creamers and coffee stirrers.
- **signature decaf french roast** (96 oz) - our freshly brewed signature decaf french roast coffee. served with cups, a variety of sweeteners, creamers and coffee stirrers.
- **tea** (96 oz) - an assortment of teas served with hot water, cups, lemon, a variety of sweeteners, creamers and stirrers.

FLORIDA ORANGE JUICE (880 Cal)

a half gallon of refreshing orange juice served with beverage cups

CHILLED BEVERAGES

Nantucket Nectars: Apple (220 Cal), Orange Mango (240 Cal), Ocean Spray: Cranberry (200 Cal), Apple (210 Cal), Orange Juice (210 Cal), Snapple: Diet Peach Tea (10 Cal), Lemon Tea (150 Cal), Perrier (0 Cal) (ask for available flavors)

BOTTLED WATER (20 OZ)

- Dasani Water (0 Cal)
- Aquafina Water (0 Cal)
- Poland Spring Water (0 Cal)
- Ice Mountain Water (0 Cal)

Additional nutrition information available upon request.

2000 calories a day is used for general nutrition advice, but calorie needs vary.

breakfast

breakfast for 1

ABP CONTINENTAL BREAKFAST COMBO

individually bagged breakfast choice of a bagel (260-320 Cal), muffin (420-490 Cal), pastry (410-530 Cal) or croissant (280-490 Cal) with whole fruit (120 Cal)

ABP DELUXE CONTINENTAL BREAKFAST COMBO

individually bagged breakfast choice of a bagel (260-320 Cal), muffin (420-490 Cal), pastry (410-530 Cal) or croissant (280-490 Cal) with medium fruit cup (70 Cal) or medium blueberry yogurt parfait with blueberries (270 Cal)

SMOKED SALMON AVOCADO SANDWICH

smoked salmon, fresh avocado, cucumbers, pickled red onions, arugula & lemon aioli on ciabatta (470 Cal)

BREAKFAST SANDWICH

choice of individually bagged breakfast sandwich made on a plain bagel (460-620 Cal)

- egg & cheddar (460 Cal)
- egg, hardwood smoked bacon & cheddar (510 Cal)
- egg, Niman Ranch sausage & cheddar (620 Cal)

substitute egg whites, add $1.00 (subtract 70 Cal)

SAVORY WARM CROISSANT

choice of individually bagged savory warm croissant

- ham & cheese croissant (410 Cal)
- spinach & cheese croissant (320 Cal) V

STUFFED CROISSANT

choice of individually packaged stuffed croissant

- 3 cheese stuffed croissant (540 Cal) V
- bacon & cheese stuffed croissant (550 Cal)

bon to go

CHEESE & FRUIT (390 Cal)

brie, NY cheddar, apple, grapes & crackers

FRUIT, EGG & NUTS (500 Cal)

hard boiled egg, apple, grapes, NY cheddar & mixed nuts

HUMMUS & PRETZEL CRACKERS (300 Cal)

hummus, cucumber & pretzel crisps

ADD INDIVIDUAL MEDIUM OATMEAL (480 Cal)

served with sides of brown sugar, dried cranberries & toasted almonds

ADD FRESH FRUIT CUP

medium (70 Cal)/large (140 Cal)

ADD WHOLE FRUIT (120 Cal)

apple or banana

ADD HARD BOILED EGGS (140 Cal)

ADD KIND® BAR (190/220 Cal)





lunch

lunch boxes

SANDWICH LUNCH BOX
signature sandwich or wrap, served with potato chips & a freshly baked cookie or whole fruit

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-590 Cal)
- whole fruit (120 Cal)

DELUXE SANDWICH LUNCH BOX
signature sandwich or wrap, served with side garden or side caesar salad, potato chips & a freshly baked cookie or whole fruit

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)
- side garden or caesar salad (30/110 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-590 Cal)
- whole fruit (120 Cal)

DELI SANDWICH LUNCH BOX
your choice of turkey, ham, chicken salad or tuna salad sandwich on county white bread with lettuce & tomato or a mediterranean wrap served with potato chips & a freshly baked chocolate chip cookie or whole fruit

- sandwiches (330-440 Cal)
- wrap (660 Cal)
- potato chips (180-220 Cal)
- chocolate chip cookie (370 Cal)
- whole fruit (120 Cal)

SALAD LUNCH BOX
entrée salad served with rustic bread and a freshly baked cookie or whole fruit

- salad (30-350 Cal)
- rustic bread (170 Cal)
- whole fruit (120 Cal)
- freshly baked cookies (290-590 Cal)

bon to go

HUMMUS & PRETZEL CRACKERS (300 Cal)
hummus, cucumber & pretzel crisps

CHEESE & FRUIT (390 Cal)
brie, NY cheddar, apple, grapes & crackers

FRUIT, EGG & NUTS (500 Cal)
hard boiled egg, apple, grapes, NY cheddar & mixed nuts

lunch for the group

DELUXE LUNCH
a selection of our signature sandwiches and wraps paired with a fresh salad, potato chips and freshly baked cookies

