

Au Bon Pain Menu & Prices

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Prices updated July 2026, Miami, FL location. Prices vary by location.

Cold Sandwiches

Item	Price
Turkey Club (580 cal)	\$12.49
ABP's Original Chicken Salad (500 cal)	\$10.74
Caprese with Chicken (Cold) (640 cal)	\$13.11
Classic Tuna Salad (480 cal)	\$10.49
Chipotle Turkey & Avocado (Cold) (770 cal)	\$12.74
Ham & Two Cheese (Cold)	\$12.36
Caprese (Cold) (540 cal)	\$10.99
Smoked Salmon Avocado (470 cal)	\$11.24

Hot Sandwiches

Item	Price
Chipotle Turkey & Avocado (Hot)	\$12.74
Caprese with Chicken (Hot) (640 cal)	\$13.11
Ham & Two Cheese (Hot)	\$12.36
Toasted Chicken & Avocado	\$12.86
Classic Grilled Cheese	\$9.36
Country Grilled Cheese	\$10.86
Extra Bacon BLT	\$11.86
Smoky BBQ Chicken Melt	\$12.74
Chipotle Black Bean Burger with Avocado	\$12.36
Cubano	\$12.36
Newport Turkey	\$12.11
Caprese (Hot) (540 cal)	\$10.99
Jalapeno Popper Turkey Sandwich	\$12.49

Wraps

Item	Price
Napa Chicken with Avocado	\$11.24
Chicken Caesar	\$10.86
Mediterranean Wrap	\$11.24
Zesty Honey Turkey Wrap	\$10.99

Soups and Mac & Cheese

Item	Price
Lemon Orzo Chicken (150-310 cal)	\$6.24
Broccoli Cheddar (220-450 cal)	\$6.24
Vegetarian Minestrone (veg, low fat) (80-150 cal)	\$6.24
Cheesy Chicken Tortilla (120-240 cal)	\$6.24
Garden Vegetable	\$6.24

Specialty Salads

Item	Price
Chicken Cobb Avocado	\$13.24
Chicken Caesar Asiago	\$12.86
Tuna Garden Salad	\$12.49
Greek Salad	\$12.49
Side Garden Salad	\$5.49

Small Meals & Snack Boxes

Item	Price
2 Hard Boiled Eggs	\$3.74
Bon To Go Chicken Salad Scoop	\$5.86
Bon To Go Tuna Salad Scoop	\$5.86
Quinoa Salad	\$5.86
Coleslaw	\$2.86

Croissants

Item	Price
Warm Ham & Cheese Croissant	\$6.49
Almond Croissant	\$4.61
Plain Croissant	\$3.74
Chocolate Croissant	\$4.61
Chicken Empanada	\$3.74

Muffins, Pastries & Scones

Item	Price
Cinnamon Chip Scone	\$4.11
Sweet Cheese Danish	\$4.61
Cinnamon Swirl Roll	\$4.61
Blueberry Muffin	\$4.61

Muffins, Pastries & Scones

Item	Price
Cherry Danish	\$4.61
Chocolate Chip Muffin	\$4.61
Banana Walnut Muffin	\$4.61
Cranberry Orange Muffin	\$4.61
Chocolate Cheese Muffin	\$4.61

Bagels & Cream Cheese

Item	Price
Bagel With Cream Cheese	\$4.36
Bagels	\$2.24
Cream Cheese	\$2.13

Cookies

Item	Price
Chocolate Chip Cookie	\$3.36
6 ct Mini Chocolate Chip Cookies	\$4.11
Red Velvet Cookie	\$3.99
Reese's® Peanut Butter Cup Cookie	\$3.99
Classic Oatmeal Raisin Cookie	\$3.36

Sweets

Item	Price
Lemon Pound Cake	\$4.61
Marble Pound Cake	\$4.61
Brownie Bites	\$5.24
Chewy Marshmallow Bar (Gluten-Free)	\$4.11
Double Chocolate Brownie	\$4.11
Banana Walnut Pound Cake	\$4.61

Breakfast

Item	Price
The Good Egg (490 cal)	\$8.24
Everything Avocado Toast	\$5.86
2 Eggs & Cheddar (200 cal)	-
Smoked Salmon Bagel	\$9.99
Egg Whites, Cheddar & Avocado (360 cal)	\$7.74

Breakfast

Item	Price
Power Protein Wrap	\$8.99
Egg Whites & Cheddar (210 cal)	-
Feta & Arugula Avocado Toast	\$6.49
2 Hard Boiled Eggs (140 cal)	\$3.74

Espresso Beverages & Hot Chocolate

Item	Price
Mocha Latte	\$5.61
Chai Latte	\$5.61
Cappuccino	\$5.24
Caffe Latte	\$5.24
Vanilla Latte	\$5.61
Hot Chocolate	\$5.24
Espresso	\$2.74
Caramel Macchiato	\$5.61
Cortadito	\$2.99
Café Latte Small	\$4.86
Mocha Latte Small	\$5.24
Vanilla Latte Small	\$5.24
Carmel Macchiato Small	\$5.24
Cappuccino Small	\$4.86
Chai Latte Small	\$5.24

Hot Coffee and Hot Tea

Item	Price
Hot Coffee & Hot Tea	\$3.36

Fruit and Yogurt

Item	Price
Fresh Fruit Cup	\$4.99
Fresh Whole Fruit	-
Yogurt & Oats	\$5.24
Chia Pudding Parfait	\$7.86

Smoothies

Item	Price
Strawberry Banana Smoothie	\$6.99
Acai Wildberry Smoothie	\$6.99
Strawberry Smoothie	\$6.99
Mango Smoothie	\$6.99
Green Smoothie	\$6.99

Cold Beverages

Item	Price
Bottled Soda	\$3.99
Juices	\$3.74
Bottled Spring Water	\$2.99
Flavored Water and Sports Drinks	\$3.99
Sparkling Water	\$3.99
Milk	\$4.11

Snacks and Sides

Item	Price
Chips & Salty Snacks	\$2.24
Sweet Snacks	\$4.11

Fresh Breads

Item	Price
Soup Breads	\$1.86
Rustic Baguette	\$2.86
Multigrain Baguette	\$2.86
White Sliced	\$2.86

Seasonal Favorites

Item	Price
Salmon Avocado Toast	\$10.61
Cheesy Chicken Bacon Ranch Sandwich	\$12.99
Nutella Croissant	\$5.24
Matcha Latte	\$6.24
Capri Avocado Toast	\$7.24
Dulce de Leche Croissant	\$4.61
Guava Croissant	\$4.61

Seasonal Favorites

Item	Price
Hot Honey Dijon Chicken	\$12.74
Sweet Heat Biscuit	\$8.24