

<b>AU BON PAIN MENU NUTRITION</b>	<b>Serving Size</b>	<b>Size Name</b>	<b>Calories</b>	<b>Fat Calories</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Trans Fat*</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>
<b>FALL EVENT 2022</b>			<b>Kcal</b>	<b>Kcal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
<b>BAGELS</b>													
Asiago Cheese Bagel	4 oz (113g)	Each	310	45	5	3	0	15	650	54	4	5	13
Cinnamon Raisin Bagel	3.7 oz (105)	Each	270	5	1	0	0	0	470	57	4	11	10
Everything Bagel	3.6 oz (102)	Each	270	15	1.5	0	0	0	660	54	4	6	10
Jalapeno Cheddar Bagel	4.8 oz (137g)	Each	320	50	5	3.5	0	15	710	54	4	6	13
Plain Bagel	3.5 oz (99g)	Each	260	5	0.5	0	0	0	510	53	4	5	10
Sesame Seed Bagel	3.6 oz (102g)	Each	280	20	2	0	0	0	510	54	4	5	10
Whole Wheat Skinny Bagel	1.6 oz (45g)	Each	90	5	1	0	0	0	230	21	6	1	5
<b>BAGEL SPREADS</b>													
Garden Vegetable Cream Cheese Spread	1.5 oz (43g)		100	90	10	6	0	30	230	2	0	2	2
Reduced Fat Philadelphia Cream Cheese	1.5 oz (43g)		90	70	8	4.5	0	30	190	3	0	2	3
<b>COOKIES &amp; DESSERTS</b>													
Brownie Bites	5.1 oz (146g)	11-count	640	290	33	14	0	90	230	87	5	68	8
Candy Cookie	4.2 oz (120g)	Each	560	240	26	13	0	45	300	79	3	49	7
Mini Candy Cookie	6.4 oz (181g)	6-count	840	350	39	19	0.5	70	440	119	5	74	10
Chewy Marshmallow Bar	2.1 oz (60g)	Each	230	45	5	3	0	15	220	45	0	20	2
Chocolate Chip Cookie	2.8 oz (81g)	Each	370	160	18	11	0	45	120	54	2	35	3
Mini Chocolate Chip Cookies	4.3 oz (121g)	6-count	560	240	27	16	0	70	180	81	3	52	5
Cinnamon Swirl Roll	4.8 oz (137g)	Each	490	170	19	11	0.5	60	580	73	0	31	8
Classic Oatmeal Raisin Cookie	2.2 oz (63g)	Each	290	100	11	6	0	40	150	46	2	24	4
Double Chocolate Brownie	4 oz (113 g)	Each	500	240	27	12	0	75	190	66	4	50	6
Double Chocolate Mudslide Cookie	2.7 oz (76g)	Each	370	170	19	10	0	50	170	50	2	32	5
Reese's Peanut Butter Cookie	4.3 oz (122g)	Each	630	340	37	16	0	40	480	66	2	46	11
Red Velvet Cookie	4 oz (115 g)	Each	560	240	27	14	0	50	270	78	1	50	6
Iced Lemon Pound Cake	4.5 oz (128g)	Slice	470	190	21	11	0	140	510	66	1	41	6
Palmier Cookie	3.3 oz (95 g)	Each	370	150	17	10	0	45	280	50	1	17	6
Apple Caramel Crisp Cookie	4.5 oz (128g)	Each	540	230	26	11	0.5	60	420	74	2	39	7
Pumpkin Blondie	4.2 oz (119g)	Each	550	270	30	12	0	50	270	69	2	46	6
Pumpkin Blondie Bites	5.1 oz (145g)	11-count	680	330	36	15	0.5	65	330	84	2	56	8
<b>CROISSANTS</b>													
Almond Croissant	4.3 oz (124g)	Each	490	220	25	10	0	65	350	59	2	30	10
Apple Croissant	3.3 oz (93g)	Each	280	120	14	8	0	45	310	34	1	11	5
Chocolate Croissant	3.9 oz (110g)	Each	470	220	25	16	0	75	380	55	3	25	8

