

Au Bon Pain Menu

The nutrition information for Au Bon Pain is available on their website at:
<http://www.aubonpain.com/nutrition.html>

Here are a few details about some of their popular menu items. WATCH FOR THE TRANS FAT ALERTS!!!

- **Health Educator's TOP breakfast/snack picks:**
 - Egg sandwich with cholesterol/fat free egg substitute
 - Small yogurt (plain or with fruit)
 - Muesli
 - Small or Large fruit cup
 - Individual pieces of fruit (apple, orange, pear or banana)
 - Nuts – each container is 2.5 servings
 - Small or Large oatmeal – you can add raisins and walnuts and if you like a small amount of brown sugar
 - Cold cereal and low fat or non-fat milk– The only whole grain cereal we found was Frosted Mini Wheats. There is a good amount of sugar (15g per serving), but it is better than some of the other choices.

- **Bagels:**
 - Currently there are no whole grain bagel options at Au Bon Pain. Also, the portion sizes are very large with the highest calorie option coming in at 430 calories for the Dutch Apple Bagel.
 - The three best choices for bagels are as follows:
 - Cinnamon Raisin Bagel – 320 calories
 - Focaccia Bagel – 300 calories
 - Plain Bagel – 290 calories
 - **GO SLOW** on cream cheese - it is fairly high in calories and fat (use a small amount)

- **Muffins and Scones:**
 - Most muffins and Scones (even the “healthy sounding” one’s) are pretty high in calories and fat
 - **Muffins** - Blueberry (510 calories, 19 grams fat), Carrot Nut (520 calories, 25 grams of fat), Chocolate Chunk (590 calories, 20 grams fat) and Southwest Corn (530 calories, 29 grams fat) and Raisin Bran (410 calories, 9 grams fat)
 - **Better muffin choices** if you have this option regularly: Low fat Chocolate (320 calories, 2 grams fat) and LF Triple Berry (290 calories, 2 grams fat)
 - **Scones** – Cinnamon Chip (430 calories, 24 grams of fat) and Orange Glaze (410 calories, 20 grams of fat)

- **Specialty Drinks:**
 - Coffee, Tea, Hot Chocolate and Chai – Ask for your drinks to be made with low-fat or non-fat milk
 - **GO SLOW** on the Caramel Mocha Blast (620 calories, 14 grams fat and 124 grams sugar) and the Frozen Mocha Blast (530 calories, 14 grams fat and 100 grams sugar)

- **Cookies and Croissants:**
 - There is a place for almost everything in a healthy diet and if you choose to have a cookie or croissant once and a while here are some options that will not break the bank.
 - **Cookies (Best Choices)** - Oatmeal Raisin (230 calories, 8 grams fat), Chocolate Chip (250 calories, 11 grams fat), Old Fashioned Molasses (240 calories, 8 grams fat)
 - **GO SLOW** on shortbread cookies – they are much higher in calories and fat with the chocolate dipped shortbread cookie having as much as 350 calories and 20 grams of fat.
 - **TRANS FAT ALERT: AVOID!** - Grandma’s Raspberry Shortbread cookie
 - **Croissants (Best Choices)** – Apple Croissant (230 calories, 10 grams of fat), Spinach Croissant (250 calories, 14 grams of fat), Plain Croissant (260 calories, 15 grams of fat)

- **Dessert Bars:**
 - **TRANS FAT ALERT: AVOID! ALL** but one (Blondie with Nuts) has Trans Fat with the worst offender being the Butter Crumb Cake containing 690 calories, 35 grams of fat (2 grams of it coming from Trans Fat).

- **Strudel/Danish:**
 - **TRANS FAT ALERT: AVOID! ALL** Danish and Strudel have trans fat

- **Breakfast Sandwiches:**
 - **Egg sandwiches** – Ask for the cholesterol/fat free egg substitute. Try to pick either meat or cheese (not both) to limit your calories and saturated fat. Select a lower calorie bagel (see bagel options)
 - **Frittatas** – Also a decent choice
 - Arugula and Tomato (290 calories, 13grams of fat) and the Ham and Cheddar (320 calories and 14 grams of fat)
 - **GO SLOW** on the following which are all very high in calorie and saturated fat
 - Eggs BLT Sandwich (790 calories, 41 grams of fat)
 - Frittata Ciabatta (700 calories, 29 grams of fat)
 - Breakfast Prosciutto Sandwich (660 calories, 25 grams of fat)
 - **TRANS FAT ALERT – AVOID!**
 - Breakfast Calzone - 470 calories, 25 grams of fat (with 1 gram of that coming from Trans Fat)

- **Salads and Salad Dressings:**
 - **GO SLOW** on salads with a lot of cheese, made with mayonnaise and/or croutons
 - **Salad dressings** can add a lot of flavor, but they can also add a lot of fat and calories and negate this otherwise healthy option.
 - **Best choices** – Fat Free Raspberry Vinaigrette, Lite Honey Mustard, Lite Olive Oil Vinaigrette and Lite Ranch. Use ½ or less of packet – A serving should be 1-2 TBS
 - **TRANS FAT ALERT: AVOID!**
 - Blue Cheese (350 calories, 36 grams of fat) and has Trans Fat
 - Caesar Dressing (350 calories, 36 grams of fat) and has Trans Fat

- **Soup:**
 - **Best Choices** – Look for Low fat and/or sodium broth based soups. Such as: Black Bean, Mediterranean pepper, Tomato rice, Pasta E Fagioli, Black eyed pea, Tomato Basil Bisque, Harvest Pumpkin, French Moroccan Lentil, etc.
 - **GO SLOW** with soups that are made with cream or cheese (chowders, cream of, etc), instead select broth based soups
 - **TRANS FAT ALERT: AVOID!** – Baked Stuffed Potato, Southwest tortilla soup, Beef Stew and Chicken Florentine. All have a high level of calories and fat, but also contain TRANS FAT.

- **Sandwiches:**
 - **GO SLOW** on all the Café Sandwiches. Most have between 700-1000 calories and 25-50 grams of fat. Even the Turkey and Chicken sandwiches are packed with calories and fat.
 - **BETTER CHOICE** – Most of the wraps are lower in fat and calories. Select wraps with the most veggies, lean meat, light on the cheese and ask for dressings or high fat condiments/spreads on the side.
 - **BEST CHOICE** – Make your own sandwiches.
 - Select wrap, lavash or honey grain baguette (not whole grain, but better than white bread).
 - Add lots of veggies
 - Ask for half the amount of cheese they normally would put or do without
 - Select lean meats like turkey, ham, chicken and avoid salads with mayonnaise (tuna, chicken, etc.)
 - **GO SLOW** on mayo and high fat spreads and get them on the side so you can control the amounts.