

AU BON PAIN MENU NUTRITION	Serving Size	Size Name	Calories	Fat Calories	Fat	Sat Fat	Trans Fat*	Chol	Sodium	Carbs	Fiber	Sugars	Protein
WINTER 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
BAGELS													
Asiago Cheese Bagel	4 oz (113g)		310	45	5	3	0	15	600	54	4	6	13
Cinnamon Raisin Bagel	3.7 oz (105)		270	5	1	0	0	0	470	57	4	11	10
Everything Bagel	3.6 oz (102)		270	15	1.5	0	0	0	660	54	4	6	10
Ancient Grain Bagel	3.8 oz (107g)		290	35	4	0.5	0	0	450	53	7	9	13
Jalapeno Cheddar Bagel	4.8 oz (137g)		320	50	5	3.5	0	15	710	54	4	6	13
Plain Bagel	3.5 oz (99g)		260	5	0.5	0	0	0	510	53	4	5	10
Sesame Seed Bagel	3.6 oz (102g)		280	20	2	0	0	0	510	54	4	5	10
Whole Wheat Skinny Bagel	1.6 oz (45g)		90	5	1	0	0	0	230	21	6	1	5
BAGEL SPREADS													
Garden Vegetable Cream Cheese Spread	1.5 oz (43g)		100	90	10	6	0	30	230	2	0	2	2
Herb Cream Cheese	1.5 oz (43g)		90	60	7	4.5	0	25	180	4	0	2	3
Reduced Fat Philadelphia Cream Cheese	1.5 oz (43g)		90	70	8	4.5	0	30	190	3	0	2	3
COOKIES & DESSERTS													
Brownie Bites	5.1 oz (146g)		640	290	33	14	0	90	230	87	5	68	8
Chewy Marshmallow Bar	2.1 oz (60g)		260	50	5	3.5	0	15	250	50	0	27	2
Double Chocolate Brownie	4 oz (113 g)		500	240	27	12	0	75	190	66	4	50	6
Chocolate Chip Cookie	2.8 oz (81g)		370	160	18	11	0	45	120	54	2	35	3
Chocolate Cranberry Almond Coconut Macaroon	2.4 oz (69g)		290	150	17	13	0	0	110	33	2	24	4
Cinnamon Swirl Roll	5 oz (141g)		530	230	25	13	0	70	360	73	4	37	6
Classic Oatmeal Raisin Cookie	2.2 oz (63g)		290	100	11	6	0	40	150	46	2	24	4
Double Chocolate Mudslide Cookie	2.7 oz (76g)		370	170	19	10	0	50	170	50	2	32	5
English Toffee Cookie	2.3 oz (65g)		320	140	16	9	0	50	240	42	1	25	4
Iced Lemon Pound Cake	4.5 oz (128g)		470	190	21	11	0	140	510	66	1	41	6
Mini Chocolate Chip Cookies	4.3 oz (121g)		560	240	27	16	0	70	180	81	3	52	5
Palmier	2.6 oz (73g)		380	180	20	12	0	50	320	46	1	14	5
Red Velvet Cookie	4 oz (115 g)		560	240	27	14	0	50	270	78	1	50	6
Reese's Peanut Butter Cookie	4.3 oz (122g)		630	340	37	16	0	40	480	66	2	46	11
CROISSANTS													
Almond Croissant	4.1 oz (115g)		500	270	31	13	0.5	110	390	47	3	16	11
Apple and Cinnamon Croissant	3.4 oz (97g)		220	70	8	4.5	0	30	290	35	2	14	5
Chocolate Croissant	3.9 oz (110g)		470	220	25	16	0	75	380	55	3	25	8
Ham and Cheese Croissant	4.2 oz (119g)		410	190	21	13	0.5	85	590	25	1	6	18

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Plain Croissant	2.4 oz (67g)		280	140	16	9	0	65	320	28	1	4	6
Spinach and Cheese Croissant	3.4 oz (98g)		320	160	18	11	0	70	420	32	1	5	7
Sweet Cheese Croissant	3.7 (104g)		410	200	22	13	0.5	95	420	46	1	22	8
DANISH													
Sweet Cheese Danish	4.4 oz (124g)		410	180	20	12	0	70	410	50	2	19	7
MUFFINS													
Banana Walnut Muffin	4.9 oz (139g)		580	280	31	5	0	100	340	66	3	34	9
Blueberry Muffin	4.9 oz (138g)		480	220	25	4.5	0	85	330	59	1	34	6
Chocolate Chip Muffin	4.7 oz (133g)		580	270	30	8	0	85	380	73	2	43	6
Corn Muffin	4.7 oz (133g)		470	200	22	4	0	85	290	62	1	28	7
Raisin Bran Muffin	4.7 oz (133g)		430	110	12	2.5	0	100	350	75	7	31	10
SCONES													
Blueberry Scone	3.8 oz (108g)		400	190	21	13	0	135	530	43	1	9	8
Cinnamon Chip Scone	3.7 oz (106g)		460	220	25	15	0	120	520	50	1	19	7
BEVERAGES													
BLASTS & SMOOTHIES													