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<b>FALL EVENT 2022</b>			<b>Kcal</b>	<b>Kcal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
Ham and Cheese Croissant	4.2 oz (119g)	Each	410	190	21	13	0.5	85	590	25	1	6	18
Plain Croissant	2.4 oz (67g)	Each	280	140	16	9	0	65	320	28	1	4	6
Spinach and Cheese Croissant	3.4 oz (95g)	Each	320	160	18	11	0	60	490	32	1	5	7
Maple Pecan Croissant	3.45 oz (98g)	Each	410	240	27	10	0	3	250	37	1	11	6
<b>DANISH</b>													
Sweet Cheese Danish	4.9 oz (140g)	Each	500	210	23	14	0.5	90	660	63	2	18	11
Cherry Danish	5 oz (143 g)	Each	460	170	18	11	0	75	580	63	2	18	11
<b>MUFFINS &amp; LOAVES</b>													
Blueberry Muffin	4.3 oz (122 g)	Each	420	180	21	3.5	0	70	310	53	1	29	5
Chocolate Chip Muffin	4.2 oz (119 g)	Each	490	230	25	6	0	75	320	61	1	37	5
Corn Muffin	4.2 oz (119 g)	Each	470	200	22	4	0	75	330	62	1	29	6
Triple Berry Muffin	4.2 oz (119 g)	Each	420	190	21	4	0	80	320	53	1	29	4
<b>SCONES</b>													
Cinnamon Chip Scone	3.7 oz (106g)	Each	460	220	25	15	0	120	520	50	1	19	7
<b>BEVERAGES</b>													
<b>BLASTS &amp; SMOOTHIES</b>													
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
<b>COFFEE &amp; ESPRESSO</b>													
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

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<b>FALL EVENT 2022</b>			<b>Kcal</b>	<b>Kcal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
Hot Chocolate	20 fl oz (600 mL)	Large	440	140	15	9	0	40	160	66	0	65	12
Hot Chocolate	16 fl oz (480 mL)	Medium	350	110	12	7	0	35	130	51	0	50	10
Iced Mocha Latte	24 fl oz (720 mL)	Large	400	100	11	7	0	25	160	64	0	61	11
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
<b>FOUNTAIN &amp; OTHER</b>													
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
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

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<b>FALL EVENT 2022</b>			<b>Kcal</b>	<b>Kcal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
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
<b>BREADS</b>													
Asiago Breadstick	2.1 oz (59g)	Each	150	15	2	1	0	5	310	27	2	3	6
Ciabatta	3.5 oz (100g)	Each	260	10	1	0	0	0	580	53	2	2	10
Country White Bread	3.8 oz (90g)	2 Slices	220	10	1	0	0	0	480	45	1	1	8
Rustic Baguette	3.6 oz (103g)	Sandwich Size	260	20	2.5	1	0	0	550	50	0	1	9
Rustic Baguette	2.4 oz (69g)	Soup Size	170	15	1.5	0.5	0	0	370	33	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	3.6 oz (103g)	Sandwich Size	270	30	3.5	0.5	0	0	500	49	3	4	10
Multigrain	2.4 oz (69g)	Soup Size	180	20	2.5	0	0	0	330	33	2	3	7
Tortilla Wrap	3.5 oz. (100g)	Each	300	60	7	1.5	0	0	270	52	2	2	9
Whole Wheat Tortilla Wrap	3.5 oz. (100g)	Each	300	60	7	1.5	0	0	270	50	9	1	10
Everything Artisan Farmhouse Roll	1.9 oz (54g)	Each	150	15	1.5	0	0	0	490	28	2	3	5
<b>BREAKFAST SANDWICHES</b>													
2 Eggs & Bacon on Skinny Wheat Bagel	5.3 oz (150 g)		310	150	17	6	0	350	640	22	6	2	21
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	7.2 oz (204g)		480	150	17	6	0	350	930	55	4	6	26
2 Eggs on a Bagel with Bacon and Cheese	7.7 oz (218g)		530	200	22	10	0	365	1020	55	4	6	29
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	7.8 oz (220g)		540	200	22	10	0	365	1090	54	2	3	30
2 Eggs, Cheddar & Bacon on Skinny Wheat Bagel	5.8 oz (165g)		360	190	22	9	0	365	730	22	6	2	24
2 Eggs, Cheddar & Ham on Skinny Wheat Bagel	6.8 oz (192g)		350	170	19	8	0	375	880	24	7	3	26

