

ALL DAY BREAKFAST

THE GOOD EGG ✓ 7.15

on rustic baguette—two eggs, NY cheddar, tomatoes, avocado, spinach & lemon aioli | 490 cal

PROTEIN POWER WRAP 7.93

two eggs, turkey sausage, NY cheddar, avocado, spinach, tomatoes & ABP's own herb aioli in a flour tortilla | 820 cal

EGG WHITES, CHEDDAR & AVOCADO ✓ 7.70

on skinny wheat bagel with butter | 360 cal

EGG WHITES & CHEDDAR ✓ 6.10

on skinny wheat bagel | 210 cal

2 EGGS & CHEDDAR ✓ 5.91

on plain bagel, skinny wheat bagel or ciabatta | 290-460 cal

with sausage | add 160 cal 6.92

with turkey sausage | add 80 cal 6.92

with hardwood smoked bacon | add 50 cal 6.92

with carver ham | add 70 cal 6.92

substitute egg whites | subtract 70 cal 1.55

TOASTED BAGEL & CREAM CHEESE 180-420 cal 3.07

HOT OATMEAL (served until 11am)

small | 170 cal 3.71

medium | 260 cal 3.89

abp

EGG WHITE CHEDDAR & AVOCADO



7.70 | 360 CAL

SPECIALTY SALADS

CHICKEN COBB AVOCADO 12.52

chicken, romaine & field greens, fresh avocado, hardwood smoked bacon, gorgonzola, hard boiled egg, grape tomatoes, cucumbers & green goddess dressing | 640 cal

CHEF 11.51

fresh diced turkey & ham, romaine & field greens, hardwood smoked bacon, asiago cheese, grape tomatoes & ranch dressing | 480 cal

SOUTHWEST CHICKEN 11.60

marinated chicken, romaine, black beans, roasted corn, fresh avocado, cucumbers, grape tomatoes & ranch dressing | 500 cal

CHICKEN CAESAR ASIAGO 10.87

chicken, romaine, housemade croutons, asiago cheese & caesar dressing | 480 cal

caesar without chicken | 380 cal 8.71

MEDITERRANEAN ✓ 11.51

romaine & field greens, hummus, fresh avocado, kalamata olives, feta, grape tomatoes, red bell peppers, cucumbers & balsamic vinaigrette | 450 cal