Berry Pomegranate Smoothie	16 fl oz (480 mL)		270	5	0	0	0	5	30	62	3	52	6
Mango Smoothie	16 fl oz. (480 mL)		300	0	0	0	0	5	30	72	3	55	6
Strawberry Banana Smoothie	16 fl oz (480 mL)		290	5	0	0	0	5	30	68	3	54	6
COFFEE & ESPRESSO													
Caffe Americano	20 fl oz (600 mL)	Large	15	5	0	0	0	0	35	3	0	3	0
Caffe Americano	16 fl oz (480 mL)	Medium	10	0	0	0	0	0	25	2	0	2	0
Caffe Latte	20 fl oz (600 mL)	Large	180	80	9	5	0	25	135	15	0	15	9
Caffe Latte	16 fl oz. (480 mL)	Medium	140	60	7	4	0	20	105	12	0	12	7
Cappuccino	20 fl oz (600 mL)	Large	160	70	8	4.5	0	25	125	14	0	14	8
Cappuccino	16 fl oz. (480 mL)	Medium	120	50	6	3.5	0	20	90	10	0	10	6
Caramel Macchiato	20 fl oz (600 mL)	Large	330	90	10	6	0	30	170	51	0	48	10
Caramel Macchiato	16 fl oz (480 mL)	Medium	270	70	8	4.5	0	25	135	41	0	40	8
Chai Latte	20 fl oz (600 mL)	Large	270	80	9	5	0	25	120	38	0	38	9
Chai Latte	16 fl oz (480 mL)	Medium	210	60	7	4	0	20	90	30	0	30	7
Espresso - Double Shot	3 fl oz (90 mL)		10	0	0	0	0	0	15	1	0	1	0
Hot Chocolate	20 fl oz (600 mL)	Large	440	140	15	9	0	40	160	66	0	65	12

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Hot Chocolate	16 fl oz (480 mL)	Medium	350	110	12	7	0	35	130	51	0	50	10
Iced Caffè Americano	24 fl oz (720 mL)	Large	15	5	0	0	0	0	35	3	0	3	0
Iced Caffè Americano	16 fl oz (480 mL)	Medium	10	0	0	0	0	0	30	2	0	2	0
Iced Caffè Latte	24 fl oz (720 mL)	Large	180	80	9	5	0	25	140	15	0	15	9
Iced Caffè Latte	16 fl oz (480 mL)	Medium	140	60	7	4	0	20	110	12	0	12	7
Iced Caramel Macchiato	24 fl oz (720 mL)	Large	330	90	10	6	0	30	170	51	0	48	10
Iced Caramel Macchiato	16 fl oz (480 mL)	Medium	270	70	8	4.5	0	25	135	41	0	40	8
Iced Chai Latte	24 fl oz (720 mL)	Large	270	80	9	5	0	25	125	38	0	38	9
Iced Chai Latte	16 fl oz (480 mL)	Medium	210	60	7	4	0	20	100	30	0	30	7
Iced Decaf French Roast Coffee	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	1
Iced Decaf French Roast Coffee	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	1
Iced French Roast Coffee	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	1
Iced French Roast Coffee	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	1
Iced French Vanilla Coffee	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	1
Iced French Vanilla Coffee	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	1
Iced Mocha Latte	24 fl oz (720 mL)	Large	400	100	11	7	0	25	160	64	0	61	11
Iced Mocha Latte	16 fl oz (480 mL)	Medium	300	80	9	5	0	20	125	49	0	46	9
Iced Vanilla Latte	24 fl oz (720 mL)	Large	300	80	9	5	0	25	140	45	0	42	9
Iced Vanilla Latte	16 fl oz (480 mL)	Medium	230	60	7	4	0	20	110	35	0	34	7
Mocha Latte	20 fl oz (600 mL)	Large	400	100	11	7	0	25	160	64	0	61	11
Mocha Latte	16 fl oz (480 mL)	Medium	300	80	9	5	0	20	120	49	0	46	9
Vanilla Latte	20 fl oz (600 mL)	Large	300	80	9	5	0	25	135	45	0	42	9
Vanilla Latte	16 fl oz (480mL)	Medium	230	60	7	4	0	20	105	35	0	34	7
Vanilla Latte with Sugar Free Syrup	20 fl oz (600 mL)	Large	180	80	9	5	0	25	135	22	0	13	9
Vanilla Latte with Sugar Free Syrup	16 fl oz (480 mL)	Medium	140	60	7	4	0	20	105	17	0	10	7
Whipped Cream Topping	2 Tablespoons (6g)		20	15	1.5	1	0	5	0	0	0	0	0
FOUNTAIN & OTHER													
Caffeine Free Diet Coke	32 fl oz (960 mL)	Large	5	0	0	0	0	0	35	0	0	0	0
Caffeine Free Diet Coke	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	30	0	0	0	0
