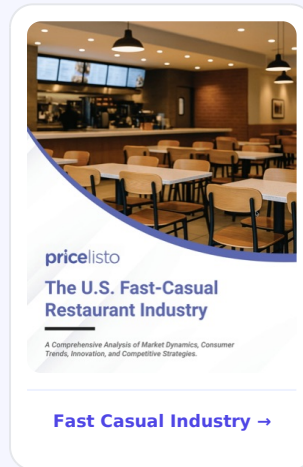




Au Bon Pain

Menu Prices — September 9, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Breakfast

ITEM	PRICE
Egg Whites and Cheddar on skinny wheat bagel (210 cal)	\$4.39
Egg Whites, Cheddar and Avocado on skinny wheat bagel with butter (360 cal)	\$4.99
2 Egg and Cheddar on plain bagel, skinny wheat bagel, or ciabatta	\$3.59
Smoked Salmon Wasabi on onion dill bagel with cucumbers & herb cream cheese	\$4.29
Toasted Bagel and Cream Cheese	\$2.19

Cafe Sandwiches

ITEM	PRICE
Classic Chicken Salad on country white--with cranberries, almonds, tomatoes & field greens	\$6.59
Turkey and Swiss on multigrain baguette--with swiss, tomatoes & honey-pecan spread	\$6.99
Tuna Salad on whole grain wheat--tuna salad with celery & onions mixed with mayo, tomatoes, cucumbers & field greens	\$6.49
Black Angus Roast Beef and Cheddar on multigrain baguette--with cheddar, pickled red onions, tomatoes, field greens & dijonnaise	\$6.79
Grilled Chicken on ciabatta--with tomatoes, field greens & lemon aioli	\$6.69
Classic BLT on toasted country white--with applewood-smoked bacon, tomatoes, romaine & basil aioli	\$5.79
Avocado BLT on toasted country white--with fresh avocado, applewood-smoked bacon, tomatoes, romaine & basil aioli	\$6.99

Wraps

ITEM	PRICE
Thai Peanut Chicken with tomatoes, cucumbers, carrots, crispy wontons, romaine, field greens & thai dressing	\$6.49
Chicken Caesar with asiago, romaine & caesar dressing	\$6.49
Waldorf Turkey roasted turkey, apples, cranberries & walnuts mixed with mayo, cheddar, romaine & maple walnut dressing in a whole-wheat...	\$6.79
Veggie and Hummus hummus, cucumbers, roasted tomatoes, carrots, chickpeas, romaine, field greens, basil pesto, feta & a touch of balsamic...	\$6.29
Napa Chicken with Avocado with fresh avocado, tomatoes, cucumber, romaine, lempn aioli & lite lemon shallot vinaigrette	\$6.89
Garden and Avocado fresh avocado, tomatoes, cucumbers, carrots, arugula, romaine & lite lemon shallot vinaigrette in a whole wheat wrap	\$6.39

Oven-Hot Sandwiches

ITEM	PRICE
Black Angus Steak and Cheese on ciabatta--with horseradish aioli, pickled red onions, fire-roasted peppers & three-cheddar bread	\$7.69
Ham and Two Cheese on baguette--with cheddar, swiss, tomatoes, arugula & dijonnaise	\$6.59
Country Grilled Cheese on county white--with four-cheese blend	\$5.99
Chicken Margherita on ciabatta--with fresh mozzarella, tomato, bruschetta & fresh basil	\$7.79
Newport Turkey on country white--with fresh avocado, cheddar & a touch of zesty honey mustard	\$7.59
Monterey Chicken on toasted semolina - chicken with no antibiotics ever, monterey jack cheese, fresh avocado, roasted tomatoes, arugula a...	\$7.79

Signature Sandwiches

ITEM	PRICE
Warm Chicken and Avocado on a toasted baguette--with fresh avocado, applewood-smoked bacon, marinated tomatoes, field greens & basil aioli	\$7.79
Turkey Club on toasted country white--with cheddar, applewood-smoked bacon, tomatoes, field greens & mayo	\$7.19
Two Tomato Caprese on ciabatta--with fresh mozzarella, tomatoes, arugula & basil pesto	\$6.89
Chipotle Turkey and Avocado on ciabatta--with fresh avocado, chipotle cheddar, roasted tomatoes, arugula & chipotle mayo	\$7.49

Specialty Salads

ITEM	PRICE
Chicken Cobb Avocado chicken, romaine & field greens, fresh avocado, applewood-smoked bacon, gorgonzola, egg, tomatoes, cucumbers & avocado g...	\$8.19
Vegetarian Deluxe romaine & field greens, fire-roasted peppers, kalamata olives, feta, tomatoes, cucumbers, carrots, chickpeas, red onions...	\$7.19
Chicken Caesar Asiago chicken, romaine, housemade croutons, asiago cheese & caesar dressing	\$7.49
Thai Peanut Chicken (Specialty Salads) chicken, romaine & field greens, tomatoes, cucumbers, carrots, crispy wontons & thai dressing	\$7.59
Harvest Turkey roast turkey, romaine & spinach, cranberries, grapes, granny smith apples, goat cheese, walnuts & maple walnut vinaigret...	\$7.99
Southwest Chicken marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, tomatoes, crispy wontons & lite citrus...	\$7.79