CREATE YOUR OWN SALAD 11.60

✓ = VEGETARIAN

WRAPS

NAPA CHICKEN WITH AVOCADO 10.09

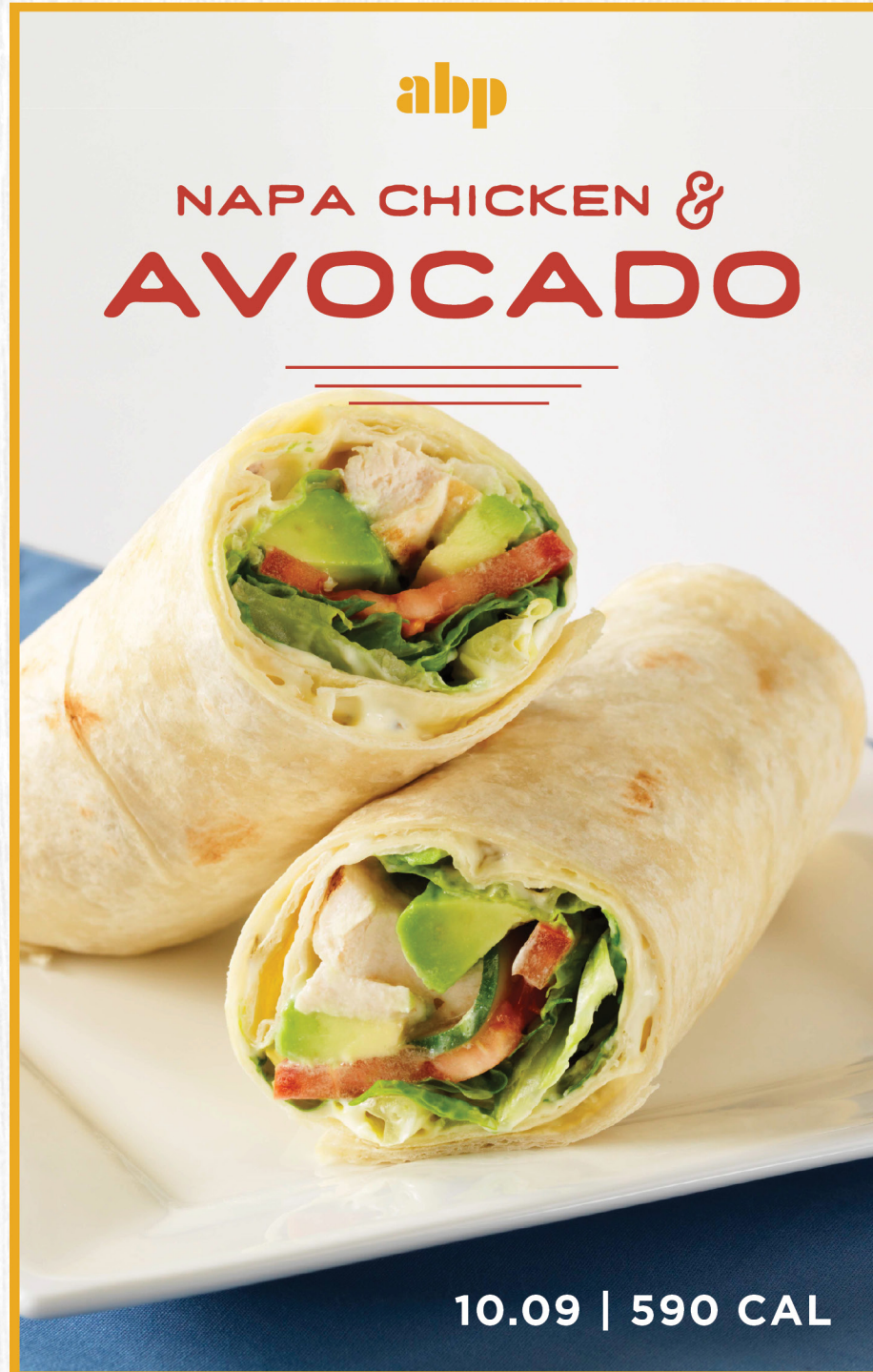
with fresh avocado, tomatoes, cucumbers, romaine, basil aioli & lemon vinaigrette | 580 cal

CHICKEN CAESAR 9.49

with asiago cheese, romaine & caesar dressing | 610 cal

MEDITERRANEAN 10.09

with hummus, fresh avocado, kalamata olives, feta, tomatoes, red bell peppers, cucumbers, romaine, field greens & lemon vinaigrette in a whole wheat wrap | 660 cal



CAFÉ SANDWICHES

ABP'S ORIGINAL CHICKEN SALAD 9.67

on toasted croissant—with chicken, cranberries and toasted almonds mixed with mayo, tomatoes & field greens | 490 cal

CLASSIC TUNA SALAD 10.73

on toasted croissant—with tuna and ABP signature herb blend mixed with mayo, tomatoes, field greens & red onions | 480 cal

SIGNATURE SANDWICHES

SERVED HOT OR COLD

CHIPOTLE TURKEY & AVOCADO 11.28

on ciabatta—with fresh avocado, NY cheddar, tomato basil, bruschetta, arugula & chipotle mayo | 770 cal

CAPRESE 10.00

on ciabatta—with fresh mozzarella, tomatoes, arugula & pesto | 540 cal

with chicken | 640 cal 11.69

HAM & TWO CHEESE 11.28

on multigrain—with NY cheddar, swiss, tomatoes, arugula & dijonaise | 610 cal

TURKEY CLUB 10.41

on toasted country white—with NY cheddar, hardwood smoked bacon, tomatoes, field greens & mayo | 580 cal

SERVED HOT

NEWPORT TURKEY 10.96

on country white—with fresh avocado, NY cheddar & zesty honey mustard | 630 cal

TOASTED CHICKEN & AVOCADO 11.51

on toasted rustic baguette—with hardwood smoked bacon, fresh avocado, tomatoes, field greens & basil aioli | 600 cal

EXTRA BACON BLT 10.64

on toasted rustic baguette—with 6 slices of hardwood smoked bacon, tomatoes, field greens & mayo | 600 cal

CHIPOTLE BLACK BEAN BURGER WITH AVOCADO 11.51

on ciabatta—with NY cheddar, fresh avocado, red onions, tomatoes & chipotle mayo | 740 cal

COUNTRY GRILLED CHEESE 9.17

on country white—with four cheese blend, hardwood smoked bacon & tomatoes | 570 cal

SMOKY BBQ CHICKEN MELT 11.51

on rustic baguette—with NY cheddar, zesty spread & vidalia coleslaw | 650 cal

 = VEGETARIAN

abp

NEWPORT TURKEY



10.96 | 730 CAL

ADDITIONAL NUTRITION INFORMATION
AVAILABLE UPON REQUEST.