Coke	32 fl oz (960 mL)	Large	390	0	0	0	0	0	10	104	0	104	0
Coke	24 fl oz (720 mL)	Medium	290	0	0	0	0	0	5	78	0	78	0
Coke Zero	32 fl oz (960 mL)	Large	5	0	0	0	0	0	20	0	0	0	0
Coke Zero	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	0
Diet Coke	32 fl oz (960 mL)	Large	5	0	0	0	0	0	35	0	0	0	0
Diet Coke	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	30	0	0	0	0

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FUZE Raspberry Iced Tea	32 fl oz (960 mL)	Large	240	0	0	0	0	0	30	66	0	0	0
FUZE Raspberry Iced Tea	24 fl oz (720 mL)	Medium	180	0	0	0	0	0	20	50	0	50	0
Homestyle Lemonade	32 fl oz (960 mL)	Large	390	0	0	0	0	0	0	103	0	97	0
Homestyle Lemonade	24 fl oz (720 mL)	Medium	290	0	0	0	0	0	0	78	0	72	0
Iced Black Tea	32 fl oz (960 mL)	Large	10	0	0	0	0	0	30	3	0	0	0
Iced Black Tea	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	20	2	0	0	0
Orange Juice	16 fl oz (480 mL)	Large	220	0	0	0	0	0	5	52	1	50	3
Orange Juice	8 fl oz (240 mL)	Medium	110	0	0	0	0	0	0	26	0	26	2
PowerAde Mountain Blast	32 fl oz (960 mL)	Large	230	0	0	0	0	0	210	57	0	57	0
PowerAde Mountain Blast	24 fl oz (720 mL)	Medium	170	0	0	0	0	0	160	43	0	43	0
Sprite	32 fl oz (960 mL)	Large	390	0	0	0	0	0	85	104	0	104	0
Sprite	24 fl oz (720 mL)	Medium	290	0	0	0	0	0	65	78	0	78	0
Sprite Zero	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	0
Sprite Zero	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	0
Strawberry Lemonade	32 fl oz (960 mL)	Large	390	5	0	0	0	0	25	103	0	97	0
Strawberry Lemonade	24 fl oz (720 mL)	Medium	300	0	0	0	0	0	20	77	0	73	0
Sweet Tea	32 fl oz (960 mL)	Large	340	0	0	0	0	0	30	88	0	85	0
Sweet Tea	24 fl oz (720 mL)	Medium	250	0	0	0	0	0	20	66	0	64	0
Vitamin Water Zero - Squeezed	32 fl oz (960 mL)	Large	10	0	0	0	0	0	10	0	0	0	0
Vitamin Water Zero - Squeezed	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	5	0	0	0	0
Vitamin Water Zero - XXX	32 fl oz (960 mL)	Large	5	0	0	0	0	0	0	0	0	0	0
Vitamin Water Zero - XXX	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	0	0	0	0	0
BREADS													
Asiago Breadstick	2.1 oz (59g)		150	15	2	1	0	5	290	27	2	3	6
Ancient Grain Breadstick	1.8 oz (52g)		140	20	2	0	0	0	230	25	3	5	6
Ciabatta	3.5 oz (100g)		260	10	1	0	0	0	580	53	2	2	10
Country White Bread	3.8 oz (90g)		220	10	1	0	0	0	480	45	1	1	8
Rustic Baguette	3.5 oz (99g)	Sandwich Size	250	20	2.5	1	0	0	530	48	0	1	9
Rustic Baguette	2.3 oz (66g)	Soup Size	170	15	1.5	0.5	0	0	350	32	0	1	6
Semolina	3.8 oz (107g)	Sandwich Size	310	30	3.5	0.5	0	0	700	59	3	2	11
Semolina	2.3 oz (65g)	Soup Size	190	20	2	0	0	0	430	36	2	1	7
Multigrain	3.5 oz (99g)	Sandwich Size	260	30	3.5	0.5	0	0	480	48	3	4	10
Multigrain	2.3 oz (66g)	Soup Size	170	20	2.5	0	0	0	320	32	2	3	7
Tortilla Wrap	3.5 oz. (100g)		300	60	7	1.5	0	0	270	52	2	2	9
Whole Wheat Tortilla Wrap	3.5 oz. (100g)		300	60	7	1.5	0	0	270	50	9	1	10

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BREAKFAST SANDWICHES													
2 Eggs & Bacon on Skinny Wheat Bagel	5.1 oz (146g)		280	130	15	6	0	345	600	22	6	2	18
2 Eggs & Turkey Sausage on Skinny Wheat Bagel	6.2 oz (177g)		310	150	16	6	0	360	660	22	7	1	23
2 Eggs on a Bagel	6.7 oz (189g)		400	100	11	4.5	0	330	650	54	4	6	21
2 Eggs on a Bagel with Bacon	7 oz (200g)		450	140	15	6	0	345	890	55	4	6	23