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<b>FALL EVENT 2022</b>			<b>Kcal</b>	<b>Kcal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
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 Avocado	8.6 oz (245g)		470	150	16	2.5	0	25	1130	62	5	6	21
The Good Egg	9 oz (255g)		490	230	26	9	0	350	740	42	4	2	22
<b>CAFÉ SANDWICHES</b>													
Turkey Club	9.9 oz (281g)	Whole Sandwich	590	240	27	10	0	110	1720	48	2	3	40
Extra Bacon BLT	7.5 oz (213g)	Whole Sandwich	600	270	31	9	0	60	1610	58	2	3	24
Classic Tuna Salad on Croissant	8.1 oz (234g)	Whole Sandwich	480	200	23	10	0.5	125	700	34	4	6	34
Classic Tuna Salad on Croissant - Half Sandwich	4.3 oz (123g)	Half Sandwich	240	100	11	5	0	65	350	17	2	3	17
Original Chicken Salad on Croissant	7.5 oz (212g)	Whole Sandwich	490	240	27	11	0.5	125	730	38	3	10	25
Original Chicken Salad on Croissant - Half Sandwich	3.9 oz (112g)	Half Sandwich	250	120	14	5	0	60	370	19	1	5	12
Basic Chicken Sandwich	9 oz (256g)	Whole Sandwich	460	120	14	3	0	80	1020	55	1	2	31
Half Basic Chicken Sandwich	4.8 oz (135g)	Half Sandwich	240	60	7	1.5	0	40	520	28	1	1	16
Basic Ham Sandwich	8.9 oz (253g)	Whole Sandwich	490	160	18	4.5	0	65	1610	57	1	6	24
Half Basic Ham Sandwich	4.7 oz (133g)	Half Sandwich	250	80	9	2	0	30	810	29	0	3	12
Basic Turkey Sandwich	8.9 oz (253g)	Whole Sandwich	450	120	13	2.5	0	60	1360	54	1	3	29
Half Basic Turkey Sandwich	4.7 oz (133g)	Half Sandwich	230	60	7	1	0	30	680	27	0	2	15
Everything Avocado Toast	5.4 oz (153 g)	Whole Toast	300	160	18	2.5	0	0	320	32	8	2	6
Jalapeno and Bacon Avocado Toast	6 oz (170 g)	Whole Toast	330	180	20	3.5	0	5	550	32	8	2	8
<b>SIGNATURE &amp; HOT SANDWICHES</b>													
Toasted Chicken & Avocado	10.8 oz (307g)	Whole Sandwich	640	230	25	5	0	85	1480	67	6	4	37
Chipotle Turkey & Avocado	10.8 oz (307g)	Whole Sandwich	770	390	43	11	0	95	1700	59	5	5	38
Chipotle Turkey & Avocado - Half Sandwich	5.5 oz (156g)	Half Sandwich	390	200	22	5	0	45	860	30	2	2	19
Caprese	8.7 oz (248g)	Whole Sandwich	620	280	31	16	0.5	60	1120	56	3	4	30
Caprese - Half Sandwich	4.6 oz (130g)	Half Sandwich	310	140	16	8	0	30	560	28	2	2	15
Caprese with Chicken	11.8 oz (336g)	Whole Sandwich	710	290	33	16	0.5	120	1420	57	3	4	49
Caprese with Chicken - Half Sandwich	6.2 oz (176g)	Half Sandwich	360	150	16	8	0	60	720	29	2	2	25
Black Bean Chipotle Avocado	11.1 oz (315g)	Whole Sandwich	730	330	37	8	0	30	1450	79	10	8	29
Newport Turkey	10.4 oz (295g)	Whole Sandwich	630	290	32	12	0	100	1870	64	4	16	40

