Au Bon Pain Menu with Prices 2026

Typical 2026 prices and calories for every Au Bon Pain sandwich, wrap, soup, salad, breakfast item, croissant, pastry, cookie, coffee, smoothie and drink. Prices vary by cafe. Last updated: November 2026.

Full guide: steelblue-giraffe-258408.hostingersite.com/au-bon-pain/menu-prices/

Seasonal

Item	Price	Calories
Salmon Avocado Toast	$10.61	varies
Sweet Heat Biscuit	$8.24	varies
Cheesy Chicken Bacon Ranch Sandwich (sous vide chicken)	$12.99	varies
Hot Honey Dijon Chicken	$12.74	varies
Capri Avocado Toast	$7.24	varies
Nutella Croissant	$5.24	varies
Dulce de Leche Croissant	$4.61	varies
Matcha Latte	$6.24	varies

Sandwiches and Wraps

Item	Price	Calories
Turkey Club	$12.49	580
ABP's Original Chicken Salad	$10.74	500
Classic Tuna Salad	$10.49	480
Caprese, hot or cold	$10.99	540
Caprese with Chicken	$13.11	640
Chipotle Turkey and Avocado	$12.74	770
Smoked Salmon Avocado	$11.24	470
Ham and Two Cheese	$12.36	varies
Toasted Chicken and Avocado	$12.86	varies
Classic Grilled Cheese / Country Grilled Cheese	$9.36 / $10.86	varies
Extra Bacon BLT	$11.86	varies
Smoky BBQ Chicken Melt or Cubano	$12.36 to $12.74	varies
Chipotle Black Bean Burger with Avocado	$12.36	varies
Newport Turkey or Jalapeno Popper Turkey	$12.11 to $12.49	varies
Wraps (Napa Chicken, Chicken Caesar, Mediterranean, Zesty Honey Turkey)	$10.86 to $11.24	varies

Soups and Salads

Item	Price	Calories
Lemon Orzo Chicken soup	$6.24	150 to 310
Broccoli Cheddar soup	$6.24	220 to 450
Cheesy Chicken Tortilla soup	$6.24	120 to 240
Garden Vegetable, Wild Mushroom Bisque or Vegetarian Lentil	$6.24	varies
Chicken Cobb Avocado Salad	$13.24	varies
Chicken Caesar Asiago Salad	$12.86	varies
Tuna Garden or Greek Salad	$12.49	varies
Side Garden Salad	$5.49	varies
Quinoa Salad or Bon To Go scoop	$5.86	varies
Coleslaw	$2.86	varies

Breakfast

Item	Price	Calories
The Good Egg	$8.24	490
2 Eggs and Cheddar	$6.49	200
Egg Whites and Cheddar	$6.49	210
Egg Whites, Cheddar and Avocado	$7.74	360
Power Protein Wrap	$8.99	varies
Smoked Salmon Bagel	$9.99	varies
Everything Avocado Toast	$5.86	varies
Feta and Arugula Avocado Toast	$6.49	varies
2 Hard Boiled Eggs	$3.74	140
Yogurt and Oats / Chia Pudding Parfait	$5.24 / $7.86	varies
Fresh Fruit Cup	$4.99	varies

Croissants and Bakery

Item	Price	Calories
Plain Croissant	$3.74	varies
Chocolate, Almond or Apple Croissant	$4.61	varies
Warm Ham and Cheese Croissant	$6.49	varies
Beef or Chicken Empanada	$3.74	varies
Muffins (Blueberry, Chocolate Chip, Banana Walnut and more)	$4.61	varies
Danish or Cinnamon Swirl Roll	$4.61	varies
Cinnamon Chip Scone	$4.11	varies
Bagel / with cream cheese	$2.24 / $4.36	varies
Chocolate Chip or Oatmeal Raisin Cookie	$3.36	varies
Red Velvet or Reese's Peanut Butter Cup Cookie	$3.99	varies
Pound cake (Lemon, Marble, Banana Walnut)	$4.61	varies
Double Chocolate Brownie	$4.11	varies
Rustic or Multigrain Baguette	$2.86	varies

Coffee and Drinks

Item	Price	Calories
Hot Coffee or Hot Tea	$3.36	about 0
Espresso	$2.74	about 0
Cortadito	$2.99	varies
Caffe Latte or Cappuccino, small / regular	$4.86 / $5.24	varies
Vanilla, Mocha or Chai Latte, small / regular	$5.24 / $5.61	varies
Caramel Macchiato, small / regular	$5.24 / $5.61	varies
Hot Chocolate	$5.24	varies
Smoothies (Strawberry Banana, Mango, Acai Wildberry, Green)	$6.99	varies
Bottled soda, sparkling water or sports drink	$3.99	varies
Juices / spring water / milk	$3.74 / $2.99 / $4.11	varies