2 Eggs on a Bagel with Bacon and Cheese	7.6 oz (215g)		510	180	20	9	0	360	980	55	4	6	27
2 Eggs on a Bagel with Cheese	7.2 oz (203g)		460	140	16	7	0	345	740	54	4	6	24
2 Eggs on a Bagel with Ham	8.2oz (232g)		470	130	14	5	0	360	1080	56	4	8	28
2 Eggs, Bacon and Cheddar on Ciabatta	7.6 oz (215g)		510	180	20	9	0	360	1050	54	2	3	28
2 Eggs, Cheddar & Bacon on Skinny Wheat Bagel	5.6 oz (160g)		340	180	20	9	0	360	690	22	6	2	22
2 Eggs, Cheddar & Ham on Skinny Wheat Bagel	6.8 oz (192g)		350	170	19	8	0	375	880	24	7	3	26
2 Eggs, Cheddar & Sausage on Skinny Wheat Bagel	7.1 oz (201g)		450	260	29	12	0	390	790	23	6	2	28
2 Eggs, Sausage & Cheddar on Asiago Bagel	9.5 oz (269g)		670	300	34	15	0	405	1160	56	4	6	36
2 Eggs, Sausage & Cheddar on Ciabatta	9 oz (256g)		620	270	30	12	0	390	1140	55	2	2	33
2 Eggs, Turkey Sausage & Cheddar on Skinny Wheat Bagel	6.7 oz (192g)		370	190	21	9	0	375	750	22	7	1	26
Egg Whites and Cheddar on Skinny Wheat Bagel	5.7 oz (162g)		210	60	7	4.5	0	20	490	22	6	1	19
Egg Whites, Cheddar & Avocado on Skinny Wheat	7.3 oz (207g)		360	210	23	12	0.5	50	590	25	9	1	19
Power Protein Wrap	12.6 oz (357g)		820	460	51	14	0	395	1020	60	5	4	32
Smoked Salmon Wasabi on Skinny Wheat Bagel	6.7 oz (190g)		400	90	10	4.5	0	30	910	59	4	9	18
Southwest Egg Wrap	11.7 oz (332g)		670	290	33	10	0	355	680	67	6	6	27
The Good Egg	8.9 oz (253g)		470	230	26	9	0	350	700	38	3	3	22
CAFÉ SANDWICHES													
Turkey Club	9.8 oz (279g)	Whole Sandwich	580	220	25	9	0	100	1700	49	2	3	38
Turkey Club	5.1 oz (146g)	Half Sandwich	290	110	13	4.5	0	50	850	25	1	2	19
Extra Bacon BLT	6.9 oz (196g)	Whole Sandwich	500	220	24	7	0	45	1450	52	1	3	17
Extra Bacon BLT	3.7 oz (104g)	Half Sandwich	250	110	12	3.5	0	20	730	26	0	2	9
Prime Roast Beef	9.9 oz (281g)	Whole Sandwich	630	220	25	10	0	75	1510	69	1	20	34
Prime Roast Beef	5.1 oz (144g)	Half Sandwich	320	120	13	5	0	40	760	35	0	10	17
Tuna Salad	9.8 oz (278g)	Whole Sandwich	460	100	11	2	0	65	860	53	6	6	38
Tuna Salad	5.3 oz (150g)	Half Sandwich	230	50	5	1	0	30	430	27	3	3	19
Chicken Salad on Semolina	10.4 oz (294g)	Whole Sandwich	510	110	13	2	0	75	1160	67	4	5	34
Chicken Salad on Semolina	5.6 oz (159g)	Half Sandwich	260	60	7	1	0	35	580	34	2	3	17
Chicken Salad on Multigrain	10.1 oz (286g)	Whole Sandwich	460	110	13	2.5	0	75	940	55	4	7	32

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SIGNATURE & HOT SANDWICHES													
Toasted Chicken & Avocado	11 oz (313g)		730	310	34	7	0	105	1350	68	6	5	41
Chipotle Turkey & Avocado	10.8 oz (307g)		770	390	43	11	0	95	1700	59	5	5	38
2 Tomato Caprese	9 oz (254g)		570	250	28	8	0	35	1020	59	3	6	21
Black Bean Chipotle Avocado	11.1 oz (315g)		740	330	37	70	420	32	1450	81	7	9	29
Newport Turkey	10.6 oz (300g)		730	290	32	12	0	100	1590	70	4	23	40
Ham & 2 Cheese	9.7 oz (275g)		570	220	24	9	0	85	1900	55	4	9	32
Classic Grilled Cheese Sandwich	5.6 oz (158g)		490	210	23	14	0	70	870	46	1	1	24
Country Grilled Chesse Sandwich	6.9 oz (197g)		550	250	28	16	0	80	1120	48	2	3	27
Turkey Bacon Melt	8.8 oz (251g)		600	250	27	10	0	100	1630	48	2	3	38
Roasted Vegetarian Harvest Hot Wrap	13.2 oz (375g)		710	270	30	6	0	15	810	92	12	4	18
Teriyaki Steak Harvest Hot Wrap	13.8 oz (392g)		680	160	18	4	0	65	980	95	12	8	36
Mayan Chicken Harvest Hot Wrap	15.6 oz (443g)		670	140	15	4.5	0	55	1060	96	13	6	36
