**ALWAYS AVAILABLE**

**crisp**

Build a better, smarter salad!

Build your own using fresh, seasonal familiar items or enjoy one of our signature salads. We are on a mission to enhance lives by creating from-scratch foods alive with flavor and nutrition, using wholesome ingredients that are harvested in a socially responsible way for the well being of our customers, team members and the environment.

**grilled**

The “fast casual” Grill features basic burgers and chicken sandwiches along with a variety of hot hand-held breakfast and lunch items. Our chefs focus on seasonality to add a rotation of grilled specialties featuring fresh ingredients and flavor.

**create**

Create is an exhibition-style culinary experience. Customize your meal while it's created right in front of you! Our team embraces culinary diversity to prepare a variety of cuisines that highlight ethnicity, seasonality and creativity.

**SO DELI**

We feature seasonal sandwiches that incorporate whole grain breads, fresh seasonal produce and lean roasted meats. Offering a daily selection of artisan and made-to-order sandwiches.

**ON THE GO**

For appetites “on the go”, choose from a daily selection of pre-packaged salads, sandwiches and wraps as well as a variety of fresh, better-for-you snacks.

**Sushi**

Sushi made fresh daily by our in-house sushi chefs.

### Monday, April 9, 2018

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin
  - ALL DAY
  - $2.29
- sensible selection salad: curried carrot salad
  - ALL DAY
  - $2.80 / $3.80 / $4.80
- soup of the day: garden vegetable
  - LUNCH
  - $6.48
- so deli: buffalo chicken wrap
  - $9.48
- create: earth bowl
  - $7.48
- flexitarian Entrée: carrot quinoa salad
  - $6.00
- super $6 meal deal: chicken parmesan sandwich from the deli
  - $5.99

**DINNER**
- live grill: turkey burger florentine
  - $0.45/oz
- entrée: turkey meatloaf
  - $6.99

### Tuesday, April 10, 2018

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin
  - ALL DAY
  - $2.29
- sensible selection salad: red quinoa salad
  - ALL DAY
  - $0.45/oz
- soup of the day: tomato basil bisque
  - LUNCH
  - $2.80 / $3.80 / $4.80
- so deli: classic caprese
  - $6.48
- create: pho
  - $8.48
- flexi Entrée: pesto grilled chicken
  - $6.00
- super $6 meal deal: chicken parmesan sandwich from the deli
  - $5.99

**DINNER**
- live grill: angus burger
  - $0.45/oz
- entrée: carved sage turkey
  - $6.99

### Wednesday, April 11, 2018

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin
  - ALL DAY
  - $2.29
- sensible selection salad: crispy baked tofu
  - ALL DAY
  - $0.45/oz
- soup of the day: chicken noodle
  - LUNCH
  - $2.80 / $3.80 / $4.80
- so deli: turkey club
  - $6.48
- flexi Entrée: toasted pine nut couscous with garlic shrimp
  - $10.48
- super $6 meal deal: chicken parmesan sandwich from the deli
  - $6.00

**DINNER**
- live grill: grilled fish of the day made to order
  - $5.99
- entrée: baked potato bar
  - $0.45/oz

### Thursday, April 12, 2018

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin
  - ALL DAY
  - $2.29
- sensible selection salad: house made basil-pesto vinagrette
  - ALL DAY
  - $0.45/oz
- soup of the day: pasta fagoli
  - LUNCH
  - $2.80 / $3.80 / $4.80
- so deli: sage roasted carved turkey sandwich
  - $6.48
- create: taco salad
  - $9.48
- flexi entrée: baked chicken with tomato and olives
  - $8.48
- super $6 meal deal: chicken parmesan sandwich from the deli
  - $6.00

**DINNER**
- live grill: chicken breast grilled to order
  - $5.99
- entrée: masala
  - $5.99

### Friday, April 13, 2018

**BREAKFAST**
- sensible breakfast: egg and cheese on whole wheat english muffin
  - ALL DAY
  - $2.29
- sensible selection salad: quinoa tabouli salad
  - ALL DAY
  - $0.45/oz
- soup of the day: tomato basil
  - LUNCH
  - $2.80 / $3.80 / $4.80
- so deli carvery: sage roasted turkey
  - $5.99
- create: banh mi burger
  - $9.48
- flexi Entrée: fish friday at balance kitchen
  - $8.48
- super $6 meal deal: chicken parmesan sandwich from the deli
  - $6.00

**DINNER**
- live grill: grilled shrimp Ceasar salad to order
  - $10.48
- entrée: fish friday at balance kitchen
  - $8.48
BREAKFAST
all day waffle bar
LUNCH
entree: herb roasted chicken
self serve salad bar: buffalo chicken salad
DINNER
grill: philly cheesesteak on artisan sub roll

BREAKFAST
all day waffle bar
LUNCH
tenue: chef's choice
self serve bar: pasta bar
DINNER
grill: bacon cheeseburger with steak fries

Executive chef: Alex Hernandez  / alexander.hernandez@compass-usa.com
Sous chef: Roderick Snipes / roderick.snipes@compass-usa.com

Cafer phone number: (301) 496-9698
Food service director: Justin Bush / justin.bush@compass-usa.com

Weekday hours: 6:30am-8:00pm, Monday-Friday
Weekend hours: 8:00am-6:00pm, Saturday & Sunday

Imperfectly Delicious Produce
is a program that utilizes non-retail Grade A fruits and vegetables that have slight cosmetic imperfections. This produce is typically left unharvested in the field or discarded but would be perfectly suitable for cooking. The IDP program allows Compass chefs to find a home for everything that is good and edible and save thousands of pounds per year from going to waste.

“Your can fill half your plate with veggies by choosing two vegetable sides.”

Savina Sparker, MBA, RD, LD
Eurest Wellness Manager & Registered Dietitian

Featuring a selection of Au Bon Pain Signature

Rescuing Flavor
& Quality.

Sat, April 14, 2018

Sun, April 15, 2018

2 for $3
or $1.85 each

This month’s superfood is Herbs & Spices

2 for $3
or $1.85 each