- sandwiches (480-770 Cal) and wraps (590-680 Cal)
- garden or caesar salad (250/650 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-590 Cal)

CLASSIC LUNCH
a variety of our signature sandwiches and wraps served with potato chips & freshly baked cookies

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)
- potato chips (180-220 Cal)
- freshly baked cookies (290-590 Cal)

ABP SIGNATURE SANDWICH TRAY
select from our extensive list of signature sandwiches served on freshly baked breads (country white, ciabatta, rustic baguette, multigrain baguette) & wraps

- sandwiches (480-770 Cal)
- wraps (590-680 Cal)

add a side to your lunch box!

- medium fruit cup (70 Cal)
- KIND® bar (190/220 Cal)



entrée salads

individual salads

CHEF SALAD (280 Cal)
fresh diced turkey & ham, romaine & field greens, hardwood smoked bacon, asiago cheese & grape tomatoes

GARDEN SALAD (30 Cal)
romaine & field greens, grape tomatoes, shredded carrots, cucumbers & red onions
- with chicken (140 Cal)

CAESAR ASIAGO (160 Cal)
romaine, housemade croutons & asiago cheese
- with chicken (270 Cal)

MEDITERRANEAN SALAD (350 Cal)
romaine & field greens, hummus, fresh avocado, kalamata olives, feta, grape tomatoes, red bell peppers & cucumbers
- with chicken (350 Cal)

CHICKEN COBB AVOCADO (440 Cal)
chicken, romaine & field greens, fresh avocado, hardwood smoked bacon, gorgonzola, hard boiled egg, grape tomatoes & cucumbers

SOUTHWEST CHICKEN (310 Cal)
marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers & grape tomatoes

salads for the group

CHEF SALAD (1120 Cal per bowl)
fresh diced turkey & ham, romaine & field greens, hardwood smoked bacon, asiago cheese & grape tomatoes

GARDEN SALAD (250 Cal per bowl)
romaine & field greens, grape tomatoes, shredded carrots, cucumbers & red onions
- with chicken (680 Cal per bowl)

CAESAR ASIAGO (650 Cal per bowl)
romaine, housemade croutons & asiago cheese
- with chicken (1080 Cal per bowl)

MEDITERRANEAN SALAD (1400 Cal per bowl)
romaine & field greens, hummus, fresh avocado, kalamata olives, feta, grape tomatoes, red bell peppers & cucumbers
- with chicken (1820 Cal per bowl)

CHICKEN COBB AVOCADO (1790 Cal per bowl)
chicken, romaine & field greens, fresh avocado, hardwood smoked bacon, gorgonzola, hard boiled egg, grape tomatoes & cucumbers

SOUTHWEST CHICKEN (1260 Cal per bowl)
marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers & grape tomatoes

All salads served with assorted dressings: green goddess (200 Cal), balsamic vinaigrette (100 Cal), caesar (220 Cal), ranch (190 Cal)



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signature sandwiches

ABP ORIGINAL CHICKEN SALAD (500 Cal)
on croissant – with chicken, cranberries and toasted almonds mixed with mayo, tomatoes & field greens

TURKEY CLUB (580 Cal)
on country white – with NY cheddar, hardwood smoked bacon, tomatoes, field greens & mayo

CAPRESE (540 Cal)
on ciabatta – with fresh mozzarella, tomatoes, arugula & pesto
- with chicken (640 Cal)

CHIPOTLE BLACK BEAN BURGER WITH AVOCADO (740 Cal)
on ciabatta – with NY cheddar, fresh avocado, pickled red onions, tomatoes & chipotle mayo

CHIPOTLE TURKEY & AVOCADO (770 Cal)
on ciabatta - with fresh avocado, NY cheddar, tomato basil bruschetta, arugula & chipotle mayo

CHICKEN & AVOCADO (620 Cal)
on semolina – with fresh avocado, hardwood smoked bacon, tomatoes, field greens & basil aioli

CLASSIC TUNA SALAD (480 Cal)
on croissant – with tuna and ABP signature herb blend mixed with mayo, tomatoes, field greens & red onions

CORDON BLEU (630 Cal)
on semolina - with fresh sliced ham & chicken, swiss, dijonnaise, pickled red onions, spinach & lemon vinaigrette

EXTRA BACON BLT (500 Cal)
on rustic baguette - with 6 slices of hardwood smoked bacon, tomatoes, field greens & mayo



wraps

TURKEY COBB WRAP (680 Cal)
with fresh avocado, gorgonzola, hard boiled egg, hardwood smoked bacon, cucumbers, tomatoes, field greens & caesar dressing in a whole wheat wrap