WRAPS													
Chicken Caesar Wrap	9.6 oz (272g)		590	230	26	7	0	80	830	57	3	4	32
Sweet Turkey Wrap	13 oz (368g)		620	180	20	8	0	80	1480	74	11	22	38
Thai Peanut Chicken	12.2. oz (346g)		590	150	17	3	0	55	940	80	4	15	30
Napa Chicken Avocado Wrap	12.1 oz (345g)		610	260	29	4.5	0	65	650	63	6	6	29
Veggie & Hummus Wrap	11.8 oz (334g)		580	240	27	7	0	25	940	67	13	6	21
HARVEST HOT BOWLS													
Mayan Chicken Harvest Hot Bowl	18.3 oz (519g)		550	90	10	3.5	0	55	870	84	7	6	31
Mediterranean Chicken Harvest Hot Bowl	18.1 oz (513g)		700	240	27	6	0	90	780	76	5	4	37
Roasted Vegetarian Harvest Hot Bowl	15.5 oz (439g)		640	290	32	6	0	15	700	75	5	4	12
Teriyaki Steak Harvest Hot Bowl	13.2 (374g)		650	100	11	3	0	65	670	98	6	10	40
HOT BREAKFAST BAR													
Roasted Potatoes	1 oz. (28g)		35	10	1	0	0	0	110	6	1	0	1
Sausage with Peppers and Onions	1 oz. (28g)		40	25	2.5	0.5	0	5	110	1	0	0	3
Scrambled Eggs	1 oz. (28g)		30	15	2	0.5	0	85	75	1	0	0	3
Scrambled Eggs, Ham & Cheese	1 oz. (28g)		40	20	2.5	1	0	75	100	1	0	1	3
Warm Apple Bake	1 oz. (28g)		80	30	3	2	0	10	90	11	0	4	2
HOT LUNCH BAR													
Adobo Chicken	1 oz (28 g)		25	5	0.5	0	0	10	125	1	0	1	4

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AU BON PAIN MENU NUTRITION	Serving Size	Size Name	Calories	Fat Calories	Fat	Sat Fat	Trans Fat*	Chol	Sodium	Carbs	Fiber	Sugars	Protein
WINTER 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
Asian Rice with Edamame & Carrots	1 oz (28g)		30	5	0	0	0	0	10	6	0	0	1
Beef & Broccoli	1 oz (28 g)		30	10	1	0	0	10	105	2	0	1	3
Black Beans & Rice	1 oz. (28g)		25	0	0	0	0	0	15	5	1	0	1
Broccoli Chicken Pasta Alfredo	1 oz (28g)		50	15	2	1	0	10	40	5	0	0	2
Brown Rice	1 oz (28g)		30	5	0	0	0	0	15	6	0	0	1
Bruschetta Wings	1 oz (28g)		70	45	5	1	0	20	160	0	0	0	6
Chicken Dumplings	1 oz (28g)		45	10	1	0	0	5	150	7	0	1	2
Chipotle Wings	1 oz (28g)		70	45	5	1.5	0	20	190	1	0	1	6
Corn Bread	1 oz (28g)		100	45	5	1	0	20	60	13	0	6	1
Honey & Herb Carrots	1 oz. (28 g)		25	10	1.5	1	0	5	30	4	1	1	0
Meatballs in Marinara Sauce with Penne	1 oz. (28 g)		50	25	2.5	1	0	5	105	4	1	1	2
Mediterranean Rice	1 oz (28g)		35	5	0.5	0	0	0	25	6	0	0	1
Pork Carnitas	1 oz (28g)		45	20	2.5	0.5	0	10	110	1	0	1	5
Pulled BBQ Pork	1 oz (28g)		45	10	1.5	0	0	10	150	4	0	4	4
Roasted Corn & Jalapenos	1 oz (28g)		20	5	0	0	0	0	20	4	1	2	1
Roasted Mediterranean Vegetables	1 oz (28 g)		35	15	2	0	0	0	95	4	1	1	1
Sesame Green Beans	1 oz (28 g)		20	10	1	0	0	0	55	2	1	1	1
Smothered Beans	1 oz (28 g)		30	20	2	1	0	5	105	2	0	1	1
Southwest Wings	1 oz (28g)		70	45	5	1.5	0	20	170	0	0	0	6
Sweet & Sour Wings	1 oz (28g)		70	40	4.5	1.5	0	20	180	1	0	1	6
Tomato Asiago Rice	1 oz (28g)		35	10	1	0.5	0	0	25	5	0	0	1
Vegetable Lasagna	1 oz (28g)		45	25	2.5	1.5	0	10	75	3	0	1	3
COLD LUNCH BAR													
Lettuce Blend	1 oz (28g)		5	0	0	0	0	0	0	1	1	0	0
spinach	1 oz (28g)		5	0	0	0	0	0	20	1	1	0	1
romaine	1 oz (28g)		5	0	0	0	0	0	0	1	1	0	0
Mixed Salad Greens	1 oz (28g)		5	0	0	0	0	0	5	1	1	0	0
Caesar Salad	1 oz (28g)		25	10	1	0	0	0	35	3	1	0	1
Vegetarian Deluxe Salad	1 oz (28g)		20	10	1	0	0	0	60	2	1	1	1
Southwest Chicken Salad	1 oz (28g)		20	5	0.5	0	0	5	20	2	1	1	2
Harvest Turkey Salad	1 oz (28g)		35	15	1.5	0	0	5	70	3	0	2	3
Chicken Salad	1 oz (28g)		45	20	2.5	0	0	20	110	1	0	0	6