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<b>AU BON PAIN MENU NUTRITION</b>	<b>Serving Size</b>	<b>Size Name</b>	<b>Calories</b>	<b>Fat Calories</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Trans Fat*</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>
<b>FALL EVENT 2022</b>			<b>Kcal</b>	<b>Kcal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
Spicy Tuna Melt	10.7 oz (303g)	Whole Sandwich	550	170	19	8	0	90	1460	51	4	3	43
Classic Grilled Cheese	5.6 oz (158g)	Whole Sandwich	490	210	23	14	0	70	870	46	1	1	24
Country Grilled Chesse	7 oz (199g)	Whole Sandwich	570	270	30	16	0	85	1140	46	2	2	29
Cordon Bleu	9.7 oz (276g)	Whole Sandwich	620	200	23	8	0	85	1750	69	4	10	35
Cordon Bleu - Half Sandwich	5.1 oz (144g)	Half Sandwich	320	110	12	4	0	40	920	35	2	5	18
Smoky BBQ Chicken Melt	10 oz (284g)	Whole Sandwich	650	240	26	10	0	85	1440	72	3	15	32
Roasted Vegetarian Harvest Hot Wrap	13.2 oz (375g)		710	270	30	6	0	15	860	92	12	4	18
Mayan Chicken Harvest Hot Wrap	15.6 oz (443g)		670	140	16	5	0	55	1120	97	13	6	36
Jalapeno Popper Turkey Sandwich	9.1 oz (258g)	Whole Sandwich	550	200	22	11	0	115	1760	48	2	4	40
<b>WRAPS</b>													
Chicken Caesar Wrap	10.1 oz (288g)		610	250	28	7	0	85	930	56	3	4	34
Turkey Cobb Wrap	11.8 oz (336g)		680	320	36	11	0	130	1450	58	12	5	34
Mediterranean Wrap	13.4 oz (380g)		660	310	35	9	0	25	1090	69	15	8	20
Napa Chicken Avocado Wrap	12.8oz (362g)		580	210	24	4	0	65	810	63	6	6	30
<b>HARVEST HOT BOWLS</b>													
Mayan Chicken Harvest Hot Bowl	18.3 oz (519g)		560	100	11	3.5	0	55	980	85	8	7	31
Mediterranean Chicken Harvest Hot Bowl	17.7 oz (502g)		670	240	26	6	0	70	950	76	5	4	31
Roasted Vegetarian Harvest Hot Bowl	15.5 oz (439g)		640	290	32	6	0	15	750	75	5	4	12
<b>OATMEAL</b>													
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
<b>SNACKS</b>													
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
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 - Turkey & Cheddar Picnic	10 oz (283g)		590	210	23	10	0	80	1510	66	3	12	31
Chocolate Covered Almonds	3 oz (85g)		450	270	30	17	0	0	70	46	5	39	7
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