CHICKEN CAESAR (620 Cal)
with asiago cheese, romaine & caesar dressing

MEDITERRANEAN WRAP (660 Cal)
with hummus, fresh avocado, kalamata olives, feta, tomatoes, red bell peppers, cucumbers, romaine, field greens & lemon vinaigrette in a whole wheat wrap

NAPA CHICKEN WITH AVOCADO (590 Cal)
with fresh avocado, tomatoes, cucumbers, romaine, basil aioli & lemon vinaigrette

INDIVIDUAL BAGS OF CHIPS
- Cape Cod Original Potato Chips (220 Cal)
- Cape Cod Barbeque Chips (180 Cal)
- Cape Cod Salt & Vinegar Chips (220 Cal)
- Original Sun Chips (210 Cal)

Selections may vary by location.

Not all items available in all markets.

Before placing your order, please inform an Au Bon Pain representative if a person in your party has a food allergy.

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turkey and chicken.
no antibiotics. ever.

soup

SPECIALTY SOUP

accompanied by a basket of freshly baked breadsticks and baguettes (1540 Cal per basket)

- **beef & vegetable stew** - 64 fl oz **(1840 Cal)**
  chunks of tender beef simmered in a burgundy laced gravy with pearl onions, celery, tomatoes, petite carrots and russet potatoes

- (V) **macaroni & cheese** - 64 fl oz **(4720 Cal)**
  small shells in a creamy cheese sauce with cheddar and parmesan cheeses

SOUP

accompanied by a basket of freshly baked breadsticks and baguettes (1540 Cal per basket)

- **broccoli cheddar** - 64 fl oz **(1760 Cal)**
  chopped broccoli and broccoli florets simmered in a velvety chicken broth seasoned with grated cheddar cheese, herbs and sweet onions

- **chicken noodle** - 64 fl oz **(640 Cal)**
  chicken breast simmered in a chicken broth with tender egg noodles, carrots, onions, celery and select herbs

- **clam chowder** - 64 fl oz **(1840 Cal)**
  chopped sea clams and diced russet potatoes blended with celery, onions, clam nectar, light cream and select seasonings

- **turkey, kale & wild rice** - 64 fl oz **(1670 Cal)**
  pulled turkey, wild rice & kale simmered with carrots, onions & celery in a creamy turkey stock

- **tomato basil bisque** - 64 fl oz **(1290 Cal)**
  savory vegetables and smooth tomato puree in a creamy vegetable broth with basil, fennel, and sweet cream

- **baked stuffed potato** - 64 fl oz **(2060 Cal)**
  russet potatoes with smoked bacon in a rich cream sauce with spring onions and chive

Many more to choose from. Ask about our weekly options.

BREAD BASKET (1540 Cal per basket)

an assortment of our freshly baked breadsticks and baguettes





sweets

MINI CHOCOLATE CHIP COOKIE SLEEVE (560 Cal)
6 count mini chocolate chip cookies

MINI OATMEAL RAISIN COOKIE SLEEVE (440 Cal)
6 count mini oatmeal raisin cookies

BROWNIE BITES (640 Cal)

ABP MINI BITES (2270 Cal)
an assortment of freshly baked mini chocolate chip and oatmeal raisin cookies served along with our brownie bites

COOKIE COLLECTION
a selection from our abundant list of freshly baked cookies:
red velvet (560 Cal), candy (560 Cal), chocolate chip (370 Cal), oatmeal raisin (290 Cal), double chocolate mudslide (370 Cal).

make your own selections or allow us to send a variety of options.



drinks

CHILLED BEVERAGES

Nantucket Nectars: Apple (220 Cal), Orange Mango (240 Cal), Ocean Spray: Cranberry (200 Cal), Apple (210 Cal), Orange Juice (210 Cal), Snapple: Diet Peach Tea (10 Cal), Lemon Tea (150 Cal), Perrier (0 Cal) (ask for available flavors)

HALF GALLON ICED BEVERAGES

- lemonade (780 Cal)
- strawberry lemonade (780 Cal)
- unsweetened tea (20 Cal)
- iced coffee (40 Cal)

SOFT DRINKS (20 OZ)

- Dasani Water (0 Cal)
- Aquafina Water (0 Cal)
- Poland Spring Water (0 Cal)
- Ice Mountain Water (0 Cal)
- Pepsi (250 Cal)
- Diet Pepsi (0 Cal)
- Coke (240 Cal)
- Diet Coke (0 Cal)
- Sprite Zero (0 Cal)

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Our catering cancellation policy:
24 hours notice required for cancellation on all orders.

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