Mediterranean Pasta Salad	1 oz (28g)		50	20	2	0	0	0	50	7	1	1	2
Black Bean & Corn Salad	1 oz (28g)		35	10	1.5	0	0	0	50	4	1	1	2
Chickpeas & Tomatoes Salad	1 oz (28g)		35	20	2	0	0	0	100	3	1	1	1
Pesto Tortellini	1 oz (28g)		60	35	3.5	0	0	5	55	5	0	0	1
Carrot & Raisin Salad	1 oz (28g)		80	60	7	1	0	5	55	5	0	3	0

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AU BON PAIN MENU NUTRITION	Serving Size	Size Name	Calories	Fat Calories	Fat	Sat Fat	Trans Fat*	Chol	Sodium	Carbs	Fiber	Sugars	Protein
WINTER 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
Tuna	1 oz (28g)		35	0	0	0	0	15	40	1	0	0	9
Sliced Chicken	1 oz (28g)		35	5	0.5	0	0	20	50	1	0	0	7
Turkey	1 oz (28g)		30	5	0	0	0	15	200	0	0	0	7
Carrots	1 oz (28g)		10	0	0	0	0	0	20	3	1	1	0
Tomatoes	1 oz (28g)		5	0	0	0	0	0	0	1	0	1	0
Cucumber	1 oz (28g)		5	0	0	0	0	0	0	1	0	0	0
Corn	1 oz (28g)		20	5	0	0	0	0	0	4	1	2	1
Edamame	1 oz (28g)		40	15	2	0	0	0	0	3	1	1	4
Kalamata Olives	1 oz (28g)		70	50	6	0.5	0	0	390	4	1	0	1
Black Beans	1 oz (28g)		30	0	0	0	0	0	30	5	1	0	2
Chickpeas	1 oz (28g)		20	5	0	0	0	0	30	3	1	1	1
onion	1 oz (28g)		10	0	0	0	0	0	0	3	0	1	0
Pickled Beets	1 oz (28g)		20	0	0	0	0	0	75	5	0	4	0
Hard Boiled Eggs	1 oz (28g)		45	25	3	1	0	105	35	0	0	0	4
Red Pepper	1 oz (28g)		10	0	0	0	0	0	115	2	1	1	0
Grapes	1 oz (28g)		20	0	0	0	0	0	0	5	0	4	0
Mozzarella	1 oz (28g)		70	45	5	3.5	0	20	70	0	0	0	6
Apple Smoked Bacon	1 oz (28g)		130	90	10	3.5	0	15	660	0	0	0	9
Cantaloupe	1 oz (28g)		10	0	0	0	0	0	0	2	0	2	0
Asiago	1 oz (28g)		110	70	8	5	0	25	170	1	0	0	7
Feta	1 oz (28g)		100	70	8	4.5	0	25	250	1	0	0	6
Greek Vanilla Yogurt	1 oz (28g)		20	0	0	0	0	0	10	3	0	3	2
honeydew	1 oz (28g)		10	0	0	0	0	0	5	3	0	2	0
Cottage Cheese	1 oz (28g)		30	10	1.5	1	0	5	110	1	0	1	3
Grapefruit Sections	1 oz (28g)		10	0	0	0	0	0	0	3	1	2	0
Croutons	1 oz (28g)		90	20	2.5	0	0	0	140	14	1	1	3
Wontons	1 oz (28g)		140	60	6	1	0	0	150	18	1	1	3
Sweetened Dried Cranberries	1 oz (28g)		100	0	0	--	0	0	0	24	1	19	0
Walnuts	1 oz (28g)		190	170	19	1.5	0	0	0	1	3	1	4
Almonds	1 oz (28g)		170	130	14	1	0	0	0	6	4	1	6
OATMEAL													
Classic Oatmeal	16 oz (454 g)	Large	340	60	6	1	0	0	15	63	9	1	13
Classic Oatmeal	12 oz (340 g)	Medium	260	45	5	0.5	0	0	10	47	6	1	10
Classic Oatmeal	8 oz (227g)	Small	170	30	3	0	0	0	5	32	4	1	6
SNACKS													
Baked! Lay's Original Potato Crisps	1.125 oz (32g)		130	15	2	0	0	0	200	26	2	2	2
Bon To Go - Caprese Chicken	9.2 oz (262g)		330	170	19	6	0	70	680	16	3	8	24
Bon To Go - Cheese & Fruit	6.8 oz (195g)		390	220	25	14	0.5	70	590	31	2	16	14
Bon To Go - Fruit, Eggs & Nuts	9.3 oz (265g)		500	310	35	10	0	195	320	30	5	19	21

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WINTER 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
Bon To Go - Hard Boiled Eggs	3.1 oz (88g)		140	80	9	3	0	330	110	1	0	1	11
Bon To Go - Hummus	6 oz (170g)		300	130	14	1.5	0	0	670	37	4	5	8
Bon To Go - Smoked Salmon	5.2 oz (148g)		200	90	10	4	0	30	520	18	2	5	11
Bon To Go - Turkey & Cheddar Picnic	10.9 oz (309g)		620	230	25	12	0	95	1560	66	1	15	33
Bon To Go - Sweet Turkey Wrap Pack	8.8 oz (251g)		590	170	19	8	0	65	1130	84	7	31	23
Chocolate Covered Almonds	3 oz (85g)		450	270	30	17	0	0	70	46	5	39	7
Food Should Taste Good All Natural Multigrain Chips	1.5 oz (43g)		210	90	9	1	0	0	120	27	5	2	4