2,000 CALORIES A DAY IS USED FOR
GENERAL NUTRITION ADVICE, BUT CALORIE
NEEDS VARY.

HOT DRINKS

FRESHLY BREWED COFFEE

FEATURED COFFEES	12oz 2.75	16oz 3.16	20oz 3.48
DECAF COFFEES	12oz 2.75	16oz 3.16	20oz 3.48
COFFEE REFILL	same size as today's purchase		2.75

COFFEE ALTERNATIVES

HOT CHOCOLATE	12oz 4.31	16oz 4.95	20oz 5.77
WHITE HOT CHOCOLATE	12oz 4.63	16oz 5.96	20oz 6.37
HOT TEA	12oz 3.16	16oz 3.57	20oz 4.12
CHAI TEA LATTE	12oz 5.77	16oz 6.69	20oz 7.43
EARL GREY TEA LATTE	12oz 4.63	16oz 5.96	20oz 6.37
CARAMEL APPLE CIDER	12oz 4.63	16oz 5.96	20oz 6.37
STEAMER	12oz 4.31	16oz 4.95	20oz 5.77
CAFÉ AU LAIT	12oz 3.99	16oz 4.63	20oz 5.27

DRINK EXTRAS

ADD FLAVORED SYRUP | ADD FLAVORED SAUCE
SOY MILK/ORGANIC MILK | ADDITIONAL ESPRESSO SHOT

1.46

ESPRESSO DRINKS

ESPRESSO

AMERICANO	SINGLE 3.16	DOUBLE 4.12	TRIPLE 4.67
MACCHIATO	SINGLE 3.16	DOUBLE 4.12	TRIPLE 4.67
ESPRESSO CON PANNA	SINGLE 3.16	DOUBLE 4.12	TRIPLE 4.67

SPECIALTY DRINKS

CARAMELLO	12oz 5.96	16oz 7.11	20oz 7.75
VANILLA LATTE	12oz 5.77	16oz 6.69	20oz 7.43
ENGLISH TOFFEE LATTE	12oz 5.77	16oz 6.69	20oz 7.43
CAFFE MOCHA	12oz 5.96	16oz 7.11	20oz 7.75
WHITE CHOCOLATE MOCHA	12oz 5.96	16oz 7.11	20oz 7.75
MILKY WAY LATTE	12oz 5.96	16oz 7.11	20oz 7.75
RASPBERRY TRUFFLE LATTE	12oz 5.96	16oz 7.11	20oz 7.75
CAFFE LATTE	12oz 4.63	16oz 5.96	20oz 6.69
CAPPUCCINO	12oz 4.63	16oz 5.96	20oz 6.69

ICED & BLENDED DRINKS

ICED DRINKS

ICED CAFFE LATTE	16oz 5.77	24oz 6.69
ICED VANILLA LATTE	16oz 7.11	24oz 7.75
ICED CARAMELLO	16oz 7.11	24oz 7.75
ICED CAFFE MOCHA	16oz 7.11	24oz 7.75
ICED WHITE MOCHA	16oz 7.11	24oz 7.75
ICED CHAI TEA LATTE	16oz 6.69	24oz 7.43
FRESHLY BREWED ICED TEA	16oz 3.80	24oz 4.03
COLD BREW COFFEE	16oz 6.37	24oz 7.11

BLENDING SPECIALTY DRINKS 16oz 7.11 24oz 7.75

FROZEN CHAI GODDESS
BLENDED SMOOTHIES

BLENDING ESPRESSO DRINKS 16oz 7.24 24oz 8.07

FROZEN CARAMELLO
FROZEN VANILLA LATTE
FROZEN TOFFEE LATTE
FROZEN CAFFE MOCHA
FROZEN WHITE CHOCOLATE MOCHA
FROZEN MILKY WAY LATTE
FROZEN CAFFE LATTE