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<b>AU BON PAIN MENU NUTRITION</b>	<b>Serving Size</b>	<b>Size Name</b>	<b>Calories</b>	<b>Fat Calories</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Trans Fat*</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>
<b>FALL EVENT 2022</b>			<b>Kcal</b>	<b>Kcal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
Strawberry Fruit Cup	5.1 oz (145 g)		45	5	0	0	0	0	0	11	3	7	1
Watermelon Fruit Cup	8 oz (227g)		70	5	0	0	0	0	0	17	1	14	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
Multigrain Sun Chips	1.5 oz (42g)		210	90	9	1	0	0	170	28	4	3	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
<b>YOGURT</b>													
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
Greek Vanilla Yogurt & Strawberry Parfait	11.3 oz (320 g)		330	70	8	3.5	0	20	115	45	5	32	23
<b>SALADS (DRESSING NOT INCLUDED)</b>													
Caesar Asiago	6.5 oz (184g)		160	60	7	3	0	15	290	19	4	2	8
Chicken Caesar Asiago	9.6 oz (272g)		260	70	8	3.5	0	70	580	21	4	3	27
Chicken Cobb with Avocado	14.8 oz (421g)		430	220	24	9	0	250	1080	16	5	7	39
Chef Salad	9.9 oz (281g)		280	120	13	6	0	75	1310	10	3	6	29
Side Garden	8.5 oz (241g)		50	5	0	0	0	0	35	11	4	5	2
Southwest Chicken	16.1 oz (456g)		310	80	9	1.5	0	60	530	31	10	10	27
Mediterranean Salad	13.4 oz (381g)		350	220	24	7	0	25	740	24	8	7	12
<b>SALAD DRESSINGS</b>													
ABP Croutons	1 oz (28g)		90	20	2.5	0	0	0	140	14	1	1	3
Chili Lime Vinaigrette	1.5 fl oz (44 mL)		120	90	10	1	0	0	340	8	0	7	0
Ranch Dressing	1.5 fl oz (44 mL)		200	180	20	3	0	20	300	4	0	2	1
Caesar Dressing	1.5 fl oz (44 mL)		220	220	24	4	0	20	350	1	0	0	2
Balsamic Vinaigrette	1.5 fl oz (44 mL)		100	80	9	1	0	0	400	5	0	3	0
Green Goddess Dressing	1.5 fl oz (44 mL)		210	200	22	3.5	0	15	320	3	0	2	1
Lemon Vinaigrette	1.5 fl oz (44 mL)		170	140	16	2.5	0	0	400	8	0	6	0
<b>SOUPS</b>													
12 Veggie Soup	16 fl oz (480 mL)	Large	240	70	8	0.5	0	0	1200	36	5	14	6
12 Veggie Soup	12 fl oz (360 mL)	Medium	180	50	6	0	0	0	900	27	4	11	4

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<b>AU BON PAIN MENU NUTRITION</b>	<b>Serving Size</b>	<b>Size Name</b>	<b>Calories</b>	<b>Fat Calories</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Trans Fat*</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>
<b>FALL EVENT 2022</b>			<b>Kcal</b>	<b>Kcal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
12 Veggie 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
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
Italian Wedding Soup	16 fl oz (480 mL)	Large	210	90	10	3	0	25	1110	20	3	5	10
Italian Wedding Soup	12 fl oz (360 mL)	Medium	160	70	7	2	0	20	830	15	2	4	8
Italian Wedding Soup	8 fl oz (240 mL)	Small	100	45	5	1.5	0	15	560	10	1	2	5
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
Lobster & Corn Bisque	16 fl oz (480 mL)	Large	370	190	22	12	0	90	1470	33	2	6	12
Lobster & Corn Bisque	12 fl oz (360 mL)	Medium	280	150	16	9	0	65	1100	25	1	4	9
Lobster & Corn Bisque	8 fl oz (240 mL)	Small	190	100	11	6	0	45	740	17	1	3	6
Southwest Tortilla Soup	16 fl oz (480 mL)	Large	240	100	12	4	0	15	1090	32	3	7	5
Southwest Tortilla Soup	12 fl oz (360 mL)	Medium	180	80	9	3	0	10	810	24	3	5	4
Southwest Tortilla Soup	8 fl oz (240 mL)	Small	120	50	6	2	0	10	540	16	2	3	2
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
Vegetable Beef Barley	16 fl oz (480 mL)	Large	210	40	4.5	1.5	0	35	920	30	5	8	14
Vegetable Beef Barley	12 fl oz (360 mL)	Medium	150	30	3.5	1.5	0	25	690	22	3	6	11
Vegetable Beef Barley	8 fl oz (240 mL)	Small	100	20	2.5	1	0	20	460	15	2	4	7
Vegetarian Minestrone	16 fl oz (480 mL)	Large	150	15	1.5	0	0	0	1400	29	5	9	6
Vegetarian Minestrone	12 fl oz (360 mL)	Medium	120	10	1	0	0	0	1050	22	4	7	5
Vegetarian Minestrone	8 fl oz (240 mL)	Small	80	5	0.5	0	0	0	700	15	3	4	3
SPECIALTY SOUPS													

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<b>FALL EVENT 2022</b>			<b>Kcal</b>	<b>Kcal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
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
										<b>LAST UPDATED: 08/26/22</b>			

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