Fresh Grapes	8 oz. (227g)		160	5	0	0	0	0	0	41	2	35	2
Fruit Cup	12 oz (340g)	Large	140	5	0.5	0	0	0	30	36	2	32	2
Fruit Cup	6 oz (170g)	Medium	70	0	0	0	0	0	15	18	1	16	1
Signature Granola	6 oz (170g)		720	320	36	15	0	25	180	89	11	35	16
Cape Cod Reduced Fat Sweet Mesquite BBQ Potato Chips	1.375 oz (39g)		180	70	8	0.5	0	0	190	26	2	2	3
Cape Cod Sea Salt & Vinegar Potato Chips	1.5 oz (42g)		220	90	10	1	0	0	390	28	1	0	3
Cape Cod Original Potato Chips	1.5 oz (42g)		220	110	12	1	0	0	160	25	2	0.5	3
Mixed Nuts	2.6 oz (74g)		430	320	36	4.5	0	0	140	18	6	3	14
Overnight Oats	8 oz (227g)		410	120	13	3	0	5	40	61	8	20	15
Skinny Pop Popcorn	.65 oz (18g)		100	50	6	0.5	0	0	45	9	2	0	2
Snyders of Hanover Mini Pretzels	1 oz (30g)		110	0	0	0	0	0	250	25	0	0	3
YOGURT													
Blueberry Yogurt & Wild Blueberry Parfait	10.2 oz (289g)		370	80	9	4.5	0	15	170	65	3	45	11
Greek Vanilla Yogurt & Wild Blueberry Parfait	10.2 oz (289g)		320	70	8	3.5	0	20	115	44	4	31	23
SALADS (DRESSING NOT INCLUDED)													
Caesar Asiago	6.5 oz (184g)		160	60	7	3	0	15	230	19	4	2	8
Chicken Caesar Asiago	10 oz (283g)		290	80	9	3.5	0	90	410	21	4	2	33
Chicken Cobb with Avocado	16.2 oz (461g)		460	220	25	10	0	270	970	17	6	7	44
Harvest Turkey	12.6 oz (357g)		370	130	14	3	0	75	790	30	6	22	30
Side Garden	8.5 oz (241g)		50	5	0	0	0	0	35	11	4	5	2
Southwest Chicken	17.8 oz (505g)		380	120	13	2	0	70	380	39	9	9	32
Thai Peanut Chicken Salad	13.7 oz (388g)		250	50	6	1	0	80	290	23	5	6	29
Vegetarian Deluxe	15.2 oz (432g)		260	120	13	5	0	25	820	26	8	10	12
SALAD DRESSINGS													
ABP Croutons	1 oz (28g)		90	20	2.5	0	0	0	140	14	1	1	3
Avocado Green Goddess Dressing	1.5 oz (43g)		140	120	14	1.5	0	15	260	3	0	2	1

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WINTER 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
Balsamic Vinaigrette	1.5 oz (43g)		80	60	7	1	0	0	270	5	0	5	0
Caesar Dressing	1.5 oz (43g)		190	170	19	3.5	0	15	500	3	0	2	2
Chili Lime Vinaigrette	1.5 oz (43g)		110	80	9	1	0	0	300	7	0	6	0
Lemon Vinaigrette	1.5 oz (43g)		150	130	14	1.5	0	0	370	6	0	5	0
Citrus Lime Vinaigrette	1.5 oz (43g)		110	80	9	1	0	0	260	7	0	6	0
Ranch Dressing	1.5 oz (43g)		180	170	19	3	0	15	290	4	0	1	1
Thai Dressing	1.5 oz (43g)		120	50	6	0.5	0	0	550	16	0	14	1
SOUPS													
12 Veggies Soup	16 fl oz (480 mL)	Large	240	70	8	0.5	0	0	1200	36	5	14	6
12 Veggies Soup	12 fl oz (360 mL)	Medium	180	50	6	0	0	0	900	27	4	11	4
12 Veggies Soup	8 fl oz (240 mL)	Small	120	35	4	0	0	0	600	18	2	7	3
Baked Stuffed Potato Soup	16 fl oz (480 mL)	Large	510	290	33	16	1	85	1400	46	4	2	9
Baked Stuffed Potato Soup	12 fl oz (360 mL)	Medium	390	220	24	12	0.5	65	1050	34	3	2	7
Baked Stuffed Potato Soup	8 fl oz (240 mL)	Small	260	150	16	8	0	45	700	23	2	1	5
Barley and Creamy Lentil Soup	16 fl oz (480 mL)	Large	280	50	5	0.5	0	0	930	47	9	4	12
Barley and Creamy Lentil Soup	12 fl oz (360 mL)	Medium	210	35	4	0	0	0	700	35	7	3	9
Barley and Creamy Lentil Soup	8 fl oz (240 mL)	Small	140	25	2.5	0	0	0	460	24	5	2	6
Broccoli Cheddar Soup	16 fl oz (480 mL)	Large	450	290	32	15	1	80	1390	27	4	7	14
Broccoli Cheddar Soup	12 fl oz (360 mL)	Medium	340	220	24	11	0.5	60	1040	20	3	6	10
Broccoli Cheddar Soup	8 fl oz (240 mL)	Small	220	140	16	7	0	40	690	13	2	4	7
Chicken Noodle Soup	16 fl oz (480 mL)	Large	160	35	3.5	1	0	40	1370	20	2	3	10
Chicken Noodle Soup	12 fl oz (360 mL)	Medium	120	25	2.5	1	0	30	1030	15	1	3	8
Chicken Noodle Soup	8 fl oz (240 mL)	Small	80	15	2	0.5	0	20	690	10	1	2	5
Clam Chowder	16 fl oz (480 mL)	Large	460	240	26	10	0.5	75	1490	42	3	12	15
Clam Chowder	12 fl oz (360 mL)	Medium	350	180	20	8	0	55	1120	32	2	9	11
Clam Chowder	8 fl oz (240 mL)	Small	230	120	13	5	0	40	740	21	1	6	7
Corn and Green Chili Bisque	16 fl oz (480 mL)	Large	360	200	22	12	0.5	65	1780	35	4	7	7
Corn and Green Chili Bisque	12 fl oz (360 mL)	Medium	270	150	16	9	0	45	1330	26	3	5	6
Corn and Green Chili Bisque	8 fl oz (240 mL)	Small	180	100	11	6	0	30	890	17	2	3	4
Harvest Pumpkin Soup	16 fl oz (480 mL)	Large	310	160	18	10	0	50	1420	35	3	12	4
Harvest Pumpkin Soup	12 fl oz (360 mL)	Medium	230	120	13	7	0	35	1070	24	3	9	3
Harvest Pumpkin Soup	8 fl oz (240 mL)	Small	150	80	9	5	0	25	710	18	2	6	2
Lemon Orzo Chicken Soup	16 fl oz (480 mL)	Large	310	140	16	7	0	65	1590	26	2	3	16
Lemon Orzo Chicken Soup	12 fl oz (360 mL)	Medium	230	110	12	6	0	50	1190	20	1	3	12
Lemon Orzo Chicken Soup	8 fl oz (240 mL)	Small	150	70	8	3.5	0	30	790	13	1	2	8

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WINTER 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
Roasted Eggplant Soup	16 fl oz (480 mL)	Large	250	80	8	3	0	15	890	33	5	14	11
Roasted Eggplant Soup	12 fl oz (360 mL)	Medium	190	60	6	2	0	10	670	25	4	11	8
Roasted Eggplant Soup	8 fl oz (240 mL)	Small	130	40	4	1.5	0	5	450	17	3	7	6
Tomato Basil Bisque	16 fl oz (480 mL)	Large	320	130	14	9	0	50	500	40	3	22	9
Tomato Basil Bisque	12 fl oz (360 mL)	Medium	240	100	11	7	0	40	380	30	2	17	7
Tomato Basil Bisque	8 fl oz (240 mL)	Small	160	60	7	4.5	0	25	250	20	1	11	4
Turkey, Kale & Wild Rice Soup	16 fl oz (480 mL)	Large	420	200	23	10	0.5	60	1550	36	3	4	16
Turkey, Kale & Wild Rice Soup	12 fl oz (360 mL)	Medium	310	150	17	7	0	45	1160	27	2	3	12
Turkey, Kale & Wild Rice Soup	8 fl oz (240 mL)	Small	210	100	11	5	0	30	780	18	2	2	8
Tuscan White Bean Soup	16 fl oz (480 mL)	Large	310	60	6	0	0	0	1270	48	21	8	15
Tuscan White Bean Soup	12 fl oz (360 mL)	Medium	230	40	4.5	0	0	0	950	36	15	6	11
Tuscan White Bean Soup	8 fl oz (240 mL)	Small	150	30	3	0	0	0	630	24	10	4	7
Wild Mushroom Bisque	16 fl oz (480 mL)	Large	250	110	12	2	0	10	1420	30	4	8	7
Wild Mushroom Bisque	12 fl oz (360 mL)	Medium	190	80	9	1.5	0	5	1070	23	3	6	5
Wild Mushroom Bisque	8 fl oz (240mL)	Small	130	50	6	1	0	5	710	15	2	4	4
SPECIALTY SOUPS													
Beef and Vegetable Stew	16 fl oz (480 mL)	Large	450	200	22	4	0	75	1470	38	5	5	26
Beef and Vegetable Stew	12 fl oz (360 mL)	Medium	340	150	16	3	0	60	1100	28	4	4	20
Beef and Vegetable Stew	8 fl oz (240 mL)	Small	230	100	11	2	0	40	730	19	3	2	13
Macaroni and Cheese	16 fl oz (480 mL)	Large	1170	510	57	35	2	195	1470	122	4	5	40
Macaroni and Cheese	12 fl oz (360 mL)	Medium	880	390	43	26	1.5	145	1100	92	3	4	30
Macaroni and Cheese	8 fl oz (240 mL)	Small	590	260	29	18	1	95	730	61	2	2	20
Turkey Chili	16 fl oz (480 mL)	Large	450	110	12	2	0	40	900	59	21	8	26
Turkey Chili	12 fl oz (360 mL)	Medium	330	80	9	1.5	0	30	680	44	15	6	19
Turkey Chili	8 fl oz (240 mL)	Small	220	50	6	1	0	20	450	29	10	4	13
										LAST UPDATED: 12/10/19			

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